

REPORT TO: Children’s Policy and Performance Board

DATE: 23rd January 2023

REPORTING OFFICER: Executive Director, Children’s Services

PORTFOLIO: Children and Young People

SUBJECT: Summary of Children and Young Peoples Mental Health and Wellbeing update

WARD(S) Borough-wide

1.0 PURPOSE OF THE REPORT

1.1 To provide a presentation summarising key work taking place locally and at a regional level to support children and young people’s mental health and wellbeing. Including overview of preventative work that aims to keep children and young people mentally well and services that provide direct interventions and support when children and young people are struggling. The presentation won’t address services which directly support children and young people with Special Educational Needs, although services discussed will provide support to this cohort.

2.0 RECOMMENDATION: That the Board:

- I. Members receive the presentation; and
- II. Members are aware of key work and services contributing to the positive mental health and wellbeing of children and young people

3.0 SUPPORTING INFORMATION

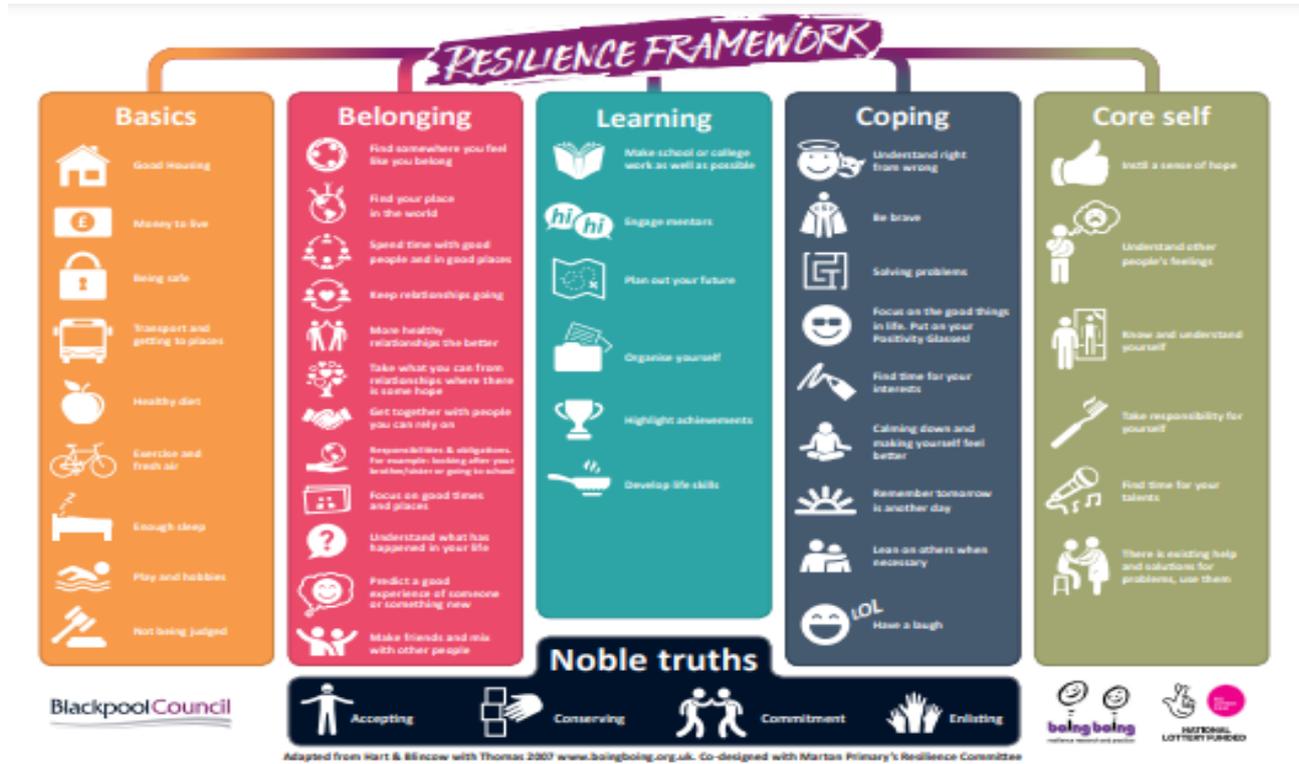
3.1 This presentation provides an overview of work taking place in Halton by a variety of organisations and teams such as; Halton Borough Council, Halton Public Health, NHS Cheshire and Merseyside- Halton Place (Integrated Care Board formally CCGs), NHS Cheshire and Merseyside (Integrated Care Systems, ICS) For further information regarding the structure of NHS Cheshire and Merseyside Health please visit <https://www.cheshireandmerseysidepartnership.co.uk/ics-development/>

3.2 3.2 What do children and young people need to be mentally healthy?

Diagram 1 provides an easy read overview of The Resilience Framework which is a set of ideas and practices that promote resilience. More details on the framework is available to be viewed via <https://www.boingboing.org.uk/>. The framework is based on a body of research and practice development called Resilient Therapy (RT). This was originally developed by Angie Hart and Derek Blicow, with help from Helen Thomas and a group of parents and practitioners. The resilience framework demonstrates evidence based ideas that can be used to support a child or young person to improve

their resilience. The framework helps us to understand what children and young people need to be resilient shifting the narrative from ‘what is wrong with the child’ to ‘what does this child need’. The framework can also be used to help us to understand how a wide variety of services contribute to good mental health.

Diagram 1 –Resilience framework, (Children and Young People) Oct 2012 – Boingboing, adapted from Hart and Blincow with Thomas 2007



3.3 Overview of Core services

Table 1- Overview of core/statutory services available and lead organisation/team responsible

Lead Organisation	Services funded
Local Authority	Educational Psychology Educational Psychology Service
	Specialist support for Children in Care (Banardos-Moving on 2gether) Moving on 2gether
	Nurture Halton's Nurturing Approach
Public Health	Mental Health and Wellbeing prevention agenda for educational settings *for a detailed overview of this offer please email Katie.bazley@halton.gov.uk

NHS Cheshire and Merseyside- Halton Place	Child and Adolescent Mental health Services (CAMHS)
	Mental health Teams in Schools
	Baby Infant Bonding Service
	Eating disorder service
	REACH 24 hour text support
Mersey Care NHS foundation trust	24 Hour Crisis Line

Table 1 provides an overview of core and statutory services funded locally in Halton. Please be aware this isn't a definitive list of what is available to support children and young people's mental health and wellbeing. There are many services which have a positive impact on children and young people's mental health and wellbeing without this being their sole focus such as: iCART, Early Help, Drugs and Alcohol substance misuse support, Children centres, Holiday Activity and food provision, Active Halton, Youth Provision and 0-19 health services (family Nurse Partnership, Health Visiting and School Health). There is also a significant amount of support available from the Voluntary Sector. Details of support available locally can be found via Halton's local [Mental Health Info Point](#)

3.4 Moving on 2gether

Specialist therapeutic support for Children in Care provided by Barnardos includes support and interventions available across Runcorn and Widnes to:

- Children in care (5-25yrs)
- care leavers
- extended care leavers (up to 25 years)

The service also provide information, advice and consultation to foster carers and professionals working with children under the care of Halton Local Authority.

Since April 2021 the service has supported 242 children, young people and their families. Diagram 2 provides a snapshot of outcomes achieved in Q1 2022/2023

Diagram 2- snapshot of outcomes achieved during Q1 2022/2023

	Q1
Total number of CYP / families supported by service	44
Number of Direct Hours delivered	109
Number of Indirect Hours delivered (<i>Professionals Meetings on cases open to service</i>)	29
Consultations (on cases not open to service)	23
Number of Trauma Assessments	8
Number of Harmful Sexual Behaviour Assessments	0

Full reports are available from John.bucknall@halton.gov.uk

For more details of the service please visit [Moving on 2gether](#)

3.5 Nurture

According to Nurture UK a nurturing approach to learning addresses the impact of a pupil's social environment on their emotional wellbeing, their social skills, and how ready they are to engage in school and the wider community. By addressing the early nurturing experiences that pupils are missing, teachers can help them to develop the social skills they need to thrive, and the confidence and resilience to deal with whatever life throws at them – not just at school, but for the rest of their lives.

Haltons graduated approach to nurture in education advises the majority of children and young people will have their needs met within nurturing schools and settings through a nurturing approach.

There is an expectation ALL schools, settings and services understand and embrace the six principles of nurture:

1. Children's learning is understood developmentally
2. The classroom offers a safe base
3. Nurture is important for the development of self-esteem
4. Transition is recognised as being important in children's lives
5. Language is a vital means of communication
6. All behaviour is communication

And adopts a graduated approach to nurture as shown in diagram 3

Diagram 3

Halton’s Graduated Approach to Nurture in Education



Table 2-Overview of Schools who have engaged with the nurturing approach

New	Not yet established but have some form of nurture	Nurture established	Nurture is Fully developed
Lunts Heath St Michael’s St Bert’s Simms Cross	St Clements Hallwood Park Weston Primary All Saints Upton Our Lady of Perpetual Succour The Grange St Chad’s Moore Woodside The Brow The Heath Murdishaw	Hallwood Park The Bridge Chesnutlodge Brookfields The Holy Spirit	Gorsewood Fairfield St Bede’s Jrs St Gerard’s (currently completing Whole School Approach to Nurture)

For details of the full strategy visit [Haltons Nurturing Approach](#) or contact ami.mcnamee@halton.gov.uk

3.6 Mental Health and Wellbeing Prevention agenda for educational settings

The Health Improvement team work with Schools and Colleges to support them to adopt a whole setting approach to improving the mental health and wellbeing of staff, pupils and parents and carers. Anna Freud National Centre for Children and Families describe a whole school approach as developing a positive ethos and culture – where everyone feels that they belong. It involves working with families and making sure that the whole school community is welcoming, inclusive and respectful. It means maximising children’s learning through promoting good mental health and wellbeing across the school – through the curriculum, early support for pupils, staff-pupil relationships, leadership and a commitment from everybody.

The Health Improvement Team provide a variety of interventions to help educational settings adopt a whole school approach including:

- Support to assess current practice against evidence based framework
- Support to improve staff wellbeing
- Staff training to improve knowledge and skills
- Support to implement Youth led campaigns
- Connection to specialist support

For full details of support available please email katie.bazley@halton.gov.uk

Number of primary schools supported	39
Number of secondary schools supported	10
Number of schools who have completed Mental Health and Resilience in Schools (MHARS) framework (a further 29 have started)	20
Number of schools who have achieved 5 ways to wellbeing award (a further 5 are working towards)	16
Number of staff attended self harm awareness training	545
Number of staff attended Mental Health Awareness training	732
Number of staff attended staff wellbeing workshop	464

Table 3 provides an overview of key outputs achieved since 2018. Education settings decide which aspect of the offer they engage with, driven by their needs, however they are always encouraged to complete the Mental Health and Resilience in Schools (MHARS) framework. The MHARS framework sets out 7 key areas for good mental health and wellbeing. Settings are supported to assess their current practice against the framework identifying areas for development as well as celebrating good practice.

3.7 NHS Cheshire and Merseyside- Halton Place

- NHS Cheshire and Merseyside Health created Children and Young Peoples Mental Health Strategy- Each of the 9 local areas have to create an action plan by the 30th of September 2022. Halton Children and Young Peoples Mental Health and Wellbeing Board overseeing.

- A North West Children and Adolescent Mental Health Service (CAMHS) review has previously been undertaken and from this 9 recommendations have been made which each of the 9 places will now need to do.
- NHS Cheshire and Merseyside Halton place will be commissioning the expansion of the Baby Infant Bonding service. The service currently works with mums with babies up to age 6 months, the expansion of the service will cover babies up to 2 years of age.
- Increased capacity funded for Eating disorder service during the pandemic.
- Launch of eating disorder website:

www.merseycare.nhs.uk/our-services/warrington/children-and-young-peoples-community-eating-disorder-service

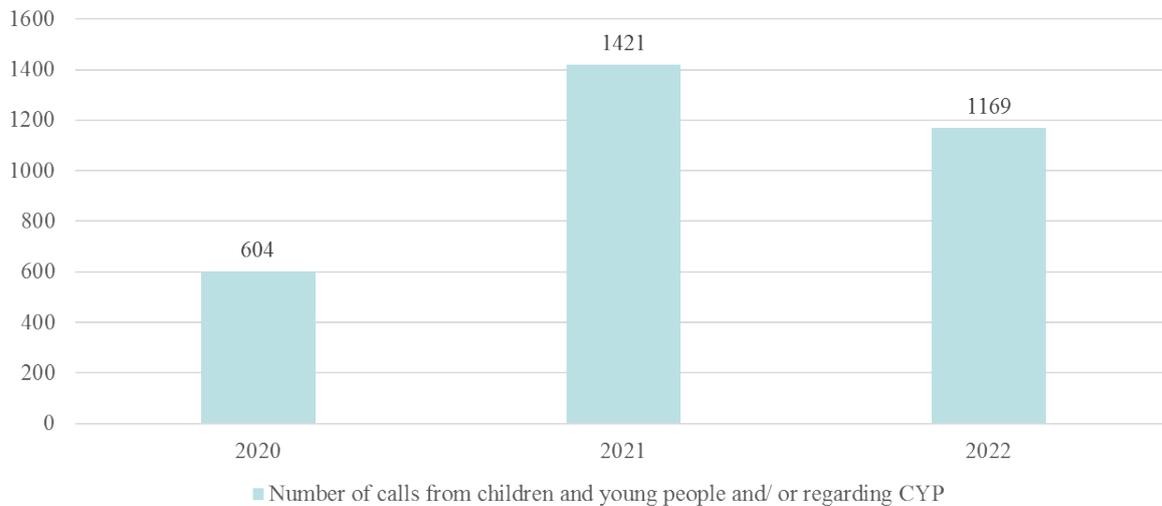
- Mental Health Support Teams in Schools- The service commenced work with 14 Halton schools in Jan 22 (The service initially planned to start earlier in 21/22 but delayed largely due to covid.) It is expanding to work with 45 schools from Sept 22.
- REACH 24 hr text support-173 supported from May to August 2022.

3.8 Merseycare 24 Hour Mental Health Crisis line

At the start of the pandemic, mental health trusts across the country had to adapt to new challenges. As part of their response to COVID-19, they set up or expanded 24/7 all age's urgent mental health helplines in just a matter of weeks, four years ahead of the original [NHS Long Term Plan](#) target. Locally in Halton the 24 hour Mental Health crisis line was established during the pandemic and was up and running by April 2020. The Help line is available 24 hours a day, 7 days a week and is available to people of all ages who need urgent mental health support including children and young people. Merseycare is the local mental health trust funded by NHSE to provide a 24 hour Mental health Crisis helpline to Halton. Diagram 4 provides an overview of the number of children and young people supported via the crisis line from 2020 through to August 2022. Data covers the following geographical areas; Halton, Knowsley, Warrington and St Helens.

Diagram 4- Number of Calls to the Crisis line from Children and Young People and or regarding Children and Young People

Number of calls from children and young people and/ or regarding CYP



What will Happen When you call?

When someone calls the Mental Health Crisis line, a dedicated mental health professional will offer assistance. They will talk to the caller, listen to their worries and try to understand their current problems. Through doing this, the caller and the health professionals will be able to make a plan on how best to meet the caller's current needs.

This could include:

- A mental health assessment or referral for an assessment
- Referral to one of our mental health care services
- Contacting your local psychological therapy service
- Contacting a different community service for support such as housing, financial advice or drug and alcohol issues

Details of the mental health crisis line can be found on the need help now page of the local Mental Health Info Point www.halton.gov.uk/mhinfopoint

3.9 Additional support in response to the pandemic

Evidence suggests that some children and young peoples mental health and wellbeing was substantially impacted during the pandemic. In order to mitigate against this impact a variety of responses were initiated locally.

As part of the governments Mental Health Recovery Action plan 2021/2022 funding was allocated to the top 40 most deprived Local Authorities to help mitigate against the mental health impacts of Covid 19. Following a successful application Halton Public Health were awarded £267,206 to deliver 6 projects utilising Public Health England Prevention and

Promotion Better Mental Health funds.

Projects funded included:

- Bereavement support for Adults
- Bereavement support for Children and Young People
- Additional support to those struggling with financial insecurity and debt
- 5 ways to wellbeing activities to improve children and young peoples wellbeing
- Pilot programme to engage young males
- Part funded parenting programme coordinator

Halton Public Health also funded Educational Psychology to deliver a pilot wellbeing programme engaging parents/carers. The aim of the programme was to educate/support parents/carers to meet their own emotional needs so by default they are able to meet the needs of their children. Educational Psychology as part of the funding received will also deliver a trauma informed conference to schools.

NHS Cheshire and Merseyside Halton Place funded additional support for children and young people for 1 year through the following VCSE organisations; Power In Partnership and Night Stop Communities Northwest CIC. Additional support was aimed at young people aged 18-25 with a specific focus on NEET. Additional support was up and running from February 2022. NHSE winter crisis funding was also accessed with the aim of preventing mental health crisis and was utilised to deliver 2- 12 week preventative programmes for 11-16 year olds.

In order to address the increase in emotional based school avoidance following the pandemic a multi agency response was established led by Safeguarding Children in Education and Educational Psychology.

3.10 Table 4- Numbers Engaged and Outcomes

Service	Numbers Engaged / Outcomes
Bereavement support for Adults*	49 beneficiaries in 6 months
Bereavement support for CYP*	159 beneficiaries in 7 months
Additional support for financial insecurity*	581 beneficiaries in 7 months
5 ways to wellbeing activities	2480 CYP accessed wellbeing activities
Pilot programme for young males	30 beneficiaries in 6 months
Parenting programme coordinator	Variety of outcomes due to system change
Wellbeing programme for parents/carers	11 parents engaged. Increase life satisfaction, self esteem, reduced anxiety * further 2 programmes to be delivered

Where's your head at programme	50 CYP engaged over 6 month period
Power in partnership programme	66 YP engaged Q1
Night Stop Mental Health Support	5 beneficiaries Q1
Emotional based school avoidance work	multi-agency approach to emotional based school avoidance developed

Table 4 provides a summary of numbers engaged due to additional support provided in response to the pandemic.

The following services; bereavement support for adults, bereavement support for children and young people and additional support for financial insecurity, have been funded for a further 12 months by Halton Public Health until August 2023.

The Parenting Programme Co ordinator, who was recruited to support and oversee the delivery of the local parenting operational delivery action plan will continue to drive improvement within this field for up to 3 years due to additional funds found to extend the post. Outcomes achieved within the first 6 months include; creation of a single point of access for all parenting programme referrals, all referrals triaged by one person, working collaboratively with families to decide on best course of action, development of new data base, increase in referrals, training of additional staff to increase capacity and training 200 professionals in parental conflict.

Evaluation summaries and full evaluations for all projects funded via Public Health England Prevention and Promotion Fund Better Mental Health fund can be accessed by emailing katie.bazley@halton.gov.uk

Educational psychology wellbeing pilot involved the delivery of 4 wellbeing experiences to parents/carers based on the PERMA model; Positive Emotions, Engagement, Relationships, Meaningful and Accomplishment. Each experience consisted of 1 group session per week over 8 weeks. Parents who were accessing support via Haltons Early Help service were targeted to engage with the pilots. Priority was given to those struggling with the impact of trauma. Two out of the four sessions have been evaluated with 6 parents engaged from Runcorn and 5 parents engaged from Widnes. Improvements were seen in life satisfaction and reductions in anxiety. Several themes emerged such as: personal growth, increased self esteem and enhanced wellbeing. Once all 4 wellbeing experiences have been delivered a full evaluation will be completed.

Power in partnership programme and Night Stop Mental Health support services will continue until February 2023.

The Emotional Based school avoidance steering group developed a local procedure to support children and young people struggling with emotional based school avoidance. A pilot was funded utilising funding via NHS to support those with more complex needs. An evaluation is currently underway to establish the impact of the pilot. The Emotional Based school avoidance steering group continues to meet to address this ongoing need.

3.11 **Beyond transformation programme;- Improving emotional health and wellbeing of children and young people**

Children and young people (CYP) across Cheshire & Merseyside (C&M) are impacted severely by poor health outcomes and disproportionately negative health inequalities. The Beyond Transformation programme was established in April 2021 to meet NHS long term plan in relation to children and young people. It is funded via NHSE and NHS Cheshire and Merseyside. Its focus is on improving population health via a shift left in delivery to prevention and early intervention. Work takes place across 6 workstreams.

- Respiratory/Asthma
- Emotional health and wellbeing
- Learning difficulties, disabilities and autism
- Healthy weight and obesity
- Epilepsy
- Diabetes

The Emotional Health and Wellbeing workstream focuses on the following projects:

- As One platform- Scoping digital single point of access across Cheshire and Merseyside
- Gateway project- Supporting CYP to access support before they reach crisis
- Paediatric /Mental health interface- Skill development for staff in acute physical health settings in relation to mental health presentations.
- Funded projects
 - **Team of life training**- training for front line staff to deliver team of life programme which focusses on building resilience via a narrative therapy approach.
 - **Next step training**- training for front line staff to enable them to utilise next steps cards which can support mental health conversations with young people.

4.0 **POLICY IMPLICATIONS**

4.1 There are no new Policy implications as a result of this report

5.0 **OTHER IMPLICATIONS**

5.1 None

6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

6.1 **Children & Young People in Halton**

Services and projects discussed aim to improve the mental health and wellbeing of children and young people in the borough.

6.2 **Employment, Learning & Skills in Halton**

Children and Young People who have their mental health needs met are more likely to be ready to learn impacting their future employment, learning and skills.

6.3 **A Healthy Halton**

Services and projects discussed aim to improve the mental health and wellbeing of children and young people in the borough.

6.4 **A Safer Halton**

Services and projects discussed aim to improve the mental health and wellbeing of children and young people in the borough subsequently contributing to the reduced risk of suicide

6.5 **Halton's Urban Renewal**

None

7.0 **RISK ANALYSIS**

7.1 Covid has impacted population mental health negatively, the following cohorts have been specifically impacted; women, children and young people, adults who were shielding, adults living with children and lone mothers, ethnic minority population, adults with pre-existing mental health conditions, adults with low household income, unemployed. Risk of suicide has increased during the pandemic in the following: those isolated and lonely, those bereaved, those who have increased alcohol intake, those being domestically abused. Population mental health work that has taken place throughout covid has aimed to mitigate against these risks.

8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 All Public Health England Prevention and Promotion Mental Health Funded Projects engaged with marginalised children and young people populations.

9.0 **LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972**

9.1 None under the meaning of the Act.