

Children and Young People's Overview and Scrutiny Committee

26 February 2025

Children and Young People's Mental Health Update



Report of Michael Laing, Interim Corporate Director of Adult & Health Services

Amanda Healy, Director of Public Health

Electoral division(s) affected:

Countywide

Purpose of the Report

- 1 The purpose of the report is to inform the Children and Young People's Overview and Scrutiny Committee (CYPOSC) of the forthcoming presentation on Children and Young People's Mental Health in County Durham.

Executive summary

- 2 Mental health, wellbeing and resilience is a priority for the Health and Wellbeing Board. The Joint Local Health and Wellbeing Strategy (JLHWS) outlines the priorities for improvement which includes improving the mental health of children and young people.
- 3 The Children and Young People's Mental Health Partnership provides strategic co-ordination and leadership for the children and young people's mental health agenda across County Durham and is responsible for the delivery of CYPMH Plan.
- 4 The presentation will be introduced by Kirsty Wilkinson, Public Health Strategic Manager and chair of the Children and Young People's Mental Health Partnership and Angela Maddison, Getting Help Service Manager, Durham and Darlington CAMHS. The presentation will update CYPOSC members on the support and services that are available in County Durham across the iThrive framework of:
 - Thriving
 - Getting advice
 - Getting help
 - Getting more help
 - Getting risk support

- 5 The presentation includes contributions from
- Tanfield Primary School
 - Relationships, Sex and Health Education (RSHE), Education Durham
 - Emotional Wellbeing and Effective Learning Team – Children and Young People’s Service
 - Endeavour Academy
 - Investing in Children
 - Emotional Health and Resilience Team, 0-25 Service, Harrogate and District Foundation Trust
 - One Point Service/Family Hubs, Children and Young People’s Service
 - Durham Works – Children and Young People’s Service
 - Tees, Esk and Wear Valley NHS Foundation Trust
- 6 There will be an opportunity for discussion about the help and support available and members will further understand where to signpost people to.

Recommendation

- 7 The Children and Young People’s Overview and Scrutiny Committee is recommended to:
- (a) receive the presentation;
 - (b) provide feedback on the help and support available and the communication/awareness of the support and services available to enhance children and young people’s mental health.

Appendix 1: Implications

Legal Implications

None.

Finance

None.

Consultation and Engagement

The consultation and engagement with local individuals, families and communities is a core principle for supporting any new system-wide developments, recommended by the County Durham Approach to Wellbeing. The use of co-production is a fundamental aim in developing any new pathways, or services for mental health support and is encouraged throughout the work of the CYPMHP.

Equality and Diversity / Public Sector Equality Duty

Equality and Diversity are at the heart of our vision and core values. We understand the wider benefits of improving everyone's quality of life and recognise that inequality continues to affect different people and communities in different ways. We are committed to creating and sustaining a modern and supportive offer for children and young people's mental health and wellbeing and tackling the inequalities, prejudice and discrimination affecting the diverse communities which we serve.

Climate Change

None identified.

Human Rights

No adverse implications.

Crime and Disorder

Improving mental health and wellbeing across all ages will have a positive impact on crime and disorder.

Staffing

None identified.

Accommodation

None identified.

Risk

None identified.

Procurement

None.