

## **Cabinet – 17 July 2019**

### **Mental Health Report for Children and Young People**

### **Resolution from Social Care and Health Overview and Scrutiny Committee**

**Portfolio:** Councillor Longhi – Portfolio Holder for Health and Wellbeing

**Related portfolios:** Councillor Wilson - Portfolio Holder for Children's Services  
Councillor Towe – Portfolio Holder for Education

**Service:** Public Health

**Wards:** All

**Key decision:** No

**Forward plan:** Yes

#### **1. Aim**

The report from the Social Care and Health Overview and Scrutiny Committee about Mental Health Support for Children and Young People aimed to review mental health services available for children and young people in Walsall and make recommendations as to how to increase support available.

#### **2. Summary**

- 2.1 The Social Care and Health Overview and Scrutiny Committee resolved to establish a working group to investigate the mental wellbeing of young people on 28 June 2018. The working group was supported by Councillors, officers from Walsall Borough Council including the executive Director for Adult Social Care and Public Health, Healthwatch and a senior representative from Walsall CCG.
- 2.2 A report based on the investigation was presented 2<sup>nd</sup> April 2019 to the Overview and Scrutiny Committee identifying support available in Walsall to children and young people and containing the recommendations listed in points 4.3.3 to 4.3.10. The Group felt that further investigations should be made into the suitability of services for young people aged 18-25 years accessing adult mental health services. Due to time constraints of the group, however it was not possible to determine this during this investigation.

- 2.3 In February 2019 Ofsted inspected Walsall's Special Educational Needs and Disability (SEND) services and identified the importance of seamless transition to adult services (recommendation 1), an ASD post diagnostic pathway (recommendation 2) and service user involvement (recommendation 6).
- 2.4 Partnership actions to work towards recommendations are already in place and detailed in points 4.3.3 to 4.3.10. Continued focus to ensure that recommendations are met are monitored through the following partnership strategies and work plans;
- Walsall Children and Young Person Emotional Wellbeing and Mental Health Strategy Group.
  - The Walsall partnership response to the April 19 Ofsted/CQC local area inspection SEND report.
  - Walsall Right for Children Inclusion Strategy draft.
- 2.5 Activity in response to the recommendations are within current resource, Should additional investment be required, funding will be sought through external bodies such Department of Health and if necessary, taken to different partnership funding streams as appropriate.

### **3. Recommendations**

That Cabinet notes the resolution and recommendations from the Children and Young Person Overview and Scrutiny Committee and instructs Officers and their partners to look at ways to ensure recommendations continue to be prioritised as per protocol 9, Part 5 of the Constitution.

### **4. Report detail – know**

#### **4.1 Context**

- 4.1.1 One in four people in the UK will suffer a mental health problem in their lifetime, with one in six in Walsall estimated to be experiencing a mental health problem at any one time. People with mental health problems are twice as likely as the general population to experience a long-term illness or disability.

- 4.1.2 Groups of young people identified as at particular risk in Walsall are:

- Young People leaving care
- Young People with SEND
- Youth Offenders
- Lesbian, Gay, Bisexual and Transgender Community
- Travellers and Refugees
- Teenage Parents and young people who are pregnant
- Homeless Young People
- Young people who are Not in Employment Education or Training

- Young people experiencing domestic abuse
- Young Carers

4.1.3 Over the last three years, there has been an increased national and local focus on the need to support young people's mental health before they leave school with initiatives set in place to raise resilience. The Walsall Children and Young people (0-19 years) mental health needs assessment 2016 identified that;

- The consequences of untreated mental health problems can be long lasting and far reaching, so early intervention is essential;
- Many children and young people do not receive timely, accessible and high quality support;
- Boys are more likely (11.4%) to have experienced or be experiencing a mental health problem than girls (7.8%) but young men 15-17 years and young people from black and minority ethnic groups were least likely to access mental health support services;
- Between 2006 and 2011 there were 10 suicides in Walsall residents aged 14 to 24 years: roughly about 2 per year;
- Hospital admissions as a result of self-harm in Walsall have increased in recent years, especially in young women;
- A higher number of girls were referred to CAMHS for deliberate self-harm compared with boys,
- The youth of Walsall survey reported that 1 in 10 young people had experienced some form of bullying and girls were more likely to experience emotional bullying whereas boys were more likely to suffer a physical experience;
- An estimated 9.6% or around 4,380 children aged between 5-16 overall were estimated to have an emotional health and wellbeing problem, of which 3.3% are likely to have an anxiety disorder; 0.9% depression, 5.8% conduct disorder and 1.5% a severe hyperkinetic condition;
- In Walsall, the estimated number of pre-school aged children likely to have a mental health disorder is 2,970, which covers disorders such as Attention Deficit, Hyperactivity Disorders, oppositional defiant and conduct disorders, anxiety disorders and depressive disorders.

## **4.2 Support available in Walsall**

4.2.1 Walsall CCG has received Department of Health funding to support Children and Young People Emotional Health and Wellbeing Transformation. Activity is overseen by a multiagency strategy group made up of representatives from the CCG, Dudley and Walsall Mental Health Trust, Public Health, Walsall Psychological Help, Education, and Childrens Services. Activity to support Child and Young Person emotional health is also offered in educational settings and through commissioned services such as Positive Steps (tier 2 CAMHS) and the school nursing service.

4.2.2 In order to support Children and Young people's mental health, support needs to be set in place at all levels of need. This includes preventative activity and increasing self-esteem in children in the home as well as at school to knowing

how to support issues when they first emerge and then having services in place to support when onward referral is needed. Partnership working is key to offering support.

- 4.2.3 The CCG led Children and Young People Emotional Health and Wellbeing Transformation Strategy group has been set up to identify pathways and how all agencies can support each level of need.
- 4.2.4 Walsall CCG through its commissioned Child and Adolescent Mental Health Service (CAMHS), and other services commissioned in the community have increased the support available to young people up to the age of 17 when issues emerge. Work is being undertaken to review transition into adult services.
- 4.2.5 A partnership toolkit was launched September 2018 identifying the support available across Walsall to support Children and Young People's Emotional Health at all levels of need. This can be downloaded from [www.healthywalsall.co.uk/ehwb](http://www.healthywalsall.co.uk/ehwb) and available to parents, schools and partners.

#### **4.3 Overview and Scrutiny Committee recommendations and actions in place currently**

- 4.3.1 The Working Group held five meetings during its investigations and considered information provided by Public Health and Walsall CCG. The Chair of Healthwatch Walsall was a Member of the group, and provided input based on a similar project, which was being carried out by Healthwatch. The Project Engagement Lead (Healthwatch Walsall) also attended the group to support its work.
- 4.3.2 The recommendations were considered at the Children and Young People Overview and Scrutiny Committee 2<sup>nd</sup> April. Activity to date against each of the recommendations are outlined below.
- 4.3.3 Recommendation 1. Transition from children's to adult services for ages 17-18 years is made seamless and should be designed to prepare young people for the use of adult services.

Actions to address this recommendation are being taken forward by the Walsall Children's Services Inclusion Strategy group and the CCG and outcomes monitored as part of the Walsall Ofsted/CQC local area inspection report strategic group.

In addition, Walsall CCG have been in discussion with CAMHS and adult mental health services to review transition at age 17. Walsall CCG have also been meeting with Children and Adult Social care to explore needs in relation to continuing care and inclusion.

Adult Social Care are investigating the SEND transition process within their all age disability service. There is the recognition that the Policy for transition

needs to work alongside a clear and seamless Pathway by way of offering clear communication and consistency. This is being considered as part of the End-to-End process work being delivered by Adult Social Care.

4.3.4 Recommendation 2. An Autism Spectrum Disorder (ASD) post diagnosis clinic should be developed to support young people and their families after diagnosis

In order to identify the service required to support young people and their parents in the ASD post diagnosis period, work is taking place both locally in Walsall and also across the Black Country Transforming Care Programme (BTCP) footprint. In addition, there have been 2 parent and user engagement events working through the ASD pathway, which will inform the modelling of the service. Locally a meeting took place 18.6.19 between Public Health, CCG, CAMHS and Speech and Language Therapy to consider what a service may provide locally.

Achievements against this ambition will be monitored as part of the strategic Walsall Ofsted/CQC local area inspection report response group.

4.3.5 Recommendation 3. Partnerships with schools should be improved to ensure that they are aware of mental health services available and how to access them. Walsall's draft 2019 Inclusion Strategy sets out to develop and encourage a whole school approach to mental health working in partnership with educational settings.

The partnership toolkit hosted on the Public Health webpage [www.healthywalsall.co.uk/ehwb](http://www.healthywalsall.co.uk/ehwb) was launched September 2018 and details circulated to all schools. It is available to parents through the Healthy Walsall site.

The school nurses, CAMHS Positive Steps team and Educational Psychologists act as a conduit into the emotional health and wellbeing pathway.

Recommendation 3a. A minimum standard of service within schools should be developed to include;

i) Designated emotional and mental wellbeing lead

The CYP Emotional Health and Wellbeing transformation Group led by the CCG have submitted a Black Country trailblazer bid to train a small team of mental health practitioners in school based mental health support including cognitive behavioural therapy methodology. Discussions are taking place to identify where these people may be recruited from and how they might be funded post the 12 month training in order to benefit the maximum number of schools.

ii) Information and guidance for parents on services available and how to access them.

Within the Walsall Ofsted/CQC local area inspection, SEND report is a commitment to update the Local Offer information, which will support in meeting this Scrutiny recommendation.

Information and guidance is available from the school nurses at parent evenings or through the School Nurse led Parent Chathealth.

GPs are to be provided with a young person mental health pathway through the GP lead for mental health in order to advise parents.

- iii) The inclusion of mental health for young people in Governor training.

Work will be undertaken to identify whether mental health training is offered and to monitor effectiveness.

#### 4.3.6 Recommendation 4. Pathways between the CCG and other voluntary and Council services should be streamlined to enhance user experience and also reduce waiting lists

The CCG commission CAMHS and other voluntary agency provision and Walsall Borough Council manages Early Help services. Different agencies are represented at the Emotional Health and Wellbeing Strategic Transformation group where pathways can be streamlined.

Pathways between positive steps (tier 2 service) and school nursing are being discussed to reduce duplication and enhance the service offer

#### 4.3.7 Recommendation 5. Services providing earlier intervention and preventative mental health services for young people should be further developed in Walsall to prevent the need for more intensive services.

See below school nurse pathway (see **Appendix A**) for support at the earliest stage accessed via school or parent referrals.

CCG commissioned Kooth offers online support for young people 11 to 25 years.

The CAMHS Tier 2 Positive Steps service was developed 2017 and is now operating with a full complement of staff to support young people in schools as early as possible.

#### 4.3.8 Recommendation 6. Service user feedback is obtained to gather evidence for the improvement of services.

The Walsall Ofsted/CQC local area SEND inspection report group has committed to ensure that co-production is core in work going forward. Children's Services are leading on developing a co-production charter with

FACE user group parent representation with views evident in meeting notes and minutes.

CAMHS services use the HONOS tool, which identifies outcomes at each intervention and feed this back to commissioners.

The CCG has led two Child and Adolescent Mental Health Service (CAMHS) engagement events 5<sup>th</sup> April and 10<sup>th</sup> June 2019 to gather views from users which will influence service provision.

Healthwatch Youth Engagement officer is in post to gather young person views and feed back to services.

4.3.9 Recommendation 7. Consideration is given to improved promotion of direct referral routes for parents.

Young people, parents, GP and schools can refer into the School Nursing for support and who facilitate referral into other services if required. Young people or parents can self-refer to certain services as listed in <http://healthywalsall.co.uk/ehwb>

4.3.10 Recommendation 8 Further investigations should be made into the suitability of services for young people (aged 17 – 25 years) accessing Adult Mental Health services.

A draft protocol has been developed and number of agencies are investigating services for young people 17-25 years with the aim to implement an all age service to improve transition for young people.

Adult Social Care are investigating the SEND transition process within their all age disability service. Due to this approach several of the internal services provided by Adult social care are also now available to people from the age of 14. This is proving positive and there are further opportunities to help to prepare young people for adulthood.

## 4.4 Council Corporate Plan priorities

4.4.1 The corporate plan includes the vision to see inequalities reduce and all potential is maximised. This work will support this vision.

4.4.2 Walsall Borough Council has signed up to Marmot objectives. Actions to achieve the Overview and Scrutiny recommendations will have particular impact on;

- Giving every child the best start in life
- Enabling all children, young people and adults to maximise their capabilities and have control over their lives

#### **4.5 Risk management**

There are no risks in relation to the contents of this report.

#### **4.6 Financial implications**

- 4.6.1 Joint ownership and a joint response between Walsall Borough Council and Walsall Clinical Commissioning Group will be sought. Any resource investment would need to be a whole health, social care and Education responsibility collectively.

#### **4.7 Legal implications**

There are no legal implications in relation to the contents of this report.

#### **4.8 Procurement Implications/Social Value**

There are currently no procurement implications linked to this report.

#### **4.9 Property implications**

There are no property implications in relation to the contents of this report.

#### **4.10 Health and wellbeing implications**

- 4.10.1 The consequences of untreated mental health problems can be long lasting and far-reaching impacting on a young person's achievement and life changes. In addition, people with mental health problems are twice as likely as the general population to experience a long-term illness or disability.

Joint ownership and a joint response between Walsall Borough Council and Walsall Clinical Commissioning Group will be sought. Any resource investment would need to be a whole health, social care and Education responsibility collectively.

As identified in point 4.1.2, the most vulnerable young people in Walsall are also at more risk of mental health problems. Work to support young people will directly impact on reducing inequalities and increase educational attainment.

#### **4.11 Staffing implications**

There are no staffing implications in relation to the contents of this report.



## 4.12 Consultation

In order to inform the Overview and Scrutiny investigation, consultation was undertaken. As detailed in point 4.3.8, service user consultation is undertaken to improve services. The voice of Children and Young People will continue to be sought in order to improve services.

## 5. Decide

- 5.1 Cabinet has been asked by the Children and Young Person Overview and Scrutiny committee to note the report and recommendations from the Children and Young Person Overview and Scrutiny Committee and instructs Officers and their partners to look at ways to ensure recommendations continue to be prioritised.

## Background papers

None

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## Appendix A

### School Nurse Service Intervention Pathways



