



Nik Harwood - Chief Executive



- **What we do...a youth work charity**

- **Engagement & support**

- build relationships
 - social, economic, educational
 - encourage inclusion
 - promote life-long learning
 - young people & their experience
 - Somerset (and beyond)



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■ How we do it...

■ Evidence-based approach

- responsive to need
- innovate & create
- led by young people
- co-designed & co-tested
- collaborative:
 - locally, regionally, nationally, internationally



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■ **How we do it...**

- **Work with 3,000 – 3,500 young people per year**
- **Design local projects (& partnerships)**
- **Deliver national programmes (UK Youth)**
- **52 staff (62+ Jan 2021); 12-15 volunteers**
- **Voluntary Board of Directors & Youth Board**
- **Raise / earn (& spend) £1.5m+ /year**

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- **How we do it...**

- **Youth Work**

- **Open Access**
 - **Targeted**

- **Alternative Learning Provision**

- **Skills Development**
 - **Enterprise**

- **Mental Health / Wellbeing**



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- **How we do it...**
 - **Mental Health & Wellbeing**
 - EMHSTs (joint provider)
 - CYP - IAPT (South West)
 - Wellbeing Practitioners
 - “Big Tent” conceptual model
 - VCSE alliance
 - On-going development:
 - YS Wellbeing Hubs



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Emerging CYP Mental Health Model

Prevention – Somerset Wellbeing Framework

Getting Advice & Signposting

Getting Help

1st Contact with
CYP, Parents,
Families

Self Help
&
Digital

Education Wellbeing Partnership (EWP)

TEAM AROUND THE
SCHOOL

MENTAL HEALTH
SUPPORT IN SCHOOLS

Schools

GP / Primary
Care/
Localities

BIG TENT – Community-based
Emotional Wellbeing Service:
Alliance of VCSE;
Children and YP Wellbeing
Practitioners

Early Help

Multi-disciplinary Triage /
Screening – joint solutions
and problem-solving

Children and Young People – participation and engagement

Parents and Carers – participation and engagement

CAMHS Single Point of
Access

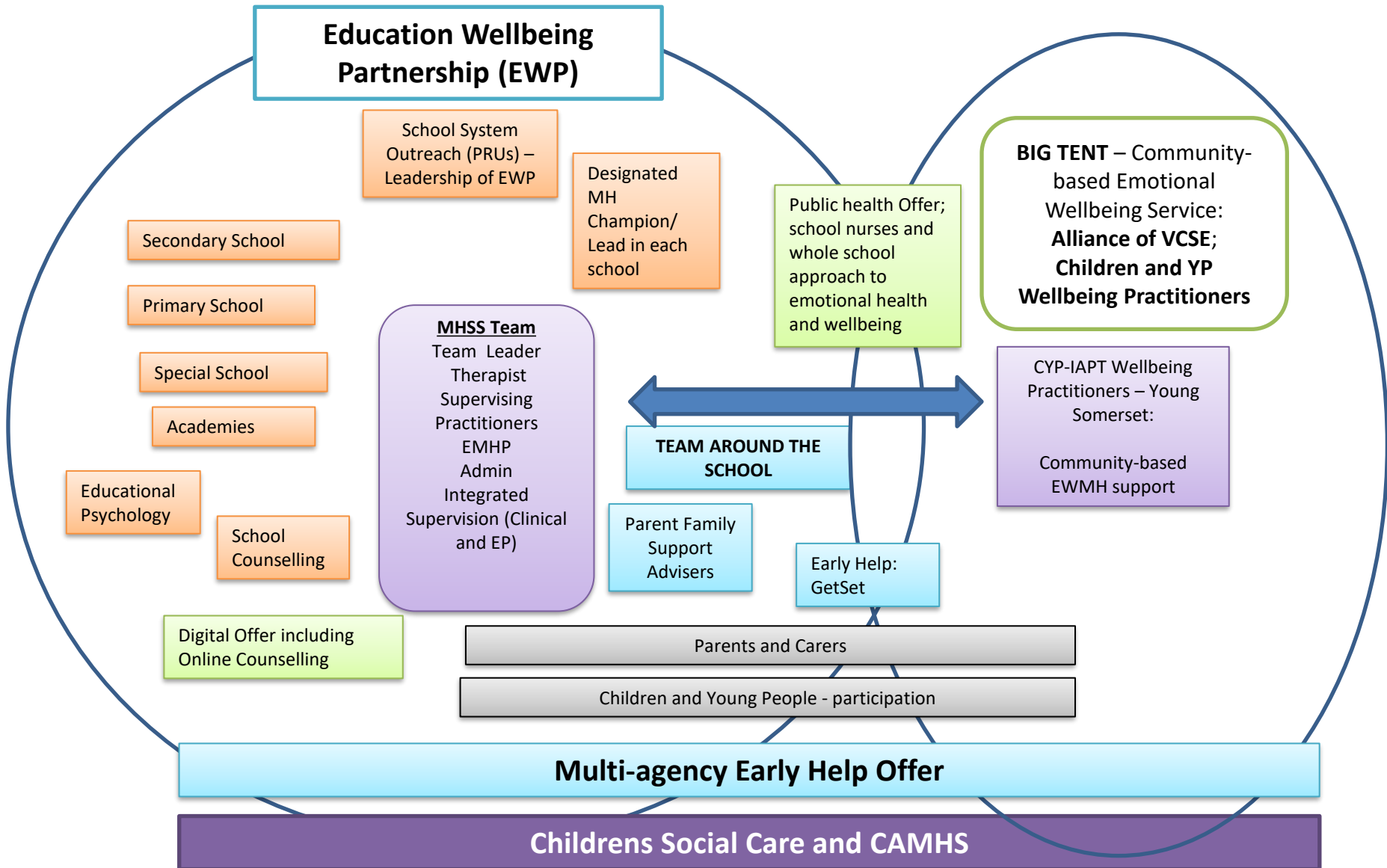
Children's Social Care and CAMHS

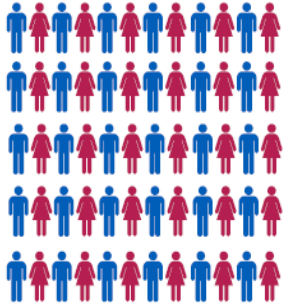
Getting More Help

Getting Risk Support

Education Wellbeing Partnership and EMHST Model

Prevention – Somerset Wellbeing Framework





111,820
children & young
people
aged 0-17 years
20% of population



13.1% living in low
income families



Perinatal
mental illness
affects
10-20%
of women
who deliver

60% of looked
after children
have emotional
health and
wellbeing
problems



Mental health
disorder
affects **44%** of
children with
SEND who
require EHCP



60% of adults
being supported
by the Specialist
Drugs and
Alcohol service
are parents



Somerset
Partnership

CAMHS Caseload at
any point in time in
2018/19 is around
1,300 – 1,450
patients



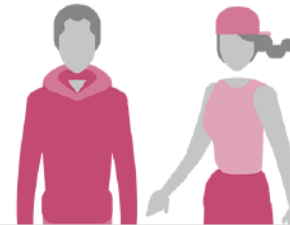
116 hospital
admissions of
children and young
people aged 0-17 for
mental health
disorders



For the 3-yr period
2015/16, the rate of
self-harm hospital
admissions for
residents aged 10-24
was **726.3 per 100,000**



In a secondary school
roughly speaking 3 in
class of 30 will have a
diagnosable mental illness
and **7 more** will have
emotional or behavioural
difficulties

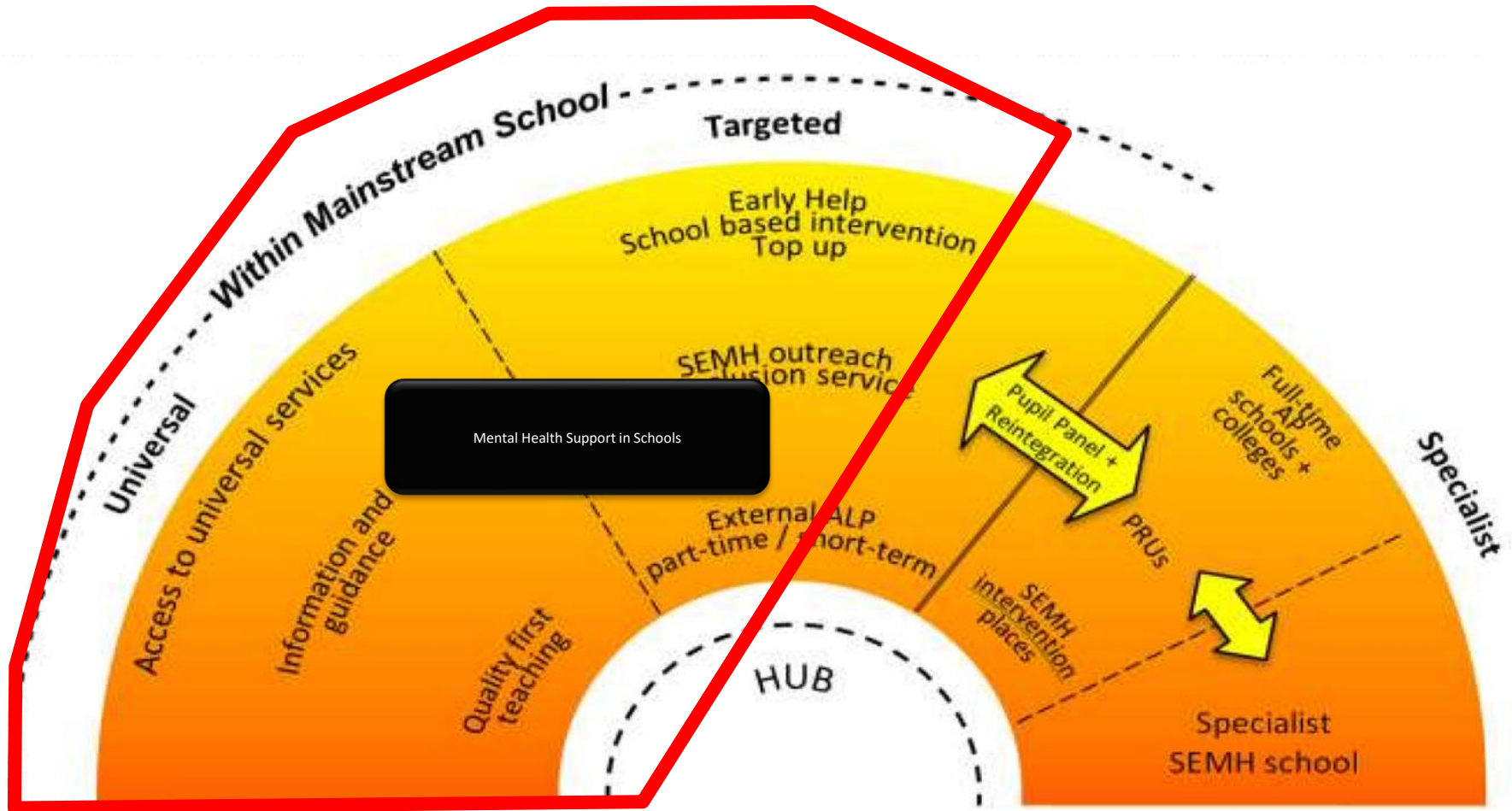


40% of pupils said they
were afraid of going to
school because of bullying
at least 'sometimes'
compared with 35% of the
wider sample.



35% of secondary pupils in
Somerset recorded levels
of **high self-esteem**
compared with 41% seen
in the wider sample.

How do the MHST fit with current education model?



The Somerset Wellbeing Framework

www.cypsomersethealth.org

A Whole School Approach to Wellbeing



Outcomes:

- To focus on ensuring effective practice and provision is in place that **promotes the mental health of both pupils and staff**
- To change the long-term culture of schools to embed an ethos where **mental health is regarded as everyone's business**

Model – Scope & Remit

Education Mental Health Support Teams

Co-delivery from CAMHS and Young Somerset as commissioned providers

Educational leadership from Education Wellbeing Partnerships

Systemic support: Public Health, Education Psychology, legacy (SHARE project)

Embed teams into host PRUs: 1 team in each PRU

- Taunton Deane Partnership College (Somerset West & Taunton)
- The Tor School (Mendip)
- South Somerset Partnership School (South Somerset)
- The Bridge School (Sedgemoor)

Alignment with existing Somerset services

West EMHST

**2 + 2 Band 6
Clinical Supervisors
CAMHS**

**(2 September 2019)
(2 new intake November 2020)**

**4 + 4 Band 4(5)
Education Mental
Health Practitioners
Young Somerset**

**(4 September 2019)
(4 new intake November 2020)**

East EMHST

**2 + 2 Band 6
Clinical Supervisors
CAMHS**

**(2 September 2019)
(2 new intake November 2020)**

**4 + 4 Band 4(5)
Education Mental
Health Practitioners
Young Somerset**

**(4 September 2019)
(4 new intake November 2020)**



West: Taunton Deane & Sedgemoor / East: Mendip & South Somerset

No service coverage: West Somerset / Frome: differentiated model

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Model – Scope & Remit

Education Mental Health Support Teams

Future-proof & sustainable construct

Focus on:

- early intervention, low-level, preventative: mild-moderate MH issues
- low-intensity CBT therapeutic interventions
- higher-level casework from Clinical Supervisors
- team-led support for sustainable Whole School Approach modelling
- clear safety and governance authority, accountability & responsibility

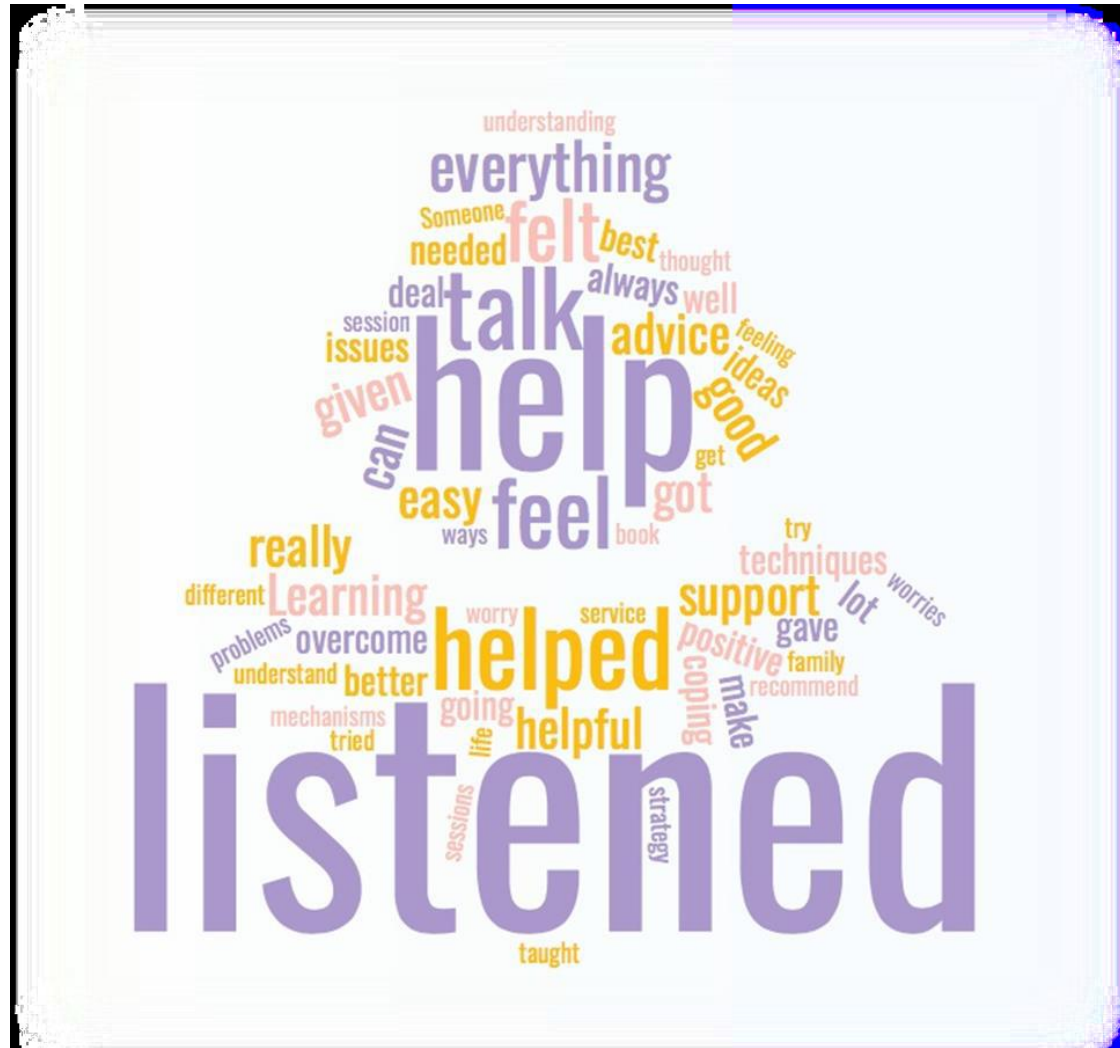
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■ **EMHST role & purpose**

- Providing support for cases of mild to moderate mental health issues, basing their approach on evidence of what works best for children, young people and their parents or carers.
- Supporting the Senior Mental Health Lead in each education setting to introduce or further develop their whole school approach to wellbeing.
- Providing timely advice, training and resource development to school staff and liaise with external specialist services to help children and young people to get the right support and stay in education.

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- **CYP – IAPT: YS Wellbeing Service**
 - NHSE national programme
 - HEE funded in training year
 - Preventative, early intervention service
 - Community-based
 - Low intensity CBT
 - Mild-moderate MH issues
 - Embedded participation

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- **CYP – IAPT: YS Wellbeing Service**
 - 4 Qualified Practitioners (B5); 1 Clinical Supervisor
 - 8 Trainees (B4) – 4 qualify Dec 20, 4 qualify Jan 21
 - 6 Trainees in Jan 21 intake
 - Operating on locality basis (virtual at present)
 - Alignment with PCNs; integration with YS services
 - CWP – on qualification:
 - 100 completed cases per year; 4-500 contacts per year

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■ **YS Wellbeing Hubs**

- Easier access to YS Wellbeing Service & SBT
- Removal of referral / request process
 - Hear the voice of CYP directly
 - Create safe, welcoming, wellbeing space for CYP
 - Supportive space for accompanying CYP & adults
- Co-location / staffing / collaboration: SBT
- Central virtual Hub construct
- Partnership development to identify hub locations

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SBT

SOMERSET BIG TENT

www.somersetbigtent.org.uk

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- **VCSE Alliance of services for CYP**
 - Enhance existing provision (not duplicate / impose)
 - Ensure quality / safety of VCSE “Big Tent” provision
 - Embed into community services – added value & capacity
 - Signposting / brokerage / triage to VCSE services
 - Supporting young people’s journey
 - Better, faster, simpler access to support for CYP

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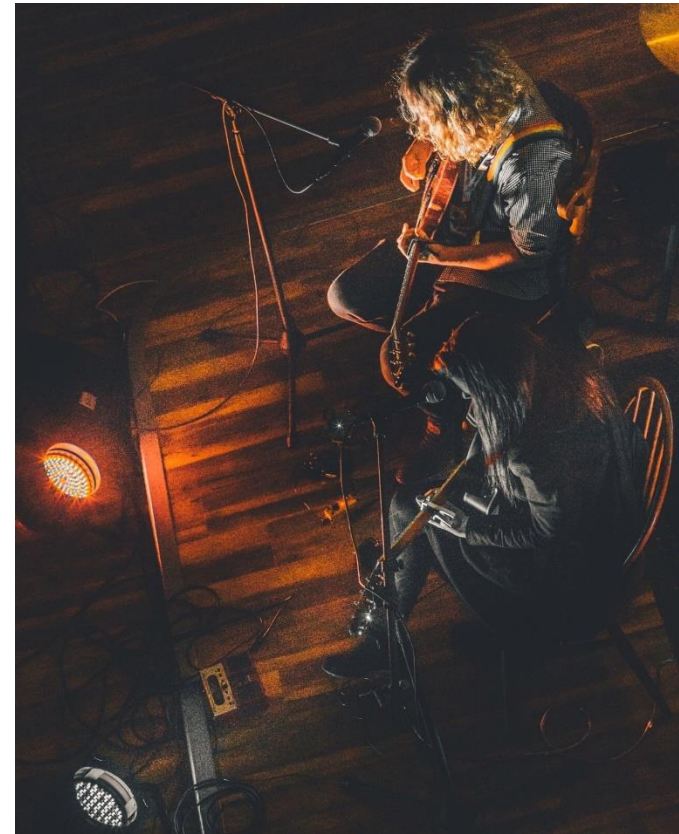
■ CYP MH Network

- Collaboration of VCSE organisations
- Support MH professionals & practitioners
- Sector VCSE advocacy (representation)
- Information & opportunity sharing (newsletter)
- Encourage partnership activity
 - Sharing resources – joint campaigning profile
 - Collaborative training calendar - partnership events

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- **So what? Our impact...**
 - **Outcomes – young people**
 - increased life-chances
 - aspiration & enterprise
 - positive community engagement
 - an active future
 - raising horizons
 - future potential for Somerset



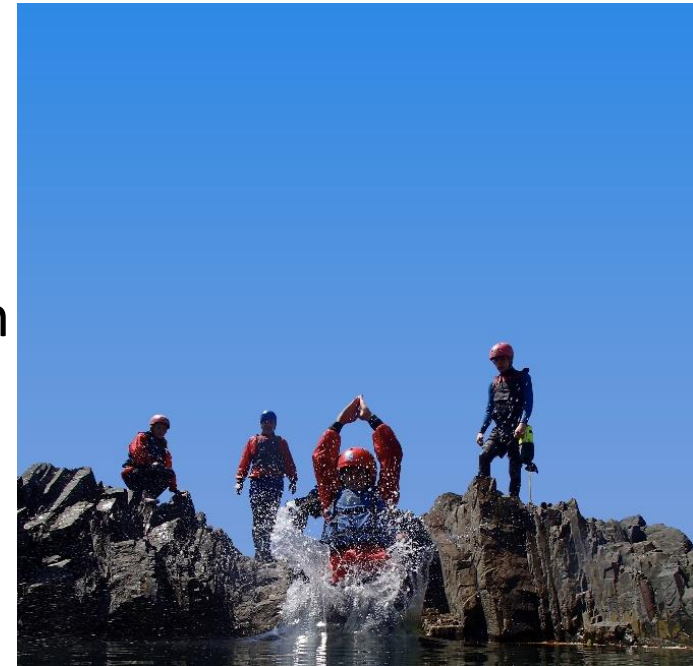
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- **So what? Our impact...**

- **Outcomes: “the system”**

- increased capacity
 - increase participation & inclusion
 - increase community awareness
 - simpler access – i-Thrive model
 - reduce demand ‘upstream’
 - preventative services
 - sustainable outcomes (transition / step-down)



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