

## CHILDREN AND FAMILIES SCRUTINY COMMITTEE

### Scrutiny Review: Supporting young people's mental health and emotional wellbeing and counselling in schools - scoping report

#### Report of the Director of Children's Services

## 1. Purpose of the Report

1.1. The report outlines the proposed scope and brief for the review of 'Supporting young people's mental health and emotional wellbeing and counselling in schools'.

## 2. Background

2.1. Stockport currently has 68,714 children and young people aged 0 to 19 years living in Stockport, and 51,083 children aged 5-19 (*JSNA Children and Young People's Mental & Emotional Health January 2020 - attached*). A refresh of this JSNA is planned following the completion of the Covid 19 JSNA.

2.2. As the UK emerges from the Covid 19 pandemic it is expected that there will be a surge in need and demand for mental health and wellbeing services. Indeed we have seen an increase in emotional and mental wellbeing need over the past year and additional support has been put in place.

2.3. The exact nature and duration of this increase in demand is hard to predict but it is expected to be especially acute as children and young people return to school. The increased demand is expected to last for some time, possibly years.

2.4. In order to manage this demand at the earliest possible opportunity, it is important that all services work together and focus on early help and support.

2.5. Along with increasing access to online support, self-help and self-referral, Stockport has two key operating systems that work together dynamically to ensure that the needs of children and young people can be picked up at the earliest opportunity and access to early help or specialist support will become increasingly swift and appropriate.

2.5.1. See 4.2.2 - Development of a single point of access (SPOA) for emotional wellbeing and mental health services - a key piece of work that has been accelerated during the last year, with a start date of 6<sup>th</sup> April 2021.

2.5.2. See 4.2.4 – Team around the School

### 3. Governance and Planning

3.1 The core strategic plans that outline the priorities for children's wellbeing are:

**Children and Young Peoples Strategy** – This strategy was agreed at the November 2020 Stockport Family Partnership Board sets out the principles, ways of working and priorities which will enable us to achieve our vision for children, young people and families in Stockport. Emotional wellbeing is one of the key priorities.

<https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=Wwk4liFRzjo>

**Children and Young Peoples Transformation Plan** – Stockport's approach recognises that emotional wellbeing and mental health are hugely influenced by social, economic environmental and individual factors and that a wide treatment and support offer is needed that reflects these multiple influences. Our plan recognises that whilst treatments and healthcare models are needed we also need to grow and explore a wide range of ways of achieving good outcomes for children and young people in Stockport, importantly early help.

**Early Help Strategy** – Our Early Help Strategy sets out how we will build on our existing early help offer to develop a total system of support that empowers our families, improving their levels of resilience and problem solving skills, reducing the chance of a problem getting worse and enabling enhanced outcomes. Emotional and mental wellbeing runs throughout the priorities.

[https://search3.openobjects.com/mediamanager/stockport/fsd/files/early\\_help\\_strategy.pdf](https://search3.openobjects.com/mediamanager/stockport/fsd/files/early_help_strategy.pdf)

**SEND Strategy** – This strategy sets out the main priorities for 2020 to 2023 for children and young people with Special Educational Needs and Disabilities (SEND) in Stockport. Emotional and mental wellbeing runs throughout the priorities.

<https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=Wwk4liFRzjo>

3.1 The key planning and governance mechanism for the Local Transformation Plan is the Emotional Wellbeing and Mental Health Partnership which is a sub-group of the Health and Wellbeing Board and also reports into Stockport Family Partnership Board. This group was formed in early 2020. It is jointly chaired by the CCG's Associate Director of Commissioning and the local authority's Head of Business Support (Commissioning & Contracts). This group replaced the Integrated CAMHS Partnership which had been in existence for several years.

3.2 There is also an emotional well being group that runs monthly that specifically focuses on wellbeing and support in schools and has representation from

Headteachers and all of the key support services to schools. This group reports into the Emotional Wellbeing and Mental Health Partnership.

#### 4. Framework and Provision

4.1 The Stockport Partnership has been developing the use of the national Thrive framework to assist us in supporting the mental health needs of children, young people, and families. The needs of all families will be considered as part of our plan and are grouped as:

- **Thriving:** those who need effective prevention and promotion to support their mental health.
- **Getting Advice:** those who need advice and signposting
- **Getting Help:** those who need goal focused, short term interventions
- **Getting More Help:** those who need extensive and specialised goals based help
- **Getting Risk Support:** those who have not benefitted from or are unable to use help but whom services need to provide support for as they remain a risk.



4.1. The provision and support for children and young people is outlined in brief within the Thrive framework in the attached paper (fig 2).

4.2. There is a broad range of support for children and young people of school age through Healthy Young Minds (HYMs), education services, Stockport Family and the voluntary sector (VSCE). Some of these are outlined below:

##### 4.2.1. Online Support

Kooth.com – This is an online mental health support and information platform  
<https://www.kooth.com/>

Local offer – Has an emotional and mental wellbeing access to support page  
<https://stockport.fsd.org.uk/kb5/stockport/fsd/site.page?id=l6Quw022rbw>

#### **4.2.2. Single Point of Access**

Stockport developed an emotional hub in 2020. We are currently working to establish a Single Point of Access (SPOA) for all children and young people's emotional wellbeing and mental health referrals. This will be positioned within the MASSH. Specialist mental health workers will be part of the SPOA and will provide early assessment and triage. The SPOA will facilitate multi-agency decision making about the needs of the child or young person and the best way of meeting these needs. It is planned to launch the SPOA in April 2021.

#### **4.2.3. In School Support**

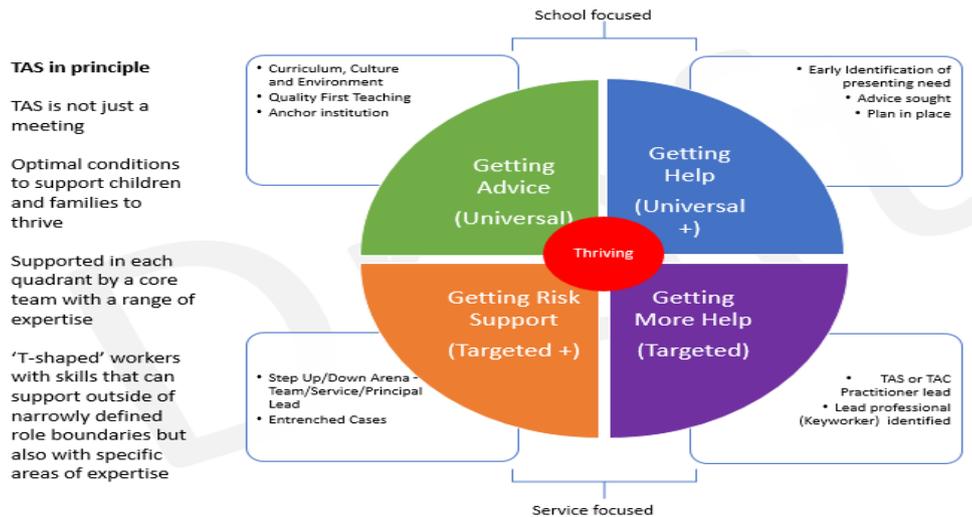
There is a range of direct support in and out of school for children and young people of school age. Some of the services that provide this support are as follows:

- School provision – all schools have an emotional wellbeing offer
- Start Well teams and health visitors
- Start Well Coordinators
- School age plus workers
- Parenting team
- School Nurses
- Education Psychology
- Behaviour Support
- Primary Jigsaw
- Secondary Jigsaw
- Healthy Young Minds
- Community Eating Disorders Service
- Beacon Counselling

#### **4.2.4. Team around the school**

The team around the school (TAS) and team around the early years (TAEY) are the key operating models for working together to get the right support to children and young people at the right time.

The TAS was introduced initially as part of Stockport Family in 2016 and we have continued to work on this model to develop an enhanced model and blueprint for children and education service provision to work together, where children live, learn, play and transition and situated around our universal anchor institutions (GPs, Health Centres, schools and settings).



## 5. Further Initiatives Underway

5.1 A review of the Designated Schools Grant (DSG) high needs block has been undertaken and there are some specific recommendations to consolidate the mental health and emotional well being offer to schools paid through this grant. The work has been out to consultation and the final work on the outcomes of the review is taking place between April and June involving schools and other key stakeholders.

5.2 Mental Health in Education Teams – Stockport has an aspiration to participate in the Mental Health Teams in Education programme and has submitted a proposal and been successful in receiving £150K GM short term monies to help prepare for the Mental Health Teams in Education programme national role out. This will be delivered by August 2022. Key areas of activity will be to:

- Establish a Mental Health in Education Co-ordinator post and clinical leadership / consultancy
- Pilot school wellbeing workers based in Team around the School
- Roll out the Emotional Literacy Support Assistants programme in Stockport schools.

5.2 School nurses are launching CHATHealth in April 2021. This is a text message service for children and young people to access health advice and support which can be followed up by face-to-face appointment.

5.3 Stockport CCG, with support from the LA, have led on the procurement of a new voluntary sector early help and wellbeing service. This will be operational from June 2021.

## **6. Scope of Review**

6.1 The breadth of support for emotional wellbeing and mental health support to children and young people of school age is broad ranging. The scope of the review is twofold:

- To understand provision and how we support those young people who have emotional health issues but perhaps are not acute enough to warrant full scale intervention.
- To understand how schools feel in terms of dealing with emotional health issues and whether there is more that could be done.

6.2 The objectives of the review would be to:

- i) Ensure we have a system set up in schools and colleges that enables young people to feel that they can talk through their issues and gain a feeling of trust when confiding in others.
- ii) Establish what services are in place now, what benefit they bring, what further services are required, how these could be implemented.
- iii) Consider the current system for emotional and mental health support and identify what else is needed to ensure young people need to feel reassured that this is something we can help with.
- iv) Consider specifically what is provided by third parties, if third parties are already set up to offer these services and if so, what support the council can offer.
- v) Explore the opportunity for an action plan for the council to help make positive changes as required.

## **7. Proposed Agenda**

1. Review of Scope.
2. Consider current provision and good practice examples (objectives i) and ii)).
3. Explore opportunities for improvement (objective iii)).
4. Understand the current third party/VCSE contribution and how the council can support the development and expansion of this (objective iv and v)).
5. Recommendations.

## **8. Meeting Date**

Wednesday 17<sup>th</sup> March 2020, 1pm – 4pm.