

# Agenda Item 41.

<b>TITLE</b>	<b>Children's Emotional Wellbeing Strategy</b>
<b>FOR CONSIDERATION BY</b>	Health and Wellbeing Board on Thursday 8 November 2018
<b>WARD</b>	None Specific;
<b>DIRECTOR/ KEY OFFICER</b>	Carol Cammiss, Director Children Services

Health and Wellbeing Strategy priority/priorities most progressed through the report	<p>The priorities most progressed are:</p> <ul style="list-style-type: none"> <li>• Enabling and empowering resilient communities</li> <li>• Promoting and supporting good mental health</li> <li>• Reducing health inequalities in the borough</li> <li>• Delivering person-centred integrated services</li> </ul>
Key outcomes achieved against the Strategy priority/priorities	<ul style="list-style-type: none"> <li>• Better intelligence to aid and improve decision making</li> <li>• Improved support for schools and additional universal settings</li> <li>• Early identification and self-help</li> <li>• Improving access to services</li> </ul>

Reason for consideration by Health and Wellbeing Board	This strategy is for the Health and Wellbeing Board's information.
What (if any) public engagement has been carried out?	A wide range of partners and Young People have been consulted as part of the strategy development. The consultation has involved; Secondary and Primary Head Teachers, Corporate Parenting Board, Children in Care Council, Voluntary Sector and the CCG.
State the financial implications of the decision	No financial implications

<p><b>RECOMMENDATION</b></p> <p>To note the content of the report and the new Emotional Wellbeing Strategy.</p>
<p><b>SUMMARY OF REPORT</b></p> <p>The purpose of this paper is to introduce the new Emotional Wellbeing Strategy. The priority areas that the strategy focuses on have been grouped together under four themes.</p> <ul style="list-style-type: none"> <li>• Better intelligence to aid and improve decision making</li> <li>• Support for schools and additional universal settings</li> <li>• Early identification and self-help</li> </ul>

- Improving Access

**Indicators of a successful strategy:**

- Children and young people receive emotional and mental health support at the earliest opportunity
- Parents feel supported to support their child's emotional and mental health needs
- Children, young people and families experience a joined up approach across all agencies to support emotional and mental health
- Schools are supported to develop a positive culture around emotional and mental health through signposting and utilising best practice
- Schools and Universal settings have access to high quality training around emotional and mental health
- Young People are able and more willing to talk about emotional and mental health
- Evidence based commissioning - decisions will be based on relevant and up-to-date data and local intelligence
- Access to support and information is made easier
- SEND and wider mental health support work together in partnership

## **Background**

The strategy was developed in order to promote an integrated and holistic approach to Children and Young People's Emotional Wellbeing. We know that children and young people's mental and physical health are intertwined and a whole system approach will help to ensure the right support is available at the earliest opportunity, helping to build resilience and effectively coping mechanisms.

There is a continuum of need within mental health and emotional wellbeing and whilst the strategy recognises the importance of the entire continuum this strategy has prioritised the lower levels of need, and chooses to focus on prevention, resilience and early help.

The strategy draws attention to the importance of emotional wellbeing and mental health and highlights how this can help children and young people realise their dreams and aspirations, providing them with the best foundation on which to progress and grow.

The Borough is choosing to invest, protect and promote mental health and emotional wellbeing because:

- Half of all mental health problems manifest by the age of 14, with 75% by age 24 (Kessler et al., 2005)
- Almost 1 in 4 children and young people show some evidence of mental ill health (including anxiety and depression) (ONS, 2016)
- Suicide is the most common cause of death for boys aged between 5-19 years, and the second most common for girls of this age (Wolfe et al., 2014)

Taking into account the vision for children's emotional and mental health and current national guidance Wokingham Borough aims to:

- Better understand the emotional and mental health needs within the Borough
- Identify need and promote good emotional health, wellbeing and resilience from the earliest opportunity
- Work to change the culture around emotional and mental health
- Help schools support children and young people’s emotional and mental health
- Work towards providing services that are evidenced based. We want to give children and young people what they need, when they need it, in a coordinated manner that is easy to access
- Build stronger links and communication between health, voluntary sector, the local authority and schools

In order to achieve this, the Local Authority, schools, CAMHs, the CCG, and the voluntary sector will need to work towards a shared goal. In order to achieve this we will build upon existing assets and examples of good work that already exist within the Borough and nationally. The ambition to improve and provide the best possible support for children and young people needs to be realised within the confines of a restricted and shrinking resource pool. The partnerships will need to work smarter and work together.

The strategy complements the West of Berkshire Local Transformation Plan, which is led by the CCG and updated annually. The Local Transformation Plan covers the West of Berkshire and all mental health services through to the complex and severe mental health needs. The latest iteration of the Local Transformation Plan was published on the 31 October 2018 and can be found [here](#).

## The Vision

Wokingham Borough Council and our wider partners are committed to supporting every child and young person with their emotional and mental health needs at the right time and place. The Borough believes that every child and young person has the right to good mental and emotional wellbeing and support them to achieve this.

## Priorities & Action

The priority areas that the strategy focuses on have been grouped together under four themes.

- **Better intelligence to aid and improve decision making**
- **Support for schools and additional universal settings**
- **Early identification and self-help**
- **Improving Access**

<b>PRIORITY 1: Better Intelligence to aid and improve decision making</b>	
<b>Key Outcomes</b>	<b>How will we know we have made a difference?</b>
Evidence based commissioning – decisions are based on relevant and up-to-date Local and National data and intelligence	Development of a needs assessment and a JSNA that reflects the needs within the Borough
<b>Key Actions</b>	

- The Local Authority will work to improve its sharing of treatment/ support data between key stakeholders to create a greater understanding of those within services
- The Local Authority will identify the gaps in the data around children's emotional and mental health and work to fill these
- Collate all available data and explore gaps and areas for targeted intervention
- Develop a needs assessment for children and young people's emotional and mental health
- Review the allocated resources and spend within the Local Authority for children and young people's emotional and mental health
- Assess and identify the value for money provided by the services within the Borough

**PRIORITY 2: Support for schools and Additional Universal Settings**

<b>Key Outcomes</b>	<b>How will we know we have made a difference?</b>
Schools are supported to develop a positive culture around emotional and mental health through signposting and utilising best practice	A jointly agreed set of resources is developed and provided to schools
Schools and Universal settings have access to high quality and actionable training around emotional and mental health	Creation of an annual programme of training on mental and emotional health
Children and young people within the Borough have access to a consistent level of support for their emotional and mental health	Wokingham Borough Council in partnership with schools develop a recommended criteria for support in education settings which is shared with schools

**Key Actions**

- Review and analyse the outcomes from the School Link Project
- Review national and neighbouring authority findings from School Link projects
- Work in partnership with schools to develop a baseline for emotional and mental health support through the development of a working group with teachers
- Trial support to schools as part of the wider emotional and mental health service
- Develop a status/recognition that can be awarded to schools to demonstrate their commitment to emotional and mental health
- With key partners review and map the emotional and mental health training provided to professionals within the Borough with a view to better coordinate this offer
- Identify key professionals within the Borough to roll out emotional and mental health training
- Support the redesign of the school nursing service
- Work with school nurses and health visitors to increase resilience and training

**PRIORITY 3: Early Identification and self-help**

<b>Key Outcomes</b>	<b>How will we know we have made a difference?</b>
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Increase Young People's ability and willingness to talk about emotional and mental health	Surveys completed by pupils
Children and young people receive evidenced based emotional and mental health support at the earliest opportunity	Redesign the current universal and tier 2 mental health support offer providing a clear emotional and mental health evidenced based stepped care support structure within the community
Children, young people and families can access support and information easily	Feedback from children and families using the redesigned early help services
Parents feel supported to support their child's emotional and mental health needs	Feedback from children and families using the redesigned early help services

### **Key Actions**

<ul style="list-style-type: none"> <li>• Work with partners to map the current emotional and mental health offer within the Borough and ensure there are robust pathways between services</li> <li>• Consult with young people about how best to communicate what support and services there are</li> <li>• Ensure the Local Offer accurately reflects the emotional and mental health support available</li> <li>• Communicate the emotional and mental health offer to the community and professionals</li> <li>• Review current self-help advice available, including the BHFT online resource with a view to address any gaps</li> <li>• Re-design the tier two CAMHs support to create a stepped care approach to supporting emotional wellbeing providing advice and early help</li> <li>• Review the Webster Stratton research project parenting programme and look to integrate it into the redesign of emotional and mental health services along with other existing parenting support</li> <li>• Rename the tiers 1 and 2 CAMHs to better reflect the emotional and mental health offer</li> <li>• Re-write the specification for tier 2 CAMHs to co-locate the primary mental wellbeing workers into the Local Authority Early Help Services</li> <li>• Expand the remit of the Early Health Hub to become the main place in which traditional tier 1 and 2 CAMHs referrals are discussed</li> <li>• Review national anti-stigma campaigns and agree with partners which to promote within the Borough</li> </ul>
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### **PRIORITY 4: Improving Access**

<b>Key Outcomes</b>	<b>How will we know we have made a difference?</b>
Bring the Youth Counselling service into the multi-agency triage system	Youth Counselling start receiving referrals through the multi-agency triage
Children, young people and families experience a joined up approach across all agencies to support emotional and mental health	Feedback from children and young people
SEND and wider mental health support work together in partnership	Feedback from children, young people and professionals

Work to continually improve the emotional and mental health service and offer within the Borough	Contract monitoring meetings are undertaken quarterly and the service is has clear governance that receives regular updates
<b>Key Actions</b>	
<ul style="list-style-type: none"> <li>• Support the delivery of the SEND strategy in particular the review of early help provision of emotional and mental health for children and young people with additional needs but below statutory services</li> <li>• Support the ongoing work to link SEND datasets and implement a data dashboard for children with SEND</li> <li>• Review SEND support for children and young people with social, emotional and mental health needs</li> <li>• Link with the CCG regarding the ongoing work around SEND datasets Recommission the Youth Counselling service with a view to bring it into the multi-agency triage system</li> <li>• Support the development and implementation of the LTP</li> <li>• Review the Government's green paper due to be published in early 2018</li> <li>• Take young people's thoughts and feedback into consideration when reviewing the service</li> <li>• Continuously monitor the redesigned service through contract monitoring meetings and data analysis</li> <li>• Develop robust governance arrangements for emotional and mental health within the Local Authority</li> </ul>	

### **Analysis of Issues**

The issues and pressures that we face are around managing the demand within the current financial envelope across the local area. We have looked at the effectiveness of approaches and pathways and have proposed how we can improve these for our children, young people and their families by redesigning the way in which services are delivered.

We will work closely with our schools to ensure we are supporting them to develop a positive culture around emotional and mental health. We recognise that we need to support Schools and Universal settings to have better access to high quality training, as well as ensure that children and young people have access to a consistent 'offer' of support for their emotional and wellbeing needs.

There are additional challenges with ensuring that we are working in partnership with other agencies and partners to secure the best outcomes for our children and young people.

### **Partner Implications**

For the delivery of the strategy to be successful, it requires support from our Partners. Work has already commenced around implementing the new approach to supporting emotional wellbeing and our partners and voluntary sector have been integral to this.

The Local Authority is also in the process of setting up a working group with schools to begin delivery of priority 2 and 3.

<b>Reasons for considering the report in Part 2</b>
N/A

<b>List of Background Papers</b>
Emotional Wellbeing Strategy

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