

2 November 2015

**Update on Progress of
Recommendations of Self Harm
by Young People Review Report**

**Joint Report of Lorraine O'Donnell, Assistant Chief Executive,
and Rachael Shimmin, Corporate Director of Children & Adult
Services**

Purpose

- 1 The purpose of this report is to update members of the Children and Young People's Overview and Scrutiny Committee on the progress made against the recommendations from the review of Self Harm by Young People.

Background

- 2 The Children and Young People's Overview and Scrutiny Committee added Self-harm by Young People to its work programme following its refresh at their meeting in June 2014. This was because the committee were concerned about the number of young people in County Durham who self-harm, especially those who do not come into contact with any support services. The committee wanted to raise awareness and understanding of self-harm among young people and adults.
- 3 The terms of reference for the review were agreed by the Committee at its meeting held on 25th September 2014. The objective of the review is to raise awareness of self-harm by young people to young people and adults involved in their lives and to investigate how early intervention and support can be increased following five key lines of inquiry.
 - What policies and practices does Durham County Council have in place to help, support, prevent and intervene early where looked after children and young people self-harm?
 - How reliable/accurate performance data is and what does it tell us about self-harm in this area compared to regional and national data.
 - What services are available in the community for young people with anxieties or mental health problems to talk to people and how accessible are these services?
 - How are schools addressing students' issues that may lead them to self-harm? What prevention and early intervention methods do they use?

- How can awareness of self-harm be increased among young people, parents and carers and what are the signs to look out for?
- 4 The review found that self-harm was hidden and usually a symptom of an underlying emotional problem that young people found difficult to cope with and that young people go to great lengths to hide.
 - 5 During the course of the review the group met with several groups of young people many of whom had self-harmed. They advised the group that for them self-harm was a coping mechanism to help them deal with the issues in their lives. The group was advised that young people feel that adults do not listen and trivialise their problems.
 - 6 The review group's report was presented to Cabinet at their meeting on 15 April 2015 and is attached at appendix two for members information, a copy of the review groups report can be found at ...
 - 7 The action plan attached at appendix three provides a detailed response to each of the committee's recommendations with a proposed timescale as to when the task will be complete.

Recommendation

- 8 Members are requested to note the update on the recommendations from Self-harm by Young People review report and comment accordingly.

Background Papers

- Cabinet Report: Self-harm by young people Scrutiny Review report

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Appendix 1: Implications

Finance - None

Staffing – None

Risk - None

Equality and Diversity / Public Sector Equality Duty – The review report takes into consideration Equality and Diversity; an Equality Impact Assessment has been carried out.

Accommodation - None

Crime and Disorder - None

Human Rights - None

Consultation – None

Procurement - None

Disability Issues – None

Legal Implications – None

Cabinet – 15 April 2015

**Children & Young People's
Overview and Scrutiny Review of
Self Harm by Young People**



Report of Lorraine O'Donnell, Assistant Chief Executive

Purpose

1. The purpose of this report is to present the findings, conclusions and recommendations of the Children and Young People's Overview and Scrutiny Committee working group review report on Self Harm by Young People attached at appendix 2.

Background

2. The Children and Young People's Overview and Scrutiny Committee added Self-harm by Young People to its work programme following its refresh at their meeting in June 2014. Following their concern about the number of young people in County Durham who self-harm, especially those who do not come into contact with services. The committee wanted to raise awareness and understanding of self-harm among young people and adults.
3. The terms of reference for the review were agreed by the Committee at its meeting held on 25th September 2014. The objective of the review is to raise awareness of self-harm by young people to young people and adults involved in their lives and to investigate how early intervention and support can be increased following five key lines of inquiry.
 - What policies and practices does Durham County Council have in place to help, support, prevent and intervene early where looked after children and young people self-harm?
 - How reliable/accurate performance data is and what does it tell us about self-harm in this area compared to regional and national data.
 - What services are available in the community for young people with anxieties or mental health problems to talk to people and how accessible are these services?
 - How are schools addressing students' issues that may lead them to self-harm? What prevention and early intervention methods do they use?
 - How can awareness of self-harm be increased among young people, parents and carers and what are the signs to look out for?
4. The committee set up a working group of 14 members and gathered evidence over six meetings from key parties including:
 - Public Health
 - Children & Adult Services
 - North of England Commissioning Support Unit
 - DDES CCG
 - North Durham CCG

- Child & Adolescent Mental Health Services
 - School Nurses
 - Investing in Children
 - Disc Lesbian, Gay, Bisexual and Transgender Young People's Group
 - Representative from Framwellgate School Durham
 - Representative from Educational Psychologists Team
 - Representatives from Sunderland pact Support Group
 - Representative from Mental Health North East
 - Youth Leader and Young People from Bowburn Youth Club.
5. The review makes seven recommendations which can be found on page 17-18 of the attached report. They relate to:
- internet safety;
 - development of information pages for parents/carers;
 - update and refresh of school policies on emotional health and wellbeing; and a reminder to governors of services that can be bought in which address emotional health and wellbeing;
 - consideration of how to engage with parents and carers to advise on the importance of good mental health and the warning signs.
 - consideration to a single multi-agency pathway and registry of self-harm;
 - consideration to the role youth workers/leaders can play in providing emotional and wellbeing support to young people in schools; and
 - Consideration to providing basic mental health and emotional wellbeing awareness training to all staff who regularly come into contact with young people.

Service Response

6. Children and Adult Services (CAS) and Public Health (PH) offer a joint response to this scrutiny, and welcome the report. Self harm by young people is a problem that is under-reported and which indicates a lack of emotional wellbeing that can foreshadow more serious issues.
7. The committee notes that emotional health and wellbeing, resilience and Child and Adolescent Mental Health strategies are under development. It is anticipated that these strategies will set out the actions to be taken by the Council and partners to ensure that services for young people and parents are in place, and are accessible.
8. The Health and Wellbeing Board and the Children, Young People and Families Partnership will receive these strategies and ensure that implementation and service commissioning matches strategic intentions.
9. Both CAS and PH welcome the emphasis given throughout the report to the voice of children and young people and the voice of parents. It is clear, that in the area of self harm, data are highly problematic and the clearest picture of the issue is often provided by those who experience it. Young people and parents are also best placed to advice on service access, to ensure that actions taken

in response to the report are effective. All partnerships should note and mirror this approach.

10. CAS and PH recognise that internet safety is increasingly a key issue for young people. Schools regularly report that many of the disciplinary problems they now address result from mis-use of social media, particularly in relation to bullying. We have seen in the last year how easy it is for young people to form “association groups” around negative issues such as suicide and self harm, and how emotions following tragic events can be whipped up at the touch of a button. Although it is impossible to control social media, CAS and PH support efforts to limit its use in Council buildings and schools.
11. The scrutiny committee has highlighted an important issue in the lack of clear advice and guidance for young people and their parents. We support the committee in efforts to streamline this and provide simple routes to effective information.
12. Clearly schools have a critical role to play in this issue, and CAS and PH will support and recommendations for schools to update emotional health and wellbeing policies, to include information on what services and support is available.
13. CAS and PH note the recommendation relating to the use of youth workers, school nurses and health visitors in preventing young people engaging in self harm and supporting them when they do. Current approaches such as Team Around the School and Team around the Family can already provide this support, and an expansion of these approaches would be welcomed.
14. Similarly, the recommendation on training for all staff who come into contact with children and young people is welcomed.
15. Recommendation E could be misinterpreted, as terms such as “single point of contact” and “registry of self harm services” have a very specific meaning in some services. CAS and PH would support the creation of a single portal for all services for self harm and development of clear information. We anticipate that the strategies under development will lead to commissioning plans for appropriate services and we do not believe that a new single point of contact is required if that means a person or a portal. There is already a single point of contact for all concerns about children, called First Contact, which will signpost to appropriate services. This role would undoubtedly be strengthened by creation of a clear register of self harm services however. First Contact is part of the existing pathway for protection of children, which attempts to identify concerns early and offer help before problems escalate. It is important that this single approach is not undermined by creation of a parallel approach to self harm or other forms of mental health. All agencies must be encouraged to use this pathway.
16. In summary, CAS and PH welcome the report as an important contribution to improving the emotional health and wellbeing of children and young people in County Durham, and will engage, with other relevant partners, in implementing the actions.

Recommendation

17. Cabinet is asked to note the recommendations in the report attached (appendix 2, pages 17-18) and to formulate a response within the six month period identified in the report for systematic review of the recommendations.
18. That the report is shared with the Health and Wellbeing Board and the Children and Families Partnership.

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Appendix 1: Implications

Finance - None

Staffing - None

Risk - None

Equality and Diversity / Public Sector Equality Duty – The review report takes into consideration Equality and Diversity; an Equality Impact Assessment has been carried out.

Accommodation - None

Crime and Disorder – The review report received information on the impact of alcohol on young people's offending.

Human Rights – None

Consultation – None

Procurement - None

Disability Issues – The report addresses the mental health and emotional wellbeing of young people

Legal Implications – None

OVERVIEW AND SCRUTINY REVIEW REPORT – Self Harm by Young People
REVIEW OF RECOMMENDATIONS CONSIDERED BY CABINET ON: 15 APRIL 2015
UPDATE ON RECOMMENDATIONS – 2 NOVEMBER 2015

Review Recommendation	Progress report of action taken to implement recommendation	Resib'ty	Timescale
1) That in relation to internet safety, Cabinet place restrictions to limit internet access on personal computers in Council run buildings including libraries to ensure that sites which glorify self-harm and relevant social chat sites are prohibited access. In addition that Cabinet write to the Mental Health Minister to ask for search engine sites to recognise their moral social duty to filter search results.	Google Safe Search implementation within DCC Public Buildings including libraries will begin January 2016.	IT	Ongoing
	<p>This will reduce access to sites which glorify self-harm.</p> <p>Progress in the interim has been made through applications to block access to individual websites including www.lostallhope.com.</p> <p>Issue with access to sites which promote self harm through social media is still outstanding and a national issue.</p> <p>Promotion of support services through social media is progressing.</p>	Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group	Ongoing
Review Recommendation	Progress report of action taken to implement recommendation	Resib'ty	Timescale
2) That the Cabinet give consideration to developing specific pages for parents/carers giving information on preventing self-harm and how to support their children. Also that the pages are designed by or with direct	Promotion of MindEd resources www.minded.org.uk	Children and Young People Mental Health, Emotional Wellbeing and	March 2015

<p>involvement of young people who have knowledge of self-harm and emotional health and wellbeing such as help4teens.co.uk.</p>	<p>Launch of www.suicidesaferdurham.uk.</p> <p>Papyrus HopeLine have extended hours of operation during the weekend Mon-Fri: 10am-10pm, weekends: 2pm-10pm Support through email and text is also available www.papyrus-uk.org</p> <p>Working towards page on DCC website for Children and Young People mental health and wellbeing which will also support parents who have knowledge and experience of managing self-harm.</p>	<p>Resilience Implementation Group</p> <p>Public Mental Health Strategy Group</p> <p>Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p>	<p>Launch September 2015 Promotion ongoing</p> <p>Complete July 2015</p> <p>Ongoing</p>
<p>Review Recommendation</p>	<p>Progress report of action taken to implement recommendation</p>	<p>Resib'ty</p>	<p>Timescale</p>
<p>3) That the Cabinet highlight to school governing bodies:</p> <ul style="list-style-type: none"> i. The necessity to refresh and update all emotional health and wellbeing policies on a regular basis specifically those that relate to self-harm. 	<p>Completed Guidance on Managing Self-Harm for Schools. This is now available to all schools through DLG.</p>	<p>Public Mental Health Strategy Group</p> <p>Children and</p>	<p>Complete June 2015</p> <p>Ongoing</p>

<p>ii. The range of emotional health and wellbeing services that can be bought in to support children and young people especially those provided for free by Public Health.</p>	<p>Further work to promote whole school approach to improve mental health and wellbeing to be taken forward through Children and Young People Mental Health, Emotional Wellbeing and Resilience Plan.</p> <p>School governors through governor's assembly received offer of emotional health and wellbeing services and training.</p> <p>Governing body training programme 16/17 to offer training on mental health and emotional well-being sessions. Possible offer available 15/16.</p>	<p>Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p> <p>Public Mental Health Strategy Group</p> <p>Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p>	<p>Complete 2015</p> <p>Ongoing</p>
Review Recommendation	Progress report of action taken to implement recommendation	Resib'ty	Timescale
<p>4) That Cabinet request the Corporate Director of Children and Adult Services, the Director of Public Health, the Local Safeguarding Children Board, the Joint Health and Wellbeing Board and the Children and Families Partnership give consideration as to how to engage with parents of children to advise on the importance of good mental health and the warning signs to look out for in relation to risk taking</p>	<p>Through co-production and consultation work on the CHYP Mental Health, Emotional Wellbeing and Resilience plan an emerging network of parents with direct experience is developing. Further work to develop a parent advisory panel around mental health and emotional wellbeing supporting the implementation plan is underway.</p>	<p>Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p>	<p>Ongoing</p> <p>Ongoing</p>

behaviours.	One parent support group is now established with a second group expected to begin January 2016. Social media network is due to launch January 2016		
Review Recommendation	Progress report of action taken to implement recommendation	Resib'ty	Timescale
5) That through discussions at the Health and Wellbeing Board, appropriate commissioners and providers give consideration to the establishment of a single point of contact for services that offer mental health service and support which would ensure that all incidents are logged and picked up by the appropriate service in a timely manner and in doing so create a single multi-agency pathway and registry of self-harm.	<p>CHYP Mental Health, Emotional Wellbeing and Resilience plan has a key priority to develop one stop shops for children and young people which will include provision for those who self-harm.</p> <p>CAMHS Crisis Service is established and pilot programme of extended hours.</p> <p>Crisis Care Pathway workshops taking place December 2015 and January 2016 to create single multi-agency pathway.</p> <p>Information sharing agreements are underway initially with foundation trusts to develop self-harm real-time profile for County Durham. Next steps with Further and Higher Education.</p>	<p>Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p> <p>Mental Health Crisis Care Concordat</p> <p>Public Mental Health Strategy Group</p>	<p>Ongoing</p> <p>Complete. Pilot review December 2015</p> <p>January 2016</p> <p>Ongoing</p>

Review Recommendation	Progress report of action taken to implement recommendation	Resib'ty	Timescale
<p>6) That Cabinet give consideration to how youth services leaders/workers, school nurses and health visitors can have a role in schools in relation to emotional health and wellbeing support to young people.</p>	<p>Young people have been given opportunities through Investing in Children to provide feedback about how and where support is best provided (through the School Nursing Review, CAMHS Review, Mental Health, Emotional Wellbeing and Resilience Plan & Mental Health Needs Assessment).</p> <p>Plans to update broader school emotional wellbeing policies and develop guidance. Emotional health and wellbeing approaches in school are not generally subject of stand-alone policies and are embraced within their other duties and responsibilities including equality/accessibility issues, SEND policies, safeguarding, pupil premium and Ofsted requirements relating to personal development behaviour and welfare. Schools are aware of the need to update these regularly.</p> <p>Establish the role of Primary Mental Health Workers in schools linked to Social, Emotional and Wellbeing Pathway and delivered through 0-19 Service (Health Visitors and School Nurse service)</p>	<p>Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p> <p>Children and Families Partnership</p>	<p>Ongoing</p> <p>Ongoing</p> <p>September 2016</p>

<p>7) That Cabinet give consideration to providing all adults (School Staff, Children’s Home Staff, Youth Services Staff) who come into contact with young people on a regular basis receive basic mental health and emotional wellbeing awareness training.</p>	<p>Children and young people workforce will receive mental health and emotional wellbeing training as part of the broader CHYP Mental Health and Emotional Wellbeing Plan. Interim training:</p> <p>Managing self harm training for schools based staff to support refreshed guidance will be available from November 2015.</p> <p>Children’s Home and Youth Service staff offered Mental Health 1st Aid and Managing Self Harm training.</p> <p>Emotional wellbeing awareness raising in schools. 238 Schools supported 2014/15 Mental Health emotional wellbeing capacity building, e.g. through training, coaching or consultation 409 staff from 66 schools 2014/15</p>	<p>Children and Young People Mental Health, Emotional Wellbeing and Resilience Implementation Group</p> <p>Public Mental Health Strategy Group</p> <p>Public Mental Health Strategy Group</p> <p>Public Mental Health Strategy Group</p>	<p>Ongoing</p> <p>July 2016</p> <p>Ongoing</p> <p>Ongoing</p>
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