

Title of report: Children and young people's mental health and wellbeing: data and prevention

Meeting: Children and Young People Scrutiny Committee

Meeting date: 22 March 22

Report by: Consultant in Public Health

Classification

Open

Decision type

This is not an executive decision

Wards affected

All (All Wards);

Purpose

To provide members of the Committee with an overview of work that has been undertaken to inform our understanding of children and young people's (CYP's) mental health in Herefordshire, and the universal and preventative programmes that support good mental health and wellbeing.

Recommendation(s)

That:

- a) **The committee considers the report and determines any recommendations it wishes to make.**

Alternative options

1. There are no alternative options as this is an update report.

Key considerations

2. Good mental health is fundamental to health and wellbeing for children and for adults.
3. This report outlines the data on children and young people's mental health and emotional wellbeing, and those factors that are risks, and those that are protective, for good mental health. It outlines some of the universal and preventative services that impact on this.
4. Mental health risk factors are often inter-related and compounding. Risk factors include circumstances such as poverty and homelessness, parental factors such as parental mental ill-health, substance use and/or domestic abuse, as well as factors such as physical or sexual abuse, discrimination, caring responsibilities or bullying. The COVID-19 pandemic and associated lockdowns heightened many of these factors at the same time as increasing existing inequalities and creating obstacles to timely diagnosis and treatment. Furthermore the loss of education and access to support through schools will also impact on children and young people's mental health. Poverty and unfolding cost-of-living crisis will likely have a further significant adverse impact and disproportionately affect the most vulnerable. Details of these risk and protective factors are outlined in the appendix.
5. In Herefordshire, our understanding of the mental health and emotional wellbeing of young people comes from national evidence and data (some reported at local level) alongside bespoke local data collection. The most significant piece of local recent work is the 2021 Herefordshire Children and Young People's Quality of Life survey. Nearly 5000 children and young people took part in this survey which has provided useful insight into lower level mental and emotional wellbeing, as well as risk and protective factors.
6. Prevention and universal services have key roles in primary prevention, early identification, low-level intervention and referral to specialist services. Wider determinants are really important – ensuring that families have economic security and children are able to live in secure, safe and warm homes with access to food and other requirements. This report however focuses on those services that more directly affect emotional health and wellbeing, and gives high level data on public health nursing service (health visiting and school nursing), Solihull parenting programme and Talk Community.
 - a. The public health nursing service is a mandated service for the local authority and is paid for by the Public Health Ring-fenced Grant. The service impacts on prevention and intervention in mental health and wellbeing for children and families. For example, the service has an essential role in identifying and supporting perinatal mental health, supporting families to build quality relationships, supporting emotional health and wellbeing of older children including following up children who have attended A&E including those attending for emotional and wellbeing reasons.
 - b. The Solihull programme is a training programme for professionals and families/carers. The model centres around containment, reciprocity and behaviour management, enabling parents and carers to support effective behaviour management and build and maintain quality relationship(s) with their child(ren). There are specific modules supporting understanding teenagers and the teenage brain.
 - c. Talk Community provides the opportunity to support resilient communities and support for children, and is a good route to provide information and advice to parents and carers. Through delivering initiatives such as Herefordshire Holiday Activity Fund and debt advice Talk Community aims to improve the circumstances in which children live. Talk Community is supporting the sharing of a directory of mental health and wellbeing services and support through its website and has undertaken a survey to support the

development of a business case on early help for children and families (as part of the Children's Transformation Programme).

Community impact

7. Through undertaking and publishing specific surveys, as well as reports such as the Joint Strategic Needs Assessment (JSNA), the evidence is used by the Council, other partners and can be used by the community to understand and address needs within the County.
8. The preventative programmes outlined all positively impact on the community, building resilience and relationships, preventing and identifying issues early and facilitating onward support to specialists services where needed.

Environmental Impact

9. Herefordshire Council provides and purchases a wide range of services for the people of Herefordshire. Together with partner organisations in the private, public and voluntary sectors we share a strong commitment to improving our environmental sustainability, achieving carbon neutrality and to protect and enhance Herefordshire's outstanding natural environment.
10. When services are commissioned or developed, the environmental impacts are considered, including through the relevant specifications and contract management.

Equality duty

11. Under section 149 of the Equality Act 2010, the 'general duty' on public authorities is set out as follows:

A public authority must, in the exercise of its functions, have due regard to the need to –

 - a) eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under this Act;
 - b) advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it;
 - c) foster good relations between persons who share a relevant protected characteristic and persons who do not share it.
12. The public sector equality duty (specific duty) requires us to consider how we can positively contribute to the advancement of equality and good relations, and demonstrate that we are paying 'due regard' in our decision making in the design of policies and in the delivery of services. Our providers are made aware of their contractual requirements in regards to equality legislation.
13. The public health nursing service supports individuals many of whom will share a protected characteristic (eg. pregnancy and maternity) and will support the Council in discharging its duty by advancing equality of opportunity for this cohort.

Resource implications

14. This report, being for information and discussion, does not in itself have a direct resource implication.

Legal implications

15. The functions of the Children and Young People Scrutiny committee are set out in paragraph 3.4.5 of the constitution. The functions of the committee includes statutory health scrutiny powers including the review and scrutiny of any matter relating to the planning provision and operation of health services for children and young people, including transitional health care services, affecting the area and to make reports and recommendations on these matters.

Risk management

16. This report is not a decision and therefore there are no specific risks. Risks for the programmes identified are managed through the usual risk management approaches for council contracts and services.
17. There is a future risk in terms of the uncertainty of future impact on children and young people's mental health and wellbeing, in light of the COVID-19 pandemic, as outlined in the report.

Consultees

18. The 2021 Herefordshire Children and Young People's Quality of Life survey gathered the experiences and opinions of nearly 5000 children and young people in Herefordshire.
19. The public health nursing service has been informed and designed by the needs of the local community and with engagement with service users and their families and carers. Most recently engagement was in autumn 2021 and has fed into to the service delivery for 22/23.

Appendices

Appendix 1. Children and young people's mental health detail report: data and prevention.

Background papers

None identified

Report Reviewers Used for appraising this report:

Please note this section must be completed before the report can be published		
Governance	Matthew Evans	Date 11/03/2022
Finance	Kim Wratten	Date 14/03/2022
Legal	Ruth Whittingham	Date 14/03/2022
Communications	Luenne Featherstone	Date 14/03/2022
Equality Duty	Carol Trachonitis	Date 14/03/2022
Procurement	Mark Cage	Date 11/03/2022
Risk	Paul Harris	Date 14/03/2022
Approved by	Click or tap here to enter text.	Date Click or tap to enter a date.

Please include a glossary of terms, abbreviations and acronyms used in this report.

PHN: Public Health Nursing (this includes health visiting and school nurses)

A&E: Accident and Emergency

CYP: Children and Young People

JSNA: Joint Strategic Needs Assessment