



Health & Wellbeing Board

North Tyneside Council
6 September 2017

A meeting of the Health & Wellbeing Board will be held:-

on **Thursday 14 September 2017**

at **2.00pm**

in **Room 0.02, Quadrant East, The Silverlink North, Cobalt Business Park, NE27 0BY.**

Agenda Item	Page(s)
1. Apologies for Absence To receive apologies for absence from the meeting.	
2. Appointment of Substitute Members To receive a report on the appointment of Substitute Members. Any Member of the Board who is unable to attend the meeting may appoint a substitute member. The Contact Officer named below must be notified prior to the commencement of the meeting.	

Continued overleaf

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For further information please ring (0191 643 5359)

Contact Officer: Michael Robson (0191) 643 5359

Item		Page(s)
3.	<p>To Receive any Declarations of Interest and Dispensations</p> <p>Voting Members of the Board are invited to declare any registerable and/or non-registerable interests in matters appearing on the agenda, and the nature of that interest. They are also invited to disclose any dispensation in relation to any registerable and/or non-registerable interests that have been granted in respect of any matters appearing on the agenda.</p> <p>Non voting members are invited to declare any conflicts of interest in matters appearing on the agenda and the nature of that interest.</p> <p>Please complete the Declarations of Interests card available at the meeting and return it to the Democratic Services Officer before leaving the meeting.</p>	
4.	<p>Minutes</p> <p>To confirm the minutes of the meeting held on 15 June 2017.</p>	4
5.	<p>North Tyneside Joint Health & Wellbeing Strategy and Development of the Health & Wellbeing Board Work Programme 2017/18</p> <p>To receive a presentation to update the Board on work following the planning event held on 28 June 2017 to:</p> <p>a) update the Joint Health & Wellbeing Strategy;</p> <p>b) review the Integration Programme; and</p> <p>c) determine the Boards priorities and work plan for 2017/18.</p>	-
6.	<p>North Tyneside Children and Young People’s Mental Health and Emotional Wellbeing Strategy 2016 - 2021</p> <p>To receive a progress report on the implementation and delivery of the Strategy.</p>	9
7.	<p>Adult and Older People Mental Health Strategies</p> <p>To update the Health and Wellbeing Board on the development, implementation and delivery of:</p> <p>a) North Tyneside Joint Mental Health and Wellbeing Strategy 2016 – 2021; and</p> <p>b) Mental Wellbeing in Later Life Strategy 2017 – 2022</p>	To follow.
8.	<p>North Tyneside Council’s Programme to Transform Children’s Services</p> <p>To receive a progress report on the implementation and delivery of North Tyneside Council’s ambitious work to transform children’s services and the outcome of the Ofsted Inspection of the Council and partners services to children in need of help and protection, children looked after and care leavers.</p>	17

Members of the Health and Wellbeing Board:-

Councillor Margaret Hall (Chair)
Councillor Muriel Green (Deputy Chair)
Councillor Gary Bell
Councillor Tommy Mulvenna
Councillor Karen Clark
Wendy Burke, Director of Public Health
Jacqui Old, Head of Health, Education, Care and Safeguarding
John Matthews, North Tyneside NHS Clinical Commissioning Group
Lesley Young-Murphy, North Tyneside NHS Clinical Commissioning Group
Peter Kenrick, Healthwatch North Tyneside
Jenny McAteer, Healthwatch North Tyneside
Christine Keen, NHS England
Louise Robson, Newcastle Hospitals NHS Foundation Trust
David Evans, Northumbria Healthcare NHS Foundation Trust
Gary O'Hare, Northumberland, Tyne & Wear NHS Foundation Trust
Hugo Minney, TyneHealth
Craig Armstrong, North East Ambulance Service
John Pratt, Tyne & Wear Fire & Rescue Service
Alma Caldwell, Age UK
Andy Watson, North Tyne Pharmaceutical Committee
Richard Burrows, North Tyneside Safeguarding Children Board
Dean Titterton, Voluntary and Community Sector Chief Officer Group

Health and Wellbeing Board

15 June 2017

Present: Councillor M Hall (Chair)
Councillors G Bell, K Clark, M A Green and T Mulvenna.
W Burke, North Tyneside Council
H Hudson, North Tyneside Council
J Matthews, North Tyneside Clinical Commissioning Group
J McAteer, Healthwatch North Tyneside
B Bartoli, Northumbria Healthcare NHS Trust
J Carlile, Northumberland, Tyne & Wear NHS Trust
C Swift, North East Ambulance Service
H Minney, TyneHealth
R Burrows, Safeguarding Children Board
G Hurst, Tyne & Wear Fire & Rescue Service
A Watson, North of Tyne Pharmaceutical Committee
D Titterton, Voluntary & Community Sector
Also Present
C Jordan and M Robson, North Tyneside Council
M Adams, North Tyneside Clinical Commissioning Group
G Tebbutt, North East Ambulance Service
D Campbell, Newcastle Hospitals NHS Trust
J Stonebridge, Northumbria Healthcare NHS Trust

HW01/06/17 Chair's Announcements

The Chair reported that North Tyneside Council's services for children in need of help and protection, for children looked after and for care leavers had recently been inspected by Ofsted. The inspection had judged the overall effectiveness of children's services in North Tyneside to be 'Good' with the experiences and progress of care leavers in North Tyneside to be 'Outstanding'. The Chair thanked and congratulated all those officers and partners who had been involved.

The Chair also highlighted and recognised the work of a wide range of public and community organisations who had responded to the recent tragic events in Manchester and London.

Finally the Chair reminded members of the Board's annual planning event to be held on Wednesday 28 June 2017 in the Council's Offices, Quadrant. She urged all members to share details of the event with their colleagues within their respective organisations to ensure that there was good representation at the event.

HW02/06/17 Apologies

Apologies for absence were received from J Old (North Tyneside Council), L Young-Murphy (North Tyneside CCG), P Kenrick (Healthwatch North Tyneside), D Evans (Northumbria Healthcare NHS Trust), G O'Hare (Northumberland, Tyne & Wear NHS Trust), L Robson (Newcastle Hospitals NHS Trust), C Armstrong (North East Ambulance Service), J Pratt (Tyne & Wear Fire & Rescue Service).

HW03/06/17 Substitute Members

Pursuant to the Council's Constitution, the appointment of the following substitute members was reported:

H Hudson for J Old (North Tyneside Council)

J Carlile for G O'Hare (Northumberland, Tyne & Wear NHS Trust)

B Bartoli for D Evans (Northumbria Healthcare NHS Trust)

G Hurst for J Pratt (Tyne & Wear Fire & Rescue Service)

C Swift for C Armstrong (North East Ambulance Service)

HW04/06/17 Declarations of Interest and Dispensations

There were no Declarations of Interest or Dispensations reported.

HW05/06/17 Minutes

Resolved that the minutes of the meeting held on 16 March 2017 be confirmed and signed by the Chair.

HW06/06/17 The Role of the North East Ambulance Service in the Urgent Care Service

John Matthews, Chair of the North Tyneside Clinical Commissioning Group (CCG), introduced a presentation from the North East Ambulance Service outlining its contribution to the delivery of urgent and emergency care services in North Tyneside. The CCG had recently reviewed urgent care (Previous Minute HW32/11/16) which had demonstrated that the current system, together with its links to emergency care, were perceived as being confusing and difficult to access.

Clare Swift and Graham Tebbutt from the North East Ambulance Service (NEAS) explained that the service provided an emergency care service (in response to 999 calls), urgent medical help and advice (in response to 111 calls) and a patient transport service for pre-planned non-emergencies. NEAS served an area of 3,200 square miles, a population of 2.7 million people and it employed over 2,500 staff. It received 1.5 million calls every year and responded to over 1,000 incidents a day. In November 2016, NEAS had been rated as "Good" by the Care Quality Commission following an inspection.

The Board were presented with performance data which showed how NEAS had performed in terms of the time taken to respond to different categories of emergency in North Tyneside as compared to the whole region.

NEAS continued to develop its clinical assessment service including enhanced 111 triage, revalidation of ambulance calls, the introduction of welfare checks and the establishment of mental health pathway to local crisis teams. There were also plans to expand the range of pathways which could be directly accessed via NEAS including the recruitment of pharmacists, an out of hours dental pathway, clinical triage of calls from nursing homes and a 'speak to' primary care out of hours service.

There had been a clear improvement in providing care closer to home with a 20% increase between 2015/16 and 2016/17 in "hear and treat" volumes and a 3.7% reduction in patients conveyed to emergency departments.

In terms of partnership working, NEAS had been working with mental health trusts to improve patient pathways, it had been operating a co-responding trial with fire and rescue services and better links with palliative care services had been developed in conjunction with MacMillan Cancer Support and GPs.

Whilst noting NEAS's performance in responding to emergency "red" calls the Board also considered its performance in relation to those non-life threatening calls categorised as "green" which together with delays in the handover of patients in emergency departments had been the source of dissatisfaction among users. It was stated that NEAS's performance in relation to all categories of emergency was regularly and publicly reported to the CCG Board. Members of the Board also examined in more detail the pressures on the service which had occurred over the Christmas period and the steps taken to recruit and train additional clinical staff. In terms of what partners could do to assist the NEAS, it was seeking support to help minimise handover delays, develop alternative community based care pathways thereby minimising admissions to hospital and to increase NEAS's relatively low medics per population ratio.

The Chair thanked the representatives of the North East Ambulance Service for their presentation which had aided Members' understanding of the role the service played in delivering the urgent and emergency care system in North Tyneside.

HW07/06/17 Northumberland, Tyne & Wear and North Durham Sustainability and Transformation Plan (Previous Minute HW46/02/17)

Mark Adams, Chief Officer of North Tyneside CCG, gave a presentation in relation to the progress made in relation to the Northumberland, Tyne & Wear and North Durham Sustainability and Transformation Plan (STP). The Board were reminded of the geographical footprint covered by the STP, including Northumberland, Tyne & Wear and North Durham, and the three gaps to be addressed, relating to health and wellbeing, care and quality and funding and finance. Following various delays the feedback from the engagement exercise on the draft STP was due to be announced in the near future.

The governance arrangements for the STP were presented which were now to incorporate a joint overview and scrutiny committee established by the local authorities in the area. Thirteen transformation delivery groups had been established to deliver different aspects of the plan including a prevention workstream.

Wendy Burke, Director of Public Health, reported that in response to very similar issues being identified in both the Northumberland, Tyne & Wear and North Durham and Durham, Darlington, Tees, Hambleton, Richmondshire and Whitby STP footprints, a single prevention workstream had been created across both footprints. The aim of the group would be to provide leadership to each of the identified prevention priorities of the STP programmes that will close the health and wellbeing gap. The group would ensure that a suitably detailed case for change be made and specific work plans for each priority with identified outcomes and monitoring arrangements would be put in place.

Wendy Burke outlined the identified prevention priorities which included reducing the rate of smoking attributable admissions and smoking prevalence. It was stated that in North Tyneside 16.4% of the population smoked which equated to 26,000 people. This figure multiplied by the number of local authority areas included in the workstream illustrated the scale of the task and the benefits of tackling the issue on a region wide basis.

The Board considered the broader issues of individual choice, poverty and community empowerment and their impact on inequalities in health. The Board were reminded that the STP was about how the NHS's resources could best be utilised to begin to treat issues such as smoking in the same way as it currently treat cancer.

The Chair thanked Mark Adams and Wendy Burke for their presentation and she anticipated that as the STP process progressed the Board would continue to receive regular reports.

HW08/06/17 Alcohol Strategic Partnership Update Report (Previous Minute

Following the Board's Alcohol Action Day in September 2015, key stakeholders and agencies from the NHS, public health, housing, employment, social care, children services, safeguarding and criminal justice had formed an Alcohol Strategic Partnership with the aim of developing a plan to tackle alcohol misuse across North Tyneside. The Board received a progress report on the development an action plan and the key achievements to date.

The Board also received the partnership's work programme for the forthcoming year which included a self-assessment, training to promote clear pathways to specialist assessment for those who may be dependent and participation in the Sustainability and Transformation Plan prevention workstream to upscale action on alcohol in the NHS setting across the North East.

In considering the progress report, the Board paid particular attention to:

- a) the role of the local authority in licensing the sale of alcohol and the opportunities to work with license holders;
- b) the need to establish shared pathways across different agencies for those most serious cases, including links with mental health services;
- c) the capacity of agencies to identify geographical areas of concern which may be addressed through the licensing regime;
- d) the evidence from the reducing number of alcohol related admissions to hospital that the work of the partnership was having a positive impact.

Officers undertook to provide members of the Board with supplementary information relating to the harm caused by alcohol.

Resolved that (1) the development of the Alcohol Strategic Partnership's action plan and its key achievements to date be noted; and
(2) the Partnership's work programme for the forthcoming year be approved.

HW01/06/17 Healthwatch North Tyneside

Jenny McAteer, Director of Healthwatch North Tyneside, gave a presentation in which she summarised the feedback received from residents of North Tyneside about health and social care services and the key areas of work Healthwatch had undertaken during the period from October 2016 to March 2017. The Board heard about the range of complaints and complements received regarding hospitals, GPs, services for carers, mental health services and urgent care, what Healthwatch had done in terms of amplifying users views and concerns by making reports and recommendations and what it had planned for the future.

In response to the issues raised by Healthwatch's work the Board were presented with details of ongoing work to enhance services for carers, including a new signposting website mycare.gov.uk, and to deal with a significant increase in demand for mental health services. The Board also considered how the information gathered by Healthwatch could be analysed together with data from the individual complaints systems within each NHS organisation to help identify any trends or early warning signs.

Resolved that the concerns gathered from residents of North Tyneside and the progress made by Healthwatch North Tyneside in addressing its priorities be noted.

HW08/06/17 Pharmacy Regulations and Pharmaceutical Needs Assessment (Previous Minute HW57/03/17)

The Board considered proposals as to how it would discharge its statutory responsibilities to publish a Pharmaceutical Needs Assessment (PNA) and to consider applications from pharmacies to merge and provide services from one of the two current premises.

The Council's Director of Public Health and the Chief Operating Officer of the Clinical Commissioning Group (CCG) had agreed that they would be jointly responsible for ensuring that the PNA was reviewed, updated and published by 1 April 2018. An implementation plan had been developed and was submitted to the Board. A steering group would be formed comprising key partners from the CCG, TyneHealth, NHS England, North of Tyne Local Pharmaceutical Committee, Healthwatch North Tyneside and the Council.

It was noted that a representative of the local pharmaceutical committee would serve on the steering group to enable input from that sector. The review of the PNA would include consideration of whether to include provision for the urgent supply of medicine out of hours and the impact of proposed future housing developments contained within the Council's Local Plan.

The Board were also presented with a proposed process to deal with any applications for the merger of two pharmacies. The process would involve applications being received by the Chair of the Board and all members of the Board having an opportunity to consider any applications and make comments. Members of the Board would be provided with relevant advice and guidance to enable them to make informed comments in relation to any applications. The Director of Public Health, in consultation with the Chair of the Board, would be authorised to decide on whether to make representations to NHS England, in the light of any comments from Board members.

Resolved that (1) the proposed process for reviewing, updating and publishing the Pharmaceutical Needs Assessment be approved;
(2) the proposed process for dealing with applications for the merger of two pharmacies be approved, including the Director of Public Health, in consultation with the Chair of the Board, being authorised to decide on whether to make representations to NHS England; and
(3) the terms of reference of the Board be amended in light of the new responsibilities under the Pharmaceutical Regulations.

(Reason for decision: To enable the Board to fulfil its statutory obligations.)

North Tyneside Health & Wellbeing Board Report Date: 14 September 2017

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 Authors: Wendy Burke: Director of Public Health (Tel: 0191 643 8073)

Rachel Nicholson: Public Health Manager
(Children)

Jemma Hurrell: Commissioning Manager

Anya Paradis, Director of Contracting &
Commissioning, CCG.

Relevant Partnership Board: Children and Young People's Partnership Board

1. Purpose:

To update the Health and Wellbeing Board on the implementation and delivery of North Tyneside's Children and Young People's Mental Health and Emotional Wellbeing Strategy 2016 – 2021.

The vision of the strategy is that all children, young people and their families in North Tyneside will achieve their optimum mental health and emotional wellbeing

2. Recommendation(s):

The Board is recommended to:

- a) assess the progress being made by the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group in delivering the North Tyneside Children and Young People's Mental Health and Emotional Wellbeing Strategy;
- b) request the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group continue its work to implement the Strategy taking into account any comments from the Board; and
- c) request the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group to submit further progress reports to the Board on the delivery of the Strategy and its impact.

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 maximising opportunities of prevention and early intervention.

4. Information:

The Children and Young People's Mental Health and Emotional Wellbeing) Strategic Group, chaired by the Director of Public Health was established to oversee the implementation of our Local Transformation Plan and develop Children and Young People's Mental Health and Emotional Wellbeing Strategy

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 must work together to achieve the vision, which means:

- children and young people helping themselves and their friends
- families supporting themselves and being supported by others when appropriate
- schools supporting their students
- all those working with children to have the appropriate skills and knowledge to support them effectively, particularly the most vulnerable
- all specialist support being easy to access and built around children, young people and families

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

4.1 Theme 1: Promoting Resilience, Prevention and Early Intervention

The strategic group took part in a focus group for research carried out by FUSE, The Centre for Translational Research in Public Health "PROMOTE: NE - Preventing Risks Of Mental illness Onset and Treating Early in the North East of England." This research aimed to understand which evidence based interventions (and in which contexts) are best suited to improve the mental health of children and young people and has helped direct the strategic approach in North Tyneside.

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 Theme 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 Theme 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 Theme 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 20th 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 is arranged in September to focus this work further.

5. Decision options:

The Health and Wellbeing Board is asked to

- d) assess the progress being made by the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group in delivering the North Tyneside Children and Young People's Mental Health and Emotional Wellbeing Strategy;
- e) request the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group continue its work to implement the Strategy taking into account any comments from the Board; and
- f) request the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group to submit further progress reports to the Board on the delivery of the Strategy and its impact.

6. Appendices:

Appendix 1 – PHE Conference poster

7. 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 8073

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

Anya Paradis, Director of Contracting & Commissioning 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 Children and Young People's Mental Health and Emotional Wellbeing Strategy 2016-21

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

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

The Children and Young People's Mental Health and Emotional Wellbeing strategic group is committed to involving local children, young people, families and the voluntary sector in the delivery of this strategy.

As outlined in point 4.3 the Citizen Researcher Project will ensure that the voices of children and young people are heard, influence service delivery and direct the approach to improving mental health taken in North Tyneside.

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.

15 Risk management

N/A

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

North Tyneside's Public Mental Health approach to improving emotional wellbeing in schools

Authors: Rachel Nicholson, Senior Public Health Manager; Jemma Hurrell, Commissioning Manager; Elaine Robson, Health and Wellbeing School Improvement Adviser

INTRODUCTION

In North Tyneside the Children and Young People's Mental Health and Emotional Wellbeing (CYP MHEWB) Strategic Group, chaired by the Director of Public Health was established to oversee the implementation of our Local Transformation Plan and develop a strategy to deliver a sustainable model to promote Children and Young People's resilience, mental health and emotional wellbeing.

A key objective within the action plan of the strategy is to promote resilience and positive mental wellbeing and improve early intervention.

North Tyneside has very active participation and engagement from our local young people. A Scrutiny Report was produced by our Young People that identified what they required from our mental health services. They also stated that better educational support around mental health was needed. Mental Health is also a key priority of our Young Mayor, Oscar Daniel.

As a result of the strategy and young people's input a specific piece of work was identified to develop an Emotionally Healthy Schools Resource Pack. The aim was to support schools across the borough to prioritise and address mental health and emotional wellbeing using a whole school approach.

METHODS

The development of the pack involved input from all members of the strategic group as well as other staff from the local authority, the voluntary sector and young people.

We knew that many schools were already doing an excellent job at supporting pupils and there were examples of good practice, but mental health and emotional wellbeing remained high on Head teacher's concerns locally. Our aim was to ensure that evidence based best practice was shared and that there was a consistent approach across the borough.

The strategic group also took part in a focus group for research carried out by FUSE, The Centre for Translational Research in Public Health "PROMOTE: NE - Preventing Risks Of Mental illness Onset and Treating Early in the North East of England." This research aimed to understand which interventions (and in which contexts) are best suited to improve the mental health of children and young people.

Schools were consulted on their opinion of current mental health needs and priorities. The resource pack was tested out with Headteachers and Special Educational Needs Co-ordinator (SENCOs).

REFERENCES

1. PHE Promoting children and young people's emotional health and wellbeing: a whole school and college approach
2. Department for Education (2016) Mental health and behaviour advice for schools

RESULTS

The Emotionally Healthy Schools Resource Pack draws together current evidence based best practice (1,2), training and existing resources into one place to promote a borough wide, whole school approach to supporting the mental health and emotional wellbeing of our young people.

The pack includes links to the innovative **Mind Your Head lesson plan** which was developed by North Tyneside Young People and gives ideas to schools about how they can cover mental health and wellbeing in their teaching. Every middle and secondary school was given a copy of the lesson plan and teachers have fed back how useful it has been, with many using the lesson plan in school.

The pack is made up of four different sections:

1. What difference can schools make?

Schools look at how well they currently promote emotional wellbeing for all children and consider if there is anything they could be doing better.

2. How can children and young people look after themselves?

Helping children and young people to take control over how they think or feel to help them improve their own mental health and emotional wellbeing. Comprehensive information and support that children can access themselves, including Reading Well Books on Prescription books, are highlighted.

3. What skills and training do staff need?

Helping staff to develop their skills and confidence to enable them to support the mental health of their pupils. A detailed local training programme brings together a range of courses available.

4. Where can you go for help and support?

This section gives an overview of what support is available across North Tyneside – what schools can offer, what other help is available and how to access specialist support where appropriate. Included in this section is a new referral pathway to the local CAMHS services, which includes clear criteria and states how Head teachers and SENCOs can refer directly.

Dissemination of the Resource Pack

There have been two launch events with over 200 attendees from our schools and the events received positive evaluation.

In addition briefings have been given to Primary, Middle and Secondary Head teachers, SENCOs, PSHE leads and Governors.

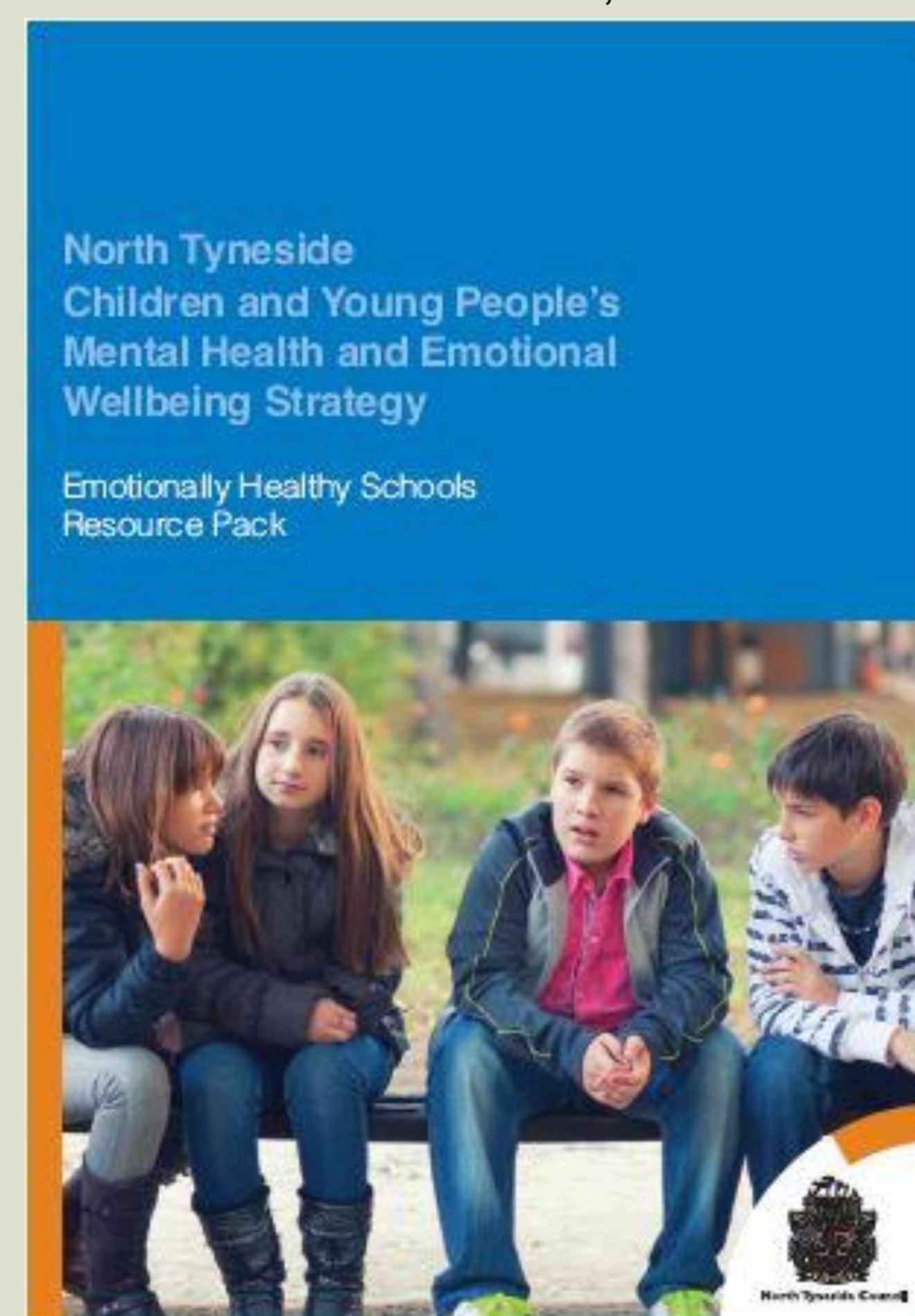


Figure 2. North Tyneside Emotionally Healthy Schools Resource Pack



Figure 1: North Tyneside model of mental health and emotional wellbeing



Figure 3. Young Cabinet Members, Bethan Corner and Abbie Armstrong and Young Mayor, Oscar Daniel.

DISCUSSION

North Tyneside's 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.

Our strategy considers prevention and 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.

Our vision is that that all children, young people and their families in North Tyneside will achieve their optimum mental health and emotional wellbeing.

This new resource pack will help schools promote positive mental health in their pupils, help build resilience and identify those who may need additional support or services at an early stage.

CONCLUSIONS

The Resource Pack is only one element in our wider action plan to support mental health and emotional wellbeing of children and young people. We want to develop children and young people's resilience and coping strategies. Every child and young person will have access to early help to support their emotional wellbeing and mental health needs. If a child or young person requires services they will be delivered in the community, closer to home, targeted to the most vulnerable. We want fewer children and young people to require specialist mental health services.

ACKNOWLEDGEMENTS

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North Tyneside Council

North Tyneside Health & Wellbeing Board Report Date: 14 September 2017

ITEM 8

Title: North Tyneside
Council's Programme to
Transform Children's
Services

Report from : North Tyneside Council: Children, Young People and Learning

Report Authors: Jill Baker, Assistant Director, Prevention (Tel: 0191 643 6462)
and Early Help

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Assurance

Relevant Partnership Board: Children, Young People and Learning Partnership Board

1. Purpose:

To update the Health and Wellbeing Board on the outcome of the Ofsted Inspection of the Council and partners services to children in need of help and protection, children looked after and care leavers

To update the Health and Wellbeing Board on the implementation and delivery of North Tyneside Council's ambitious work to transform children's services in order to improve outcomes for children and young people whilst also offering value for money in the context of reducing budgets. This report provides a brief description of all the workstreams involved in the project.

2. Recommendation(s):

The Board is recommended to:

- a) Note the positive findings of the Ofsted Inspection of the Council and partners services for children in need of help and protection, children looked after and care leavers, in particular that children have benefited from high-quality social work and well-coordinated partnership working to improve their lives;
- b) Note that the findings of the Ofsted Inspection place services for children within the top ten within the country;
- c) assess the progress being made by North Tyneside Council and partners in implementing and delivering transformative work to improve outcomes for children and young people;
- d) request the North Tyneside Council Transforming Children's Services Programme Board continue its work, taking into account any comments from the Health and Wellbeing Board; and

- e) request the North Tyneside Council Transforming Children's Services Programme Board submit further progress reports to the Health and Wellbeing Board on the delivery of transformative services and its impact on outcomes for children and young people.

3. Policy Framework

This item relates to the delivery by North Tyneside Council of the priorities and associated outcomes within the Children and Young People's Plan 2014-2018. The Plan identifies these as:

- Ready for School (age phase 0-5)
 - A healthy early childhood
 - Children are ready to start school

- Ready for work and life (age phase 6-19/25)
 - Narrow the gap in educational outcomes
 - Ready for employment
 - Reduce risk taking behaviour

- Safe, Supported and Cared for (whole life course)
 - The most vulnerable children and young people are protected
 - Improved outcomes for looked after children
 - The right support for children and young people with disabilities and additional needs

4. Information:

Between 27 February 2017 and 23 March 2017 North Tyneside Council and partners services for children in need of help and protection, children looked after and care leavers were inspected by Ofsted as part of their national inspection programme.

Ofsted published their findings by way of Report on 13 June 2017. Ofsted report that it judges the overall effectiveness of children's services in North Tyneside to be 'Good'. This overall judgment was based on the following findings:

- the experiences and progress of children who need help and protection were judged to be 'Good';
- the experiences and progress of children looked after and achieving permanence were judged to be 'Good';
- adoption performance was judged to be 'Good';
- the experiences and progress of care leavers was judged to be 'Outstanding'; and
- leadership, management and governance was judged to be 'Good'.

This places services for children in North Tyneside within the top ten performing within the country. Within the North East Region, of the eleven local authorities to be inspected to date, North Tyneside is the top performing.

Predating the Ofsted Inspection, in 2015 North Tyneside Council commenced work with partners to develop a 'New Model' of delivery to support children with an in-depth analysis of the services and how they could be delivered better. This analysis

has led to a wide-range of projects under the auspices of 'Transforming Children's Services'.

The 'Transforming Children's Services' Programme established the following overarching aims for children and young people:

- ensure, wherever possible, children can be supported to live safely at home
- ensure that families on the edge of care receive appropriate early help and targeted support to prevent avoidable entry into care
- ensure that, for those already in care, we focus upon their return to live safely at home at the earliest opportunity
- ensure decision making for high cost placements is in children's best interests – requiring evidence that all options for early help or family/carer reconciliation or crisis intervention have been attempted before any request is considered.
- ensure young people leaving care are prepared for independence and their transition to adulthood
- increase school stability and successful outcomes for all Looked After Children of school age.
- introduce a model of practice emphasising safe planning and partnership with families.
- ensure a sustainable approach to managing children's social care resources is maintained

The Programme Board arrange improvement work under five workstreams. This enables flexibility in which other projects can be added as the works develops.

The five workstreams of Transforming Children's Services are:

1. Keeping children, young people safe at home
2. Keeping children and young people in school
3. Looking After children and young people safely
4. Enabling Projects
5. Innovation and New Models

The Report will provide a brief synopsis of the activities currently under each workstream. The Health and Wellbeing Board is invited to make such comments and/or recommendations as it considers appropriate and propose any areas that the Board would welcome further reports upon.

Workstream One: Keeping Children, Young People Safe at Home

a) Menu of Options

This project is focused on ensuring the maximum use of Early Help resources to safely avoid accommodating a child or young person in Local Authority care through the use of a Menu.

The success measure for this work will be fewer children and young people Looked After.

b) Dartington

This project involves commissioning the Dartington Social Research Unit to systemically review and analyse current approaches to the provision of services for children and propose and develop alternative models.

The success measure for this work is a richer evidence-based understanding services for children to inform innovation and development.

c) Whole Life Disability Service

This project, based upon co-production with children and parents, is the implementation and development of a Whole Life Disability Service. From its inception in April 2016, it was accepted that it would be iterative in development and a likely five year journey.

The success measure for this work is an effective integrated whole-life service.

Workstream Two: Keeping Children and Young People in School

d) Working with Schools

This project involves School Improvement working with all the schools in the Borough to reduce the movement of children between schools by addressing issues which could lead to exclusion and/or the move to alternative provision.

The success measure for this work is a reduction in the numbers of children moving between schools and the numbers of children in alternative provision.

Workstream Three: Looking After Children and Young People Safely

e) 5Q Systematic Review of Care Plans

This project established a systematic review process by which Senior Managers within Children's Services review the care planning for Looked After Children using five key questions.

The success measure for this work is increased rigour around care planning, children in the right placement to meet their needs and a decrease in the number of children and young people Looked After.

f) Mitford Gardens

This project involves opening a new provision of five supported flats for children and young people. The provision repurposed a building within existing HRA stock.

The success measure for this work is full use of the provision through planned moves of young people currently in externally provided accommodation

g) Increased Fostering Provision

This project seeks to increase the number of Local Authority Foster Carers to reduce the use of independent providers. This will enable children and young people to be placed closer to their community and be more cost effective. The project has a particular focus on increasing the number of specialist foster carers employed by the Local Authority to care for adolescents. The project involves a refreshed and expanded marketing strategy and, where possible, fast-tracking, the approval process.

The success measure for this work will be increased numbers of Local Authority foster carers and a decrease in the use of independent providers.

h) Elm House

This project, partially funded by the Department for Education, involves the opening of a new six-bed accommodation provision to facilitate the 'staying close' of young people leaving care.

The success measure for this work is full use of the provision through planned moves of young people requiring Staying Put.

Workstream Four: Enabling Projects

i) Signs of Safety

This project involves the implementation of a new approach to safeguarding practice across the continuum of need known as 'Signs of Safety'. Signs of Safety is a way of working to make sure that children and young people are safe and well cared for. It is in use in a number of Local Authorities in the United Kingdom and in a number of other countries. It was developed in Australia and built on the experience and feedback from child protection workers about 'what works'. The approach involves the child, the parents, wider family and professionals who work with the family all working together to 'map' – work out and describe – the things that are dangerous to the child and the things that help the child to be safe. The balance between the risky and helpful bits for the child is then scored so that everyone involved knows how safe a child is. Once this is agreed, everyone is involved in working out what needs to be done – the plan – to help the child be made safer and well cared for. As a result, everyone knows exactly what they need to do and when they need to do it.

The success measure will be safeguarding work with children and families to be undertaken using the Signs of Safety approach.

j) Multi Agency Safeguarding Hub (MASH)

This project involves the co-location of safeguarding professionals from a range of key partner agencies responsible for safeguarding children and young people into a 'Hub' where a determination of need and any safeguarding action can be determined. This approach will improve information sharing and reduce delay.

The success measure will be timely, informed and appropriate decision-making.

k) Children and Young People's Mental Health and Emotional Wellbeing

This Project, governed by the Children and Young People's Mental Health and Emotional Wellbeing Strategic Group, implements the Local CAMHS Transformation Plan and the Children and Young People's Mental Health and Emotional Wellbeing Strategy. An action plan has been developed and work is ongoing across four key themes:

- Promoting Resilience, Prevention and Early Intervention
- Improving Access to Support
- Services for High Risk and Vulnerable Groups
- Developing the Workforce

The success measure will be improvement in emotional health and wellbeing of children and young people.

l) Liquid Logic (LCS) Case Management System

This project is a North Tyneside Council Programme to replace its existing, decade-old case management system, known as CCM, with a state of art fit-for-purpose system called Liquid Logic LCS. It will enable family-based recording and bring several separate systems onto one, easy-to-use system across Early Help and statutory services.

The success measure will be the successful replacement of the CCM system with Liquid Logic LCS.

Workstream Five: Innovation and New Models

m) Social Impact Bonds

This project involves the exploration of a social impact bond financing model for transformative work across children's services. External funding has been secured and we are working with Social Finance to develop the proposal, with the expectation that this may focus on edge of care and specialist fostering provision. We will also explore the feasibility of the Council acting as financier for this work.

The success measure will be the use of innovative funding streams to develop and improve services.

n) Regional Adoption Agency

This project responds to a national government directive to establish regional delivery arrangements for adoption services. This requirement came out of a view that nationally adoption services were inefficient, that children and young people waited too long for a forever family and that adoption support was not effectively delivered to those who had adopted. Whilst none of these issues affected North Tyneside Council's Adoption Service – indeed the service was recently inspected as part of the Ofsted Inspection of Children's Services and commended as strong – since November 2015 North Tyneside has been actively considering its options. Under the auspices of a Regional Project Board, North Tyneside has worked in partnership with four other Local Authorities: Newcastle City Council; Northumberland County Council; South Tyneside Council and Gateshead Council and four voluntary agencies: After Adoption; Barnardos; ARC NE; and Durham Family Welfare to scope and define its approach. It is anticipated that a full business case with an analysis of all the available options will be presented to Cabinet in Autumn 2017 for a decision for adoption services for the children and young people of North Tyneside.

The success measure will be the successful regionalisation of Adoption Services for children, young people and carers from North Tyneside.

5. Decision options:

The Health and Wellbeing Board is asked to

- a) assess the progress being made by the Transforming Children's Services Programme Board towards delivering improved outcomes for children and young people;

- b) request the Transforming Children's Services Programme Board continue its work, taking into account any comments from the Board; and
- c) request the Transforming Children's Services Programme Board submit further progress reports to the Board on the delivery of transformative services and its impact on outcomes for children and young people.

6. Appendices:

No appendices

7. Contact officers:

Jill Baker, Assistant Director, Prevention and Early Help

Nik Flavell, Senior Manager for Quality Assurance

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

COMPLIANCE WITH PRINCIPLES OF DECISION MAKING

10 Finance and other resources

The Transforming Children's Services Programme Board works within the resources allocated to services to improve cost-effectiveness within financial and service demand context.

11 Legal

The Transforming Children's Services Programme Board works within the statutory framework for safeguarding services, not least Working Together 2015 and the Children Act 1989.

12 Consultation/community engagement

The Transforming Children's Services Programme Board is committed to engaging and consulting with local children, young people, families and the voluntary sector as part of its work.

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.

15 Risk management

The Transforming Children's Services Programme Board is committed to improving outcomes for children and young people through transforming services for children in need of help and protection, children looked after and care leavers, including responses to child abuse and neglect, child sexual exploitation, missing children, and radicalisation.

16 Crime and disorder

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

SIGN OFF

Head of Service

Chair/Deputy Chair of the Board

Chief Finance Officer

Head of Law & Governance