

Report of the Assistant Director Governance and ICT

Interim Report – Community Mental Health in the Care of Young People Scrutiny Review

Summary

1. This report summarises the work undertaken to date by the Task Group working on the Community Mental Health in the Care of Young People Scrutiny Review. The Committee are asked to note and comment on the report.

Background

2. At a meeting on 5th November 2012 the Task Group¹ met with officers and Councillor Runciman, who had originally suggested this topic, to set a remit for this review. This was subsequently presented to and approved by the Health Overview and Scrutiny Committee at their meeting on 11th December 2012.
3. The agreed remit is set out below:

Aim

4. To raise awareness of:
 - emotional and mental health issues for young people
 - the services and interventions available

with a view to ensuring that the wider children's workforce are well informed and equipped to identify and respond to children and young people with emotional problems and/or emerging mental health issues.

¹ The Task Group is comprised of Councillor Funnell (Chair), Councillor Richardson and Councillor Hodgson

Key Objectives

- (i). To identify current levels of understanding and awareness of the importance of recognising early symptoms of emotional and mental health problems in young people
- (ii). To look at ways of disseminating learning from effective targeted emotional and mental health support in schools - with particular reference to the successful TaMHS (Targeted Mental Health in Schools) arrangements.
- (iii). To look at ways to further improve multi-agency working in relation to supporting the emotional and mental health needs of children and young people in the city. In particular, to consider how the developing Children and Young People's Mental Health Strategy 2013-2015 will support this objective.

Work undertaken on the review to date

5. On 4th February 2013 the Task Group met again with officers to consider papers on:

Background information on the work of the York Youth Council around mental health and well-being (**Annex A**)

6. The Task Group received a paper on the above which told them about a review the Youth Council had undertaken. This identified that young people wanted to be taught about emotional health and well-being but this wasn't, at that time, being covered in PSHE² lessons. They presented their findings at the CAMHS³ conference in February 2012. Work is currently ongoing to develop some focussed work around emotional health and well-being that could be used in schools in the future.
7. The Task Group were keen to talk about this further and directly with representatives of the Youth Council. They are currently arranging to meet with them and it is hoped that this will happen before the end of March 2013.

YorOk CAMHS draft strategy 2013-16 (**Annex B**)

8. The second paper to be considered by the Task Group was around the CAMHS Strategy 2013-16.

² Personal, Social and Health Education

³ Child and Adolescent Mental Health Services

This is currently being updated and will ultimately be aligned with the Children and Young People's Plan 2013-16 and the Health and Wellbeing Strategy 2013-16.

9. There are seven strategic priorities within the draft strategy namely:
 - (i). Strategic planning and commissioning bodies will work together effectively to support child and adolescent mental health and well-being
 - (ii). Children and their families will be treated with respect and confidentiality
 - (iii). Mental health and well-being services provided by all agencies, including the voluntary and faith sector, are well coordinated
 - (iv). Promote mental well-being for children and young people and intervene early when difficulties begin to emerge
 - (v). Universal level services (schools/community) will provide coordinated and effective support to children and young people experiencing emotional or mental health problems, through support and signposting by appropriately trained staff
 - (vi). Accessible, specialist support will be available for children and young people with severe or chronic mental health needs
 - (vii). Supported, qualified, experienced and confident workforce will work across agency boundaries

10. On discussion of this paper the Task Group recognised there were still challenges and issues that needed to be thought through and highlighted the following:
 - Where possible there was a need to work with the whole family
 - All services needed to work together
 - Equalities issues – these were fundamental as there had been a change in the local population in the city.
 - How the Youth Council could attract a wider variety of young people to be involved
 - Continuing struggles to gain the confidence to speak to young people with mental health issues or those living in difficult circumstances
 - Ensuring there were enough people to listen
 - In secondary schools children may well choose to speak to their peers but in primary school it was more likely to be a teacher; this may well be because children of primary age tend to have only one teacher, whilst those of secondary age have many more.

Mainstreaming York TaMHS project (**Annex C**)

11. This paper presented the Task Group with information around a preventative strategy for addressing mental health needs in schools. York had introduced the ELSA (Emotional Literacy Support Assistant), initially in a small number of schools (2 secondary and 6 primaries). ELSA is an evidence based 5 day programme of training for Teaching Assistants, which was delivered by Educational Psychologists with support from colleagues in the Education Development Service and Specialist Teaching Service. The course covers a range of areas of mental health needs which can create barriers to learning.
12. The Task Group learned that there were now 109 ELSAs in York spread over 42 schools and were encouraged to hear about the many positive results these were having and the ways the schools had embraced this agenda. There had originally been some funding to support the training of ELSAs but this had now come to an end, however schools were still really keen to continue with training more people.

Mental Health Toolkit for Secondary Schools (**Annex D**)

13. The final paper that the Task Group considered at their 4th February 2013 meeting was around the Mental Health Toolkit for Secondary Schools. An audit had been undertaken with secondary schools and also the special schools and education support centre to review the provision of PSHE. One outcome of this review had been teachers expressing a need for training on signs and symptoms of mental health. This had led to the development of the Mental Health Toolkit as set out in **Annex D**.

Next Steps

14. On consideration of all of the information received the Task Group identified the following next steps for this review:
 - (i). To meet with the Youth Council to receive a presentation on and to discuss the work they have undertaken around emotional health and well being (*provisionally March 2013*)
 - (ii). Task Group to meet again to look at the line of questioning they wish to adopt for their meeting with Headteachers/pastoral carers (as set out in (iii) below) (*provisionally late March/early April*)

- (iii). To meet with Headteachers and/or those with responsibility for pastoral care. Four representatives to be invited (2 secondary and 2 primary, with one of these 4 not having an ELSA in place so that the Task Group can learn about the different support available in different schools) (*provisionally mid to late April*)
- (iv). Task Group to meet again to analyse all the information and evidence received to date as part of this review and begin to identify their findings, conclusions and recommendations (and any gaps in information there might be) (*provisionally late April/early May*)

Consultation

- 15. To date consultation has taken place with City of York Council officers and Councillor Runciman, who had originally submitted this topic. Further consultation will take place as the review progresses, including liaising with the Youth Council on their work and meeting Headteacher/ pastoral care representatives.

Options

- 16. There are no options directly associated with the recommendations in this report. Members are asked to note and comments upon the report.

Analysis

- 17. Information and evidence gathered as part of this review will be fully analysed by the Task Group as the review progresses and will be reported in any further interim report to this Committee and in their final report.

Council Plan 2011-15

- 18. This review is directly linked to the 'Protect Vulnerable People' element of the Council Plan 23011-15.

Implications

- 19. There are no known implications associated with the recommendations in this report. However implications may arise as the review progresses and these will be addressed accordingly.

Risk Management

20. There are no risks associated with the recommendations within this report. Should risks arise as the review progresses these will be identified and clearly set out in the final report arising from the review.

Recommendations

21. Members are asked to note and comment on the interim report detailing work to date on this scrutiny review.

Reason: To keep the Committee updated in relation to the ongoing work on this scrutiny review.

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Report
Approved



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Specialist Implications Officer(s) None.

Wards Affected: *List wards or tick box to indicate all*

All

For further information please contact the author of the report

Background Papers:

None

Annexes (online only)

Annex A Background on the work of the York Youth Council on mental health and well-being

Annex B YorOK CAMHS Draft Strategy 2013-16

Annex C Mainstreaming York TaMHS Project – Update 2013

Annex D Mental Health Toolkit