

## CYP Scrutiny Committee paper – October 2022

### CYP Mental Health Provision:

As well as contributing £400,000 per annum towards the YOUnited contract (£350,000 CCC and £50,000 PCC) the Cambridgeshire and Peterborough Public Health Directorate also commission a variety of initiatives, programmes and services which contribute towards the Thriving quadrant of Children's Mental Health and Emotional Wellbeing. These are summarised below:

#### Commissioned services:

Provider	Service	Description	Activity
CCS/CPFT 5-19 Healthy Child Programme (aka school nursing service)	#ChatHealth	Anonymous text-based messaging service for CYP aged 11-18 seeking support on a range of health & wellbeing issues <a href="https://cambscommunityservices.nhs.uk/chathealth">ChatHealth (cambscommunityservices.nhs.uk)</a>	EHWB continues to be the main reason to contact the service – between 2021/22 there were 9,644 messages to the service
	Targeted Support	CYP are able to receive 4-6 1:1 Face to Face sessions with a 5-19 practitioner, this includes low-level EHWB needs <a href="https://cambscommunityservices.nhs.uk/who-we-are-and-what-we-do">Who we are and what we do (cambscommunityservices.nhs.uk)</a>	In 2021/22, 430 CYP were seen by a practitioner with a primary need linked to EHWB
	Getting Ready for Change Questionnaires	A health-based checklist to support CYP in assessing their own health and wellbeing at key transition points; reception, year 6, year 9, 16+ ( <i>n.b reception and yr6 are completed by the parent</i> ) <a href="https://cambscommunityservices.nhs.uk/getting-ready-for-change">Getting Ready for Change - information for young people (cambscommunityservices.nhs.uk)</a>	N/A - these were developed in 2021/22 and will be properly launched across the 2022/23 academic year
Everyone Health	Healthy Schools Support Service	<ul style="list-style-type: none"> <li>A universal <a href="#">website</a>, containing information, lesson materials &amp; resources, a parent hub and links to local offers include <a href="#">EHWB</a></li> <li>A Healthy Schools Accreditation Scheme, recognising the steps and initiatives schools are taking to address the health, wellbeing and resilience of their school communities and includes specific standards on EHWB</li> <li>Includes a range of network partners who deliver EHWB interventions to schools, including: <ul style="list-style-type: none"> <li>EHWB Service</li> <li>Cambridgeshire PSHE Service</li> <li>YMCA Trinity Group</li> <li>CCC/PCC Educational Psychology Service</li> <li>Cambridgeshire United (Mind Your Head Programme)</li> <li>PEDS (Personalised Eating Disorder Service)</li> <li>The Kite Trust</li> </ul> </li> </ul>	<p><b>Since the service launched in 2018:</b></p> <ul style="list-style-type: none"> <li>275 schools are registered on the Healthy Schools Website and newsletter distribution list</li> <li>27 schools have completed a Healthy Schools audit tool to identify areas of improvement</li> <li>44 schools have had a 1:1 consultation to specifically discuss their health &amp; wellbeing education/ curriculum needs</li> <li>27 schools have completed or are participating in the Healthy Schools award</li> <li>34 schools that have been supported to complete a Mental Health training needs analysis.</li> <li>72 schools were represented by staff attending the Mental Health Competency Framework webinars</li> <li>45 schools have accessed the Bounce Forward Teaching Resilience Toolkit for Yrs 6 and 7</li> <li>165 schools have accessed the Personal Development Materials produced by the PSHE Service which support the development of resilience skills</li> </ul>
YMCA Trinity Group	DfE Senior Mental Health Lead Training	DfE quality assured programme equipping identified school MH leads with the knowledge and skills to embed a whole school approach to promote good mental health and resilience across their setting and wider school community. Details can be found <a href="#">here</a>	N/A - these were developed in 2021/22 and will be properly launched across the 2022/23 academic year
CCS	Mental Health Forums	Termly reflective practice opportunities for School Senior Mental Health Leads to share learning,	These were previously delivered in a multiagency manner between 2017-2019.

Emotional Health & Wellbeing Service		information, evidence-based practice, and network to overcome challenges and support settings in the practical implementation of whole school approach principles.	Activity ceased during the pandemic and was replaced with the Wellbeing for Education Return Programme (6x sessions to support schools in managing the impact of the 1 <sup>st</sup> lockdown period on pupils EHWB). These are being reinstated for the 2022/23 academic year using DfE Wellbeing for Education Recovery funding <can try to find data if it would be helpful?>
PSHE Service	Healthy Friendships & Conflict Resolution Training  <b>Cambridgeshire Only</b>	School development programme, including staff training, tailored school based inset and action planning and review process. Resources are provided to participating schools to support 'Conflict Resolution and Peer Mediation', and 'Promoting Healthy Friendships' programmes of work.  This programme supports whole school approaches that aim to address a wide range of issues including bullying and centres on fostering the development of healthy relationships with peers and positive sense of self, with a specific focus on conflict resolution, online relationships and body image.	<ul style="list-style-type: none"> <li>27 schools have participated in the programme to date</li> <li>The service has been commissioned to provide this to a further 11 schools in the 2022/23 academic year as well as offer refresher sessions to schools previously engaged in the programme. It will also pilot an adapted programme for pupils with SEND/Special schools</li> </ul>
NESSie IN ED	Supporting Families of Children who Self Harm  <b>Cambridgeshire Only</b>	Project to work with families of children that self-harm. Offer includes: <ul style="list-style-type: none"> <li>Open telephone line for concerned parents to access</li> <li>Fortnightly virtual moderated peer support groups &amp; workshops</li> <li>Moderated social media groups</li> <li>Targeted F2F support groups for specific vulnerable groups at increased risk of harm/seldom heard e.g. LGBTQ+, siblings of CYP that self-harm, BAME, children in care/young carers, areas of higher prevalence determined by the Health Related Behaviour Survey (survey of children in Years 8 &amp; 10)</li> </ul>	N/A - this was commissioned in Summer 2022. Deliver is expected to commence from October/November 2022. This is a 2-year contract.
PEDS <i>Personalised Eating Disorder Service</i>	Eating Disorder Awareness Training for Professionals	Delivery of Eating Disorder Awareness Training for Professionals working with children and young people including: <ul style="list-style-type: none"> <li>Education settings</li> <li>Primary Care</li> <li>Community Health Services</li> <li>Early Help/Family support workers</li> </ul> Work will also include working with the Cambridgeshire PSHE service to develop and support the delivery of teaching resources to support schools in embedded teaching on this into the PSHE curriculum.	N/A - this was commissioned in Summer 2022. Delivery is expected to commence from October/November 2022. This is a 2-year contract to complement the National training provided by NHSE/I.

### **Other tools & resources:**

The Children's Public Health Team has also led on the development of the following resources to support schools and education settings in managing the EHWB needs of pupils of the wider school community:

**Keep your Head:** Is a comprehensive locally developed website for mental health. Within it a new digital resource was launched in February 2022 to support schools in accessing resources and information about mental health. The resource, which is shaped around whole school approaches to mental health, has been created as a new area on the Keep Your Head website and is designed to be an easy to navigate one-stop platform to support with the following:

- Information on what is available to support schools through the local mental health offer
- Information on local training and development opportunities available to school staff on mental health
- Signposting to key national resources for further support/e-learning

The resource can be access [here](#)

**Mental Health Competency Framework:** We have also developed a digital self-assessment tool to support schools in conducting a mental health training needs analysis of staff and make informed decisions as part of a whole school approach to wellbeing. The framework can be used to understand where current levels of understanding of mental health are across all school staff, highlight areas for improvement and potential local training opportunities. The aim is to ensure staff at all levels have the confidence to support children and young people by building core resilience skills, identifying emerging concerns at an early stage and signposting to appropriate, resources, care pathways or interventions where possible. Details can be found [here](#)

**Whole School Approach Learning Platform:** We are in the process of developing a space within the Healthy Schools Website to support schools in embedding whole school approaches that centres as a platform to consolidate and streamline key messages as well as create an online community among schools and professionals to share tools, templates, resources and best-practice case studies from local settings. This is expected to launch in the Autumn term.