

Blackburn with Darwen Children & Young People's Emotional Health & Wellbeing Action Plan

SELF ASSESSMENT

October 2018

Key reference documents:

'Investing in a Resilient Generation' (July 2018). Mental Health Policy Commission, University of Birmingham.
<https://www.birmingham.ac.uk/research/impact/policy-commissions/mental-health/index.aspx>

Blackburn with Darwen Children & Young People's Emotional Health & Wellbeing Integrated Strategic Needs Assessment (ISNA).

Lancashire Children and Young People's Emotional Health & Wellbeing Transformation Plan

<https://www.blackpool.gov.uk/Residents/Health-and-social-care/Children-and-families/Documents/Lancashire-CYP-EWMH-Transformation-Plan-January-2017.pdf>

No	Recommendation	Evidence / specific outputs	RAG Rating	Lead Name (Initials/age ncy)	Commentary
I.	Receive an annual update to relevant BwD Boards on progress of the Lancashire Children and Young People's Emotional Health & Wellbeing Transformation Plan. (<i>Scrutiny Task & Finish Group</i>)	 Lancs CYP EWMH_Transformatic		Heather Bryan, NHS Midlands and Lancashire Commissioning Support Unit	Cumbria have updated theirs and consultation closed 22/10/18 https://www.healthyyoungmindsisc.co.uk/home It was agreed at the Lancashire board meeting Friday 19/10/18 that the transformation document will not need updating in 2018 and will stay with the original timeline.
II.	To have a named Mental Health Champion/Lead in each of the seven School Improvement Groups. (<i>Scrutiny Task & Finish Group</i>)	 SEMHS Action plan without SSIF monies.1		SIGs	Lots of current and upcoming actions in the plan In addition a NHS Trailblazer application was submitted 17/09/18 by BwD CCG. This will fund 7 x school mental health support teams – which will equate to 1 per SIG. Still awaiting decision

III.	Annual review of BWD Child & Young Person's Mental Health Profile to track trends over time (PHE Fingertips / Scrutiny Task & Finish Group)	https://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh	PHE	Interactive version (use link) will offer trends for many indicators
IV.	To monitor and improve local CAMHS mental health service data quality. (Scrutiny Task & Finish Group)	CCG hold data and reports and happy to share	Jeanette Pearson	Performance and monitoring meetings held quarterly by CCG lead. Reports currently meeting all targets. Children's Partnership board.
4.1	Local leadership is needed and local authority Public Health leads should initiate collaborative conversations with other agencies, schools, and community groups about how they are going to work together to build a resilient generation in their area. <i>'Investing in a Resilient Generation' (action for local areas)</i>	<ul style="list-style-type: none"> Minutes and actions from local Children's Partnership Board, Suicide Prevention Strategy Group, Lancashire CYP CAMHS Transformation Group (including Resilience, Prevention & Early Help group), Futures In Mind group (Pennine). Quarterly contract meetings for contracts held with children's PH providers in sexual health, 0-19 public health services and substance misuse services as well as in house services funded with PH grant monies. Needs assessments for YJS and Asylum and refugees. Household health surveys Quarterly reports and case studies form 0-19 services. 		<p>Local work surrounding housing and building stronger communities through the CLARC.</p> <p>Sport England and Youth Sport Trust's work with schools and youth groups.</p> <p>ACE awareness and education throughout BWD.</p> <p>Bee Yourself website developed in consultation with CYP, to be launched for Spring term. Feedback from CYP in Youth Zones very positive.</p> <p>YMHEA in schools</p> <p>Public Health has completed a Needs Assessment with recommendations surrounding asylum and refugees.</p> <p>Training has been scheduled by the school nursing service to train school health staff in supporting children, young people and schools in relation to sexual and gender identity issues and vulnerabilities.</p>
4.2	Identify 'quick wins' that can capitalise on local resources and enthusiasm – and that can	<ul style="list-style-type: none"> Case studies from the 		Time to Change Champions and campaigns derived from this programme - 'Be in your

	<p>deliver immediate benefits (such as whole-school approaches to social and emotional learning) as well as improve long-term mental health outcomes. These would lay a foundation for a broader strategy for local innovation across sectors, and provide the basis for a successful 'Investing in a Resilient Generation Grand Challenge bid. 'Investing in a Resilient (action for local areas)</p>	<p>Time to Change champions with work delivered in schools to reduce stigma associated with mental health amongst peers</p> <ul style="list-style-type: none"> PSHE curriculum Youth Sport Trust engaging young people into physical activity to promote better mental health 		<p>mate's corner' for young men.</p>  <p>Youth Sport Trust Active Healthy Minds.</p>
1	<p>Approaches that support positive outcomes for children and young people's emotional health and wellbeing should be built into all contracts and service specification. <i>BwD CYP Emotional Health & Wellbeing ISNA</i></p>	<p>Service user feedback and outcomes reached.</p> <p>Quarterly reports form 0-19 service's</p> <p>Quarterly reports from sexual health services</p>	<p>Nick Shelley</p> <p>Shirley Goodhew and Karen Cassidy</p>	<p>When a child or young person is looked after their own IPA would include details of outcome successes expected. There are also internal hubs and a spoke model called Resolve. Nick Shelley leads the hub and he works with a number of spokes which include play therapists; CAMHS support workers.</p> <p>The 0-19 public health nurses contract delivers the universal offer of the Healthy Child Programme (HCP) which is an evidenced based programme of help, support and early intervention for all years from ante-natal to 25 years (SEND) and for families, early years' settings and schools. It ensures positive outcomes for all children by recommending several key contacts and services as well as five mandated contacts by health visitors.</p> <p>The sexual health contract and substance misuse contract also contribute to meet recommendations with in the HCP.</p> <p>LCFT have appointed two mental health</p>
2	<p>Perinatal Mental Health: A programme of work</p>	<p>Quarterly reports on 0-19</p>	<p>Shirley</p>	

	should be developed that recognise emotional health and wellbeing in pregnancy as a public health issue with important life-course consequences. <i>BwD CYP Emotional Health & Wellbeing ISNA</i>	service.		Goodhew	practitioners to work alongside Health Visitors in supporting women with mental health issues. New mother and baby unit opening soon in Chorley taking women from across the pan Lancashire footprint. As part of the HCP all pregnant women should have an antenatal appointment from 28 weeks and will then have an assessment into attachment.
3	Specific approaches should be developed that support teenagers at risk of self-harming. <i>BwD CYP Emotional Health & Wellbeing ISNA</i>	All schools have at least one trained member of staff or a mental champion. Launch of I Thrive and data generated form use of		Shirley Goodhew Jeanette Pearson	Ongoing training for school teachers in youth mental health first aid. Bee yourself website for children and young people being developed. I Thrive from CAMHS being developed which will support children and young people who are self-harming or have thoughts of. CYP and parents are a priority for raising awareness of self-harm in the yearlong BwD BC Suicide Prevention Strategy 2018/19
4	All Health and Wellbeing strategies and programmes should be informed through active engagement and insight work with children and young people. <i>BwD CYP Emotional Health & Wellbeing ISNA</i>	Engaging with Blackburn with Darwen's mental wellbeing Lancashire mind 2018. BWD time to change hub October 2017-March 2018		Lancashire Mind	Engaging with Blackburn with Darwen's mental wellbeing Lancashire mind 2018. Investment in the campaign, time to change working in partnership with Lancashire Mind and One Voice to work with communities across the borough to open up to mental health problems.
5	'Whole school' approaches to emotional health and wellbeing that involves teachers, families and the wider community should be developed in line with national guidelines. <i>BwD CYP Emotional Health & Wellbeing ISNA</i>	PSHE curriculum Youth Mental First Aid being rolled out to all schools Parent engagement to follow for the 18/19 suicide prevention media strategy Quarterly reports 0-19 services and course evaluation		Shirley Goodhew All Re-Align Futures	Based on the School health needs assessments the school nursing service has delivered '5 Ways To Well-Being' sessions in schools with identified needs.

6	<p>A health and wellbeing website promoting physical and social activities should be developed, specifically aimed at children, young people and their families. <i>BwD CYP Emotional Health & Wellbeing ISNA</i></p>	<p>Quarterly reports form 0-19 service's Reports generated form Kooth if implemented and submitted quarterly and same for I thrive</p>	<p>Gill Kelly Gill Kelly Jeannette Pearson Shirley Goodhew</p>	<p>Bee yourself website being developed. I thrive being developed by the CCG. Kooth is being investigated as a possible resource for CYP in this area to access for counselling support and forums in a modified and regulated environment online. 0-19 Healthy Child Programme will support in this area. The Children's Centre staff use ACE enquiry which is completed with all parents at the start of family support intervention to allow them to explore their own childhood experiences and how this impacts on them now as parents. They have an opportunity to address any underlying issues and access support needed.</p>
7	<p>Resilience within families should be promoted by providing parents and carers with the information they need to handle issues of emotional and mental wellbeing. <i>BwD CYP Emotional Health & Wellbeing ISNA</i></p>	<p>Quarterly reports from 0-19 services. Case studies and service user feedback Programme evaluation Number of volunteers participating. Children centre staff quarterly reports and KPI's</p>	<p>CCs / Early Years settings 0-19 Health Visitors</p>	<p>Think Family programme – therapeutic programme to support families in preparing for change and again addressing underlying issues. FGC – Families coming together to address issues and identifies their own plan with extended family and friends as the main support. Volunteering pathways to support on their journey of developing skills, confidence, and self-esteem and employment opportunities.</p>
8	<p>Links between adolescence, risk-taking behaviours and the prevention of accidents and unintentional injuries should be explored</p>	<p>Elizabeth Mannion BwD Suicide Prevention strategy group have representation from</p>	<p>Education lead for BwD</p>	<p>Revive Team Children Social Care support children on the cusp of care with a range of social and emotional health issues. Adolescents notoriously take risks through experimental behaviour Awareness raising of the consequences of</p>

	<p>further.</p> <p><i>Bwd CYP Emotional Health & Wellbeing /SNA</i></p>	<p>Papyrus – Preventing Suicide in Young People</p>			<p>risky behaviour will be in PSHE curriculum</p>
9	<p>More insight work should be undertaken into the use of social media and the negative impacts for children and young people's emotional and mental health.</p> <p><i>Bwd CYP Emotional Health & Wellbeing /SNA</i></p>	<p>National curriculum for PHSE due to be implemented 2019</p> <p>Ofsted local reports</p>		<p>Cathy Fisk</p>	<p>Engage team are doing some work with boys in this area that are at risk of CSE as directed by the LSCB.</p> <p>PHSE in schools allows for this work to be covered and CEOP nationally provide support and resources to teachers and youth workers.</p> <p>International research on this topic is expensive.</p> <p>CYP have identified certain social media sites as having positive impacts (YouTube) and some more negative (Instagram)</p> <p>Some APPS have been identified by police as more risky for CSE</p>
10	<p>Opportunities for children and young people to engage in peer-support programmes and volunteering should be explored.</p> <p><i>Bwd CYP Emotional Health & Wellbeing /SNA</i></p>	<p>YP feedback</p>			<p>LGBT facilitated by Brook group</p> <p>Highlighted in the 2017 update of CYP EWMH Transformation Plan (see insert in action 1 of this plan, Appendix 1, 06)</p> <p>Also GO2 young ambassadors that support peer on peer.</p>
11	<p>Work should be undertaken to identify groups of children and young people that may be at risk of loneliness and social isolation.</p> <p><i>Bwd CYP Emotional Health & Wellbeing /SNA</i></p>	<p>Service user case studies and participation.</p>	<p>School Health Needs Assessment Questionnaire (SHNA) will ask questions</p>	<p>Iqbal Jal</p> <p>LCFT</p>	<p>Professionals Network Meeting for mental health and wellbeing.</p> <p>Local voluntary sector group sliding doors works with those CYP with LD and at risk of isolation and loneliness, they run drop in sessions in mill hill and at Blackburn Rovers.</p> <p>School nurses will contact children raising concerns</p>

12	<p>All commissioners and services should challenge the culture of acceptance and inevitability around smoking, particularly amongst vulnerable groups. <i>BwD CYP Emotional Health & Wellbeing ISNA</i></p>	<p>and analysis should pinpoint schools with issues Pharm outcomes Fingertips profiles for tobacco</p>		<p>MECC embedded into contracts Brief intervention training completed by local providers. TFL strategy Education settings PHSE and risky behaviours Wicked issues public health pan Lancashire group. Local partnership working from public health and trading standards and local police.</p>
13	<p>Insight work should be undertaken to understand factors contributing to low levels of wellbeing amongst young people in adolescence. <i>BwD CYP Emotional Health & Wellbeing ISNA</i></p>	<p>SHNA and quarterly reports form 0-19 services. YJS needs assessment.</p>		<p>A youth Justice service needs assessment was completed by the public health team's registrar, recommendations form this assessment have been identified. SHNA completed yearly to children in Reception, 6 & 9 and children identifying concerns will be followed up within an agreed timeframe (usually 2 days)</p>
14	<p>A review of specialist mental health services for children and young people should be commissioned, including vulnerable groups such as looked-after children and care leavers. <i>BwD CYP Emotional Health & Wellbeing ISNA</i></p>	<p>Quarterly reports from 0-19 services Children's partnership board minutes and findings form Mental health steering group. CAMHS being reviewed nationally Sub-groups developed identifying 'complementary offer' for CYP</p>	<p>CCG / L&SC ICS (Healthier Lancashire)</p>	<p>Mental health practitioners from 0-19 services have met with key stakeholders to ensure no duplication of work is completed and to explore joint working opportunities in supporting. Also Mental Health steering group is to convened to Map out current provision of Mental Health support, identify gaps, consider how we can feed into the Integrated Care Services broader development, capture good practice and capitalise on opportunities. Ensure support for young children(EYFS) is included Report back to Children's Partnership Board.</p>

<p>A</p> <p><u>Mental Health:</u></p> <ul style="list-style-type: none"> a. Online help therapy/chat rooms b. More awareness raising sessions c. More information for parents d. Improve advertising/ information e. Transport to services/ therapy f. Friendship groups meet up g. Run assemblies in more schools h. School nurse drop ins <p><i>Youth Takeover Challenge Mental Health recommendations</i></p>	<p>Quarterly Reports form 0-19 services.</p>	<p>Multi</p>	<p>A. Chat health is managed by the school nurses although not as well used as would like Public health are exploring the possibilities of Kooth, which has good outcomes to lower waiting times of CMAHS services and meets the needs of the CYP at times to suite them out of core contact hours.</p> <p>B. School Nurses deliver a weekly drop-in service at the Everybody centre providing the opportunity for young people to chat and discuss a wide range of health concerns. Youth zone and Knott Street have named link practitioners from our school health teams providing a point of contact for young people to be signposted to. The link practitioners will be promoting health campaigns within these sites aimed at young people. Health promotion assemblies are being planned within Darwen Aldridge Academy providing information on services that can be accessed and where support can be sought for a range of health concerns.</p> <p>C. Focus groups with parents to be set up as part of the yearlong suicide prevention strategy</p> <p>D. BWD's yearlong Suicide Prevention Strategy is focusing on prevention and early help. Also many organisations were advertised on our digital screens during World Suicide Prevention Day (10/09/18), in the local and national press, radio, tv and social media. Bee Yourself website to be launched 2019 with lots of information and signposting This may have to be a joint</p> <p>E.</p>
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<p>B</p> <p><u>Substance Misuse:</u></p> <p>a. Access to a counsellor</p> <p>b. Advertise more on social media</p> <p>c. Drug mentors sharing their experiences</p> <p>d. Make YP more aware of support from GP's</p> <p>e. Positive peer support network</p> <p>f. Run assemblies in more schools</p> <p>g. More support/ information for parents</p> <p><i>Youth Takeover Challenge Mental Health recommendations</i></p>	<p>Quarterly reports from Go2</p>	<p>Karen Cassidy and Lauren Leonard</p>		<p>A. Go2 have an in-house counselling service available for over 18's, all counsellors are volunteers however all Post Graduates are and supervised monthly by a qualified counselling co-ordinator. Referral made into Lancashire Mind or CAMHS for under 18 age group</p> <p>B. Regular Facebook and Twitter activity – increase in posts and likes – see quarterly report for data. Plans for a Go2 Instagram account are underway</p> <p>C. CGL Peer Mentoring programme developed and launched 2018, Go2 to deliver this in early 2019. Have developed an online SU forum to be launched in 2019. YP ambassadors throughout the area and in schools.</p> <p>D. Develop stronger links with GP surgeries – Lauren Lenord is linking with lead nurse from CCG re</p>	

				<p>strengthening this area.</p> <p>E. Delivery of a girls group for 2 terms in BCHS with SG lead positive feedback which has impacted positively on risk taking and decision making</p> <p>F. Assemblies and enrichment days delivered in many schools in the area – lots of positive feedback, self-referrals have been made after these assemblies and YP ambassadors recruited</p> <p>G. Development of Go2 webpage at the Inspire website, regular digital media campaigns, improved partnership working with the Carers Service and reciprocal training to be delivered to staff teams.</p>
C	<p><u>Domestic Abuse:</u></p> <p>a. More adverts in local media, e.g : radio / Posters in places where men/ boys go</p> <p>b. Confidential places to go for help</p> <p>c. Assemblies in more schools</p> <p>d. Using videos in schools</p> <p>e. Talk lines for men/ boys</p> <p>f. Parents monitor children's phones</p> <p><i>Youth Takeover Challenge Mental Health recommendations</i></p>	Commissioned service report form Changing lives.	Rebekah Leach.	<p>A. The current provider in a recommissioning year with a new service to be delivered from April 2019, with this in mind much of the promotional work will be completed around the time of the new service starting delivery, this may mean a change in provider so part of mobilisation will be to publicise services.</p> <p>B. Services delivered in BWD have a 'front door' are based within the town centre and are confidential (bearing in mind safeguarding policies).</p> <p>C. Within the Domestic Abuse commission the service is required to deliver educational session within schools that cover 'healthy relationships' – this is currently delivered by Changing Lives, however again is due for recommission, Changing Lives have recently delivered sessions in Tuhedul Girls School and</p>

				<p>Darwen Vale, with further session booked in the coming weeks. These sessions vary depending on the setting i.e. school assembly or workshop, and as such use appropriate resources. National Helplines are advertised locally as well as direct contact information to the DA services.</p> <p>F. Currently changing lives do not advocate for parents to monitor children's phones, without further evidence to support this method of protection they report they are reluctant to take this forward.</p>
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