

## Item 7

**Meeting:** Adult Social Care, Health and Wellbeing Sub-committee

**Date:** 5 October 2017

**Title:** Update on North Tyneside's approach to improving mental health in children, young people and working age adults.

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**Wards affected:** All

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### 1. Purpose of Report

To inform the Adult Social Care, Health and Wellbeing Sub-committee of the ongoing work in North Tyneside with regard to promoting and improving mental health and emotional wellbeing in children, young people and working age adults.

### 2. Recommendations

The Adult Social Care, Health and Wellbeing Sub-committee is asked to note the progress made by North Tyneside's systematic approach to mental health, in particular:

- Progress made against both the children and adults mental health strategies.

### 3. Details

#### 3.1 Background

Improving mental health benefits everyone. There is a clear association between good mental health and better societal outcomes, i.e. life expectancy, physical health, educational achievement, criminality and employment status.

North Tyneside has two key mental health strategies:

***I. North Tyneside Children and Young People's Mental Health and Emotional Wellbeing Strategy 2016 - 2021***

This strategy was developed by the multi-agency Children and Young People's Mental Health and Emotional Wellbeing Strategic Group (CYP MHEWB) and incorporates the findings from the National Mental Health Taskforce Future in Mind. The strategy also encompasses the local CAHMS Transformation Plan.

***II. North Tyneside Joint Adult's Mental Health and Wellbeing Strategy 2016-21***

This strategy was developed by the Mental Health Integration Board and outlines a partnership approach to developing support for working age adults in North Tyneside around mental health and wellbeing.

It is important to note that both strategies are not solely about the services that are provided to support our residents with their mental health. By only addressing mental health services we risk focusing too narrowly on targeted clinical care, ignoring wider socioeconomic influences and over-medicalising the issue.

Both strategies recognise the need for community led change where mental health and wellbeing is everybody business, recognising the part society can play in building resilience and improving mental health and wellbeing; from young people themselves, parents and carers, schools and colleges, workplaces, our voluntary sector, health and social care services and communities.

#### **4. Children and young people: update on key progress**

Progress to date is outlined below, following the themes from the strategy document:

##### **4.1 Promoting Resilience, Prevention and Early Intervention**

Evidence clearly shows that school-based interventions are one of the most cost effective interventions to promote mental health in young people. Therefore a local resource pack was developed and launched in May 2017 to implement a whole school approach to emotional health and wellbeing in all schools across North Tyneside.

The pack includes sections on:

- How schools can support young people
- How children and families can support themselves
- Training available to staff
- How to access further and specialist support when appropriate

The launch event of the resource pack was attended by over 200 school staff including head teachers and Special Educational Needs Coordinators (SENCOs) and has been well received by schools.

A poster presentation outlining the development of the Emotionally Healthy Schools Resource Pack has been accepted by Public Health England for the national conference in September as a model of good practice: see Appendix 1 for more detailed information.

## **4.2 Improving Access to Support**

A priority of the strategy is to promote clarity about where children and young people with mental health or emotional wellbeing needs can access help across all parts of the system; from self-help, schools support, voluntary sector support and specialist input.

### ***Online support***

Emerging national evidence suggests that use of online services maybe beneficial in allowing young people to access information and support when they might be uncomfortable talking to someone face to face.

The School Nursing service has a text messaging service for young people in North Tyneside called 'Chat Health' and they receive contact on a wide variety of issues including mental health.

Kooth.com has been identified as an innovative technological platform and is an award winning online counselling service helping those aged between 10-18 years old with any troubles they may have. They provide an anonymous and confidential service using a mix of counselling, support and advice on a drop in, out of hours and structured sessions. There is a gap in service provision for young people in North Tyneside who need easily accessible self help support, advice and guidance on their mental health and emotional wellbeing. Commissioners are currently exploring the viability of introducing an online service in North Tyneside and looking at how this service could align and link to the role of school nurses and Chat Health text messaging service.

### ***Specialist Children and Adolescent Mental Health Services (CAMHS) Crisis Referral Pathway***

It is essential that young people who need specialist support are able to access this service in North Tyneside easily. CAMHS launched the new crisis referral pathway at School's Resource Pack event. The improved crisis service includes clear referral criteria which enables head teachers and SENCOs to refer appropriate young people directly to CAMHS to receive timely support.

## **4.3 Services for High Risk and Vulnerable Groups**

### ***Under 18 suicide audit***

In order to help aid understanding of the needs of some of our most vulnerable and high risk groups an audit of all suicides in children under 18 was conducted by the Public Health team on behalf of the North of Tyne's Child Death Overview Panel (CDOP).

The audit covered the years from 2008-2016. The numbers of young people North of Tyne (Northumberland, Newcastle and North Tyneside) who die by suicide are thankfully small and vary on a yearly basis. 15 cases were identified as suicide or deliberate self harm from 2008 – 2016 in young people under the age of 18 and were examined.

The report from the audit describes the circumstances that young people may be facing prior to taking their lives. The key findings were that most of the young people in the audit have experienced longstanding difficult circumstances including parental substance misuse, history of mental illness in the family, abuse or witnessing domestic violence.

In addition, substance misuse and previous self harm were commonly seen in the young person's past history, particularly in females. Self harm is strongly associated with an

increased risk of future suicide, therefore access to services for self-harm is crucial to addressing suicide risk.

### ***Collaborative work with the Anna Freud National Centre for Children and Families***

The Anna Freud National Centre for Children and Families (AFNCCF) have approached the strategic group to work in collaboration around some of the key challenges and opportunities currently facing local services working with vulnerable groups:

- delivering effective help for infants most at risk of long term mental health difficulties
- delivering quality therapeutic services for looked after and former looked after children most at risk of placement breakdown.

This work is at initial stage but there is an expectation that it will encompass the development of joint projects or proposals to be implemented locally through external funding to support these vulnerable groups.

### ***Citizen researcher project***

North Tyneside has been selected by the Wellcome Trust to be one of four local areas in England to participate in an innovative project to engage young people in conversations about mental health in their local areas. The project will commence in September and will recruit and train young people, including those from our most at-risk groups, to become 'Citizen Researchers'. They will identify the most important mental health challenges facing young people in North Tyneside and engage with their peers on these topics. The researchers will then work with the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group to make recommendations for change.

## **4.4. Developing the Workforce**

Workforce training is a key priority of the strategy. All staff working with children and young people must have confidence and competence to recognise and identify emerging mental health needs. Resources were committed for motivational interviewing and Cognitive Behavioural Therapy training for around 100 staff across the workforce last year.

Primary Mental Health Workers currently support and provide advice, and guidance to staff working in locality teams and schools in relation to specific work with children, young people and families.

There are still some gaps in skills and knowledge for some staff groups and working with the Children's Transformation Board a workshop was held with senior manager and the workforce development team on 20<sup>th</sup> July to look at the mental health skill set needed across the children's workforce. The session explored what training is needed for existing staff and what could be provided by the Local Authority and also by specialist CAMHS other specialist mental health provision. This work aims to ensure our whole workforce is equipped to meet the mental health and emotional wellbeing needs of our children and young people. A second session has been arranged to focus this work further.

## **5. Working age adults: update on key progress**

Progress to date is outlined below, following the themes from the strategy document:

### **5.1 Improving health and wellbeing**

The Public Health team have supported the local voluntary sector in the planning of World Mental Health (WMHD) day on 6 October 2017. The aim of the WMHD event is to highlight how we can improve mental health and help people go from just surviving to thriving. The event is being opened by Alan Campbell MP and a range of speakers will talk about their own experiences throughout the day. North Tyneside's World Mental Health Day Celebration takes place on Friday 6th October, 11.00am – 5.00pm at the Cullercoats Crescent Club, Victoria Crescent and all are welcome to attend or drop in.

Opportunities have been developed with Active North Tyneside for targeted intervention to support people with mental health problems, links also with adult weight management programme to improve mental and physical health outcomes.

Draft stop smoking pathway is in place between Public Health and Northumberland Tyne and Wear Mental Health Trust. Smoking prevalence is very high in mental health service users and is a key contributor to health inequalities.

The North East Better Health at Work award (BHAW) is a regional award scheme which recognises and endorses workplaces that promote a culture of health and wellbeing. In North Tyneside Mental Health is a key priority of the BHAW scheme, particularly in relation to managing stress appropriately.

### **5.2. Prevention and early intervention**

Social prescribing service is currently being reviewed pending options for new procurement exercise.

Carers, carer pathways are currently being reviewed including links with the North Tyneside Carers Centre and Community Mental Health Teams. There is also a review of the use of and uptake of carers' assessments with a view to increasing awareness and uptake.

IAPT (Improving Access to Psychological Therapies) – The Talking Therapies service achieved the national standard for access to the service and, for the end of quarter 4, the national Recovery Rate standard. The new waiting time standards were also achieved. The service is on target to achieve all national standards for 2017/18. The service has undergone an extensive recruitment drive and has filled vacant positions caused by staff taking up new posts both within the service and around the country following introduction of the pilot programme to expand Talking Therapies for people with Long Term Conditions. Feedback on the pilot programme for North Tyneside patients is very positive and this will continue to be monitored.

### **5.3. Access – helping people to get the right support at the right time, including in a crisis.**

Liaison Psychiatry – Sustainability & Transformation Plan funding has been received for 1 year to further develop the 24/7 service provided at NSECH in line with the national Core 24 model. NTW Trust is in the process of recruiting to the relevant posts with the expectation that the Core 24 model will begin around October 2017. This is being

developed in conjunction with Northumberland CCG and Northumbria Healthcare Trust and all organisations are working together to consider how the Core 24 model could be sustainable in the future.

Crisis Concordat – The North Tyneside Crisis Concordat has achieved many of its original identified actions and therefore organisations are working together to review and develop the Action Plan. The updated version will be submitted to the Department of Health when it has been agreed via the Crisis Concordat Group. One of the key actions will be to review some of the specific crisis pathways between organisations to ensure that timely and appropriate input is provided to people who are experiencing a crisis

#### **5.4. Personalisation - ensuring the right services are in place and are responsive to the needs of individuals.**

- Direct payments, services and individuals have been reviewed and increase in numbers of individuals with a personal budget in place from April 2017. Greater choice and options available to support people to use a personal budget to meet their care and support needs.
- Mental health Market Position Statement developed to give providers an indication of market requirements.
- Accredited list of providers now established for individuals to access with or without social work support.

#### **5.5. Integration - doing things collaboratively and together, public bodies and community / voluntary sector.**

- NHS local Sustainability and Transformation Plan (STP), this has now been submitted and includes a specific reference to mental health. Mental health has also been identified as a standalone workstream as well as being identified and integrated into other workstream areas.
- Reduction in commissioned residential care placements and development of new ISL model to support people independently in the community.
- Suicide prevention is a key priority and North Tyneside has a comprehensive approach and action plan – see appendices.

#### **5.6. Supporting Recovery - helping people to get better and be less reliant on care and support services.**

- Wellness Recovery Action Plans (WRAP) being used to good effect across the area and individuals who have had a WRAP have resulted in the lowest admission rate into NTW services across all localities. Further work to be done to develop WRAP as part of discharge arrangements

## **6. Appendices**

**Appendix A** – Report to the Adult Social Care, Health and Wellbeing Sub-committee – 6 July 2017 - Update on North Tyneside's approach to suicide prevention and North Tyneside Suicide Prevention Action Plan

## **7. Background papers**

Emotionally healthy schools resource pack

<http://my.northtyneside.gov.uk/category/994/emotionally-healthy-schools-resource-pack>