

Item No.	Classification: Open	Date: 16 March 2023	Meeting Name: Health and Wellbeing Board
Report title:		Children and Young People's Mental Health Support in Schools	
Ward(s) or groups affected:		All	
From:		Director of Commissioning, Children and Adult Services	

RECOMMENDATION(S)

1. That the Health and Wellbeing Board note the progress being made to support children and young people's mental health in schools.

BACKGROUND INFORMATION

2. Southwark Council and its partners are committed to improving outcomes for children and young people through the support offered across services for children and young people's mental health and emotional wellbeing services.
3. Partnership Southwark is known to serve children and young people at an elevated risk of mental health issues. Southwark young people are at a high risk than the national rate of being first time entrants to the Youth Justice system, of homelessness and of attendance at Accident and Emergency.
4. The Local Transformation Plan is used to develop the ambitions to improve children and young people's mental health services locally and across the South East London Integrated Care System, it is also a national requirement. The development of the latest version of the Local Transformation Plan is a part of the high level objective of the Partnership to ensure system leadership arrangements are clear and transparent locally, the plan will run for the next two years from 2023- 2025.
5. Wider work on children and young people's mental health provision sets out clear expectations with regards to the work with schools to improve children and young people's mental health. This builds on work already underway and seeks to expand this further across the range of programmes in place. The support across the range of services is aimed at mild to moderate emotional wellbeing and mental health needs and programme leads work closely with the leads in clinical services to refer to support for more acute needs.

KEY ISSUES FOR CONSIDERATION

6. There are four main programmes of support in schools:
 1. Improving Mental Health and Resilience in Schools (IMHARS)
 2. Youth New Deal
 3. Kooth
 4. Mental Health Support Team (MHST)

Improving Mental Health and Resilience in Schools (IMHARS)

7. The IMHARS programme has been in place for a number of years and supports a whole school approach to mental health and wellbeing with the aim of providing easily accessible and flexible resources that enable schools and colleges to reflect on their current provision for mental health and wellbeing through the lens of resilience.
8. The programme is evidence based and research informed. It has been developed in collaboration with teachers and practitioners. local partners and experts including the Family Early Help Team, Educational Psychology Team, Southwark CAMHS and The Nest community mental health resource.
9. 90 schools have signed up to the programme and 95 across the borough have accessed Mental Health First Aid Training for more than 300 Mental Health First Aiders.
10. The priorities for the programme are:
 - Tackling and preventing inequalities and promoting inclusion, diversion and equalities
 - Sharing practice
 - Innovation (e.g. QA process, new projects, learning and programmes)
 - Enhanced accreditation
 - Enhanced PE and sport offer for schools
 - Bespoke training and CPD
 - Dept. for Education link programme to develop integrated working and access to support
11. The programme is overseen by the multi-agency IMHARS Board and there is also representation on the Southwark Children and Young Peoples Mental Health Steering Group and Emotional Wellbeing and Mental Health Working Group.

Youth New Deal

12. The Youth New Deal Programme is operated through the Nest as a part of Groundwork London, supporting children and young people with mental health difficulties and spotting the early signs. Latest performance data shows that of 316 students that completed feedback, 85% were positive

regarding the awareness raising and there was a 95% positive response regarding the topics covered. The majority of students supported were year 12 students but students in younger age groups were also supported.

13. Support is offered through school assemblies, targeted groups, staff training and universal workshops in primary and secondary schools covering differing subjects such as:
 - Combatting stress
 - Mental health and stigma
 - Wellbeing
 - Mental health 101
 - Mental health and social media
 - Dealing with change
 - Panic attacks
14. This work is ongoing and reports into the Mental Health Steering Group and Emotional Wellbeing and Mental Health Working Group.

Kooth

15. Kooth is an online mental wellbeing community, it offers anonymous advice with access to articles, discussion boards and a crisis service. The service is available 24/7 and sign up sessions including live tours of the website have been offered to promote take up.
16. The latest monthly data for Southwark shows 198 logins and 64 new registrations. The top three sources of signposting are schools, GPs and colleges. As Kooth operates 24/7 it provides support when other services are closed. The main access to support in the latest reporting period was out of hours (65%) evidencing that there is a need for this.
17. The top age groups accessing the site are as follows: 16 year olds (18.2%), 17 year olds (10.2%) and 13 year olds (12.5%).

Mental Health Support Teams in Schools

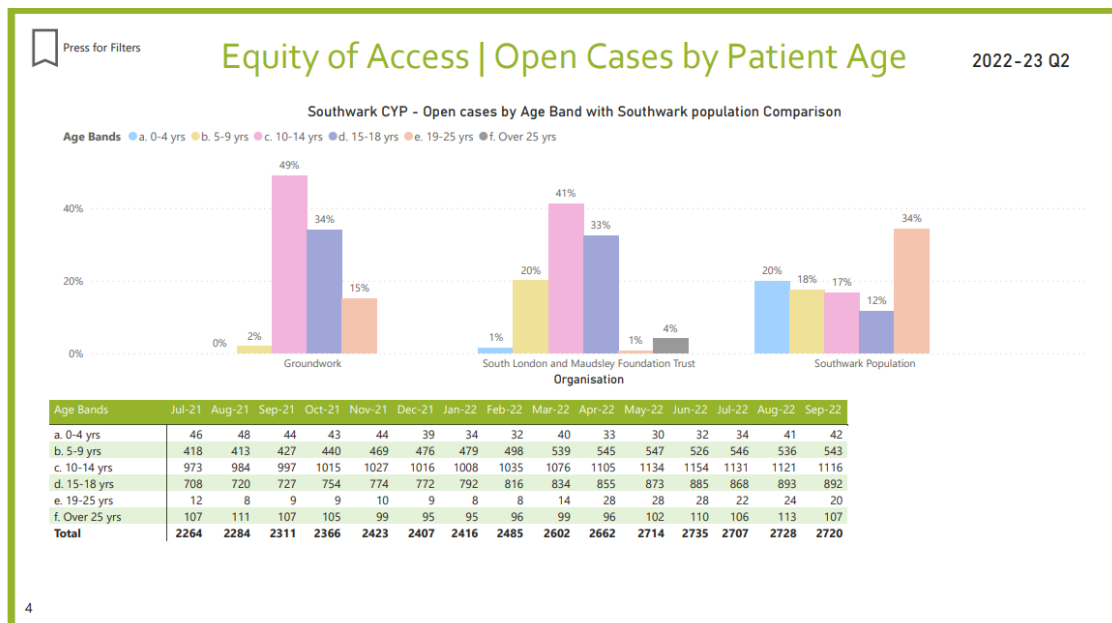
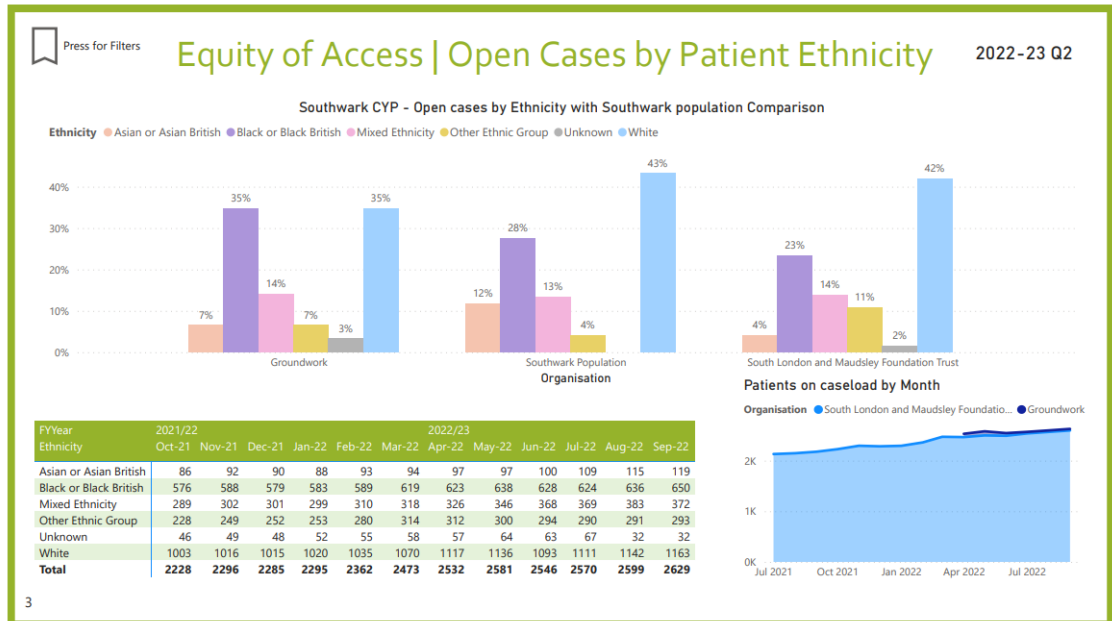
18. Southwark currently have one Mental Health Support Team that supports 12 schools, this commenced in January 2022. A second programme is due to commence in April 2023.
19. Schools are selected with a focus on inclusion and accessibility and work has commenced on collecting data on the demographics of those accessing the programme. The programme offers a mix of :
 - 1:1 work
 - Group work
 - Parent group work
 - Workshops
 - Staff training

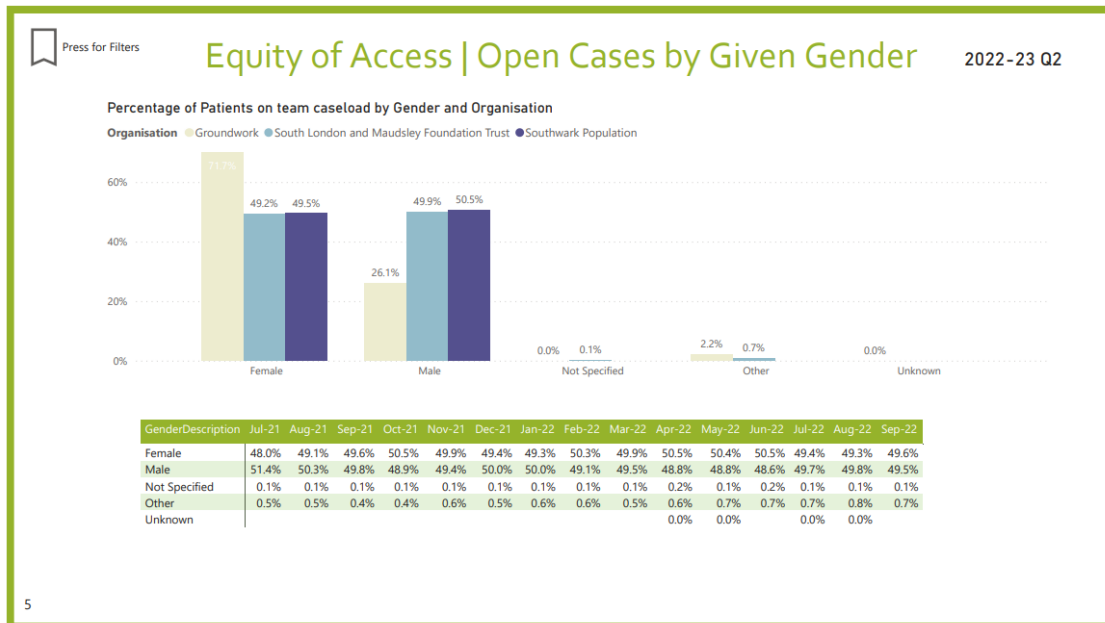
20. 1:1 work is based on principles of low intensity CBT aiming to provide practical evidence based strategies to address the presenting problem. For secondary aged pupils, sessions are focused on adolescent anxiety and adolescent low mood with 6-8 weekly sessions provided.
21. At primary age, parent led child anxiety with 6 weekly sessions including 2 phone 'check-ins' area offered as well as this, sessions on child challenging behavior are offered through 8 weekly sessions.
22. In the Autumn term 2022, 69 referrals for 1:1 support were received with 62 being accepted. Those that were rejected included no parental consent, already accessing support or above the threshold for support. Close working with other services ensures that cases are referred on if needed. The main reason for referral was a follow on from a group session followed by low mood and secondary anxiety.
23. Group work for primary aged children supported emotional regulation through a programme developed by the Anna Freud Centre delivered with a teacher / teaching assistant to embed strategies into everyday routine.
24. At secondary age level, 6 week long self-esteem groups through Girls Space / Boys Space at targeted age groups are offered covering topics such as online safety, healthy relationships, boundaries and consent. Parent groups on 'talking to teens' are also offered.
25. Workshops are offered as themed awareness days such as World Mental Health Day, Children's Mental Health Week, Mental Health Awareness Week. In addition, sessions on exam stress for year 11 and 13 pupils are held.
26. Staff training across primary and secondary schools covers attachment, regulation and competency trauma training, talking to students about suicide and self harm and, staff wellbeing. In total 270 staff members have been supported through this training.
27. Funding for the next wave has been secured meaning a further 12 schools will be supported over the next 12 months.

Equality of Access

28. Data providing a comparison of access against the whole Southwark children and young people's population has been collected since 2021 as presented to the Health and Social Care Scrutiny Commission in March 2021.

29. The latest data are shown below and demonstrate that by reviewing data related to equity leads to officers – across the Council, SLaM and Groundworks - focusing on ensuring that it improves and is reflected in the figures:





30. Equality of access is broadly in line with the Southwark children and young peoples population data for the projects included in this report however we recognise that the percentage of patients on the clinical case load shows that fewer children and young people who are Black or Black British access support. For Kooth, the Mental Health Support Team and Youth New Deal the percentage of children and young people accessing support shows that a higher percentage of Black/ Black British children and young people are accessing the service.
31. Females are represented higher in terms of those accessing services, particularly through Groundworks (71.7%) and the Kooth digital offer (73%). The main age for children and young people to access services is age 10-14 years (49%) although 13-16 year olds (41%) are the key user group for the Kooth Digital Offer.
32. The access data is reported to the Mental Health Steering Group and Emotional Wellbeing and Mental Health Working Group to inform the priorities for improving access. Equality of access is a key priority in the Local Transformation Plan 2023-25.

Policy framework implications

33. The Local Children and Young People's Mental Health and Wellbeing Plan is a national requirement of every Integrated Care System in partnership with the local authority. It is used to develop the ambitions to improve children and young people's mental health services locally. The services highlighted in this report support the delivery of the ambitions in the Local Transformation Plan 2023-25.
34. These services are aligned to Southwark's Borough Plan which sets out that every child deserves the best start in life so that they grow up in a safe, healthy and happy environment and where they have the opportunity to

reach their potential. These services support children with low to moderate mental health needs

Community, equalities (including socio-economic) and health impacts

Community impact statement

35. These services provide support, information, advice and signposting support to children, young people and their family networks within the borough. This provides an earlier intervention reducing the need to access statutory, clinical services by offering support for emotional wellbeing and mental health needs at a low to moderate level and also provide a link to clinical services where needed.

Equalities (including socio-economic) impact statement

36. The Public Sector Equality Duty has been considered in the development of the services outlined in this report and no additional consultation is required. It should be noted that ongoing consultation and co-production is undertaken as a part of delivery of services.
37. The services provide open access with self-referral or referral from the school in the case of the MHST. Data collected to date shows that access represents the demographic make-up of the local community. Equality of access is a key priority in the Local Transformation Plan 2023-25.

Health impact statement

38. The Local Transformation Plan sets out how the provision of mental health services will be developed over the next two years. A core part of this is the reduction of waiting lists over 18 weeks. The services outlined in this report support that reduction by intervening earlier, at low to moderate levels of need, and addressing needs before they escalate.

Climate change implications

39. The providers of the services outlined in this report offer local access. Day to day business is digital where appropriate to minimize the environmental risk.

Resource implications

40. Funding to continue with the services outlined in this report has been secured for 2023-24 and there are no further resource implications.

Legal implications

41. Please see the concurrent report of the Assistant Chief Executive - Governance and Assurance below.

Financial implications

42. There are no financial implications arising as a result of this report.
43. Reserves of £2m to support mental health resilience in schools was set up in 2019. The balance projected at the end of 2022-23 is £577k.

Consultation

44. Consultation with children and young people is an ongoing part of service delivery, this is regularly reported as a part of monitoring of delivery.

SUPPLEMENTARY ADVICE FROM OTHER OFFICERS

Assistant Chief Executive (Governance and Assurance)

45. There are no specific legal implications arising from this report. It is noted that the delivery of the existing programmes of mental health support described within this report is consistent with the relevant national and local policy and, in particular the ambitions in the Local Transformation Plan

Strategic Director of Finance and Governance

46. There are no specific financial implications arising from this report. The proposals that are set out in the report are consistent with the Council's budget plans.

BACKGROUND DOCUMENTS

Background Papers	Held At	Contact
Inequalities data provider comparison	Children and Adults Services, Commissioning 160 Tooley Street SE1 2QH	Suzanne Green 0207 525 4227
https://moderngov.southwark.gov.uk/documents/s100623/Inequalities%20data%20provider%20comparison.pdf		
Southwark Borough Plan Inequalities data provider comparison.pdf (southwark.gov.uk)	Children and Adults Services, Commissioning 160 Tooley Street SE1 2QH	Suzanne Green 0207 525 4227
https://www.southwark.gov.uk/planning-and-building-control/planning-policy-and-transport-policy/new-southwark-plan		
Equality Act 2010: Public Sector Equality Duty	Children and Adults Services, Commissioning 160 Tooley Street SE1 2QH	Suzanne Green 0207 525 4227
https://www.legislation.gov.uk/ukpga/2010/15/section/149		

APPENDICES

No.	Title
None	

AUDIT TRAIL

Lead Officer	Genette Laws, Director of Commissioning, Children and Adult Services	
Report Author	Suzanne Green, Programme Lead	
Version	Final	
Dated	02/03/2023	
Key Decision?	No	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments Included
Assistant Chief Executive Governance and Assurance	Yes	Yes
Strategic Director of Finance and Governance	Yes	Yes

Cabinet Member	Not applicable	Not applicable
Date final report sent to Constitutional Team		6 March 2023