

# Children and Young People's Overview and Scrutiny Committee

26 April 2024



## Children and Young People's Mental Health and Emotional Wellbeing

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### **Electoral division(s) affected:**

Countywide

### **Purpose of the Report**

- 1 To update Overview and Scrutiny on the work of the Children and Young People's Mental Health Partnership relating to the mental health, emotional wellbeing and resilience of the children and young people within County Durham.

### **Executive summary**

- 2 The importance of mental health and wellbeing of Children and Young People (CYP) is becoming increasingly recognised as the prevalence of mental health conditions in the CYP population is now 1:5 with no indication of reducing. This is a significant increase on the pre-pandemic rate of 1:9.
- 3 The challenges nationally and locally in relation to children and young people's mental health is significant.
- 4 There have been recent national developments which have significantly changed the landscape for CYP mental health and emotional wellbeing, this includes the Start for Life programme and development of family hubs, a senior mental health leads training offer for schools, and mental health support teams.
- 5 A significant amount of work is taking place locally to embed and develop this work and promote the existing support available to schools and in the wider community.
- 6 The governance arrangements for children and young people's mental health is through the Children and Young People's Mental Health

Partnership (CYPMHP). This is a multi-organisational group accountable to the Mental Health Strategic Partnership and County Durham Care Partnership.

- 7 A key focus of future planning is the importance of utilising the THRIVE framework so that children, young people and families receive the right support at the right time.

### **Recommendation(s)**

- 8 Children and Young People's Overview and Scrutiny Committee is recommended to:
  - (a) acknowledge and endorse the work of the Children and Young People's Mental Health Partnership.
  - (b) Note the content of the report.

## Background / Context

- 9 There are welcome recent developments which have significantly changed the landscape in relation to CYP mental health:
- Family Hubs which are open to all, and the Family Hubs work with families in navigating all aspects of family support including perinatal and infant mental health;
  - School settings where the DfE requires all schools have a senior mental health lead (SMHL) by 2025 and a DfE funded training programme is underway. Currently around 70% of school in the County have a SMHL in place or in training. Training continues to be delivered by the Emotional Wellbeing and Effective Learning (EWEL) team;
  - Mental Health Support Teams (MHST's), known locally as Piece of Mind (PoM), is an NHS funded programme of support provided to schools. This is a phased roll out of support with 30% of the pupil population initially supported by a PoM team rising to 40% in 2023/24 with a local evaluation undertaken.
- 10 In addition to the services which support CYPMH, the wider determinants of health have a significant impact on CYP health and the importance of CYP not living in poverty and having sufficient resources to be well fed, warm and supported to reach their potential by their families, local communities and services is emphasised.
- 11 Current high rates of child poverty are likely to be exacerbated by the current cost of living pressures and their impact on families and communities across the County.

## National Context

- 12 The challenge in the UK associated with children and young people's mental health and emotional wellbeing is significant. The following key headline facts support this<sup>1</sup>:
- In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder;
  - Having a probable mental disorder was more common for 11 to 16 year-olds (22.6%) than for those aged 8 to 10 years (15.7%)

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<sup>1</sup> [MHCYP Wave 4 - Briefing Presentation \(Final\).pdf \(digital.nhs.uk\)](#)

- 5.9% of children aged 8 to 16 years with a probable mental disorder had tried to harm themselves in the past 4 weeks;
- After a rise in prevalence between 2017 and 2020, rates of probable mental disorder remained stable in all age groups between 2022 and 2023;
- Among 8 to 16 year-olds, rates of probable mental disorder were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women than young men;
- Children aged 11 to 16 years with a probable mental disorder were more likely to have not exercised at all in the previous 7 days (17.2%) and it is well established physical activity is important for both physical and mental health;
- More than 1 in 4 children aged 8 to 16 years (26.8%) with a probable mental disorder had a parent who could not afford for their child to take part in activities outside school or college;
- Children aged 11 to 16 years with a probable mental disorder were 5 times more likely than those unlikely to have a mental disorder to have been bullied in person.

## Local Population Needs

13 What we know about the population needs of children and young people in County Durham:

- There are around 105,600 children and young people aged under 19 living in County Durham. (ONS mid 2022 Population Estimates (based on the 2021 Census));
- County Durham is in the top 40% of the most deprived Local Authorities in England and around 1 in 5 (20.6% or around 18,100 children<sup>2</sup>) live in relative poverty (2022/23);
- Disadvantaged socio-economic circumstances represent a significant risk within children for developing poor health, including persistent mental health difficulties extending into adulthood and reduced life opportunities;
- 3.6% of school children have additional, social, emotional, and mental health needs which equates to over 2,600 children. The

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<sup>2</sup> [Children in Low Income Families: local area statistics, United Kingdom, financial years ending \(FYE\) 2015 to 2023, Department for Work and Pensions \(DWP\)](#)

prevalence of emotional difficulties is increasing and is largely attributed to increased levels of anxiety;

- 14.6% of pupils, around 11,200, receive Special Educational Needs support (2022/23), and around 3,000 school children have an Education, Health and Care Plan. 20% of these pupils requiring support have a primary need relating to social, emotional or mental health need;
- Hospital admission rates for mental health conditions (0-17 years) and self-harm in County Durham were statistically significantly higher than England for 2022/23.

## **Child Health Profiles**

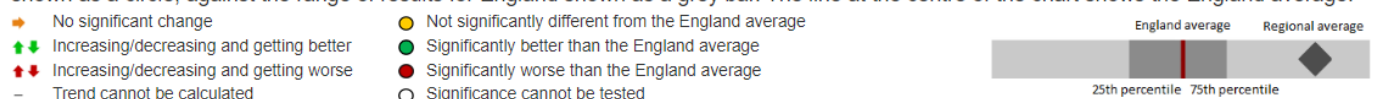
- 14 The child and maternal health profiles produced by the Office for Health Inequalities and Disparities (OHID) and published on the OHID Fingertips website provide a snapshot of child health in upper-tier local authority areas. They bring together indicators for local government areas across several different themes.
- 15 The profiles are designed to help local decision makers understand the health needs of their community and support work to:
  - Improve the health and wellbeing of children and young people.
  - Reduce health inequalities.
- 16 The profiles can also be used to help local decision makers:
  - Work with local partners to plan and commission evidence-based child health services based on local need;
  - Compare areas with national and regional averages to identify areas for improvement;
  - Compare areas with statistical neighbours to learn from areas with better outcomes.
- 17 The 2023 Child Health Profiles were published by Office for Health Improvement and Disparities (OHID) in April 2023 with the overall summary that:

- Overall, comparing local indicators with England averages, the health and wellbeing of children in County Durham is worse than England.

The findings of the 2023 OHID Child Health Profile were presented to the Starting Well Partnership Board. Of particular note were the indicators relating to hospital admissions (based on 2021/22 data) for mental health conditions (aged 0-17 years) and self-harm (10-24 years) which showed County Durham as statistically significantly worse than the national average (and in the worst quartile of local authorities). **Table 1.** Selected measures from the County Durham Child Health Profile 2023, OHID.

### Overview of Child Health

The chart below shows how children's health and wellbeing in this area compares with the rest of England. The local result for each indicator is shown as a circle, against the range of results for England shown as a grey bar. The line at the centre of the chart shows the England average.

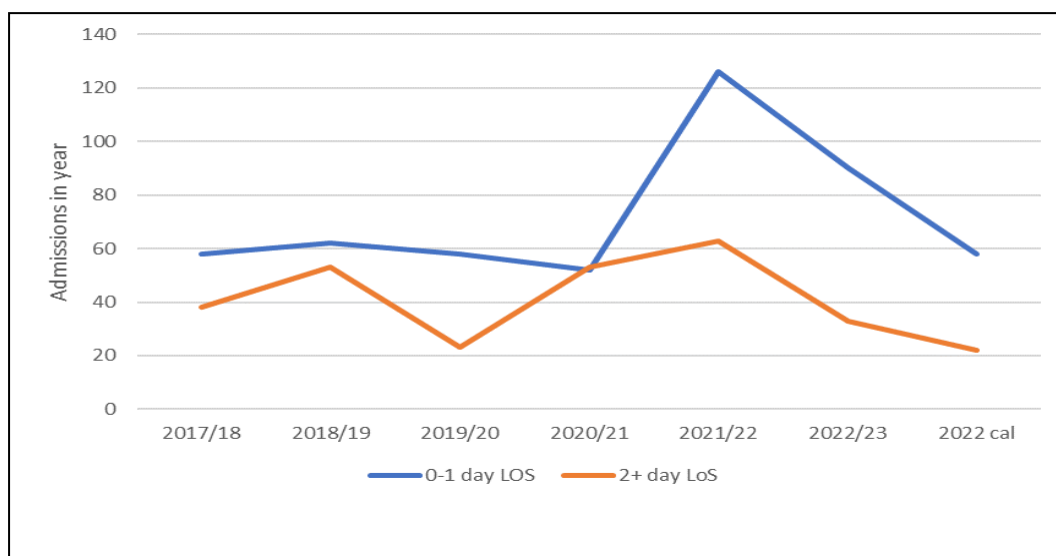


Indicator	Recent trend	Local number per year*	Local value	England average	England worst	England average	Regional average	England best
31 Hospital admissions for mental health conditions	-	185	186.9	99.8	355.1			33.3
32 Hospital admissions as a result of self-harm (10-24 years)	-	555	591.2	427.3	1,051.7			127.6

- The Board requested that further analysis into the specific measures relating to hospital admissions for mental health conditions, self-harm (and injuries) be undertaken by the Joint Strategic Needs and Asset Assessment Insight and Delivery Group (JSSNA IDG).
- For mental health admissions (0-17 years) the rate had increased from 78.8 per 100,000 in 2019/20 to 186.9 per 100,000 in 2021/22 and had moved from not statistically significantly different to England to statistically significantly higher than England. The 2021/22 rate in County Durham was also statistically higher than the North East (but not statistically significantly different to 6 other North East Local Authorities).
- Further analysis for the JSNAA IDG undertaken by colleagues from the NECSU (North of England Commissioning Support Unit) showed that admissions for mental health conditions (aged 0-17 years) have decreased significantly in County Durham from the spike seen in 2021/22, particularly for admissions at University Hospital of North Durham (UHND) without an overnight stay i.e., 0–1-day length of stay (LoS). This suggests variation around provider pathways and recording in hospital rather than solely being down to fewer incidents of harm

caused by mental health conditions. It is important to note that these admissions are now similar to pre-COVID levels (figure 1).

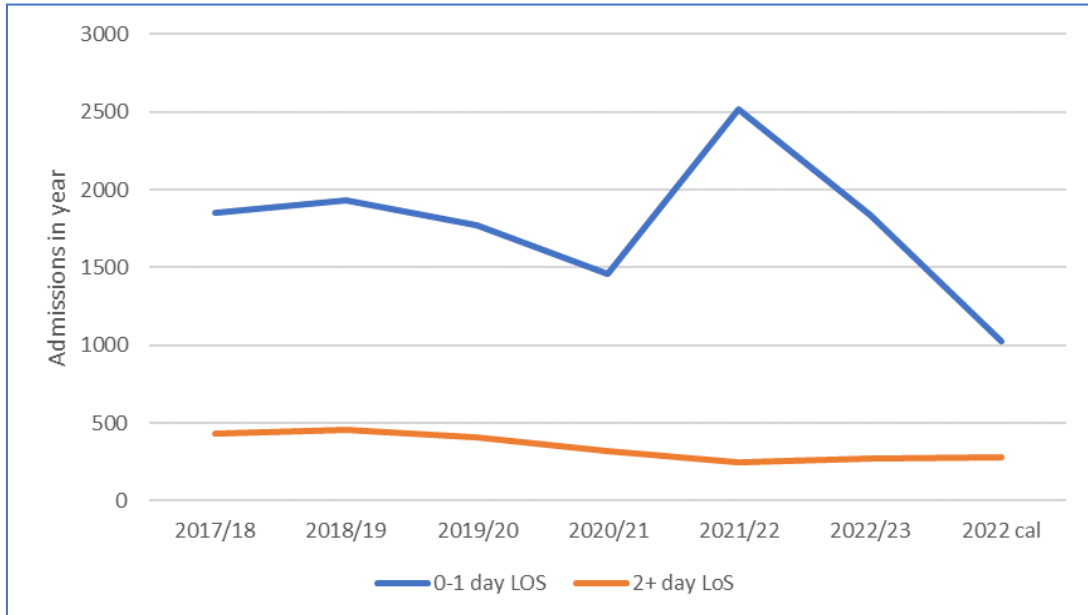
**Figure 1:** Count of admissions for mental health conditions aged 0-17 per 100,000 by length of stay, 2017/18 to 2022/23 (and 2022 calendar year for illustrative purposes). County Durham. Source: SUS, NECS.



21 The online Child Health Profile has recently been updated with data covering 2022/23. The CYP mental health admission rate for 2022/23 has decreased from 186.9 per 100,000 in 2021/22 to 135.6 per 100,000. This remains statistically significantly higher than England (80.8) and the North East (98.8) but relates to 135 admissions in the year. Removing zero length of stay admissions would reduce the number of admissions further.

22 Further analysis by North East commissioning support unit (NECSU) via the Joint Strategic Needs and Asset (JSNAA) insight development group, showed deliberate self-harm admissions have decreased significantly in County Durham from the spike seen in 2021/22, particularly for admissions at UHND without an overnight stay (which again suggests variation around provider pathways and recording in hospital rather than solely being down to fewer incidents of self-harm). These admissions are now lower than pre-COVID levels.

**Figure 2:** Count of admissions for deliberate self-harm (aged 10-24 years), by Length of Stay (LoS), 2017/18 to 2022/23 (and 2023 calendar year for illustrative purposes), County Durham. Source. SUS, NECS.



- 23 The updated online County Durham Child Health profile shows the rate of self-harm admissions aged 10-24 years for 2022/23 has fallen from 591.2 per 100,000 in 2021/22 to 276.6 per 100,000. This is statistically significantly lower than England (319/100,000) and the North East (461.2/100,000). The rate for England has fallen significantly in addition, and the time series has been removed from OHIDs Fingertips online tool, so it is possible there was an issue with the underlying numerators or denominators. A query has been lodged with OHID regarding this.
- 24 From additional analyses of hospital admissions data undertaken by NECS colleagues, it is clear that while admissions for injuries, mental health conditions and self-harm in younger people may be relatively high in County Durham compared to the England average, at least part of that difference relates to how care is recorded at University Hospital of North Durham. The introduction of Observation Beds, whilst clinically being the right action to take in terms of the optimal patient care pathway, had an unintended consequence of increasing headline admission numbers and rates. Taking this into account, County Durham is no longer likely to be such an extreme outlier on these indicators, but like most of its peer group comparators has injury admission rates higher than the England average.



## National and Local Drivers

25 The importance of mental health and wellbeing of Children and Young People is becoming increasingly recognised and this is reflected in both national and local policies and strategies.

26 Children and Young People's Mental Health (LGA 2023)<sup>3</sup>.

The report makes recommendations to be considered by the LGA, councils, regional bodies, and national government to take forward positive and lasting changes. The report recognises that prevention can play a crucial role in addressing the social factors and stressors that can impact health on a population level and recommendations for change.

27 Promoting children and young people's mental health and wellbeing A whole school or college approach (PHE; DfE, 2021)<sup>4</sup>:

This document describes 8 principles of a whole school or college approach to promoting mental health and wellbeing which, if applied consistently and comprehensively, will help contribute towards protecting and promoting children and young people's mental health and wellbeing. The senior mental health leads (SMHL) in schools have a key role in ensuring this is delivered in their schools.

28 No child left behind A public health informed approach to improving outcomes for vulnerable children (PHE, 2020)<sup>5</sup>

A public health informed approach looks at the factors for individual children, their families and the communities in which they live that make it more or less likely that vulnerability and adversity in childhood has a lasting impact on their lives. This holistic, multi-agency approach addresses inequality and the broader causes of vulnerability which might otherwise be overlooked.

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<sup>3</sup> <https://www.local.gov.uk/topics/children-and-young-people/children-and-young-peoples-mental-health>

<sup>4</sup> [https://assets.publishing.service.gov.uk/media/614cc965d3bf7f718518029c/Promoting\\_children\\_and\\_young\\_people\\_s\\_mental\\_health\\_and\\_wellbeing.pdf](https://assets.publishing.service.gov.uk/media/614cc965d3bf7f718518029c/Promoting_children_and_young_people_s_mental_health_and_wellbeing.pdf)

<sup>5</sup> <https://ukhsa.blog.gov.uk/2020/09/02/no-child-left-behind-a-public-health-informed-approach-to-improving-outcomes-for-vulnerable-children/>

- 29 Growing Up in County Durham Strategy 2023-25 (County Durham Health and Wellbeing Board)

The Growing Up in County Durham Strategy 2023-25 is a high level partnership plan which explains what we are going to do to achieve our vision for children, young people and their families. Our vision is: County Durham supports all children, young people and their families to achieve their goals in life, in an environment that is safe, happy and healthy.

- 30 County Durham's Joint Local Health and Wellbeing Strategy 2023-28 (County Durham Health and Wellbeing Board).

- 31 The strategy outlines a vision for improving health and wellbeing and addressing health inequalities across the life course in the county (all ages). The JLHWS is a document that informs and influences decisions about health and social care services in County Durham, so that they are focused on the needs of the people who use them and tackle the factors that affect health and wellbeing. These include making smoking history, enabling healthy weight for all, improving mental health, resilience and wellbeing, and reducing alcohol harms.

- 32 NHS Long Term Plan (NHS, 2019)<sup>6</sup>

This restated the Government's commitment to deliver the recommendations in The Five Year Forward View for Mental Health and sets out further measures to improve the provision of, and access to, mental health services for children and young people.

- 33 Family Hubs and Start for Life programme (Department of Health and Social Care and Department for Education, 2023)<sup>7</sup>

This programme aims to join up and enhance services delivered through transformed family hubs in local authority areas, ensuring all families can access the support they need.

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<sup>6</sup> <https://www.longtermplan.nhs.uk/>

<sup>7</sup> <https://www.gov.uk/government/collections/family-hubs-and-start-for-life-programme>

- 34 The County Durham Strategic Partnership Approach to Early Help for Children, Young People and Families (Children and Young People's Services, Durham County Council)

This strategy sets out Durham County Council's partnership vision, priorities and approach for providing effective, targeted and coordinated 'Early Help' in County Durham in order to promote opportunity, address inequalities and secure better outcomes for children, young people and their families.

- 35 SEND Strategy for County Durham Local Area Partnership 2022 – 2024

This is our local strategy for children, young people with Special Educational Needs and Disabilities (SEND) It enables us to understand what we need to do together to make sure that children and young people with SEND are fully included in our communities, that we work together to achieve this vision, and what we can each contribute.

## **THRIVE Framework**

- 36 Thrive is an integrated, person-centred and needs-led approach to delivering mental health services for children, young people and families which conceptualises need in five categories or needs based groups: Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support.



## Thriving

- This category refers to children and young people who are doing well mental wellbeing, emotional wellbeing and social wellbeing but may need some effective prevention and resilience-based strategies to support with the ups and downs in life.

## Getting Advice

- This category includes children and young people who need advice and direction. It covers those facing mild or temporary difficulties and those dealing with ongoing severe problems but managing their mental wellbeing, emotional wellbeing, and social wellbeing independently.

## Getting Help

- This category includes children and young people who need specific time limited help for mental wellbeing, emotional wellbeing or social wellbeing focusing on agreed-upon outcomes. It involves professionals taking direct responsibility to assist individuals or groups.

## Getting More Help

- Getting More Help is similar, to Getting Help but covers approximately only 1% of children and young people. It is a separate needs-based intensive support offer with individuals requiring more support with a collaborative approach if more than one service is involved in their care. It can include those children and young people that

were unable to achieve the goals as part of the Getting Help support. It might also include children with a range of overlapping needs that mean they may require greater input, such as the coexistence of autistic spectrum disorder (ASD), major trauma or broken attachments.

### Getting Risk Support

- This category refers to those who have not benefitted from or are unable to use help but are of such a risk that they are still in contact with services. The aim of Getting Risk Support is for all partners to be clear that what is being provided is managing risk only.

37 The mental health service provision and support offer for County Durham has been aligned to the Thrive model to ensure clarity of focus and ensure a system wide offer that meets the needs of our children and young people.

## **What are we doing to support children and young people's emotional wellbeing and mental health in County Durham?**

### **Children and Young People's Mental Health Partnership**

- 38 The Children and Young People's Mental Health Partnership (CYPMHP) is a multi-organisational group accountable to the Mental Health Strategic Partnership and County Durham Children Young People and Families Partnership.
- 39 CYPMHP adopts the approach to wellbeing to ensure that the voice of children, young people, and their families is included within all areas of the work of the partnership this is supported by the recruitment of experts by experience. This includes a young person and parent as independent co-chairs to work alongside the Professional Chair. Their role is to:
- scrutinise the work of the CYPMHP to ensure the needs of County Durham CYP are being met;
  - bring your own knowledge and experience of CYP mental health ;
  - ensure there is effective challenge to the CYPMHP and that this challenge is constructive to support CYP and aligns with the vision of the CYP Partnership;
  - act as a non-party-political voice for children and young people who reside within County Durham
- 40 The Children and Young People's Mental Health Partnership (CYPMHP) has outlined a strategic action plan aimed at enhancing emotional wellbeing and mental health support across County Durham. Here's a breakdown of the aims and their respective functions:

#### **Aim 1: We will be united in voices and drive participation and engagement from CYP and families across all aspects of mental health and emotional wellbeing.**

This fosters collaboration and participation among children, young people, families, and professionals to inform service development and quality improvement. It also empowers services to be inclusive, culturally responsive, and developed in co-production with those with lived experience.

**Aim 2: Work together to develop whole communities (including all sectors, settings and communities) to be skilled competent and confident to talk about mental health, understand mental health and emotional wellbeing issues and the support options available.**

This strengthens public awareness and community capacity-building to reduce stigma and promote positive wellbeing while empowering individuals and communities to recognise and address mental health issues early, thus minimising long-term impacts.

**Aim 3: Work together to develop a coordinated and comprehensive mental health and emotional wellbeing offer to support children, young people and families that is easy to access. Based on the THRIVE model.**

This provides an accessible and coordinated mental health and emotional wellbeing support system based on the THRIVE model. It also ensures that services are person-centred, flexible, and easily accessible, matching needs to the right level of support.

**Aim 4: Work together to drive universal and targeted resilience, prevention and early intervention across County Durham, starting from early years, through childhood and the transition into adulthood.**

It is important that we implement universal and targeted resilience-building, prevention, and early intervention strategies from early years to adulthood and that we provide tailored support based on individual needs, facilitate smooth transitions between services, and prevent the escalation of mental health needs.

- 41 The CYPMHP has an action plan aligned to these aims and is committed to its delivery. These aims emphasise the importance of supporting children to achieve their potential, ensuring continuity of support for those with additional needs, and prioritising integration of services with children, young people, and families at the centre of decision-making.
- 42 The governance of the Children and Young People's Mental Health Partnership, terms of reference and action plan are reviewed regularly to ensure that there is representation from all key stakeholders to deliver on specific actions.

## Support for Education Settings

- 43 Early intervention to identify issues and provide effective support for children and young people's mental health is crucial. As part of a public health response, there is increasing emphasis on universal prevention work delivered in school settings.
- 44 Schools have an important role in supporting and promoting mental health and wellbeing, this can be summarised as:
- Prevention: creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental wellbeing and the importance of the five ways to wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
  - Identification: recognising emerging issues as early and accurately as possible
  - Early support: helping pupils to access evidence based early support and interventions. This includes support from the ERN Team which is available to all schools and PoM team for the 40% of schools which have access to this intervention.
  - Access to specialist support: working effectively with external agencies to provide swift access or referrals to specialist support and treatment including CAMHS.
- 45 To promote positive mental health, it is important that schools understand the protective factors that can enable pupils to be resilient when they encounter problems and challenges. The role that schools play in promoting the resilience of their pupils is particularly important for children with less supportive home lives, who may not have a trusted adult they can talk to. Schools should be a safe and affirming place for children where they can develop a sense of belonging and feel able to trust and talk openly with adults about their problems.
- 46 Public Health commission/jointly commission a comprehensive range of effective, evidence-based programmes and interventions to support schools. This support offer is promoted to education settings through



regular communications with schools, through the new schools extranet and at a recent event.

- **Health and Wellbeing Framework**

The Health and Wellbeing Framework provides structure and guidance for schools and education settings to enable the promotion and development of good health and wellbeing. The framework is underpinned by a resilience-based approach and aims to support education settings to look holistically at the mental, physical, and emotional health and wellbeing of the whole setting population.

- **Anxious About School Project**

The Anxious About School Project (AASP) aims to support young people who struggle to engage in school because of heightened anxiety in relation to being in school, or the thought of school; and an inconsistent or limiting pattern of attendance, or engagement in appropriate learning opportunities. The project supports children and young people to remain in school with programmes such as FEARless delivered by the One Point Service

- **The Durham Resilience Programme (DRP)**

The DRP is a whole setting approach that aims to raise awareness of the importance of developing and supporting resilience across school communities. Through participation in the programme, schools are supported to develop, implement, and review a bespoke action plan to ensure a whole school approach to mental health and wellbeing.

- **YAM**

Youth Aware of Mental Health, or YAM, is a universal evidence-based mental health promotion program for young people aged 14-16 (Year 9 pupils). It uses PowerPoint presentations, group discussion and role-play activities to raise mental health awareness, covering everyday dilemmas, stress and crisis situations, and depression and suicide.

- **NOW**

Nurturing Our Wellbeing, or NOW, was developed following the success of the YAM project and in response to feedback from Year 9 pupils who felt it would be useful to learn more about mental health earlier in their schooling. This program is available to primary schools.

- **Senior Mental Health Lead (SMHL) Training**

All schools are expected to have a member of staff trained as a SMHL by 2025. This training course is specific to County Durham and has been quality assured by the DfE. It provides schools with the appropriate strategies, tools, resources, and networks to plan for, implement and sustain an effective whole school or college approach to mental health and emotional wellbeing.

- **The Emotional Health and Resilience Team (EHRT)**

This service is delivered by Harrogate and District Foundation Trust and provides low-level, short-term support and intervention for children, and young people who are beginning to display/experience early signs of emotional difficulty and who are experiencing low to moderate mental health concerns. Support is universal and available to all schools and can provide individual, group and classroom based, or whole school support.

- **Piece of Mind Team (PoM) Mental Health Support Teams**

Delivered by Tees, Esk and Wear Valley (TEWV) in around 40% of County Durham schools. The Piece of Mind Teams offer early intervention for children, young people and their families struggling with mild to moderate mental health/emotional difficulties. Mental Health Support Teams can offer individual, group and classroom-based interventions and can support schools with their whole school approach to mental health and emotional wellbeing.

- 47 Some of the challenges of the education support offer is that parts of the offer can only be delivered to a limited number of schools during an academic year. Public Health are currently reviewing this offer to ensure that there is an equitable universal offer available to all schools.
- 48 A Health Equity Audit has been completed as part of the Children and Young People's Mental Health review to identify which programmes each school engages. The data from the Health Equity Audit ensures a targeted approach to promoting the support offer to specific schools and avoids any duplication. The audit will be completed annually.

## **Other support for children, young people, and their families.**

### **49 Consett Locality Pilot**

Following feedback from young people, their families and a range of stakeholders consistently suggesting that the mental health support offer was difficult to understand and navigate. This often resulted in inappropriate referrals and delays in young people accessing the right support they need.

Consett Locality Pilot aims to explore ways of improving this situation from an experience and outcomes perspective using these four areas of focus .

- Improve understanding of the mental health support available across all stakeholder groups.
- Strengthen existing mechanisms for navigating young people and their families to the right support, in the right place and at the right time.
- Clarify the obstacles that need to be overcome to ensure this happens sustainably over time.
- Ensure groups that don't currently get good access to support are factored into future planning.

The outcomes of the pilot will be used to share best practice and lessons learnt across support services within the CYPMH Partnership and will be used to inform future planning.

### **50 Healthy Child Programme (0-25 Family Health Service)**

The 0-25 Family Health Service team deliver on the Healthy Child Programme and early help and support. The team offer a range of support to improve the health and wellbeing of children and young people. This can include support with key transition points including starting or moving schools and colleges. Support for children and families who have additional and complex needs and support for low-level emotional health issues, and support to access adult services.

### **51 Family Hubs and Start for Life Programme**

Family Hubs support families, during pregnancy, through their child's early years and into school. They offer a range of activities, groups and

programmes for parents and carers to attend as well as for children and young people. Examples include saying safe and healthy, family relationships, support for dads to be, courses and groups for families of children with special educational needs and disabilities, toddler and me and baby and me, infant feeding support, emotional wellbeing support for CYP and families<sup>8</sup>. These activities and programmes are designed to;

- Support families to understand their child/teenager's behaviour;
- Support families with their child's wellbeing;
- Support families with their child's additional needs;
- Support families and their child's health.

## 52 Voluntary, Community and Social Enterprise Sector (VCS)

County Durham has a vibrant and active VCS that is being recognised as a key contributing factor to supporting our children, young people, and families with mental health and emotional wellbeing. The VCS provision in County Durham is ever changing so it can be difficult for practitioners to navigate.

The County Durham VCS Alliance is a resource for professionals who develop new relationships between VCS provision, Children's Services and key partner organisations to better support children, young people, and families through accessing a broad range of VCS projects, activities and interventions.

## 53 Rainbow Guides

To ensure that children and young people have a resource which is an easy-to-use guide as a starting point to access support for mental health and emotional wellbeing the Rainbow Guides were developed. These guides are reviewed every 6 months and a Christmas edition is produced. The Rainbow Guides are used by professionals, children, young people, and families and are widely available. They are regularly circulated to GP practices, schools, voluntary sector organisations and key stakeholders for circulation to the wider community (appendix 4).

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<sup>8</sup> <https://www.durham.gov.uk/article/2354/Family-Hubs>

54 Examples of Recent work include:

- Recruitment of a parent carer and young person as Co-Chairs for the Children and Young People's Mental Health Partnership.
- Roll out of a fourth Mental Health Support Team (Piece of Mind) to cover additional schools in Bishop Auckland and Chester-Le-Street areas.
- Complete a Health Needs Assessment for Children and Young Peoples Mental Health.
- Completed Health Equity Audit identifying the mental health support accessed by schools across the County meaning we can support schools to engage where this is indicated.
- Successful event promoting of the Durham Mental Health Offer for schools.
- Increased school and support services sign up to the Emotional Wellbeing Forums
- Delivery of a Health and Wellbeing Framework and Durham Resilience Programme Learning Event
- The development of the Anxious about Schools Guidance for all schools
- The development of critical incident guidance and a standard operating procedure to ensure a co-ordinated approach for schools if an incident occurs.
- Children and young people delivered a staff awareness session on World Mental Health Day
- Continued partnership working across the system including the Consett Locality Pilot and Family Hubs

### **Next Steps**

55 The CYP Mental Health Partnership will continue to promote awareness of the support available for children, young people, and families across the system with a key focus on supporting young people to continue to thrive and become resilient, with prevention and early interventions.

56 Continue to promote awareness of the support available within schools and the wider community to support children, young people, and families with mental health and emotional wellbeing.

57 Continually listen to our CYP to understand their needs and review our service offer to ensure that children, young people, and families receive person centred and needs led support with the right support at the right time.

- 58 The support available to schools is currently under review with a focus on ensuring that there is equity across all schools in County Durham and that services provide interventions that link to the Thriving, Getting Advice and Getting Help categories of the Thrive framework.

## **Conclusion**

- 59 The social, emotional, and mental health of our children and young people continues to be a key area of focus and a cross cutting priority that should be considered across all services and key stakeholders.
- 60 From additional analyses of hospital admissions data undertaken, it is clear that while admissions for mental health conditions and self-harm in younger people in 2021/22 may be relatively high in County Durham compared to the England average, at least part of that difference relates to how care is recorded at University Hospital of North Durham. The introduction of Observation Beds, whilst clinically being the right action to take in terms of the optimal patient care pathway, had an unintended consequence of increasing headline admission numbers and rates.
- 61 The CYPMH Partnership will continue to work together to further develop the plan and deliver against the priority areas.

## **Background papers**

- None

## **Other useful documents**

- None

## **Author(s)**

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## **Appendix 1: Implications**

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### **Legal Implications**

Not applicable.

### **Finance**

The County Durham Children and Young People's Mental Health Partnership plan sets strategic context within which financial plans are set.

### **Consultation and Engagement**

The voice of children, young people and families are part of the CYPMH Partnership and Co-Chairs. Co Production and the use of the approach to wellbeing are included within the CYPMH Partnership plans.

The plan sets out the consultation and engagement with key stakeholders.

### **Equality and Diversity / Public Sector Equality Duty**

The Group pays particular regard to the needs of vulnerable groups protected under equalities legislation.

### **Climate Change**

Not applicable

### **Human Rights**

In placing an emphasis on engaging with children and young people and their families in shaping support services, the strategy promotes and protects the human rights of those in receipt of services and support.

### **Crime and Disorder**

The strategy includes a focus on the safety of children and young people.

### **Staffing**

Plans include strengthening staff development.

### **Accommodation**

Not applicable

## **Risk**

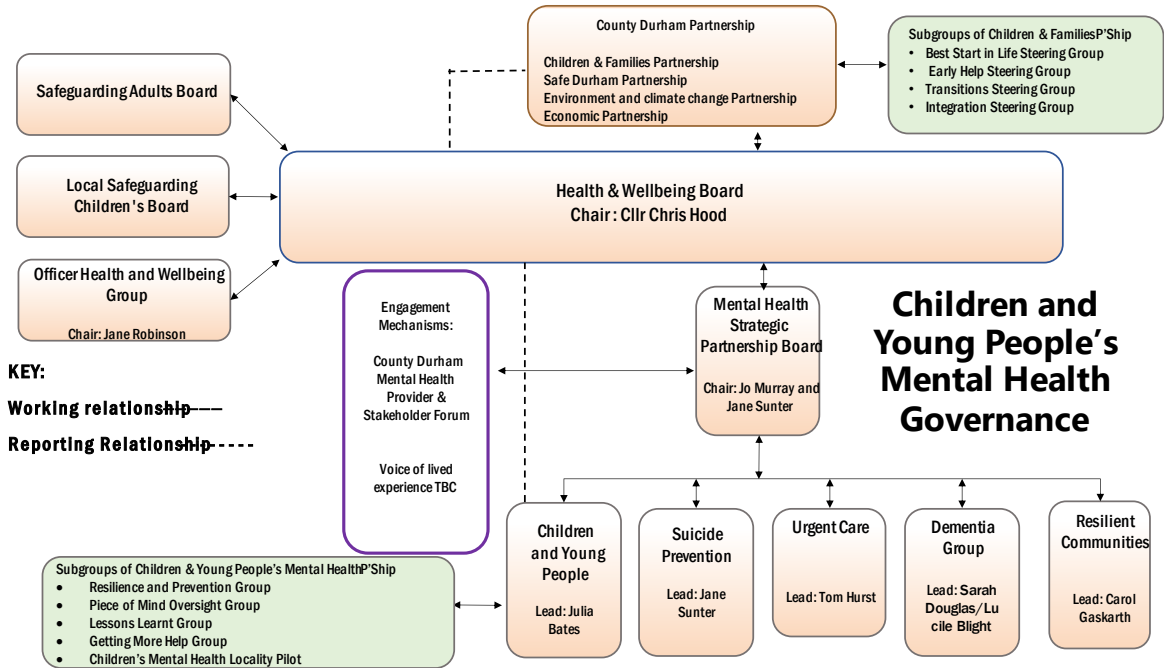
Risks mainly relate to reputational risks should a strong strategic framework for improving children and young people's services in the County not be clearly articulated. If services do not improve children and young people will not receive the right support at the right time.

## **Procurement**

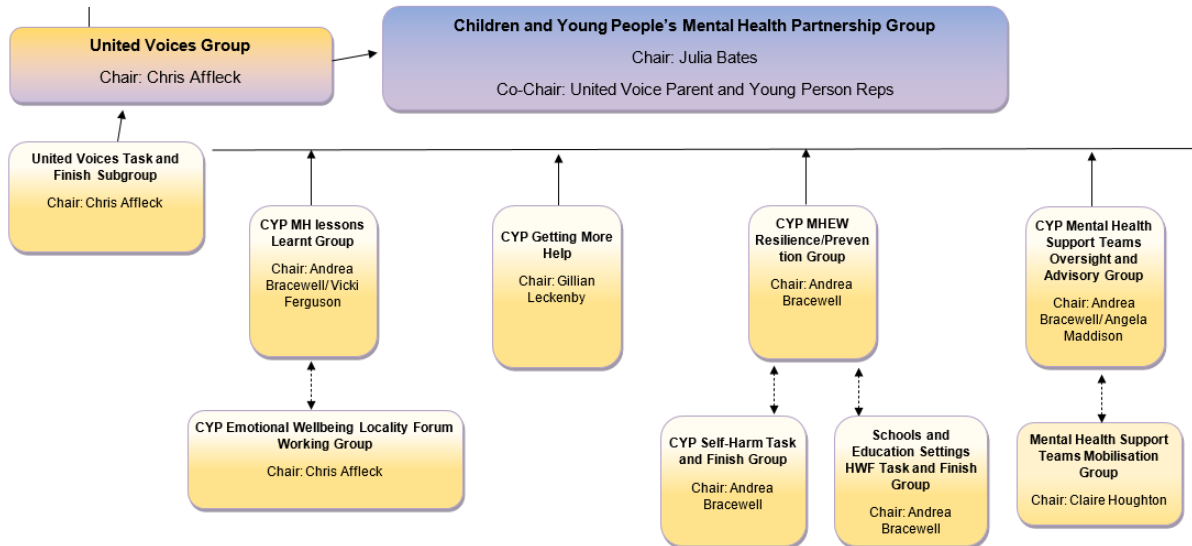
Not applicable



## Appendix 2: Current County Durham CYP MH Partnership Group Governance



## Appendix 3: The Children and Young People’s Mental Health Partnership Governance Chart



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## **Appendix 4: Links to Rainbow Guides**

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[Mental health & emotional support for children, young people & families in County Durham](#)

[Mental Health & Emotional Support for Adults in County Durham](#)