

**Decision Session - Executive Member for
Adult Social Care and Health**

13 July 2017

*(Decision to be taken in consultation with the Executive Member for
Education, Children and Young People)*

Report of the Corporate Director of Health, Housing and Adult Social Care
and the Corporate Director of Children, Education and Communities

**Release of funding to support Youth Mental Health Peer Programme and
Adult Social Care “ways into work” programme**

Summary

1. This report outlines proposals to utilise funding allocated as part of the 2017/18 budget to support youth peer mental health support arrangements within school settings and to support an Adult Social Care “ways into work” project. In total, the report identifies more detail as to how £200k will be spent over a two year period with £100k allocated to a peer mental health champion and £100k allocated to a “ways into work” project.

Recommendations

2. The Executive Member for Adult Social Care and Health (in consultation with the Executive Member for Education, Children and Young People) is asked to:

Approve the release of funding to support the provision of a youth peer mental health support programme and a “ways into work” project

Reason: To support council plan objectives of focussing on the provision of frontline services and to release funding already allocated within the 2017/18 budget.

Background

3. The report outlines an approach to progress a project which aims to develop youth mental health champions from within school, FE and HE

environments as well as front-line staff working in suitable programmes such as the Healthy Child Programme.

4. It should also be noted that Adult Social Care are looking at innovative ways to utilising their allocation of the “ways into work” funding that was allocated as part of the 2017/18 budget. Primarily aimed at supporting people with Mental Health problems, the Directorate in partnership with UR Tech has submitted a bid to the Dept of Work and Pensions.
5. The work, health and disability green paper (Improving lives) announced a new Personal Support Package (PSP). This package focuses on how best employment support to disabled people and people with health conditions can be provided. Included in the green paper is the intention to research and trial how best to do this. The Local Supported Employment (LSE) proof of concept (PoC) is one of the options DWP is pursuing.
6. The model DWP wish to test is the ‘place then train’ model which is growing popularity. Those who will be part of the PoC are those who are know to ASC with learning disabilities, Autism or are known to secondary mental health services.
7. The Council put together expressions of interest in partnership with United Response to develop the current offer and expand on the ‘place then train’ model. There is a requirement within the bid that the Council match funds the proposal, however this match funding can involve funding already committed to supported employment outcomes. Therefore included within the bid is funding already apportioned (through personal budgets) to United Response, travel training, officer resource and some of the funding related to Yorkcraft.
8. As this service will be targeted at those who are traditionally the hardest to reach in terms of successful employment outcomes it is envisaged that there will be approximately:
 - 20% who achieve 16+ hours of work,
 - 30% who achieve up to 16 hours or work
 - 50% who gain positive outcomes from accessing the service.
9. The outcomes identified above will be evidenced by how far individual’s have travelled in their personal journey since being referred to the service and will include outcomes such as reduction in care packages and reduction in accessing benefit support.

10. The £100K allocated to Adult Social Care will be used as match funding for the project within a total bid to the DWP of £270K. The Council has very recently received notification that this bid has been successful and will be working with the DWP to develop the bid into a deliverable project. It is anticipated that the enhanced service will deliver from November and the £100K will be utilised to develop the infrastructure and programme support capacity.

Background to Peer Mental Health Support

11. A proposal for funding to support this approach has been submitted and approved in principle pending release of funds to support this programme at Executive.
12. The report identifies a total budget requirement of £100k over 2 years to:
 - Train trainers as part of an accredited evidence based training programme
 - Train young people in school environments to become MH champions
 - Train front-line staff to become MH champions
 - Support resources within Early MH intervention offer to school including School Wellbeing service and Healthy Child Programme and other settings to facilitate the programme
 - Resources to support the project
13. Need has been established for a Mental Health Champion programme based on a range of risk factors that are observed among young people in our city:
 - Hospital admission rates for children in York connected to mental health are significantly higher than the national average
 - Rates of self-harm among young people in York are higher than the national average in a context in which rates in England are among the highest in Europe and North America
 - Student Health Needs Assessment findings of high levels of both diagnosed and undiagnosed mental health conditions among students who completed a survey (24% reported a mental health diagnosis with a further 21% reporting an undiagnosed mental health concern).

- A growing level of concern among school and education systems about the mental wellbeing of students and an identified gap in ability of young people to develop resilience
- A lack of low-level, early identification and prevention-based approaches to supporting emotional health and wellbeing

Consultation

14. Both Adult and Children's DMT's have had input into the development of these project proposals.
15. The Strategic Partnership for Emotional Mental Health via the Early Intervention sub group will lead and be accountable on the development of detailed project plans and ensure that this work programme is utilised to make best use of existing projects within a school setting.
 - i. It is requested that there is representation on this group from the Public Health Specialist Practitioner Advanced with a lead for Joint Strategic Needs Assessment and Public Mental Health

Options

16. The Executive Members are asked to confirm the release of funds to support these projects as allocated within the 2017/18 budget.

Analysis

17. As the group with the most relevant governance arrangements linked to children and young person emotional wellbeing work programmes, it is proposed that the project will be led by and accountable to the Strategic Partnership for Emotional Mental Health Group via the Early Intervention sub group which contains school representation .
18. The initial project proposal suggested using a Mental Health Champions Train the Trainer model and to implement our local offer in 3 distinct phases:
 - Identify and train a core group of trainers and to achieve accreditation to act as trainers
 - Recruitment of champions and roll out of the training programme
 - Ongoing support and promotion of the MH champions

19. Whilst an established model, the programme will need to be developed and tailored to meet local needs. Currently designed for 14-18 year olds in a school setting, it would require review to ensure it was relevant and applicable to wider groups that we would also want to reach e.g. College and University students; front-line staff groups; pastoral leads; primary care staff groups.

Timelines

20. The project is proposed to run for 2 years with funding requested to support its implementation in the 2017/2018 – 2018/2019 financial years.
21. Detailed timelines are yet to be finalised due to a range of factors requiring engagement and collaboration with key stakeholders. Acknowledging some limitations imposed by academic year commitments and planning requirements, it is proposed that the initial focus of the project in the first year is:
 - Development of a clear delivery model which enables adaptation to meet local needs and develops collaborative approaches
 - Engagement and planning within local education settings and School Wellbeing Service to identify more detail around needs and resources required to develop an effective and sustainable approach to an MH champion model
 - Identify and develop support structures to enable the effective support of MH champions in a range of settings
 - Recruit and implement phase 1 of the project
 - Begin phase 2 of the project following expert sub group member and stakeholder engagement input into realistic expectations about numbers of champions that can be trained in an appropriately
 - Identify some pilot sites who are in a position to act as early adopters of the programme in order that activity can be achieved within year 1
 - Consultation with key stakeholders about the model content and delivery options

Sustainability

22. The accreditation of the training site / trainers for the Mental Health Peer Champion programme presents sustainability options and opportunities.
23. All sustainability options will require the demonstration of suitable outcomes from the initial 2 year pilot that will be dependent upon ability to evaluate scheme outcomes, benefits and cost effectiveness.
24. Discussion is required with partners about how they can support effective evaluation of the project alongside exploration for opportunities to collaborate with local research networks to evaluate project outcomes
25. At the end of the project it is proposed that any remaining monies are allocated as grant funds to support the sustainability of any parts of the programme that require additional support

Proposed Budget

26. This is a broad proposal to allocate spend of the allocated funding which can be further refined through leadership from the Strategic Partnership for Emotional Health group as the project progresses. It is proposed that:
27. The train the trainer course costs £4,800 per 12 people for a 2 day course which will provide a range of information to support delivery of the programme but will still require those who have received this training to develop their own training plan.
 - i. Attendance on this course is NOT a prerequisite to achieve training centre accreditation if the organisation can demonstrate adequate experience and quality assurance
28. There is a cost of £45 per person to become a MH champion. To train 200 champions this will cost £9,000. It is proposed that at least 100 of the people receiving training will be students who will act as peer mental health champions but the training offer will also be extended to an appropriate group of frontline staff who work with children and young people to support them to be better able to identify emotional health problems at an earlier point.

29. £25,000 has been identified to provide support arrangements from within existing service provision towards supporting peer mental health champions. This could be allocated through existing School Wellbeing Service and or Schools.
30. £11,200 has been allocated to support the provision of training, training and promotional leaflets and to support campaigns and marketing.
 - i. There is opportunity to link these support arrangements into other programmes such as a developing Time To Change Hub; suicide prevention work programme; local work plans being developed within the Strategic Partnership for Emotional Health Group.
31. This budget will be replicated across the 2 years of this programme proposal. Spend is expected to be greater within year 2 of the project in order to allow time for the project to be established, the training programme to be developed, engagement with local schools to be considered, an evaluation and local delivery model to be defined and established to maximise the potential for success.

Wider Considerations and Opportunities for Collaboration

32. University of York in collaboration with Student Minds – a national charity focussed on student mental health and wellbeing – are developing a mental health champion approach with an objective to begin training students in this model from September 2017. Initial conversations have taken place to explore how the two MH champion approaches can be integrated.
33. There is opportunity to develop signposting and referral pathways between a range of existing services within the City and the MH model e.g. schools, colleges, and universities have an existing range of student support services which could act in support of this proposed approach. Statutory and non-statutory mental health services can act in a range of ways to support and facilitate this approach.
34. A local Time To Change hub is being developed in collaboration between York CVS, City of York Council, and NHS VoY CCG with input from a wider group of local stakeholders expected.
35. Higher York will be leading on implementation of the findings of a recent Student Health Needs Assessment which will incorporate supporting actions to improve student resilience, early identification of mental

wellbeing concerns and a focus on enabling prevention of mental ill health.

36. Local suicide prevention work continues to develop in line with the suicide prevention objectives that acknowledge the local profile of risk around young people

Council Plan

37. This proposal supports the council plan objectives to focus on frontline services

Implications

38.

- **Financial**
There are no financial implications
- **Human Resources (HR)**
There are no Human Resources implications
- **One Planet Council / Equalities**
There are no One Planet Council / Equalities implications
- **Legal**
There are no legal implications
- **Crime and Disorder**
There are no crime and disorder implications
- **Information Technology (IT)**
There are no information technology implications
- **Property**
There are no property implications
- **Other**
There are no other implications

Risk Management

39. There are no known risks

Contact Details

Author:

Nick Sinclair
Public Health Specialist
Practitioner Advanced
Public Health
01904 554353

Chief Officers Responsible for the report:

Martin Farran
Corporate Director of Housing & Adult Social
Services

Jon Stonehouse
Corporate Director of Children, Education
and Communities

Report Date 05.07.17
Approved

Specialist Implications Officer(s)

None

Wards Affected:

All

For further information please contact the author of the report

Background Papers:

None

Annexes

None

List of Abbreviations Used in this Report

FE Further Education
HE Higher Education
PSP Personal Support Package
LSE Local Supported Employment
PoC proof of concept
DWP Department for Work and Pensions
ASC Adult Social Care
MH Mental Health