

Report of the Director of Governance

Young People's Mental Wellbeing in York

Summary

1. This report presents the Children, Education and Communities Policy and Scrutiny Committee with initial information and the draft remit proposed by the Task Group set up to examine Young People's Mental Wellbeing in York.

Background

2. The Vice-Chair of this Committee, Cllr Robert Webb submitted a topic request form which sought to understand and assess the factors contributing to mental health for young people and the systems in place in York.
3. At the meeting on 27 November 2019 the Committee considered a feasibility report on Young People's Mental Wellbeing in York. The report detailed the role of partners including the local authority, Clinical Commissioning Group, local NHS providers and the voluntary and community sector working together at a strategic and operational level to treat young people's mental health in York. The Committee was also provided with information on current strategies and activities in the city.
4. The Committee agreed that it was a topic worthy of review and appointed a Task Group comprising Cllrs Webb, D Taylor and Daubeney to undertake this work on the committee's behalf and to recommend an appropriate remit for the review.
5. The Task Group met for the first time on 23 January 2020, to scope an appropriate remit for its work. They decided to focus on better understanding why young people in York are self-harming and the reasons for this, what interventions are currently in place and what the

Council could contribute to addressing the situation. They also requested further information on why there had been a spike in the numbers of young people in self harming, over or since etc.

6. Task Group therefore suggest the following draft remit to the Committee:

Aim

To raise awareness and better understand the reasons why young people self-harm and in doing so highlight to young people, parents and carers where support can be found.

Objectives

- i. To consider the main reasons why young people in York self-harm;
- ii. To examine the latest performance data about the levels of self-harm in York compared to regional and national data and the accuracy of this data;
- iii. To review the policies and practices City of York Council has in place to help, support and intervene early where young people self-harm and whether these processes are timely, effective and cost efficient;
- iv. To assess what services are available in the community for young people with anxieties or mental health problems to talk to people and how accessible these services are;
- v. To consider ways of raising awareness of self-harm among young people, parents and carers, the signs to look for and any further prevention and early intervention methods that can be used.
- vi. To highlight where positive work is already being done and identify areas where further support is needed.

Consultation

7. To progress the review the Task Group agreed to invite representatives from various city organisations for discussions, including the local authority, Clinical Commissioning Group, local NHS providers and the voluntary and community sector.

Options

8. The Committee is asked to note the information in this report and can:
 - i. Endorse the draft remit proposed by the Task Group;
 - ii. Amend the draft aim and/or objectives;
 - iii. Add any further objectives the Committee agrees are relevant.

Analysis

9. There is no analysis at this stage.

Council Plan

10. This report supports Good health and wellbeing, a better start for children and young people and an open and effective Council elements of the Council's Plan 2019-23.

Risks and Implications

11. There are no known risks or implications associated with the recommendation in this report.

Conclusions

12. There are no conclusions at this stage.

Recommendation

13. Members are asked to consider and endorse the above suggested remit or suggest appropriate revisions.

Reason: To enable the Task Group to proceed with work on the agreed scrutiny review

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Wards Affected:

All

For further information please contact the author of the report