

Children & Young People's Overview and Scrutiny Committee

Children and Young People's Mental Health Update

Michelle Baldwin – Public Health Strategic Manager

Diane Foster – Public Health Practitioner



Purpose of the Presentation

To provide an update to Overview and Scrutiny on:

- The national and local context and levels of need;
- A summary of the key national and local strategies relating to Children and young people's mental health and emotional wellbeing;
- Information 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.

Background Context

- The challenge in the UK associated with children and young people's mental health and emotional wellbeing is significant
- The importance of mental health and wellbeing of CYP is becoming increasingly recognised
- 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.
- High rates of child poverty are likely to be exacerbated by the current cost of living pressures and their impact on families and communities.
- 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.

Level of need – National Picture

The challenge in the UK associated with children and young people's mental health and emotional wellbeing is significant. The following key headline facts (NHS Digital):

- In 2023, about 1:5 CYP aged 8-25 years had a probable mental disorder.
- Having a probable mental disorder was more common for 11-16 year olds (22.6%) than for those aged 8-10 years (15.7%).
- 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 8-16 year olds, rates of probable mental disorder were similar for boys and girls, while for 17-25 year olds, rates were twice as high for young women than young men.
- More than 1:4 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.

Level of need – Local Picture

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

- There are 115,000 children aged less than 19 years living in County Durham.
- County Durham is in the top 40% of the most deprived Local Authorities in England and around 1 in 4 (23.6%) children in County Durham live in relative poverty (2021/22) which is over 27,000 CYP.
- 3.6% of school children have additional, social, emotional, and mental health needs which equates to over 2600 children. This has increased from 2.6% in 2015/16
- 14.6% of pupils, around 11,200 children, receive Special Educational Needs support,
- Approximately 3000 CYP have an Education, Health and Care Plan. 20% of these pupils have a primary need relating to social, emotional or mental health need.

National Developments

There are welcome recent developments which have significantly changed the landscape:

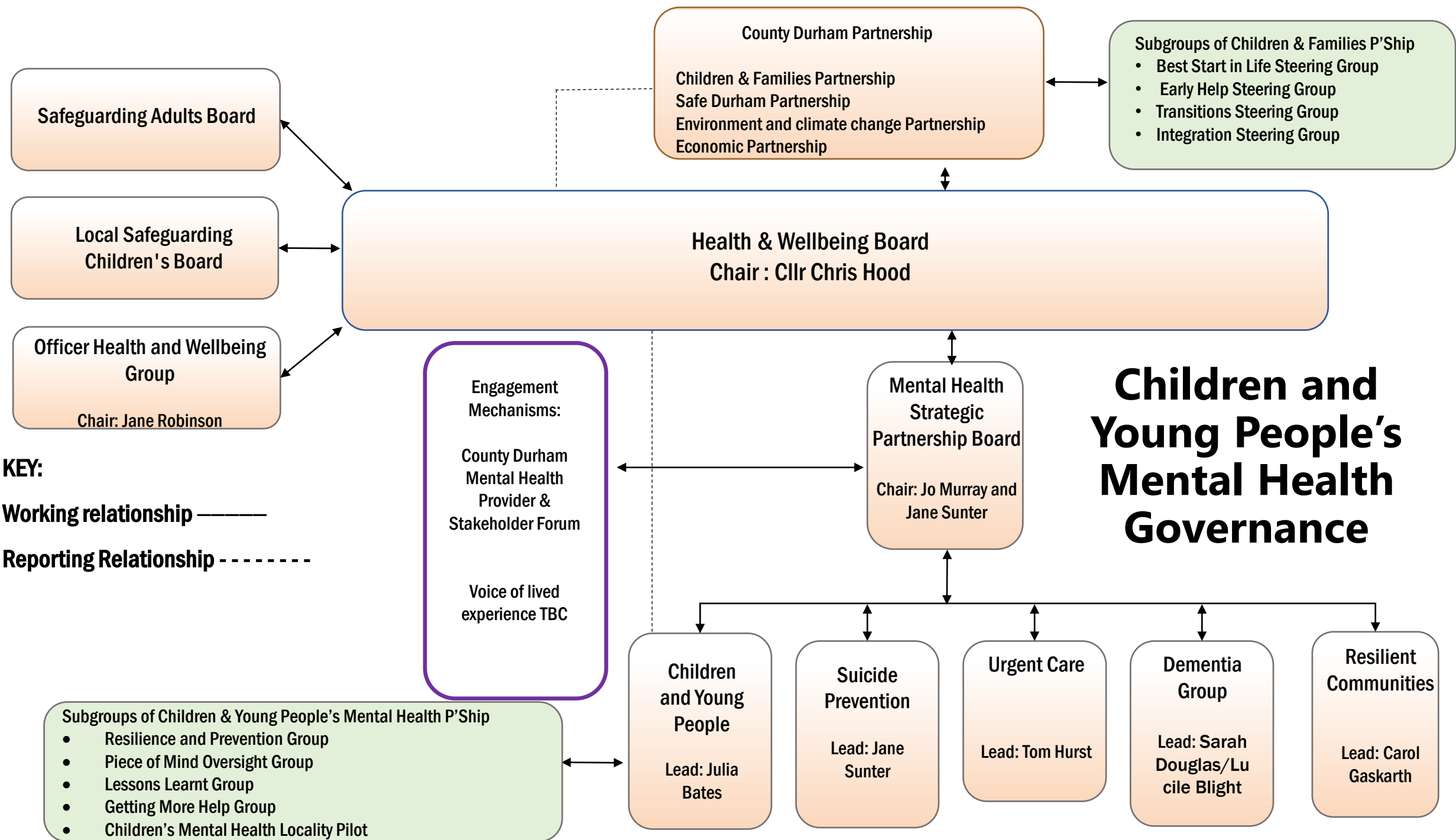
- DfE requirement for all schools have a senior mental health lead (SMHL) by 2025
- Mental Health Support Teams (MHST's), known locally as Piece of Mind (PoM), is an NHS funded programme of support provided to schools. This is a phased role out of support increasing coverage from 30% to 40% of schools in County Durham
- Family Hubs which are open to all, and the Family Hubs work with families in navigating all aspects of family support.

Children and Young People's Mental Health Partnership Vision

Our vision is:

“To support Children and Young People across County Durham to achieve their optimum mental health and emotional wellbeing”





Children and Young People's Mental Health Partnership Aims

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



Experts by Experience (EBE)

- EBE (a young person and a parent) support the CYP MH Partnership as independent Co-Chairs having input into the planning and delivery of the agenda.
- Their role is to:
 - scrutinise the work of the CYP MH Partnership 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 CYP MH Partnership 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.
- Plans are place to recruit an EBE to attend each of the subgroups on a regular basis and these EBE will feedback area priority areas to the EBE Co-Chairs.
- The voice of lived experience is part of the outcome measures for each of the programmes.

THRIVE Framework

The Thrive framework is a person centred and needs led approach to ensure that children, young people, and families receive the right support at the right time. The framework categories mental health and emotional wellbeing into five groups.

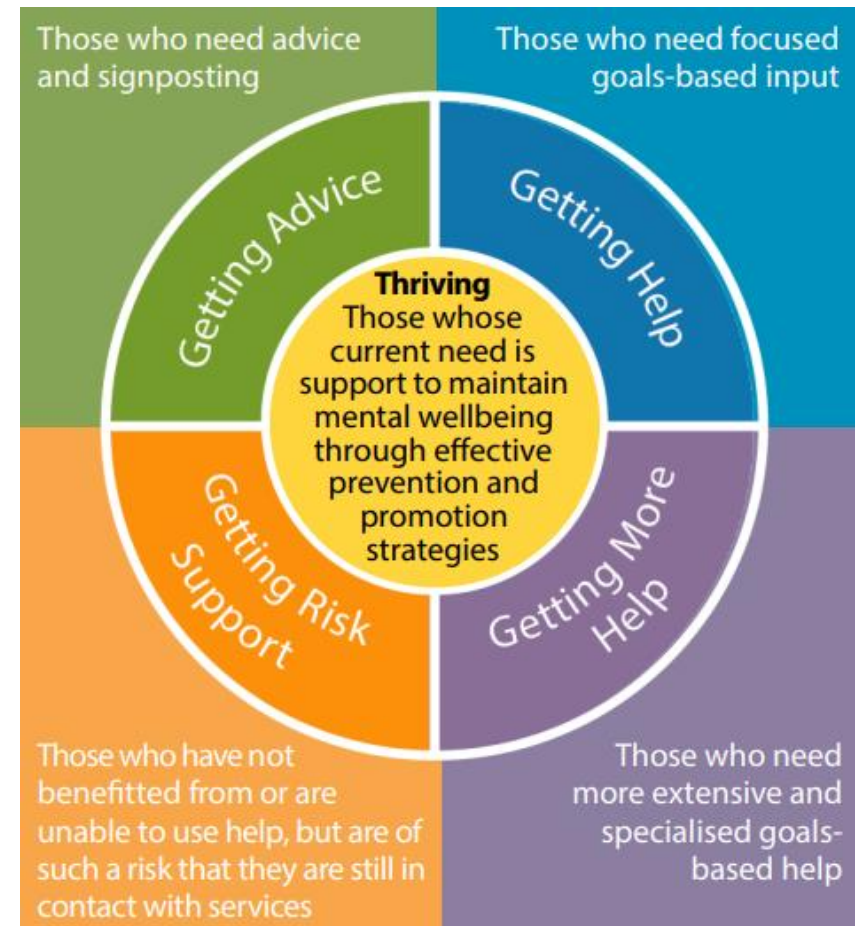
Thriving: This category refers to CYP who are doing well but may need some effective prevention and resilience-based strategies to support with the ups and downs in life.

Getting Advice: This category includes CYP who need advice and direction.

Getting Help: This category includes children and young people who need specific time limited help for mental wellbeing, emotional wellbeing or social wellbeing. It involves professionals taking direct responsibility to assist individuals or groups.

Getting More Help: Similar to Getting Help. It is a needs-based intensive support offer for CYP requiring more support.

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.



Early Help – Family Hubs

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.

A range of these activities and programmes are designed to:-

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 & families

- 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

Support for Education Settings



- Emotional Wellbeing Forums
- Health and Wellbeing Framework
- Anxious about School
- Durham Resilience Programme
- Youth Mental Health Aware/ Nurturing Our Wellbeing
- Senior Mental Health Leads Training
- Emotional Health & Resilience Team
- Piece of Mind Team (40% of schools can access)

Emotional Health & Resilience Team

- Dedicated skill mixed team within the Family Health Service / school nurse team
- Provide a universal support offer to all schools
- Focus on improving resilience and early help and support (thriving and getting advice)
- Support for CYP while waiting for more help / onward referral
- One to one and group drop in sessions

Rainbow Guides



Mental Health & Emotional Support

for children, young people & families in County Durham

This is a **great starting point** to help you **access support**

Local Support

KOOTH | www.kooth.com
Free, safe and anonymous support around mental wellbeing for 11 years +

Family Hubs | 03000 261 111 | www.durham.gov.uk/helpforfamilies
Advice and practical support across all aspects of family life

Emotional Health & Resilience Team | 03000 263 532
Emotional health, advice and guidance for 5 – 19 years

Education & SEND Support | www.countydurhamfamilies.info
Support for children with special educational needs or disabilities

Investing in Children | 0191 3077030 | www.investinginchildren.net
A children's right organisation, creating spaces to be heard

Humankind | 01325 731 160 | www.humankindcharity.org.uk
Health and wellbeing support LGBTQ young people aged 15-24 years

DurhamWorks | 03000 262 930 | www.durhamworks.info
Supporting 16-24 year olds not in education, employment or training

Recovery College Online | www.recoverycollegeonline.co.uk
Educational courses and resources to support mental health and wellbeing

Children's Social Care First Contact | 03000 267 979
www.durham.gov.uk/FirstContact
Report a concern about a child's welfare

CAMHS - Single Point of Access | 03001 239 296 | www.teww.nhs.uk
Community mental health teams for children (0 – 18 years)

TEWV Crisis line | 0800 0516 171 | www.teww.nhs.uk
24-hour service for young people experiencing a mental health crisis



National Support

Anna Freud Centre for Children and Families | www.annafreud.org
Self-care to look after our own mental health

Charlie Waller Memorial Trust | www.cwmt.org.uk
Resources for schools and families

Childline | 0800 1111 | www.childline.org.uk
Confidential telephone counselling service for any child with a problem

Headspace | www.headspace.com
Free tools around mindfulness and meditation

NHS Better Health Every Mind Matters
www.nhs.uk/oneyou/every-mind-matters
Resources to support children and young people's mental health

MindEd | www.mindedforfamilies.org.uk
Safe and reliable advice about young people's mental health

Young Minds | 0808 802 5544 | www.youngminds.org.uk
Helping young people around isolation and gaining support around mental health

The Mix | 0808 808 4994 | www.themix.org.uk
Free, confidential support for under 25 via online, social or mobile

BEAT Youthline | 0808 801 0711 | www.beateatingdisorders.org.uk
Provides support for children and young people with an eating disorder

NHS 111 | www.nhs.uk
Get medical help near you or advice on your nearest walk-in centres

Remember your **local school** and **GPs** are **available to help**.
You are not alone, we can get through this **together**.

V4 December 23
35885 C195

Examples of Recent Work

- Recruitment of a parent carer and young person as Experts by Experience, independent Co-Chairs for the CYP Mental Health Partnership.
- Roll out of a fourth Mental Health Support Team 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.
- CYP delivered a staff awareness session on World Mental Health Day
- Continued partnership working across the system including the Consett Locality Pilot and Family Hubs

Conclusion and Next Steps

- From analyses of hospital admissions data, 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. Rates are now reducing and are approaching pre-pandemic levels
- 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.
- 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.
- Continually listen to our CYP to understand their needs and review our service offer to ensure that CYP and families receive person centred and needs led support with the right support at the right time.
- 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.

Any Questions?