

## **SCRUTINY TOPIC REGISTRATION / ASSESSMENT FORM FOR COUNCILLORS**

### **What is the broad topic area?**

The state of Youth Mental Wellbeing and the factors contributing to York being reported as an outlier for youth mental health problems

### **Ambitions for the review**

To better understand and assess the mental health referral system for young people in York and its outcomes and for them and their families.

### **What remit would you propose for your topic**

Better understand why there was a significant peak in hospital admissions of Young people of mental health related conditions last year.

The review should look into the Functions and outcomes of the CAMHS.

To better understand the relationship between school wellbeing service and schools.

To better understand how self-harm data is collated and reported.

To better understand how mental health among young people in York fares with comparative areas across the country.

To better understand how groups of young people from groups who are more likely to suffer from mental health problems (such as LAC, care leavers, young carers, and families experiencing domestic violence) gain access to the system.

To better understand if the York system has the capacity to cope with a significant increases in referrals.

### **Please indicate how the review would be in the public or Council's interest?**

Young people experiencing mental health problems is a growing concern both at the national and local level, and better understanding of how the systems in place in York to support young peoples' mental health function and how this can be improved is both in the public and the council's interest.

By learning about the referral process and systems in place in particular the review could highlight referral routes to make the public aware. Similarly the review could highlight strengths and weaknesses in the communication between service providers and service users that could potentially streamline services further.

As the council and its' schools (both directly via maintained and indirectly via academies) are judged on their attainment and a major barrier to attainment is the poor mental health of children. This review would be of benefit by considering areas of best practise to support the mental health of school aged children.

This review would be beneficial by looking at referral routes and practises and highlighting best practise in reference to children and their families' route through the mental health services. Therefore hopefully minimising time lost during the referral process which would be a benefit for public and council.

### **Supporting Information:**

According to City of York Council's Joint Strategic Needs Assessment (<https://www.healthyork.org/mental-health.aspx>):

Children and young people admissions to hospital

The proportion of young people from York who are admitted to hospital as the result of a mental health condition or as a result of self-harm is now back in line with the national average *after a significant peak last year*.

Self-harm

Admissions to hospital as a result of self-harm injuries is a proxy measure for serious self harm injuries. It is recognised that there will be many more self-harm incidents which go unrecorded but, it remains an important indicator of population mental health. York has a higher proportion of residents who are admitted to hospital as a result of self-harm injuries than the national average as well as the majority of York's statistical neighbours. The rates are particularly high for self-harm admissions in young people aged 10-24, but most notably in those under the age of 20.

**Officers Feedback on Topic Proposal**

1. Does it have a potential impact on one or more sections of the population?      **Yes**       **No**
2. Is it a corporate priority or concern to the council's partners?      **Yes**       **No**
3. Will the review add value and lead to effective outcomes?      **Yes**       **No**
4. Is it timely, and do we have the resources?      **Yes**       **No**
5. Will the review duplicate other work?      **Yes**       **No**

*If the answer is 'Yes' to questions 1 – 4 and 'No' to question 5, then the Committee may decide to proceed with the review. To decide how best to carry out the review, the Committee may need advice on the following:*

**1) Who and how shall we consult**

CAHMS  
Schools  
GPs  
CCG  
Hospital  
Academics  
Service users  
Youth Council

**2) Do we need any experts/specialists (internal/external)**

*i.e. is the review dependent on specific teams, departments or external bodies? What impact will the review have on the work of any of these?*

**3) What other help do we need E.g. training/development/resources**

*i.e. what information do we need and who will provide it? What do we need to undertake this review e.g. specific resources, events, meetings etc?*

**4) Does this review relate to any other ongoing projects or depend on them for anything?**

Not that I am aware of

**5) How long should it take**

Depending on the availability of the people we will need to speak with 2-3 months.

