

# North Tyneside Health & Wellbeing Board Report Date: 15 September 2016

## ITEM 6

Title: North Tyneside  
Children and Young People's  
Mental Health and Emotional  
Wellbeing Strategy 2016 -  
2021

**Report from :** North Tyneside Council: Public Health

**Report Author:** Wendy Burke: Director of Public Health (Tel: 0191 643 6437)

Rachel Nicholson: Public Health Manager  
(Children)

### 1. Purpose:

The strategy document sets out North Tyneside's multi-agency approach to promoting the emotional well-being and mental health of children and young people, along with an action plan which sets out clearly what we will do to achieve this.

### 2. Recommendation(s):

The Health and Wellbeing Board is recommended to:

- a) endorse the Children and Young People's Mental Health and Emotional Wellbeing Strategy document; and
- b) request the Children, Young People and Learners' (CYPL) partnership monitor the implementation of the strategy and provide progress reports back to the Board in 6 months time.

### 3. Policy Framework

The key priorities of the Joint Health and Wellbeing Strategy 2013-18 this strategy supports are:

- Improving Mental Health and Emotional Wellbeing Focusing on maximising opportunities to promote positive mental health, wellbeing and recovery through accessible services and community support.
- Improving the Health and Wellbeing of Families Focusing on supporting families with complex and challenging needs and working to provide better integration of services and maximizing opportunities of prevention and early intervention.

#### **4. Information:**

The strategy has been developed by a 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 our local CAHMS Transformation Plan.

However, this strategy is not solely about the services that are provided to support children and young people with their mental health. By only addressing mental health services we risk focusing too narrowly on targeted clinical care, ignoring wider influences and over-medicalising our children and young people.

This is a strategy that considers community led change where everybody recognises the part they can play to build resilience and mental wellbeing; from young people themselves, parents and carers, schools and colleges, our voluntary sector and health and social care services.

An action plan is in development which will show how the strategy will be implemented.

#### **5. Decision options:**

The Board may either endorse the strategy as detailed above or not.

The recommendation is to agree the recommendations.

#### **6. Reasons for recommended option:**

The strategy gives direction to all partners involved in working with children and young people across the borough to consider how they can build resilience and improve mental wellbeing. Everyone will understand and recognise the part they can play to build resilience and mental wellbeing; from young people themselves, parents and carers, schools and colleges, our voluntary sector and health and social care services.

#### **7. Appendices:**

Appendix 1 – Final draft strategy document

#### **8. Contact officers:**

Wendy Burke, Director of Public Health, North Tyneside Council, 0191 6432104

Rachel Nicholson, Senior Manager Public Health and Wellbeing (Children), North Tyneside Council, 0191 643 6437

Jemma Hurrell, Commissioning Manager, People Based Commissioning Team, North Tyneside Council, 0191 643 7775

Anya Paradis, Planning & Commissioning Manager, North Tyneside CCG, 0191 2931157

## **9. Background information:**

The following background documents have been used in the compilation of this report and are available from the author:-

North Tyneside's Children and Young People's Plan 2014-18  
North Tyneside Health and Wellbeing Strategy  
North Tyneside JSNA  
North Tyneside CAMHS Transformation Plan  
Consultation questionnaires  
Children and Young People's Mental Health Taskforce Future in Mind

## **COMPLIANCE WITH PRINCIPLES OF DECISION MAKING**

### **10 Finance and other resources**

While this strategy focuses on a system wide approach and a shift to prevention of mental health problems and early intervention, there are associated financial challenges for those services that support and treat children and young people with mental health problems. There are particular financial challenges in relation to delivering this strategy in view of the funding arrangements for the CAMHS transformation plan and changes to the 0-19 Children and Young Peoples services.

### **11 Legal**

In accordance with Section 195 of the Health and Social Care Act 2012, the Board has a statutory duty to encourage persons who arrange for the provision of any health or social service to act in an integrated manner.

### **12 Consultation/community engagement**

To inform this strategy we have listened to what local children, young people, families, the voluntary sector and professionals have told us.

A combination of online survey, focus groups and workshops were employed. The findings of the consultation are included in the strategy and have informed the strategic approach and action plan.

The draft strategy has also been circulated to key partnerships for consultation: Children and Young People's Mental Health and Emotional Wellbeing Strategic Group, (CYP MHEWB) LSCB and the Children, Young People and Learners' (CYPL) partnership.

### **13 Human rights**

There are no human rights implications directly arising from this report.

### **14 Equalities and diversity**

There are no specific equalities and diversity implications directly arising from this report. An equalities impact assessment will be carried out on the action plan for implementation of the strategy.

**15 Risk management**

A risk assessment has not been undertaken in connection with this report.

**16 Crime and disorder**

There are no crime and disorder implications directly arising from this report.

**SIGN OFF**

Director of Public Health

Chair/Deputy Chair of the Board

Chief Finance Officer

Head of Law & Governance