

Overview and Scrutiny Committee

Children and Young People's Mental Health

Kirsty Wilkinson, Public Health Strategic Manager

Angela Maddison, Getting Help Service Manager



Children and Young People's Mental Health and Wellbeing

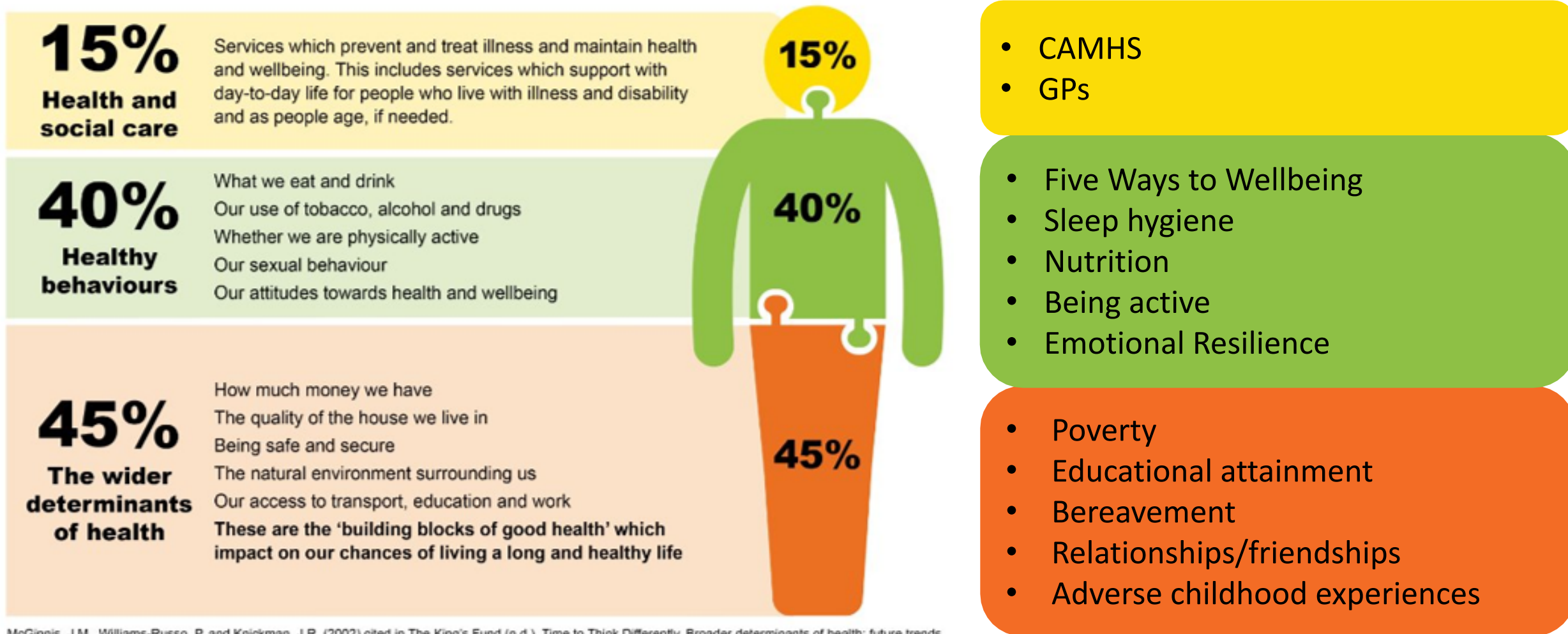
Key priorities in the Joint Local Health and Wellbeing Strategy:

- **Improving the mental health of children and young people**
- Suicide prevention
- Developing robust system responses for urgent and emergency mental health care
- Develop and implement a consistent dementia strategy
- Resilient communities
- Deliver and embed new transformed models of care for adults with serious mental health issues



Better for everyone

The **biggest** influences on our (mental) health



McGinnis, J.M., Williams-Russo, P. and Knickman, J.R. (2002) cited in The King's Fund (n.d.). Time to Think Differently. Broader determinants of health: future trends. Available at: <https://www.kingsfund.org.uk/projects/time-think-differently/trends-broader-determinants-health> (Accessed: 9 March 2023).

The scale of the challenge

100,540
children and young
people in County
Durahm

Around
21,000
children living
in poverty

Around
12,000 under
16's witnessed
domestic abuse
at some stage

Around **10,000**
children with a
diagnosable
mental health
condition

Around
6,000
children
known to
social
care/early help

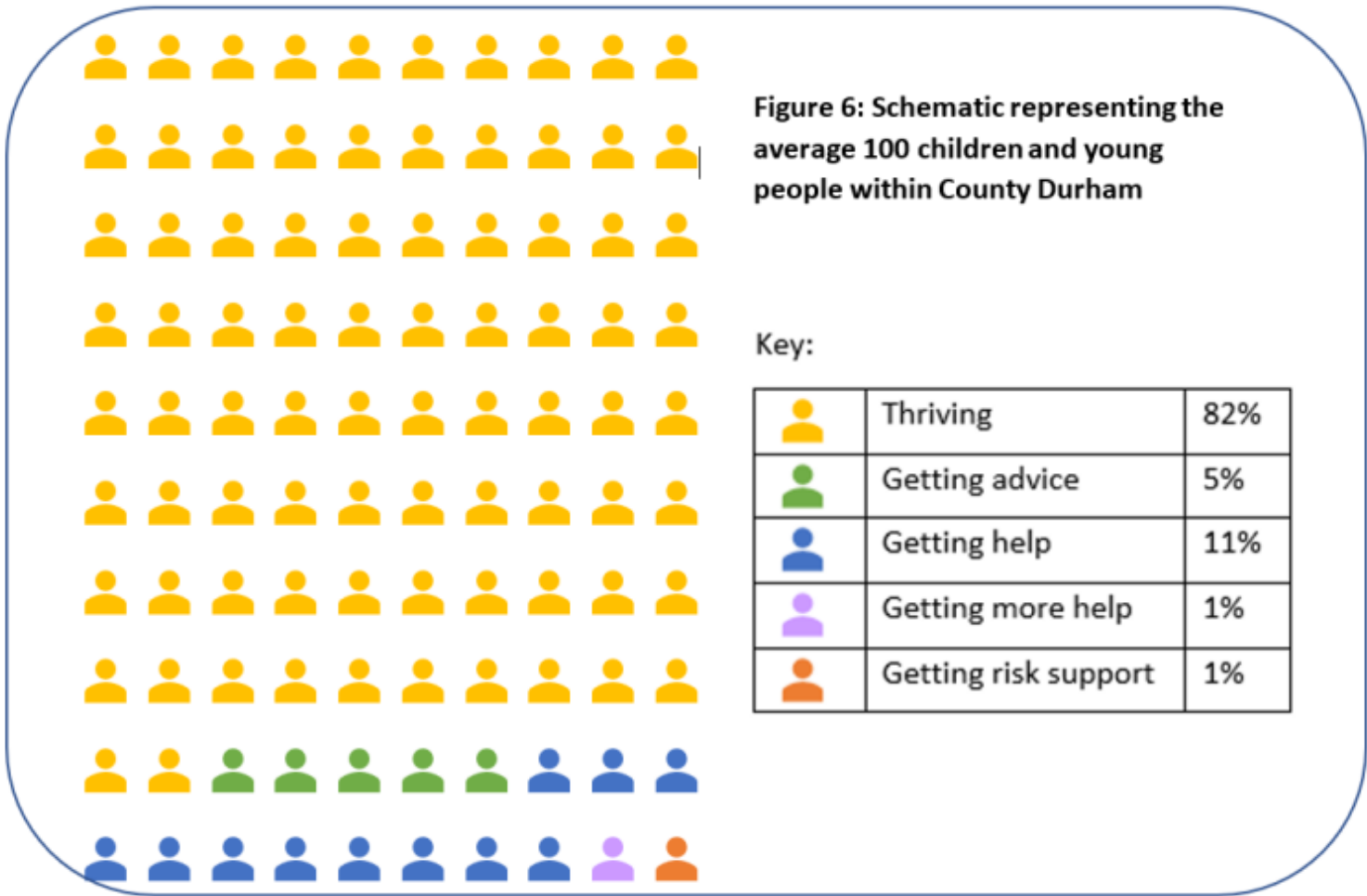
Of which
3,500
are children in
need

And almost
500
are subject to
a Child
Protection
Plan

And over
800 are
looked after

Around **1,600**
school pupils with
social, emotional,
and mental health
needs

THRIVE Framework



Community Support Offer



Family Hubs



- One-stop shop of support from public sector, voluntary, community and faith sectors
- A multi-agency approach ensuring a bespoke holistic approach to support provided to families
- Support for parents from preconception onwards including Peri-natal and infant mental health, breastfeeding support encouraging positive attachment and bonding, Understanding behaviours and emotional wellbeing of children and young people.
- Strengthening Families, Chill Kids, Teen Zone, Safer Choices, Staying Cool and Triple P (Teen, Stepping Stones and Fearless)
- Range of programmes: Drop-in sessions from CAMHS and Educational Psychologists, Peer to peer sessions delivered by the Empowering Parents Empowering Communities.

Primary Care Network CAMHS Practitioners

- 13 PCN's across County Durham
- Working in
 - Derwentside • Chester-Le-Street • Durham Coast • Easington Central • Bishop Auckland • Teasdale
- Gaps
 - Durham (Claypath) • Durham East • Durham West • Easington North • Sedgefield • Sedgefield North • Wear Valley
- Activity (Jan 24- Jan 25)



DurhamWorks Support for Young People

DurhamWorks offer a range of programmes to support young people who are not in education, employment or training (NEET) or who may be at risk of drop out of education/training.

These programmes start with Year 11 pupils identified as being a priority group and/or at risk of NEET

Support is available for Post 16 years in the community.



Case Study - Kaitlin



- Kaitlin is a young person who previously attended The Oaks School, with significant learning difficulties and an Education, Health and Care Plan (EHCP).
- Kaitlin required support with her post 16 options and transition, this included one-one IAG interviews, multi-agency meetings and work with family/professionals.
- Bishop Auckland College was identified as a provision that could meet Kaitlin's needs.
- Visits to the college were arranged to meet the key staff Kaitlin would be working with, which helped ease any anxiety.
- Further support was provided through the Workplaces Summer Transition programme and her adviser. This included groupwork to raise confidence, through activities such as travel training, visits to providers and team building sessions.
- Kaitlin is currently attending college and doing well.

Mental Health Support In Schools

- Health & Wellbeing Framework: Universal pledge for schools to self-assess and address health & wellbeing, based on needs of the school using a whole school approach.
- Emotional Wellbeing Forums: Open to all school staff, focusing on sharing best practice, raising awareness of support and staff CPD.
- RSHE Support Education Durham: Open to all schools - offering training, CPD, raising awareness of support, changes in legislation and best practice sharing.
- Emotional Health and Resilience Teams: All schools can access low-level mental health support for CYP via 1:1, groupwork, lessons, self-help, and CBT for parents.
- Emotional Wellbeing and Effective Learning Teams: 20 schools every year– A whole-school approach to mental health and wellbeing using the Durham Resilience Programme, Anxious About School, YAM & NOW training.
- Piece of Mind: Mental Health Support Teams in Schools support in 30% of schools.

Emotional Health and Resilience Team

1:1 Support to
almost 1800 CYP

Youth Aware
Mental Health co-
delivered to over
1600 CYP

All secondary
schools have weekly
drop in sessions

Decider Training
delivered in 44
primary schools to
over 1700 CYP

Emotional Wellbeing and Effective Learning Teams

179 school staff
accessed an anxiety
training session

Almost 4000 children
and young people
attended an anxiety
awareness session

Staff said they will be
curious and keep exploring
what could be going on for
the young person

Staff feel more confident to
spot the signs of anxiety
and the ways we can help in
school

Peer Mentoring



Piece of Mind Team (MHST)

- 4 teams across County Durham
 - 1.5 in North Durham
 - 1.5 in South Durham
 - 1 in East Durham
- 38% of education settings Durham receive support from Piece of Mind Team
 - 38 education settings in North
 - 40 education settings in South
 - 28 education settings in East
- Activity (Jan 24- Jan 25)



Child and Adolescent Mental Health Services (CAMHS)

- Single Point of Access (12-month data)
 - Referrals
 - 4,756
 - Highest referring months March and October
 - Highest refer- GP's (2,240) followed by self/ relative (949)
- Clinical Transformation
 - Introducing the Clinical Model
 - Getting Help/ Getting advice
 - Getting More Help
 - Neurodevelopmental
 - EDT
 - Urgent Care



Questions or comments