

Children's Scrutiny Committee
23rd March 2021

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May 2018, the public voted Young People's Mental Health as one of the top three priorities for Healthwatch

Engagement

We engaged with 3898 young people through a variety of engagement methods in order to reach as many people as possible such as:

- Crucial Crew
- Scout Shire Jam
- Surveys and focus groups in schools and colleges
- Surveys and focus groups with other youth organisations
- County school games, our school's forum
- Youth council conference

Topics discussed

- Support & services available within the school setting
- Length of treatment plans and how young people feel about this across different agencies delivering services
- The most helpful non statutory services
- The use of technology to support young people's mental health
- The point that young people start experiencing poor mental health
- What encourages young people to take the first step and seek help for their mental health

The following themes emerged:

1. Schools are already undertaking numerous initiatives to support young people's mental health but would like to be able to do more. This highlighted a need for a platform to share good practice, tips and resources and possibly work towards a common approach.
2. Young people with mental health issues may not be taking advantage of what 'outside of school' statutory and community organisations can do to support them. This suggests that more communication and promotion is needed between them and schools, children and young people.
3. Bullying was consistently highlighted as a cause of many mental health concerns.
4. The location and environment where young people receive treatment, care and support has an impact on their wellbeing and their ability to recover. This needs to be factored into delivery of services.
5. Some key digital technology and apps were identified that young people use to support their mental health, which can be shared with others to help more people.
6. Insight into the ages that young people start to experience mental health issues, what or who encouraged them to take the first step to get help and where they went for help.

Recommendations

Based on this feedback and the themes we have identified the following recommendations:

1. Develop a “Youthwatch” initiative to make future engagement with young people more effective and to support the development of peer-based support models.
2. Continue research to explore some of the themes and issues identified through Youthwatch and the school’s forum and working with other organisations
3. Continue our school’s mental health forum to assist and improve system wide communication and interworking. We may need to seek additional financial support to continue this initiative indefinitely.
4. Progress work on findings 2-6 with other agencies through the children and young people’s emotional wellbeing and mental health partnership group.

Established in May 2019

Aim 1: A termly forum for professionals in the education sector and other youth organisations to network, gain professional development, training and information to help them in their roles of supporting children and young people's mental health.

Aim 2: For Healthwatch to hear more about children and young people's mental health in the county and increase the voice and involvement of young people in the work of Healthwatch and Youthwatch.

Aim 3: Involve people in shaping the design and delivery of services in the county

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Schools Forum



- 5 forums so far
- 235 attendees collectively
- 13 newsletters, resources and reading lists
- Mailing list of 212 people
- The involvement of primary and secondary schools, colleges and voluntary sector organisations
- Young people from Hope Support and Strong Young Minds have attended these forums

Topics

- CLD Trust - tier 2 counselling and youth participation services in Herefordshire
- H&W Health and Care NHS Trust and the new NHS school's mental health service in Herefordshire
- Place2be - models for a whole school approach to mental health
- Workshop on what mental health community support is available in the county
- CAMHS understanding and working with self harm
- A practical approach to building resilience in children and young people for schools
- Gathering views to shape the NHS Long Term Plan around children's mental health

Established in May 2019

Secondary school work: John Masefield Students/Strong Young Minds Champions

Joined in the school's mental health forum on the topic of building resilience, alongside professionals, to give their perspective.

Created videos with Dr Pooky Knightsmith and Healthwatch about:

- Children's mental health in school
- What schools can do to help young people
- What young people want from the NHS for the NHS Long Term Plan children's mental health agenda



Secondary school work: John Kyrle High School a group of 13 pupils of all ages

- Pupils designed and carried out an 8-week project and survey on moving up to high school, resulting in a report to school about improvements they want to see e.g., information in the school handbook, changes to sport being offered to all genders and more information about the support available in assemblies e.g., the school nurse.
- Produced Three 'ask the doctor' video interviews on topics; general health, body image and mental health.
- Judged the 'design a mascot' entries
- Raised covid questions for our Live covid Q&A resulting in a factsheet for schools.



YOUR COVID QUESTIONS ANSWERED

Answers provided by: Dr Simon Leanne - GP and Clinical Director, Stephen Vickers - Director of Adults and Communities Herefordshire Council, Rebecca Howell-Jones - Director of Public Health, Ceri Morgan - Assistant Director of Education, Development and Skills Herefordshire Council

Q: What are the risks of returning to schools, how are we going to catch up on the work we've missed? We're worried about missing out on learning and socialising, how are we going to catch up on the work we've missed? We're worried about missing out on learning and socialising, how are we going to catch up on the work we've missed?

A: We think that students will be able to catch up on the work they've missed. We are encouraging schools to adapt the curriculum to take account of this. We are encouraging schools to adapt the curriculum to take account of this. We are encouraging schools to adapt the curriculum to take account of this.

Q: Do you think that some young people will be affected more than others when they return to school?

A: There is no doubt all will be affected differently - and this will take time to see and understand. The plan is to take account of this and make allowances and offer the done quickly though.

Thank you!

We want to thank Eleri, Molly and Dylan from our Youthwatch team at John Kyrle High School for their excellent questions.

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Have your say

Hereford College of Arts Healthwatch Cervical Screening Campaign

Healthwatch worked with a local GP and cancer lead and the college to design a live brief for degree and foundation year students to work on as part of their course.

The brief was to create campaign materials which would increase the numbers of women attending a cervical screening test from the following demographic groups, where there is a lower uptake:

- Lesbian and bisexual women
- Women Age 25-35
- Women from BAME communities

30 students took part and exhibited their work in January. The two finalists, Debbie and Charlotte, have since worked together on the campaign which will launch later this month.



Primary schools work - Design a Healthwatch Mascot Competition December 2020.

Children from schools across the county took part in this online activity. The winner is Ottilia, Aged 9. From Walford Primary School. She will get her mascot made into a life size mascot for Healthwatch and a mini mascot for them.



Video Links

School forum Videos (click for link):

[\(34\) YOUTH VOICE | How should mental health spending be invested? - YouTube](#)

[\(34\) YOUTH ENGAGEMENT | The benefits and ideas for making it work - YouTube](#)

[\(34\) YOUTH VOICE | how can schools support young people's mental health? - YouTube](#)

Youthwatch

[About youthwatch](#)

[Ask the Doctor Part 1 - Mental health](#)

[Ask the Doctor Part 2 - GP Surgeries](#)

[Ask the Doctor Part 3 - Body image and changes](#)

[Design a mascot](#)

[Healthwatch News - what is Healthwatch](#)