

Health and Wellbeing Board

11 July 2018

Report of the Student Health and Wellbeing Network, Operations Manager, Higher York

Student Health and Wellbeing: Progress Report on SHNA Outcomes

Summary

1. The Student Health and Wellbeing Network was identified to lead on work to respond to findings from a Student Health Needs Assessment completed in 2017.
2. Higher York has provided leadership capacity to support the network and progress against this agenda.
3. Whilst The Student Health and Wellbeing Network has focussed on the health and wellbeing of adult students aged 18+ at Higher Education Institutions, both Further Education colleges in York are active members of the network. Whilst these institutions predominantly support young people, they do also have cohorts of adult students. In addition, it is recognised that the colleges are well placed to offer unique perspectives and contributions to the work of the network.
4. The Network has:
 - Been led and facilitated by Higher York
 - Provided a space for key stakeholders to focus on service provision from a multi-agency perspective
 - Enabled student support services to have a voice in a city-wide multi-agency setting
 - Developed an action plan to effectively support the needs of students across the city

- Provided a forum to raise, share, understand, and respond to existing and newly identified needs around students
- Allowed for open discussion and sharing of research between student service teams, health providers, student unions and the voluntary sector

Background

5. A Student Health Needs Assessment was completed in 2017 which provided a number of recommendations around improving the health and wellbeing of our local student population (further and higher education students). A local Student Health and Wellbeing Network group, led through Higher York, was identified as the key lead on work programmes to support student health and wellbeing. The Health and Wellbeing Board requested annual updates about the work of this group and this report provides an update on progress.

Main/Key Issues to be Considered

6. This update report is set across three sections:
 - Achievement against Health and Wellbeing Board (HWBB) expectations
 - Achievement against the Student Mental Health Network action plan
 - Future work required

Achievement against HWBB expectations:

7. The Student Mental Health and Wellbeing Network has been established to develop a co-ordinated response to the student health needs assessment findings and to support student health and wellbeing within the City of York. The Network is facilitated and supported by Higher York and meets quarterly. Quarterly updates about the work of the Network are provided to the Higher York Board by the Chair of the Network meeting
8. The network has developed Terms of Reference and has membership from colleagues representing the city's four higher education providers, Student Unions, NHS and Tees Esk and Wear Valleys NHS Foundation Trust (TEWV) service providers, specialist voluntary and community groups.

9. In order to ensure achievement against some actions and areas of development, the network would benefit from more engagement with the statutory service sector and will review its membership and attendance requirements to ensure it has the most appropriate representation (in particular to strengthen links with NHS Vale of York Clinical Commissioning Group (CCG) and GP services)
10. The Network has been increasing its profile and is specifically identified within the University of York student wellbeing action plan as a forum to support student wellbeing
11. Both universities in the city are working closely with Student Minds, influencing and contributing to national policy and guidance around student mental health
12. Network partners have contributed to updated version of the York Healthwatch Guide to health and wellbeing services
13. Achievement against the Student Mental Health Network action plan
14. The Student Mental Health and Wellbeing Network has created an action plan (Annex A) based on needs as identified within the Student Health Needs Assessment (SHNA).
15. This action plan contains defined themes against need as per SHNA findings and is also aligned to individual organisation implementation plans
16. In developing the action plan, Network members decided to identify outcome measures as those that are relevant to each individual institution so there is a lack of clear, comparable outcome measures that are easily accessible.
17. There is perhaps a need to review, strengthen and coordinate / share standard outcome measures (where appropriate)
18. The Network has contributed to achievement of good outcomes against the themes of: Mental Health; Communication; Accessing Services; Integrated Approach to Wellbeing; Local Leadership and Partnership Working. These are identified in the action plan (Annex A).

Some examples of progress against action plan objectives include:

19. Investment into Student Support Services (SSS) to create hubs which enable tiered access points into support; creation of liaison roles to work between SSS and health and mental health care providers; reviews of referral routes to reduce waiting times; investment in staff training both within student services and the wider staff body.
- Implementation of more accurate attendance registers which can be used to identify those students who may require additional support to achieve their academic learning objectives
 - Collaborative work between Samaritans, City of York Council and Higher York institutions to support the suicide prevention agenda
 - Successful bids for funding projects such as 'All About Respect' to reduce sexual violence and domestic abuse
 - Take up of suicide prevention training and shared training provision
 - Involvement with Children and Adolescent Mental Health Services (CAMHS) and through schools outreach work to support transition into university and colleges.

Future work required

20. The Network has agreed to run another student health needs assessment review during the 2019 / 2020 academic year. The structure and resources to complete this are yet to be defined by the Network
21. The Network will review the current action plan for gaps when compared to the SHNA, individual institution priorities, or Higher York priorities, and agree actions to contribute to the achievement of work. This might include work on:
- Student preparedness for transition out of university
 - Provision of holistic approaches to wellness at organisational levels which might include: employee wellbeing; healthy places to work; and draw on work from sources like Universities UK and their work on the role of the academic

- Better understand and develop support arrangements that ensure inequalities within the entire student cohort are reduced e.g. postgraduate, PhD, international student cohorts
- The Network will continue its work to raise the 'Profile' of student health and wellbeing by having a voice into and engaging with existing partnerships such as Mental Health Partnership; Early Intervention Sub-Group
- Joining these approaches together by supporting each institution to access existing programmes such as the City Wide Volunteer Strategy
- The Network will consider how York's experience can influence the development of a national best practice charter for mental wellbeing recently proposed by the Universities Minister and how any such charter could be applied by partners

Consultation

22. Members of the Student Health and Wellbeing Network have had an opportunity to comment on and contribute to this update

Options

23. The HWBB are asked to note the content of this report and to:

- Confirm how they wish to receive future updates

Analysis

24. There is no additional analysis required

Strategic/Operational Plans

25. The Student Health and Wellbeing Network supports the delivery of responses to the needs of students as identified within the Student Health Needs Assessment. It is facilitated and supported by Higher York and its objectives align to the Joint Health and Wellbeing Strategy 2017 – 2022 around starting and growing well; living and working well and mental health.

Implications

26. As this is an update report, there are no policy implications to be noted.

Risk Management

27. There are no risks associated with the recommendations

Recommendations

28. The Health and Wellbeing Board are asked to consider:

- The content of this report and to support the ongoing work of the Student Health and Wellbeing Network

Reason: The HWBB delegated responsibility to respond to the Student Health Needs Assessment to the Student Health and Wellbeing Network

- Approve receipt of an annual progress update in 1 year

Reason: The HWBB need oversight and assurance of the work that is being done on its behalf in relation to student health and wellbeing

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**Report
Approved**



Date 02.07.2018

Specialist Implications Officer(s) None

Wards Affected: List wards affected or tick box to

All

For further information please contact the author of the report

Background Papers:

[Student Health Needs Assessment 2017](#)

Annexes

Annex A - Student Health – action plan plus evidence framework