

Children and Young People's Overview and Scrutiny Committee

15 November 2021

Children and Young People's Mental Health & Emotional Wellbeing



Report of Amanda Healy, Director of Public Health, Durham County Council

Electoral division(s) affected:

Countywide

Purpose of the Report

- 1 To update Overview and Scrutiny on the children and young people mental health, emotional wellbeing and resilience local transformation plan and key areas of work.

Executive Summary

- 2 The challenges to the UK in relation to children and young people's mental health is significant and have been impacted upon by the COVID-19 pandemic. This also applies to the children and young people who reside in County Durham.
- 3 The governance of the County Durham Children and Young Peoples Mental Health and Emotional Wellbeing (CYP MHEW) Partnership Group has been reviewed and agreed, revised terms of reference are being drafted to take these changes into account, along with quarterly reporting into both the Children Young People and Families Partnership Board and the Mental Health Strategic Partnership Board.
- 4 A series of workshops have taken place with key stakeholders and children and families to review and revise the objectives and work plan for the group. A plan has been drafted and will be circulated for consultation.
- 5 A significant amount of activity has taken place during the COVID pandemic to support children and families with their mental health and emotional wellbeing and this will continue.

Recommendation(s)

- 6 Children and Young People's Overview and Scrutiny Committee are recommended to:
- a) Note the content of this report
 - b) Acknowledge and endorse the work of the County Durham Children and Young Peoples Mental Health and Emotional Wellbeing Partnership Group

Background

- 7 The challenge in the UK is significant. The following key headline facts in relation to children and young people mental health support this:
- 1 in 8 children and young people aged 5-19 years have a clinically diagnosable mental health need.
 - 25% of young people who require treatment and support receive it (35-50% of those with severe needs).
 - It takes an estimated 17 years for treatment options to be translated from research into practice.
 - Half of all adult mental health problems start before the age of 14 years.
 - Children in custody are three times more likely to have mental health problems, and are more likely to have more than one mental health problem, have a learning disability, to be dependent on drugs and alcohol and have experienced significant adverse childhood experiences.
 - 60% of children and young people in the looked after system have identified mental health needs.
- 8 Based on the data above this means that within County Durham at least 5,497 children aged between 5-19 years have a clinically diagnosable mental health need.
- 9 We also know that, within County Durham:
- Children with learning or physical disabilities have a higher risk of developing a mental health problem compared to the national population
 - 2.6% of school children have additional social, emotional and mental health needs which equates to over 1,000 children.
 - There are thought to be at least 8,000 16-24 year olds with an eating disorder.
 - Around 8,500 children and young people are estimated to have ADHD.

- Almost 400 children aged between 10-24 were admitted to hospital as a result of self-harm last year
 - Nearly 100 under 18s were admitted to hospital for mental health conditions last year.
- 10 There are particular risk factors which exist, some of which are highlighted above. Others relate to discrimination, socio-economic disadvantage, parental issues such as substance misuse, mental health problems.
 - 11 Protective factors can also be in place and these could relate to experience of secure attachment with a parent or carer, capacity to reflect, family stability, wider support networks, and opportunities for valued social roles.
 - 12 The challenge to the UK in relation to children and young people's mental health is significant. This also applies to the children and young people who reside in County Durham.
 - 13 The County Durham Children and Young People's Mental Health (CYPMH), Emotional Wellbeing and Resilience Transformation Plan on a Page 2018-2020 detailed how partners and stakeholders worked together to address the issue.
 - 14 The landscape has changed significantly since the introduction of the previous plan in 2018, therefore NHSE have announced that at the moment there will be no expectation to refresh CYPMH Local Transformation Plans from October 2020. Going forward NHSE anticipate that an aligned CYPMH plan should continue to be developed and fed into local and system strategic plans, as referenced in the NHS Long Term Plan.
 - 15 National CYP MH Key Lines of Enquiry (KLOEs) have been revised into a guidance document to support systems when considering recovery and restoration, strategic CYPMH plans and delivery of future ambitions as set out in the NHS Long Term Plan. These are being considered and referenced by the County Durham CYP Mental Health and Emotional Wellbeing Partnership Group as part of the review of the plan.
 - 16 Following agreement by the Children and Young Peoples Integration Board at its meeting in February 2021, the previously named LTP Project Group has been renamed to the County Durham Children and Young Peoples Mental Health and Emotional Wellbeing Partnership Group to provide greater understanding of the purpose of the group across County Durham.

Covid-19 and CYPs mental health and emotional wellbeing

- 17 PHE published a COVID-19 mental health and wellbeing surveillance report in September 2020. It highlighted growing indicative evidence that COVID-19 and associated interventions, such as social distancing and stay at home guidance including school closures, have likely had an adverse effect on the mental health and wellbeing of children and young people.
- 18 While many children and young people have retained some access to mental health support during this period, a lack of access to mental health support has been associated with worse mental health and wellbeing for some CYP.
- 19 The latest evidence reviewed within the report suggests that vulnerable children and other CYP with challenging home environments, are more likely to have had experiences during the pandemic associated with a risk to mental health and wellbeing such as:
 - loneliness
 - disruption to access to support
 - difficult relationships within the home
 - parental stress or poor mental health
 - a lack of access to the outside or natural environment
- 20 The County Durham Health Impact Assessment (HIA) on health Inequalities in response to the COVID-19 pandemic was published in June 2020, it highlights the following key considerations for children and young people's mental health and emotional wellbeing:
 - Mental health and emotional wellbeing across the life course can be severely impacted by COVID-19 stay at home restrictions and lockdown.
 - Children and young people can be affected due to lack of support from schools and social networks.
 - Increases in safeguarding concerns can escalate for CYP in the home leading to Adverse Childhood Experiences (ACE's).
 - Increasing levels of self-harm and other MH&EW issues during the pandemic – predicted to increase especially given the more recent stay at home guidance and further requirements for remote learning.
- 21 As the HIA was published a point in time there has been additional national research conducted since publication. However, the findings of these has so far aligned with what is outlined above.

- 22 A regional HIA on the impact of COVID on CYPs mental health and emotional wellbeing is currently being scoped, led by Northumbria University. Titled: Exploring the impact of COVID-19 on the mental health and wellbeing of children and young people: Mapping evidence of public mental health services across the North East and North Cumbria Integrated Care System, the expected timescale for production of the research is over the next 6-8 months. This may highlight specific areas of focus for County Durham.

Workforce Development

- 23 Additional mental health training has been funded through covid outbreak management funds (COMF) with the aim of providing a consistent training offer across the system; capacity within the system which will allow more effective communication with practitioners and give schools the space to engage; and the production of an evidence-based prevention and early intervention tool which will help schools and practitioners to identify earlier those vulnerable CYPs who need help and support to prevent escalation of issues. Funding is non recurrent money and is required to be spent within this financial year.
- 24 This development programme has three strands, each complimenting the other to build a complete workforce development programme.
- 25 **Strand 1 CYP MH Training** (Youth Mental Health First Aid & Bereavement training and support). In the first three months Strand 1 has started well. The funding is allocated solely for Youth Mental Health First Aid and a complete programme of courses has been developed offering 1,000 places. These places have been allocated to DCC Staff working with CYP, Education settings and to the Voluntary and Community Sector. Initial course signups are excellent.
- 26 **Strand 2 Engagement and communication** (Support payment to schools & resources, development and marketing).
- 27 The support payment underpins engagement in YMHFA & Bereavement trainings
- 28 The bereavement training offer is provided via the DCC Emotional Wellbeing and Effective Learning Service.
- 29 **Strand 3 Development of an enhanced prevention system & early intervention tool** (Additional staff costs) is the third wave of COMF spending plan and is currently being developed for delivery.
- 30 A further 275 places on Youth Aware Mental Health introductory course were funded by public health. This is targeted at senior managers and

complements the Youth Mental Health First Aid Practitioner Training ensuring a shared understanding of the need's children and young people across all levels of service delivery.

- 31 Detailed information was shared in a Senior Managers briefing (PH & CYPS). Youth mental Health First Aid governance and assurance will be via regular briefings to PHSMT & CSC Recovery Group. Feedback & case studies and evaluations have been written into the plan and will evidence the success of the course and inform a possible train the trainer model for future development.

The County Durham Children and Young Peoples Mental Health and Emotional Wellbeing Partnership Group

- 32 The County Durham CYP MHEW Plan has been reviewed during the summer of 2020, following a number of multi-agency workshops and a draft plan for the period 2020-2023 has been produced. The draft plan is currently being finalised before wider consultation being undertaken.
- 33 The CYP MHEW Plan continues to build upon the five themes within "Future in Mind" the 2015 national report in relation to Promoting, protecting and improving our children and young people's mental health and wellbeing, and also the NHS Long Term Plan.
- 34 The agreed core principles of the County Durham CYP MHEW Partnership Group are:
- To ensure the meaningful participation and co-production with children and young people, service users, carers, families and communities are central to all activity.
 - We will work together to facilitate greater access and standards for CYP mental health services.
 - We will promote positive mental health and wellbeing for children and young people.
 - We will have greater system co-ordination to achieve significant improvements in meeting the mental health needs of children and young people from vulnerable backgrounds.
 - All decisions are based on a clear rationale for improving mental health and wellbeing, local need and a robust evidence base.
- 35 The CYP MHEW Partnership Group will continue to work together to deliver against the aims and priorities, look to sustain what we know works and create further opportunities to grow to scale across the County.

- 36 The draft vision and aims of the group are outlined below, what we will do to achieve these aims and why we are doing it. The terms of reference have been revised to create a more focused core with relevant sub groups to progress the relevant areas of work.



Governance and accountability

- 37 A review of governance and accountability has recently taken place. At the Children and Young Peoples Integration Board in February 2021 (now known as the Children Young People and Families Partnership Board) it was agreed that the County Durham CYP Mental Health and Emotional Wellbeing Partnership Group would report directly into the CYPIB (now CYPFPB) on a quarterly basis along with a quarterly update into the Mental Health Strategic Partnership Board to ensure a whole view of all age mental health issues.
- 38 The terms of reference for the County Durham CYP MHEW Partnership Group have been revised to take this change into account.
- 39 A governance chart is attached at Appendix 2.

Outcomes of the County Durham CYP MHEW Partnership Group

- 40 A significant amount of activity has taken place across County Durham during the previous plan period which will continue to be built upon.

Table 1: Summary of outcomes of the CYP MH&EW Partnership Group		
Roll out and monitoring of Youth Aware Mental Health	Success in Wave two of the national mental	Delivery of a flexible and responsive service 24/7, 365

(YAM) universal prevention programme and Durham Resilience Project (DRP) including securing funding until September 2023.	health trailblazers fund to develop mental health support teams to work in specific areas and development of future bids.	days a year for crisis MH support delivered via CAMHS.
Continuation of the CYP Bereavement Service provided and roll out of Bereavement training to other sectors to support the offer	Enhancement of existing Community Eating Disorder Service	Continuation of the Rollercoaster project to provide parent support
Production of a directory of provision mapped against the THRIVE framework – Making Mental Health Everybody's Business: A Practitioners Guide	Development of the United Voices CYP and Parent/Carer Advisory groups to facilitate co-production and wider engagement and participation	Development and roll out of Kooth across County Durham
Development and enhancement of locally delivered MH&EW forums to enable development and sharing of learning, good practice: mental health locality networks, Schools Link Programme.	Development of a reactive and proactive COVID response through comms development, based on identified and predicted needs.	Development of and delivery within partnership arenas such as MH lessons learnt group, self-harm task & finish, resilience subgroup, etc

Specific areas of focus during the previous 12 months

- 41 Following an initial reduction in mental health referrals during the early stages of the **COVID pandemic**, cases have increased and are now above pre-COVID levels. It is anticipated that demand for support across all tiers will continue to rise now that CYPs have returned into school and other education settings.
- 42 A significant focus of work has been on the development of **communications** to stakeholders and the wider community on the availability of mental health and emotional support services including guidance and self-help materials during the pandemic. The rainbow guides been shared widely across all networks, have been well received and will help to plan for future activity (Appendix 3).

- 43 The **Self Harm** sub-group has begun to develop a series of recommendations to take forward to improve workforce confidence in supporting cases of self-harm, with a large amount of training taking place. Some additional research and engagement work is being planned for early next year which will help inform development of recommendations for this area.
- 44 Work has been progressed in relation to developing capacity in the system to support children and young people through loss and bereavement. The HDFT 0-25 service have received specialist training from the local **bereavement** service to enable them to support families and a train the trainer model has been commissioned to roll out this training to additional services, including VCS.
- 45 The Anna Freud **School Link programme** has continued to be delivered during the pandemic with a change in focus due to the difficulties in delivering the programme virtually. A session was delivered with Anna Freud, local leads and school representatives to identify key barriers that schools were experiencing in relation to supporting CYP mental health and emotional wellbeing.
- 46 A more formalised process for communicating with schools and education settings has been developed through the use of the **CYP MH Locality Newsletters**, the next revised newsletters are issued to schools each term.
- 47 The **Mental Health Support Teams** (which following engagement with CYP are now known as **Piece of Mind**) have continued to deliver during the pandemic. Momentum continues to build with supporting posts currently being recruited to including 1.5 WTE CYP peer support worker to develop a peer support system within the pilot schools along with an education advisor, a specific SEND emotional resilience nurse and 1.5 WTE Family Navigator posts. A project team developed a further bid NHSE and one further Piece of Mind Team (MHST) is planned to come on stream in Autumn 2023.
- 48 The **Health and Wellbeing Framework for Schools and Education Settings** has now been successfully trialled by a total of 25 schools. The SWSD are actively promoting the use of the framework, with a workshop being held at the recent PEPSE conference with school leads and targeted work with the Piece of Mind Teams (MHST) and the Family Health Service.

- 49 The Service Level Agreement between Public Health and the council's Children's Services for both the **Durham Resilience Programme** and the **YAM project** and the **Strengthening Families Programme** has now been reviewed and extended for an additional 3 years.
- 50 The Parent and Carers/Children and Young People Advisory Group have developed an identity for the group. The **United Voices group** will sit alongside the CYP LTP Project Group to ensure the work of the LTP considers the voices of parent and carers and children and young people, both at a universal level and those with lived experience.
- 51 The SWSD are linking with the TEWV footprint **Whole System Commissioning Group** to establish connectivity in terms of roles and responsibilities across the TEWV footprint.
- 52 **Alternative to Crisis** work continues to be progressed with a lead officer being recruited into liC to programme manage this work. Funding has been allocated via the CCG to identify opportunities to prevent hospital admissions due to missed opportunities to intervene earlier.
- 53 DCC Education to support the development and roll out of the **Wellbeing Return for Education project** with the first meeting taking place in October 2020.

Opportunities for improvement

- 54 There are key opportunities for improvement during the next plan period. These include:
- **Integration agenda:** Clearer role in relation to driving the integration agenda and the development of place-based work, operational links between services need to be improved and we need to develop a more integrated system of support to ensure needs are better met both preventatively and in responses to identified difficulties.
 - **County Durham Together:** The County Durham CYP MHEW Partnership Group can contribute to the development of the County Durham Together place based operating model in relation to supporting CYPs and families with their emotional wellbeing and mental health, making mental health support more accessible for all children and families.
 - **Culture and leadership:** Continue to advance progress in relation to our MH&W system, switching from being service focused to people focused. This includes the establishing of a shared

language and understanding of mental health. There are significant differences in clinical mental health diagnosed conditions and mild to moderate mental health and emotional wellbeing issues which need to be defined to ensure that they can be clearly identified and CYPs can be supported into accessing the correct provision by frontline practitioners.

- **A common approach to measuring outcomes:** defining a common approach to measuring outcomes for children and young people is key. Different immediate outcome measures are used by organisations with some overlap which makes it difficult to report progress. However, as we know building resilience and working together to improve mental health of our children and young people is a long-term change. As these CYPs progress to adulthood, we need to be able to identify demonstrable improvements in outcomes.
- **Continuation of good practice:** There is a broad range of provision available but not everything is available all of the time in all areas. We need to ensure continuation of what we know works and scale this up as a whole system to ensure equity of access across the County.

The Wellbeing Approach

- 55 The wellbeing approach brings a shift in emphasis and resources from the delivery of wellbeing services to an approach that introduces greater devolution of decision making to communities and stronger community engagement. This can lead to better health and wellbeing outcomes for local people.
- 56 Adopting the approach to wellbeing will challenge us to deliver services and programmes in a different way. It will also challenge us to measure our performance in a different way. It will mean services and assets that are developed with people rather than consulting with them during or after the event. Doing so, is not easy, and in some cases may not feel comfortable. It means handing over control and sharing decision making. But doing so, will result in improved outcomes for our communities.
- 57 Moving forward, services and structures in place to support young people with their mental health and emotional wellbeing will be informed by the wellbeing approach and place co-production at the heart of future service design and decision making.
- 58 The wellbeing approach has also been adopted by the group which brings a shift in emphasis and resources from the delivery of wellbeing

services to an approach that introduces greater devolution of decision making to communities and stronger community engagement.

- 59 Services and structures in place to support young people with their mental health and emotional wellbeing are informed by the wellbeing approach and place co-production at the heart of future service design and decision making.
- 60 The group actively engage with CYP and families through both the United Voices Group and wider opportunities for engagement and participation. Engagement and participation coordinated through the United Voices group was used alongside feedback from voluntary, community and statutory services to inform the development of the draft plan.

Next Steps

- 61 Work will continue to progress on those key work areas identified above, taking into consideration the impact of COVID.
- 62 The terms of reference, membership and sub structure of the Partnership Group will be finalised to reflect the changes in governance and delivery.
- 63 Following the workshops that were held during 2020, the draft plan will be finalised and circulated for consultation with key stakeholders and children and families.
- 64 The plan will form the work programme for the County Durham CYP MHEW Partnership Group for the next plan period and will continue to report into the CYP Integration Board on a quarterly basis.

Conclusion

- 65 The COVID-19 pandemic has had a significant impact upon the mental health and emotional wellbeing of children and families. This will become a cross cutting priority of the work plan for the group, taking into account findings from the County Durham Health Impact Assessment and regional and national research documents.
- 66 The Partnership Group will continue to work together to further develop the plan and delivery against the final priorities.

Background papers

- None

Other useful documents

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Appendix 1: Implications

Finance

The County Durham CYP MHEW Partnership plan sets strategic context within which financial plans are set.

Staffing

Plans include strengthening staff development and support.

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.

Equality and Diversity / Public Sector Equality Duty – The Group pays particular regard to the needs of vulnerable groups, including groups protected under equalities legislation.

Climate Change

Not applicable

Accommodation

Not applicable.

Crime and Disorder

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

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.

Consultation

The draft plan will be circulated for consultation with key stakeholders.

Procurement

Not applicable.

Disability Issues

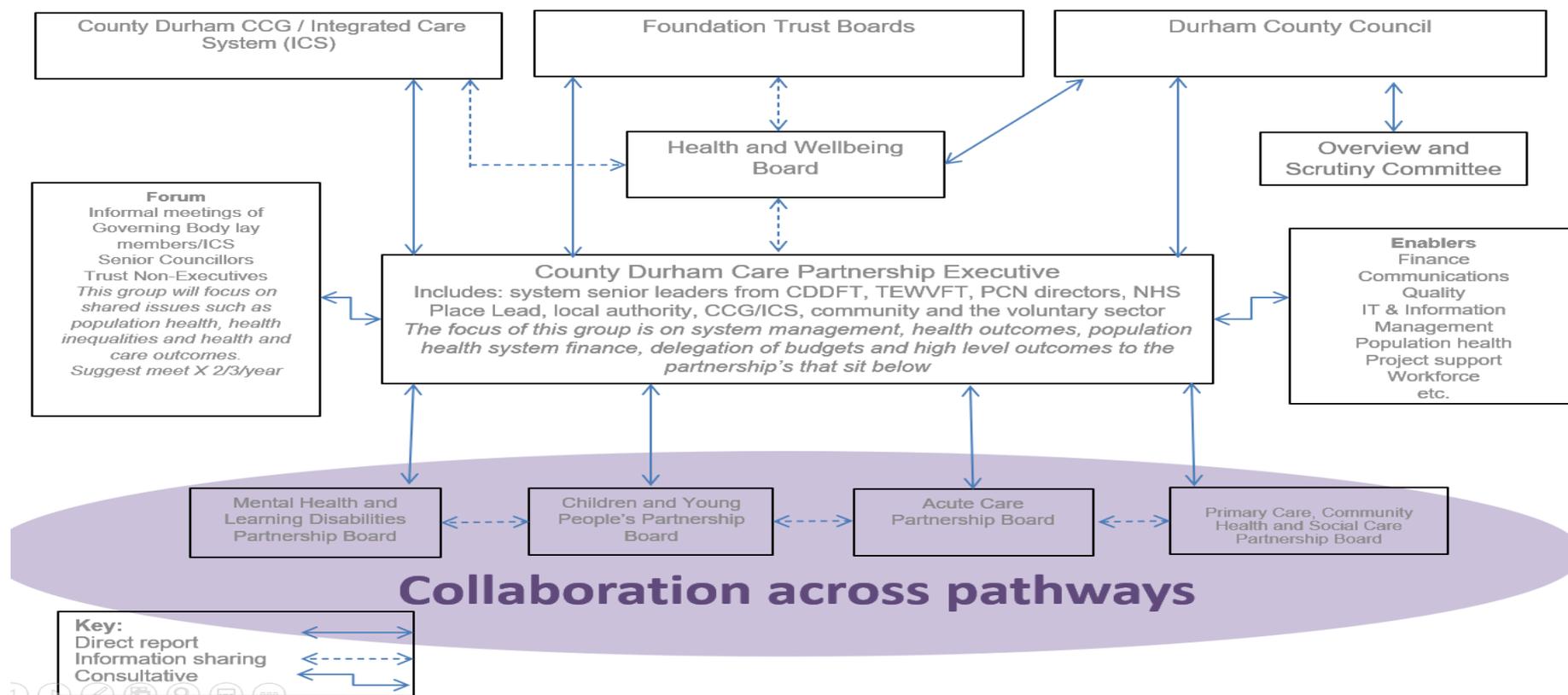
See equalities above.

Legal Implications

Not applicable.

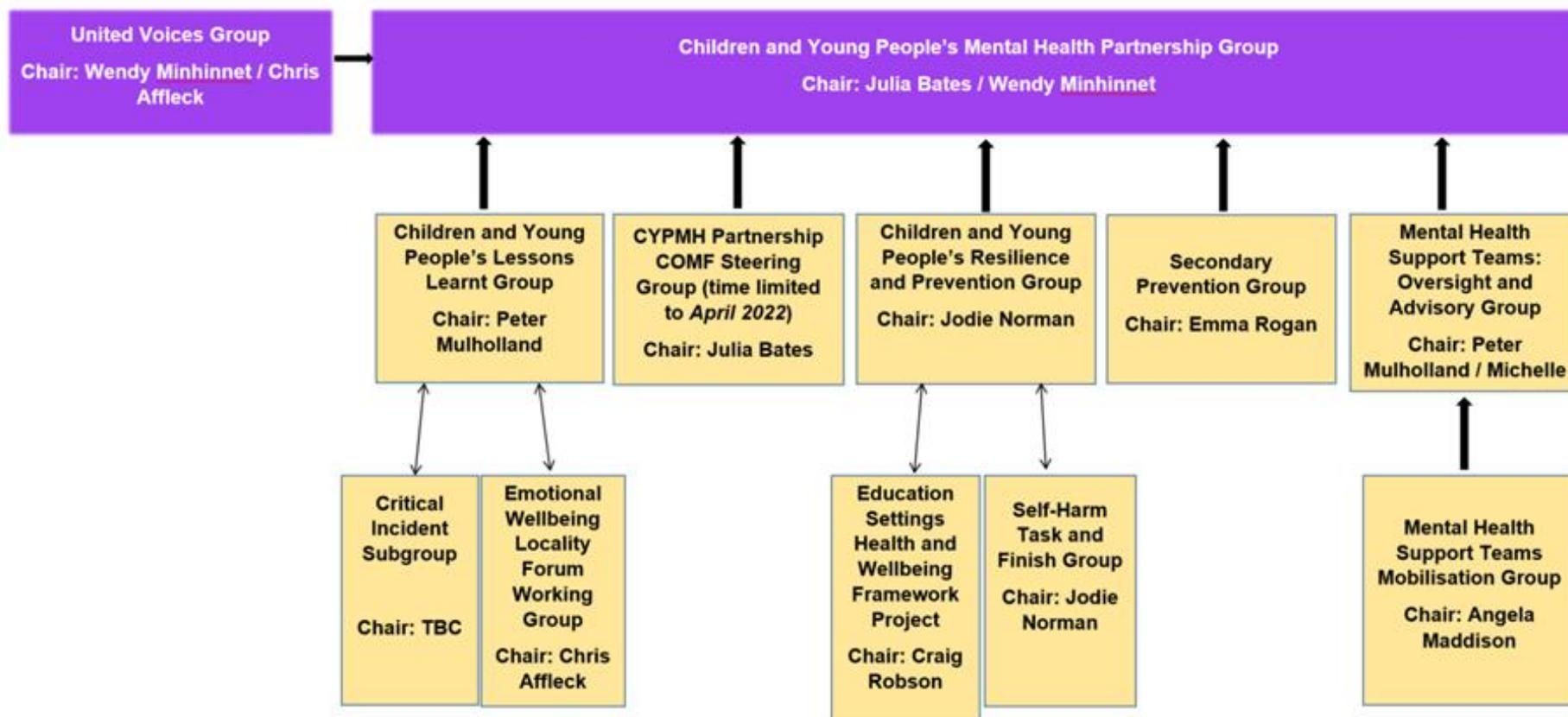
Appendix 2 - Current County Durham CYP MHEW Partnership Group Governance Arrangements

GOVERNANCE STRUCTURE ACROSS COUNTY DURHAM (May 2021)



The Children and Young People's Mental Health Partnership Group reports into the Mental Health and Learning Disabilities Partnership Board and for oversight into the Children and Young People's Partnership Board

Children and Young Peoples Mental Health Partnership Group Governance Chart



Appendix 3 - Links to Rainbow Guides:

[Rainbow Guide for Children Young People and Families](#)

[Rainbow Guide for Adults](#)