

## **Children and Young People's Wellbeing task and finish group recommendations update – June 2019**

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### **1. Background**

A series of recommendations were made by the Children and Young People's Wellbeing group to the Health Scrutiny Committee in March 2018. This paper looks at each recommendation and provides a response on current or planned provision for children and young people.

### **2. Recommendations:**

**1. Trafford Commissioners and Providers of Emotional Wellbeing & Mental Health services to consider the development and implementation of a standardised evidence based training programme to be made available to all schools and organisations that provide services for children and young people.**

Local Transformation Plan funding has been used to provide a programme of training sessions covering:

- Anxiety (Anxiety UK).
- Depression (42<sup>nd</sup> Street).
- Bereavement (Winston's Wish).
- Self-Harm (42<sup>nd</sup> Street).
- Solution Focussed Techniques (42<sup>nd</sup> Street).

An extended programme of Youth Mental Health First Aid training has also been commissioned with four sessions being held between June and September. Schools and front line staff working with children and young people have been prioritised for this training.

In addition a range of training programmes have been commissioned at a GM level which Trafford have been able to access (details of this are provided in section 2 of the main report)

**2. Trafford Council to expand on their work with organisations in promoting the Thrive Stepped Care approach to Emotional Health and Wellbeing.**

We are committed to implementing the THRIVE model in Trafford and services share this commitment.

We have focused on the 'Getting Help' element through:

- The introduction of services such as Trafford Sunrise and Kooth

- Additional funding for 42<sup>nd</sup> Street (further detail on this is available in the Local Transformation Plan).
- The Mood and Emotional Disorders communication pathway has been developed. This document is designed to inform professionals of the available services and how they can refer in and was the first to clearly set out services using the THRIVE model.
- Working with the GM THRIVE team, Trafford have hosted an iTHRIVE event to introduce the concept to Trafford professionals. The event was well attended and included:
  - An engagement session in which attendees were asked how they access Healthy Young Minds (HYM) and, if not HYM, who else do they refer to?
  - What they feel works well and what doesn't when referring to HYM and other services?
  - A presentation was delivered by Paul Wallis the THRIVE lead from Greater Manchester to give a clinical overview of THRIVE.
  - A presentation from HYM looking at their service offer and the challenges it faces.

### **3. Trafford Council to work with school nurses and schools to improve confidentiality processes and identify named leads in schools.**

All school nurses should abide by professional regulations around confidentiality and safeguarding.

As part of the Greater Manchester Mentally Healthy Schools Programme, schools will produce mental health champions. There are currently 10 Trafford schools involved in this.

The government has announced that they will incentivise every school and college to identify a Designated Senior Lead for Mental health to oversee the approach to mental health and wellbeing.

Trafford has recently organised Mental Health First Aid Training, and much of this has been promoted towards schools.

Children and young people told us that they wanted more anonymous support, as a result we commissioned KOOTH, a confidential online support service.

### **4. Trafford Council to work with Governing Bodies to ensure that mental health and emotional wellbeing is a standard agenda item for meetings. To consider advocating a MH Lead on the Governing Body.**

Trafford's Governing Body is committed to having Mental Health and Emotional Wellbeing included in agenda items and advocate for this where possible. Good

mental health is understood to be core to improving health outcomes and there is a focus on this, with Mental Health impact generally included in Governing Body discussions.

Elizabeth Clarke is the CCG appointed Mental Health Clinical Lead.

#### **5. Trafford Council to consult with schools around the Mental Health Strategy and work with them to develop deliverable outcomes.**

The “You Said, We Did” survey is produced annually, as part of this Children Young People, parents/carers and professionals – including teachers – are given the opportunity to read about Trafford’s commissioning activity and how this has addressed previous concerns. They are also given the opportunity to comment on this work, make suggestions and highlight areas they feel are of concern. In the most recent engagement, 13 of 21 professional respondents were based in schools.

10 Trafford schools are currently taking part in the GM Mentally Healthy in Education programme (GMHSCP)

HYM have recently appointed a Schools Link Worker who will be a key role in the development work needed with schools. In addition Trafford has been awarded funding from GM i-THRIVE to employ a subject matter expert. This funding will be used to work with schools to embed THRIVE across schools and early help.

#### **6. Trafford Council to continue to involve children and young people in the shaping and design of future services that are evidence based and of high quality.**

Mark Bailey (Advocacy and Engagement Officer) acts as a bridge between ourselves and young people and is a member of the Transformation Implementation Group.

All services perform engagement with CYP, such as Kooth who employ an Engagement and Participation worker who acts as a contact within schools to ensure that CYP are aware of the service they provide.

As part of “You Said We Did” survey CYP are given the opportunity to comment, make suggests and highlight areas they feel are of concern. In the most recent engagement, 23 (28%) of respondents were CYP – 9 of whom had accessed MH services.

We recognise that there is always more that can be done to engage CYP and so will be looking to hold a Children’s Engagement Event in 2019/20.

#### **7. Trafford Council to ensure children and young people are involved in the evaluation of services commissioned.**

In order to address this recommendation Trafford Commissioning took the decision to involve CYP in the procurement process by inviting young people to sit on the

procurement panel for Kooth and Trafford Sunrise effective putting them in the driving seat when deciding what service would best meet their needs and those of their peers.

Commissioned service such as 42<sup>nd</sup> Street, Kooth and Just Psychology, are required to produce monthly service data reports. A section of these reports is dedicated to feedback from CYP.

**8. Commissioned services are to be outcome focussed, easy to access, and built around the needs of children and young people.**

All commissioned services should meet this standard and access and outcomes are routinely monitored as part of the contractual process with services.

We are committed to building services around the needs of Children and Young People through the previously mentioned engagement work. As set out in the 19/20 summary of our work plan, it is intended that a Single Point of Access (SPOA) will be developed to ensure that all mental health services are easy to access and to reduce inappropriate referrals.

Children and Young People were actively involved in the commissioning of Trafford Sunrise as it was their feedback which highlighted to us the need for a service for Primary School Children which operated at a higher level than existing services.

**9. Commissioned services are to continue to develop towards a “Whole Family” approach. With all services giving children and young people the opportunity to set goals, and ensure they only have to tell their story once.**

Commissioned services are working to include a “Whole Family” approach within their delivery. “Person Centred” approach remains the main focus of service delivery.

The “Person Centred” approach allows individual’s to set their own aims, and then secures the support and care needed to achieve them. Within this, it recognises the child or young person’s right to choose the level of involvement from the “Whole Family” and so the care remains personalised and enabling.

In relation to HYM, the Choice and Partnership Approach (CAPA) is used. This approach is goal focused and seeks to support shared decision making between the CYP and their family through discussing their situation and what they feel is needed to move forward.

As previously mentioned, Trafford are working towards the implementation of a Single Point of Access (SPOA) in order to remove the need for CYP to repeat their story to multiple professionals.

**10. Trafford Council are to ensure that third sector organisations have a role in developing the Mental Health strategy delivery plan.**

Third sector organisations are invited to and attend the THIRVE Implementation Group (TIG) and through this are able to input their knowledge and experience to the Mental Health strategy delivery plan.

All third sector providers are sitting on the SPOA Task and Finishing group in order to support the development of this key piece of work.

**11. That the Health Scrutiny Committee to receive regular updates of changes to services which should include exception reports and good news stories.**

Commissioning welcomes the opportunity to provide these updates.