

Multi agency session: Mental health and wellbeing

Children and Families Scrutiny Committee
27th January 2021



Questions asked by Scrutiny:

- How big is the problem?
- What are we doing about it?
- What would make the biggest difference?

Contributors and Structure of session:

Introduction-Jenny Pearce Riddy-Strategic Manager and Principal Educational Psychologist-SCC Children's Services

1) National and local statistics-Fiona Moir-Service Manager, Public Health

2) Universal and whole school approaches-Fiona Moir and Tim Cockerill-Assistant Principal Educational Psychologist-SCC Children's Services



Contributors and Structure of session:

3) Mental Health support teams, the Community offer and Wellbeing practitioners-Nik Harwood-Chief Executive, Young Somerset

4) Support for specific groups-CAMHS and CLA-
Claudine Brown-Lead for CAMHS and Katharine Griffin-
Service Manager, Emotional Health and Wellbeing
Service.



Mental Health Pre-COVID -National Picture



One in nine (10.8%) 5 to 16 year olds were identified as having a probable mental disorder when assessed in 2017



Rates of mental disorders increased with age. 5.5% of 2 to 4 year old children experienced a mental disorder, compared to 16.9% of 17 to 19 year old

Specific Mental Disorders:

Emotional disorders

Such as anxiety and depression

Behavioural (or conduct) disorders

Such as repetitive patterns of disruptive and sometime violent behaviour

Hyperactivity disorders

Such as inattention, hyperactivity and impulsivity

Other less common disorders

Such as autism spectrum disorders, eating disorders

Mental Health during COVID -National Picture



One in six (16.0%) 5 to 16 year olds were identified as having a probable mental disorder when assessed in 2020



54.1% of 11-16 year olds with a probable mental disorder said lockdown had made their life worse compared with 39.2% of those unlikely to have a mental disorder



Children and young people were more anxious about COVID-19 itself than about its consequences.



28.5% of 5 to 22 year olds reported having had sleep problems in the past 7 days.

Source: https://files.digital.nhs.uk/CB/C41981/mhcyp_2020_rep.pdf



Mental Health during COVID -National Picture



The OxWell School Survey 2020



28.6% of all pupils were often too worried to get to sleep

41.8% of all pupils said their sleep had gotten worse during lockdown.

These proportions increased with age



Most pupils were looking forward to most aspects of returning to school.

33% were worried about school/college work and **23%** were worried about attending lessons/lectures.



82% were looking forward to seeing friends again



43.6% of all pupils reported managing school work had gotten worse during lockdown

Years 7-10 did the most work with **60.4%** doing 4 or more hours a day.

Year 11 and Year 13 did the least work with **46%** and **53%**, respectively, doing one hour or less a day



Mental Health during COVID -Local Picture



Your Views Matter survey

How participants felt at the moment:



28.5%
felt happy

60.0%
felt okay

20.3%
felt sad

How participants maintain or improve their mental health:



77.5%
Socialising
with
friends



59.8%
Being
involved
in hobbies



66%
Listening
to music



56.5%
Socialising
with
family

25% of participants currently access and use the services available to them to assist with their mental health.

12% of participants have indicated that they would like to use professional services

Source: Your Views Matter survey



Mental Health during COVID -Local Picture



Emotional Literacy Support Assistants (ELSAs)



56% of ELSAs reported an increase in emotional needs in the students

They reported:

- Increase in pupils' anxieties particularly related to home circumstances and COVID
- Pupils find it difficult to manage the new restrictions
- Decrease in pupils' confidence and resilience
- Pupils were finding it difficult to engage in learning
- Pupils were finding it difficult to regulate their emotions and behaviours



40% of ELSAs reported having reduced time to carry out their work



72% of ELSAs described additional challenges due to health and safety procedures

Source: ELSA survey November 2020

What are we doing about it?

Continuing to support schools to develop a

A Whole School Approach:

- Wellbeing Audit Tool
- Pillars of Wellbeing

Involving Parents:

- Parenting Support Network for practitioners
- Covid – 19 information via Parent Carer Toolkit

Pupil Voice & Engagement:

- Young Person Wellbeing Champion Internship
- Somerset Children & Young People's Survey (SCYPS)



Working with partners to help **Identify Need** and **Target Support**

Curriculum and Learning:

- Emotion Coaching
- Relationships, Sex and Health Education (RSHE)

Staff Wellbeing and Development:

- Wellbeing Lead Teacher Role
- Staff Wellbeing Sessions
- Staff Wellbeing survey

Ethos and Environment:

- LIFEbeat Creative Practice young people check-ins
- Health Visitor & School Nurse offer

www.cypsomersehealth.org



Improving
LIVES

What support is available as a result of Covid-19?

Training for educational staff through the Wellbeing for Education Return initiative

- Strategy group set up Inc. Public Health, Inclusion SCC, CCG, CAMHS, Young Somerset, Education reps.
- Multi-agency delivery – 224 attendees, additional support to cascade training.
- Range of virtual training and support to March 2021
- Daily Schools wellbeing return helpline
- Daily Parent Support helpline
- A new support package to support those struggling with emotion-based school avoidance, inc. guidance and resources for parents, children, educational staff as well as targeted therapeutic support to parents/students to support reintegration.
- Chat Health messaging Service



What will make a difference?

Current Tiered Model



The i-Thrive Tool





CYP Mental Health

Young Somerset

The Challenges



97%

The number of CYP presenting with mental health concerns has risen by 97% since 2019.

Source: Kooth

Young Somerset received a total of 738 requests for Wellbeing Support, across all services, in 2020

738



Some CYP faced digital exclusion and some CYP did not want to engage in virtual interventions

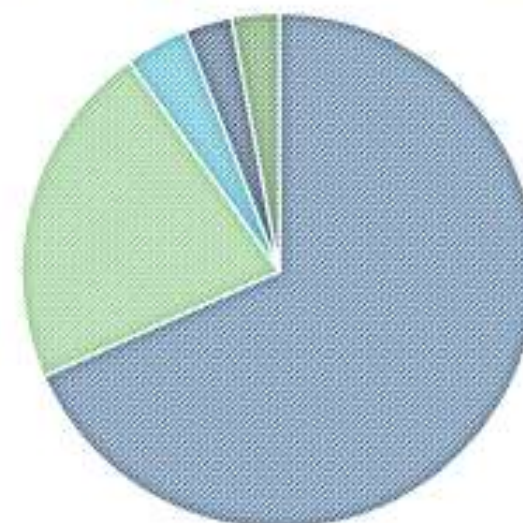
Mental Health Support Team

- MHST launched in February 2020, just before the first lockdown
- Team doubled in size
- Total 16 EMHPs operating in Taunton Deane, Sedgemoor, Mendip and South Somerset
- Online interventions started within one week of lockdown
- Staff supported schools with digital set up
- 288 requests for support since Feb 2020



REASONS FOR REFERRAL

■ Anxiety ■ Depression ■ Relationship Difficulties ■ Self Harm ■ PTSD



Community Wellbeing Service



- All wellbeing interventions adapted to online service within 1 week of lockdown
- Total 450 requests for support in 2020
- 89% indicated high level of satisfaction (average score for 2020)
- Primary reason for referral (Jul-Sep) – 55% Anxiety, 37% Depression
- Wellbeing Hubs launched virtually in June 2020



VCSE Alliance of services for CYP

- Enhanced existing provision
- Ensure quality/safety of VCSE “Big Tent” provision
- Embed into community services – added value and capacity
- Signposting / brokerage / triage to VCSE services
- Supporting young people’s journey
- Better, faster, simpler access to support for CYP



What would make the biggest difference?



- Increased funding: capacity, reach & proactivity
- Increased awareness around the early intervention support we offer
- Enabling every young person, who requires our service, to have access to the right technology & WiFi – and a safe space to use it in

CAMHS

- Closer working between agencies to develop better joint pathways
- CAMHS Services Overview (include access and waiting times)

Slide will be amended prior to session



Children Looked After-Emotional Health and Wellbeing service

- The EHWT is a small consultative service with a remit for supporting Children Looked After (CLA) and Leaving Care (LC) (currently 798 young people). We provide training, consultation and support to foster carers and other professionals. Our specific involvements tend to be with the most complex children and young people.
- The team undertake some direct therapeutic work, but primarily work systemically through a consultation model.
- We have a focus on recovery from early developmental trauma and aim to support the Corporate Caregiver to provide thoughtful, sensitive care and to enable the wider system around the child to become more trauma informed.





How we have helped

- Move to virtual delivery for all training, foster carer support groups and clinical supervision groups. Responsive to support needs of temporary 'covid carers.'
- Increase in informal consultations with professionals, foster carers, special guardians and other agencies.
- Recent collaboration with Somerset Counselling Centre – therapy offer for care leavers
- Support to team at Kilve Court (emergency provision)

What is needed

- Continue to provide support to our CSC colleagues and the foster carer workforce; to better enable them to support their YP with their feelings & anxiety.
- Continue to work supportively with our partner agencies – good relationships with: CCG, CAMHS, Virtual school, Health.
- Increase in capacity

Questions/Feedback

Thank you

