

# Somerset System Wide Support for Children and Young People who Self-Injure



# Defining Self-Injury

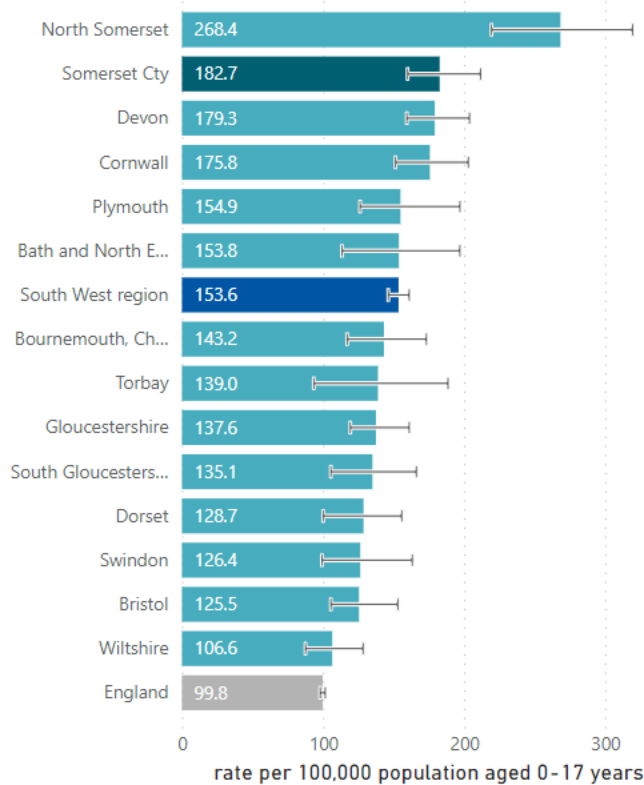
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**Self-injury is when someone intentionally injures their body in response to painful feelings or overwhelming situations and experiences. Self-Injury is an expression of very real personal distress but not necessarily an indicator of a clinical mental illness**

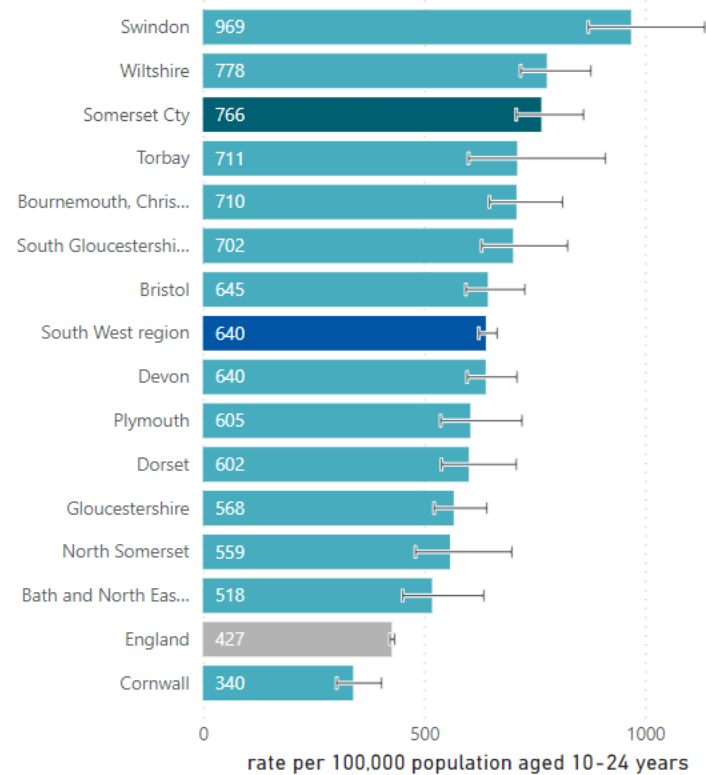
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# What does the data tell us – Somerset

**Hospital admissions for mental health conditions 2021/22**  
admission rate for mental health disorders per 100,000 population aged 0-17



**Hospital admissions as a result of self-harm (10-24 years)**  
finished admission episodes for self-harm per 100,000 population aged 10-24 years. 2021/2022



Somerset rate whilst high is trending down since 2018 and continues to do so whereas other areas in England who have higher rates are not seeing this downward trend

# CYP Voice in Somerset

## Somerset Schools Health and wellbeing Survey 2023

**1 in 10**

Secondary aged pupils had the worst WHO-5 well-being score



**12%**

of year 10 pupils Self-harm when worried

**3 in 10**

Pupils in year 6,8 and 10 get angry when worried

**27.5%**

of pupils in year 10 do not have someone to talk to about feelings and worries

Responses similar % to 2021

Similar % of somerset respondents said they self harm compared to other areas school surveys (Gloucestershire)

CYP Engagement project spring 2024 'Help my friend has told me'

## Youth Forum October 2023

Why are Somerset young people self-harming? And do they have the right support?



### Context

Youth Forum met over Zoom on Tuesday 10<sup>th</sup> October to discuss this topic. They looked at:

- Where do you come across self-harm?
- What can you do when you spot it?
- What support is there in schools, colleges and the community?



- Informing ICS CYP & Families partnership board, SSCP, Somerset System priority

# Recent Improvement in Services

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- Significant Investment in Training and Skills Development for Staff across all agencies
- Dedicated Mental Health Workforce on Hospital Sites (CAMHS Liaison)
- Development of voluntary sector involvement (Jigsaw and Mindline 24/7)
- Enhancement in Community Crisis Support
- Development of Mental Health Support Teams to support earlier intervention
- Intensive Treatment Course for parents of young people accessing CAMHS (FLASH)
- Improvements in Care Planning alongside young people
- An increased CAMHS Workforce (Rated Outstanding by CQC)
- Homes and Horizon's Multi-agency Partnership (for most complex young people)
- Dedicated High Intensity User Group Clinical Lead
- Training – for school and youth service staff and parents and carers – Harmless, Mental Health First aid

# Defining the Start of the Pathway

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- Young people frequently seek help through school, friends or family
- In some cases the self-harm may be relatively superficial and not require medical treatment. However, these young people are often still in need of emotional or psychological support.
- For anything other than superficial self-injury, a medical or mental health assessment is needed.



# Seeking Medical Help for Urgent or Emergency Care

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- Young Person arrives
- Medically triaged
- Any treatment is commenced
- Referral to CAMHS Liaison (on-site)



- Assessment by CAMHS Liaison
- Linked into Appropriate services (including Jigsaw)
- Always followed up within 7-days

# What We Know

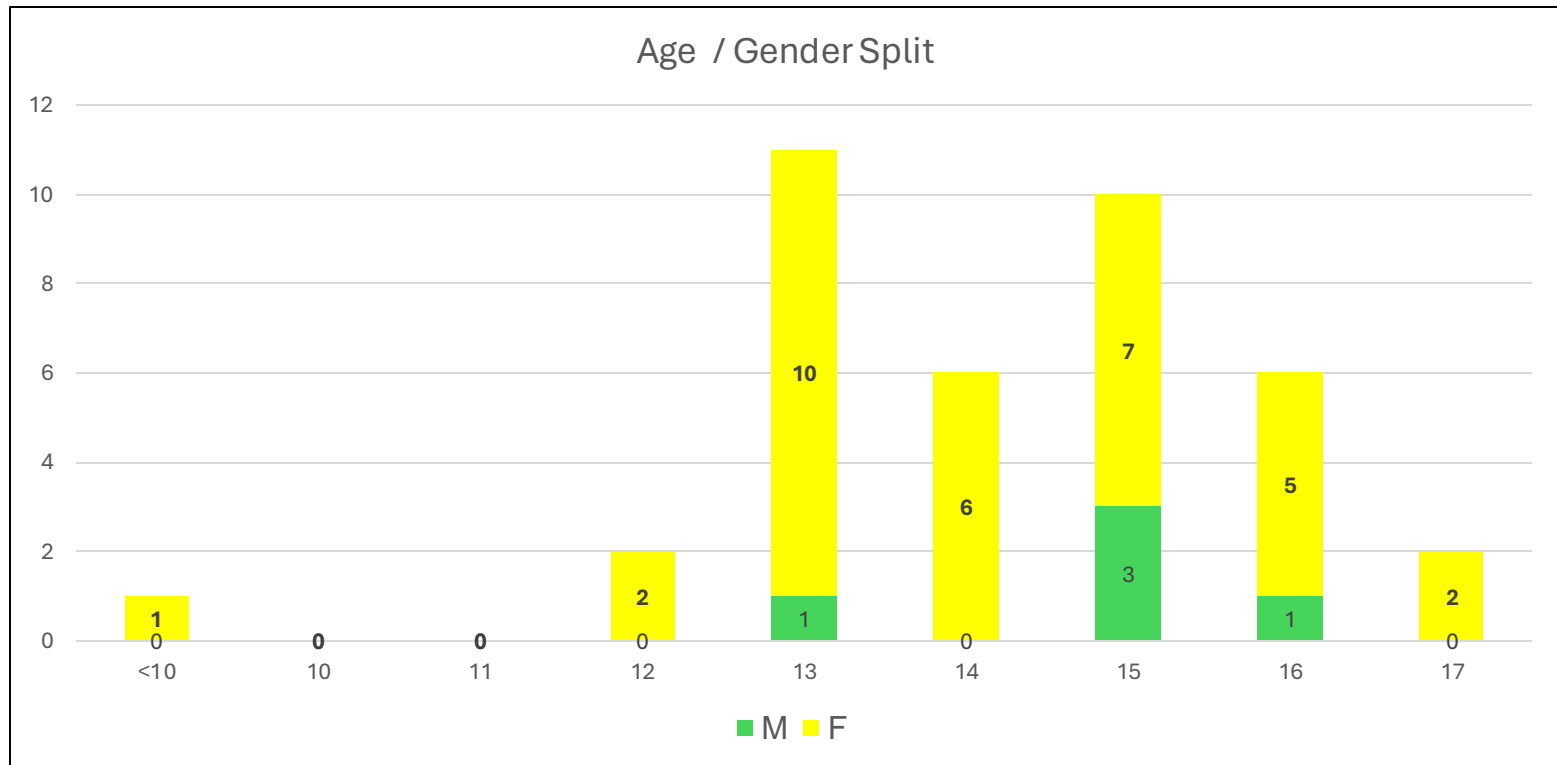
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- Reduction in the number of assessments year on year  
**2022: 965**  **2023: 804**
- Number of young people needing **2 or more** assessments in the same year is decreasing  
**2022: 617**  **2023: 490**
- The 10 most frequent attenders accounted for:  
**25%** of all assessments in **2022** but fell to **15.5%** in **2023**.
- The number of Children Looked After presenting has decreased since Homes 2 Horizons has commenced
- Seeing a slight increase in first time presentations
- Some indications of younger children presenting with psychological distress



# Gender and Age Split

## A Month Snapshot



# A Day in the Life of a CAMHS Liaison Practitioner- What We Do, What's Changed...



# Jigsaw Project –Targeted Youth support

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The Jigsaw Project is for Young People who have had a recent hospital admission for their mental health difficulties or low emotional wellbeing.

It takes a youth work, strength focused approach to work with the young person and their family

## Jigsaw

- **Referrals**

- From **CAMHS Liaison teams** at Yeovil District Hospital (YDH) & Musgrove Park Hospital (YDH) and the **Enhanced Outreach Team (EOT)**
- From **YDH & MPH**

- **Methodology**

- *12 weeks (average) of 1:1 support - extensions where required*
- *Being present in their lives and providing advocacy*

- **Closure**

- *Signposted to other services or enabled to make their own informed decisions for change*

# Jigsaw Project – Impact

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**22/23** Jigsaw worked with **178** young people.

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Of those **178** only **20** or **11.2%** re-presented at Hospital [Taunton MPH or Yeovil YDH]

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Within the **11.2%**, **5** young people were escalated to our **Mosaic** service.

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**23/24** Jigsaw has worked with **99** young people so far

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**23/24** predict **10% readmission** rate

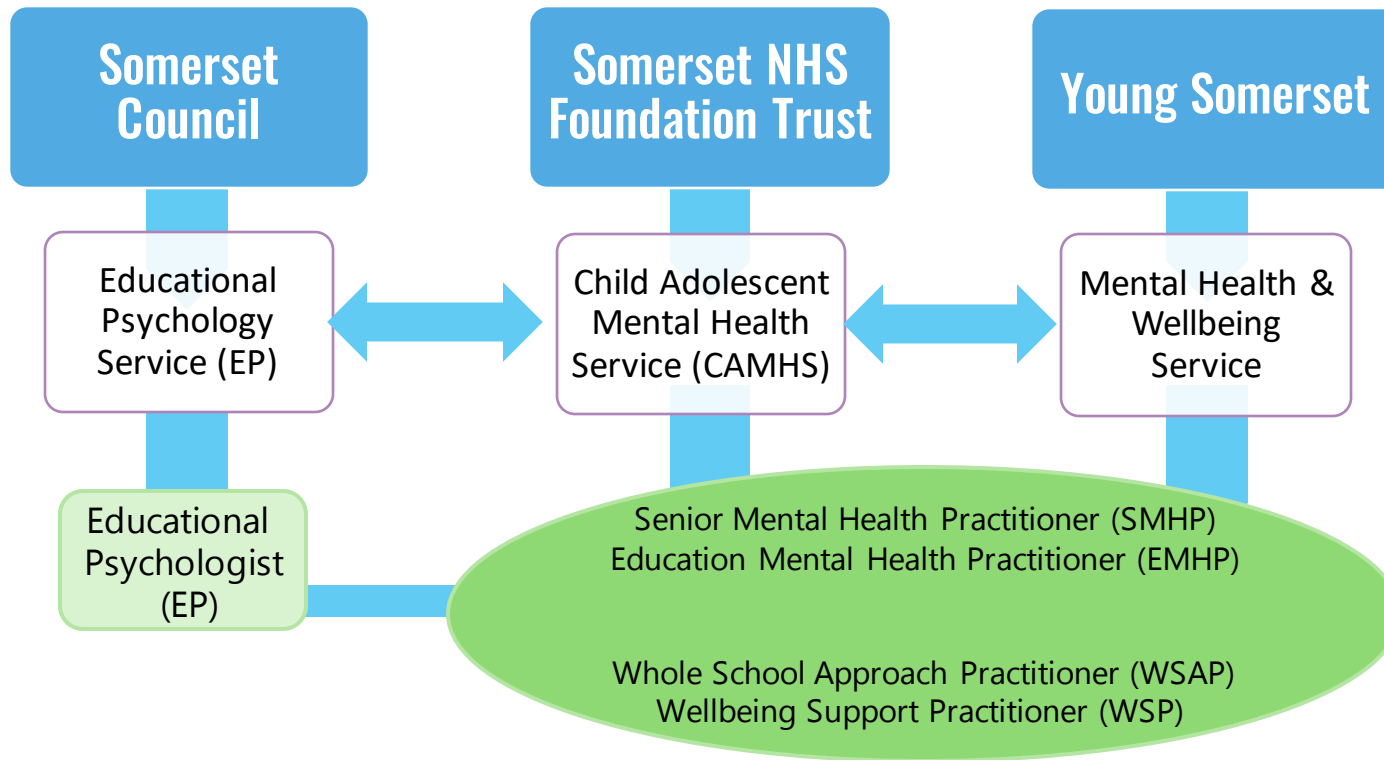
- CAMHS Liaison saw a **decrease in readmissions** from:
  - **77%** in **20-21** to
  - **23%** in **22/23**
- despite a **26%** increase in those accessing the support
- In **2022/23** Jigsaw supported **30%** of young people who accessed CAMHS Liaison

# Supporting schools and school aged children

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- Mental Health Support Teams (MHSTs) ICB commissioned
- Childrens Wellbeing Practitioners - delivered through Young Somerset
- Senior Mental Health Leads – DfE funded
- Further support – Kooth online counselling, Tellmi app peer support, Young Minds
- Training offer for schools Continued Professional Development (CPD) & Relationship Sex and health Education (RSHE)
- CYP website - Mental Health Tool Kit [Somerset children & young people : Health & Wellbeing : New Home \(cypsomersethealth.org\)](https://www.cypsomersethealth.org)

# Mental Health Support Team (MHST)



# Public Health Training Offer

**Visit - [Somerset children & young people : Health & Wellbeing : Training Menu \(cypsomersethealth.org\)](https://cypsomersethealth.org)**

- Self-Harm awareness training sessions delivered by Harmless
  - Mental Health First Aid (Youth) – how to recognise crucial warning signs of mental ill health
  - Mental Health training offer [Healthysomerset.co.uk](https://Healthysomerset.co.uk)
- Range of Suicide awareness and prevention training

## Education setting specific

- Relationship Sex Health Education RSHE CPD training
- Senior Mental Health Leads - Network and Supervision groups
- Harmless – system leaders / school staff



# Somerset System Strategic work

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- Self harm Priority set by ICS Children and Families partnership board in Autumn 2023 :
  - Area of focus #1 – A&E and admissions
  - Area of focus #2 – Support in school settings
- Task and finish group established January 2024
- Better understanding data across the Somerset System
- Linked with regional and national leads for Self Harm
- Office for health inequalities and disparities (OHID) -Somerset is contributing to SW population health tool for self harm
- Regional Self Harm conference in April



# Questions?