

Appendix 1.

Answers to Questions 1, 2, 5 and 6 were circulated to the members of the commission in an email.

1. What work (if any) are we doing with regards to youth Mental health and are we working with organisations like CAMHS (Child and Adolescent Mental Health Service) to promote mental better mental health amongst youth?

The Director of Commissioning chairs a steering group that includes representatives from SLaM (CAMHS provider), CCG, Children and Families' services, Evelina, VCS, Urban Health (GSTT's charity), Education and schools. The group was brought together to implement the recommendations of the joint review of children and young people's emotional wellbeing and mental health services.

The Joint Review was carried out in 2018. This resulted in an action plan that has been implemented by a multi-agency/disciplinary working group, with oversight by the aforementioned steering group. Key areas of success include the development of improved pathways, directory of resources shared with schools and increased access to provision through:

Parental Mental Health offer for parents of children under 5 years old (SLAM)

- The Nest, council commissioned service launched in 2020 providing open access for those aged 0-25*
- Improving Mental Health and Resilience in Schools*
- Mental Health First Aid training in schools, provided by the VCS*

Key other areas of development and delivery are:

- The Equalities group*
- 0-25 Pathways and advisory group*

In light of the COVID-19 pandemic, the All Age Mental Health Strategy is being refreshed. In addition, SELCCG has received transformation plan monies from NHSE (and SLaM has been nominated to hold this money) for 2021/22. The Steering Group is updating the action plan for delivery from Q3 2021/22.

The action plan details service development funding, mental health investment standards and spending review settlement funding. They also include areas for partnership development which do not currently require additional investments. Actions are aligned to deliverables required by the NHS Long Term Plan and place (Southwark) priorities. Areas of improvement fall into the following areas:

- Improving access and wait times*
- Schools Based Provision*

- 0-25 Transformation
- Improving communications and co-production
- Improving outcomes and outcome reporting.

A summary action plan will be available as part of the Joint All Age Emotional Wellbeing and Mental Health Strategy due for presentation at the Health and Wellbeing Board in Quarter 3.

In addition, Southwark priorities will be published as part of the South East London CAMHS Local Transformation Plan by October 2021.

2. How many schools and students are you reaching through the Nest programme? Do you intend to approach all schools or do schools opt in? How do students get involved with Nest?

In addition to the core Nest service of children, young people, parents and carers accessing support from The Nest directly, the manager of the Nest reached out to all schools (primary and secondary) to inform them about the additional provision to be funded by Youth New Deal and to register their interest. As at 29 July 2021, twelve schools registered their interest. The provision will commence in September 2021. The service will proactively engage with all schools in Southwark, to provide support with mental health issues to students and equip teachers to gain more insight in how they can better spot the signs and provide support to the student and reduce crisis escalation. Students will be able to get involved with The Nest's Youth New Deal offer through numerous means including:

- *Attending assemblies raising the awareness of the service*
- *Engaging with mental health focused PSHE workshops*
- *Engaging with focused workshops for those moving from Year 6 to 7 and Year 11 to 12*
- *Engaging with a programme of support for young people identified at being at risk of exclusion, alongside their families*
- *Being part of the children and young people champion group to shape service delivery*

5. Nest and its outreach; how many students did we estimate to reach and how many have we reached?

The funding was not calculated in relation to numbers and therefore the performance framework is being finalised with the provider and will be available in September 2021. This will include data collection and targets including:

- *Awareness raising activities including assemblies, how many students reached*

- *Number of schools engaged*
- *Number of workshops undertaken (including PHSE), how many students reached*
- *Support for students at risk of exclusion, alongside their families*
- *Number of teachers trained and/or provided mental health resources*
- *Outcomes/impacts of the above activities*
- *Demographics of those reached*

As part of their core offer of support, The Nest has to-date reached schools and students by:

- *Undertaking remote group sessions with students at some schools*
- *Wellbeing Coaches based half a day per week at some schools to support a caseload of students*
- *Developed a training session for teachers to help them be better equipped for students presenting with panic attacks*
- *Actively promoting their service to schools, including through NHS school nurses*
- *Attending Team Around the School (TAS) meetings for secondary schools*

The provision funded by the New Youth Deal, commenced in September 2021 and will build upon this the core offer by providing a wider offer to students, teachers and parents/carers/families.

The Nest issued an initial communication to all schools, primary and secondary, inform them about the upcoming provision and to register their interest. The service will proactively engage with all schools in Southwark to provide support with MH issues to students and equip teachers to gain more insight in how they can better spot the signs and provide support to the student and reduce crisis escalation.

Students will be able to get involved with The Nest's New Youth Deal offer through numerous means including:

- *Attending assemblies raising the awareness of the service*
- *Engaging with mental health focused PSHE workshops*
- *Engaging with focused workshops for those moving from Year 6 to 7 and Year 11 to 12*
- *Engaging with a programme of support for young people identified at being at risk of exclusion, alongside their families*
- *Accessing support from The Nest directly*
- *Being part of the children and young people champion group to shape service delivery*

6. Sex desegregated data- What do we know about mental health among young girls? (in context of scandalous sexual harassments like 'everyone's invited'). Do we have any provisions or channels for providing support and dealing with potential issues?

Gender data

We are able to look at access by gender to services provided by providers (Kooth – online provision, The Nest, SLAM).

Southwark access data shows that between April 2020 and March 2021 44% of those on SLAMs case load identified as female. During the same period 64% of those accessing The Nest and 80% accessing Kooth identified as female.

The Centre for Mental Health reports that common mental issues (i.e. depression and anxiety) are increasing in those aged 16-24; reports show that they are more common in young women (26%) than young males (9.1%) (McManus et al., 2016). Self-harm is more common in young people than other age groups; across all age groups, 25% women and 9.7% of men aged 16-24 reported self-harm. Research also indicates a high prevalence of self-harm in young South Asian women aged 16-24 years. (Lavis, 2014)¹

These are the stats for young girls who have engaged in ongoing mental health support at The Nest between 01/05/2020 and 03/09/2021

Age group	Gender			Total
	Female	Non-binary	Unknown	
12 - 15	56	2	1	59
16 - 18	36	1		37
19 - 21	18			18
22 - 25	28		1	29
8 - 11	1			1
Unknown	3	1	13	17
Total	142	4	15	161

South East London equalities snapshots highlight that girls are less likely to be excluded from school, or enter mental health services via youth offending services than their male counterparts.

Everyone's invited

Locally, we have an emotional support service for those who are victims of sexual abuse in addition to more general mental wellbeing services such as Kooth (on-line support), the Nest and the Wellbeing Hub (open access/walk-in services). The percentage of girls / females accessing this service between June 2020 and July 2021 was 81%.

¹ [CYP mental health fact sheet 2021.pdf \(centreformentalhealth.org.uk\)](#)

For context, the Head of Public Protection from the Metropolitan Police delivered a presentation to Southwark's Safeguarding Children Partnership on Operation Hydrant, which was the police national response to testimonials on the Everyone's Invited website. Operation Hydrant analysed all the testimonials, and shared them with the relevant police force for a decision as to whether a crime was recorded. Testimonials were often anonymous, with no indication of the identity of the victim, perpetrator, date or location, but the educational establishment concerned was often mentioned, helping to develop a picture of areas of concern. These testimonials are still being processed. Some Southwark schools had been named on the website. The testimonials were spread across a number of years and quite a few of the victims were now adults.