

Children and Young People
Scrutiny Committee Meeting

Mental Health: public
health and intelligence

22 March 2022

Structure

1. Context:

- Risk and protective factors to CYP mental health
- Consequences for later life (incl. intergenerational links and connections)

2. Intelligence outputs

3. What the risk factors look like in Herefordshire

4. Current understanding of CYP mental well-being (CYP QOL survey)

5. The importance of building resilience

6. Prevention work and universal offer

Risk and protective factors for CYP mental health

- Mental health risk factors are often inter-related and compounding. Parental mental-ill health is a significant risk factor for children's mental wellbeing.
- 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.
- The unfolding cost-of-living crisis will likely have a further significant adverse impact and disproportionately affect the most vulnerable.

RISK FACTORS

- ✗ Genetic influences
- ✗ Low IQ and learning disabilities
- ✗ Specific development delay
- ✗ Communication difficulties
- ✗ Difficult temperament
- ✗ Physical illness
- ✗ Academic failure
- ✗ Low self-esteem



Child

- ✗ Family disharmony, or break up
- ✗ Inconsistent discipline style
- ✗ Parent/s with mental illness or substance abuse
- ✗ Physical, sexual, neglect or emotional abuse
- ✗ Parental criminality or alcoholism
- ✗ Death and loss



Family

- ✗ Bullying
- ✗ Discrimination
- ✗ Breakdown in or lack of positive friendships
- ✗ Deviant peer influences
- ✗ Peer pressure
- ✗ Poor pupil to teacher relationships



School

- ✗ Socio-economic disadvantage
- ✗ Homelessness
- ✗ Disaster, accidents, war or other overwhelming events
- ✗ Discrimination
- ✗ Other significant life events
- ✗ Lack of access to support services



Community

- ✓ Secure attachment experience
- ✓ Good communication skills
- ✓ Having a belief in control
- ✓ A positive attitude
- ✓ Experiences of success and achievement
- ✓ Capacity to reflect

- ✓ Family harmony and stability
- ✓ Supportive parenting
- ✓ Strong family values
- ✓ Affection
- ✓ Clear, consistent discipline
- ✓ Support for education

- ✓ Positive school climate that enhances belonging and connectedness
- ✓ Clear policies on behaviour and bullying
- ✓ 'Open door' policy for children to raise problems
- ✓ A whole-school approach to promoting good mental health

- ✓ Wider supportive network
- ✓ Good housing
- ✓ High standard of living
- ✓ Opportunities for valued social roles
- ✓ Range of sport/leisure activities

PROTECTIVE FACTORS

Facts about mental health illness in CYP (pre-covid)

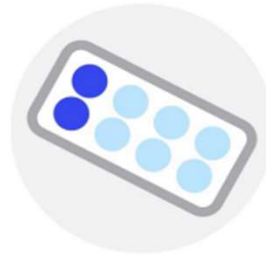
National evidence illustrating

- Treatment levels (before covid and recent investment)
- Lifetime impact
- Risk factors linked to childhood experiences



10%

children aged 5-16 years suffer from a clinically significant mental health illness



25%

of children who need treatment receive it



50%

of those with lifetime mental illness (excluding dementia) will experience symptoms by the age of 14



75%

of those with lifetime mental illness (excluding dementia) will experience symptoms by the age of 24



5x

maternal depression is associated with a 5 fold increased risk of mental health illness for the child



1.3x

boys aged 11-15 years are 1.3x more likely to have a mental illness compared to girls aged 11-15 years



60%

of looked after children have some form of emotional or mental health illness



18x

young people in prison are 18x more likely to take their own lives than others of the same age

Impacts of COVID-19 pandemic

Detailed in [2020 Director of Public Health Report: Impacts of Covid-19](#)

- Impacts of virus
 - CYP relatively unaffected by illness themselves but may have experienced loss of family
- Impacts on services
 - Lack of access to or delays in diagnosis and/or treatment
- Impacts of control measures
 - Lost time in school and early years settings
 - Loss of social contact
 - Increase in risk and loss of protective factors

of the **700** Herefordshire **children and young people** who responded to a survey in May/June 2020

ALMOST HALF

felt that their overall mental health and wellbeing was **worse** since the start of the coronavirus outbreak. **although 15% said it had got better.**

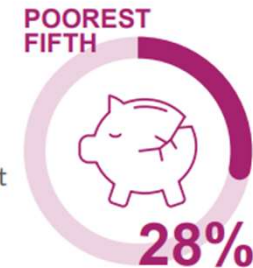
- Widening inequalities
 - Greater exposure to impacts of virus
 - Poorest families hardest hit by fall in income: jobs most affected by lockdown and greater proportion of income spent on essentials
 - Widening gap in educational attainment

Children more likely to miss out on schooling

30%

estimate in May 2020 of the additional amount of time that children from higher income families spent on remote learning, compared with children from lower-income families

More likely to be furloughed – loss of income



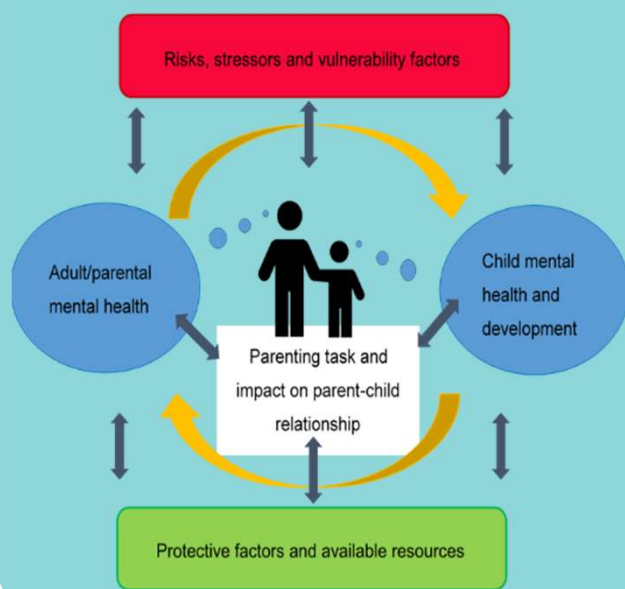
Around 28% of the poorest fifth of employees were placed on furlough as part of the government's job retention scheme, compared to 17% of the richest fifth.

Herefordshire.gov.uk

What we know about Herefordshire: intelligence outputs

Core themes from 2018 [Children's integrated needs assessment](#) (ChINA):

- importance of **mental well-being** for both children and their families, from its power in coping with adversity to the risks of poor parental mental health
- need for a **family-centred preventative approach** to tackle issues affecting life chances



Adapted from [Social Care Institute of Excellence](#)

[The 2021 Herefordshire Children and Young People's Quality of Life survey:](#)



- Filled gaps identified by the ChINA (eg community and emotional well-being)
- Gave some insight into impacts of Covid-19
 - Provides a post-covid baseline

These are the interconnections highlighted throughout the JSNA, so this section links to many others (eg economy, financial security, lifestyles, mental health and wellbeing)



Other sources of relevant data:

- [Community Wellbeing Survey](#) (Feb 2021), DJS for Herefordshire Council
- Survey of [Children and Young People's Mental Health during lockdown](#) (May 2020), Worcestershire Council, Herefordshire Council and Worcestershire Health and Care NHS Trust

References to relevant publications:

- [Children's Integrated Needs Assessment](#) (2018)
- [Director of Public Health annual report 2020: impacts of covid-19](#)
- 2021 [Joint Strategic Needs Assessment \(JSNA\) Key Findings](#)
- 2021 Mental Health Needs Assessment (H&W CCG led with adults focus)

About the CYP quality of life survey

- Purpose: to find out about the quality of life for children and young people in Herefordshire, providing an update on the previous 2006 Teenage Lifestyle and 2009 Every Child Matters surveys.
- Open to all schools and colleges in county:
 - 25 primaries, 10 secondaries, 2 FE settings and 1 special school participated
- **4,900 children and young people took part in Summer 2021**
 - At least one class per school in Years 4, 6, 8 and 10 – but many schools surveyed more
 - Pupils completed the age and needs appropriate survey, either online or paper during a single lesson eg PHSE
- Wide range of topics
 - Citizenship
 - Covid-19
 - Drugs, alcohol and tobacco
 - Emotional health & wellbeing
 - Puberty & growing up
 - Safety
 - School
 - Relationships & sexual health
 - Healthy eating
 - Physical activity
 - Leisure
- Schools received their individual results last year, we hold the county-level data: find reports at [Children and Young People's Quality of Life Survey 2021 on Understanding Herefordshire website](#)
- Robust post-covid baseline, although as one of first areas to survey since 2019 limited benchmark data as yet

What the risk factors look like in Herefordshire: child and family

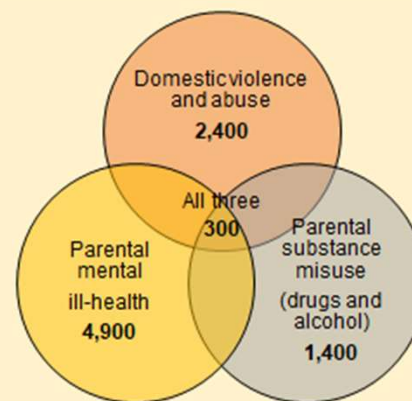
Family life and experiences

- 1 in 20 primary and 1 in 10 secondary / FE students have **no trusted adult** to talk to when they are worried
 - Correlation with risky behaviours and lower happiness (see next slide)
- 12% of secondary and 7% of FE have experienced at least three **stressful/upsetting events** in the last two years. In the last year:
 - death of someone important (12% Secondary/ FE)
 - family member with MH at home (21% secondary & 11% FE)
- 1 in every 5 to 6 older CYP **don't feel loved**:
 - 16% secondary / 19% FE 'rarely or none of the time'

Learning needs

- Higher rate of pupils **identified as having SEND** (18% compared to 16% for England), particularly with social, emotional and mental health as a primary need
- Proportion with a **statement or EHCP** continue to increase (from 3.1% in 2018 to 3.6% in 2021)
- Persistent **gaps in educational attainment** for disadvantaged children, and for those with EHCP/SEND. Full impact of pandemic not yet known, but national studies indicate these children have fallen further behind. At schools who shared GCSE results in 2020, attainment rates for disadvantaged pupils and those with EHCPs were amongst lowest in England.

Safeguarding risks



Amongst lowest in England, but still 5,500 children

most at risk of harm / neglect

Early Help: typically involved in around 1,300 cases at any time

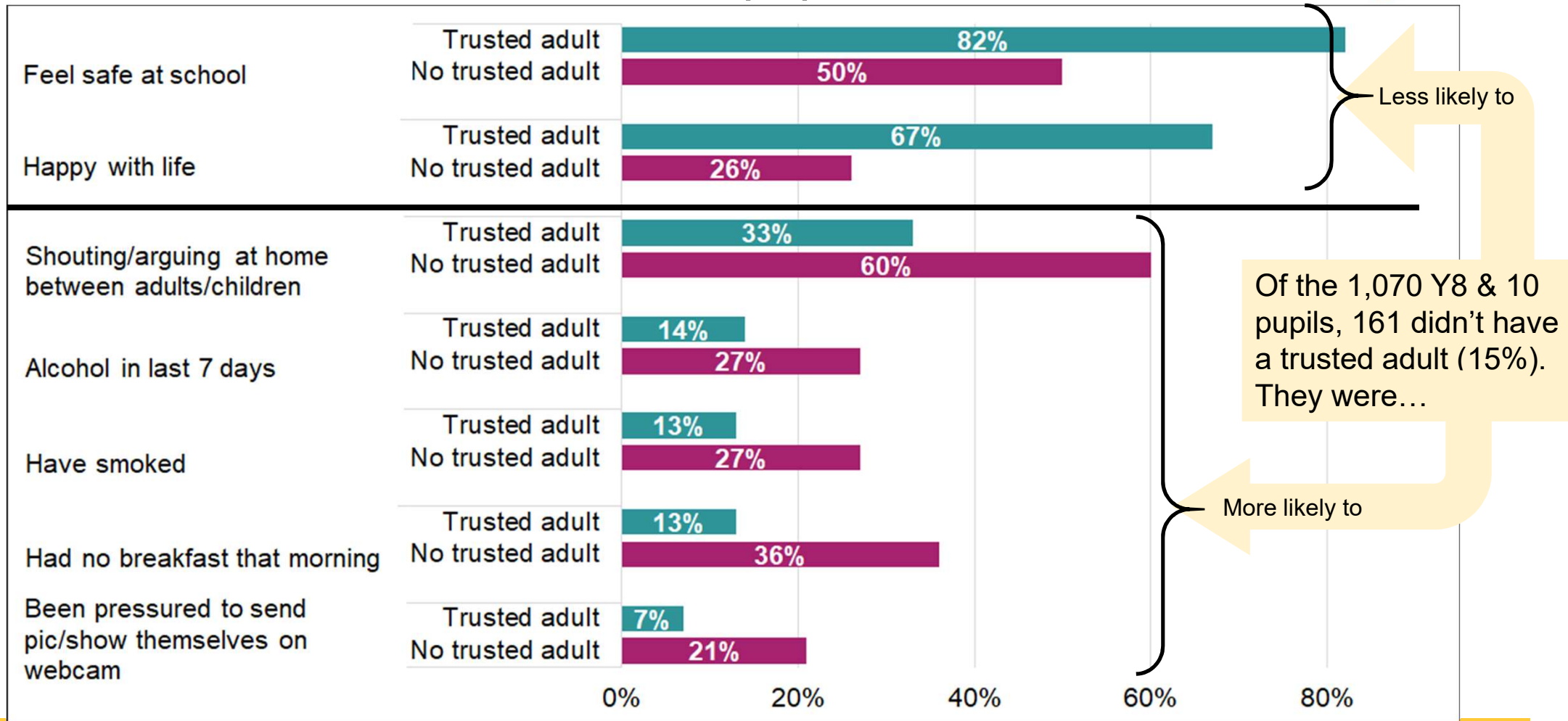
CPPs: increasing since 2020, and almost doubled since Sept 2021
Majority due to emotional abuse (half) or neglect (third)

LAC: remains higher than expected

CIN: increased over last 18 months

? National concern about 'ghost' children who are no longer in schools and not registered for home-education

Links and connections: Y8 & Y10 pupils and trusted adults



What the risk factors look like in Herefordshire: school environment

- Majority have a strong **sense of belonging**, especially to school. Dips amongst teenagers are usual.
- One in three **primary** & **secondary** pupils afraid to go to school at least 'sometimes' because of **bullying**

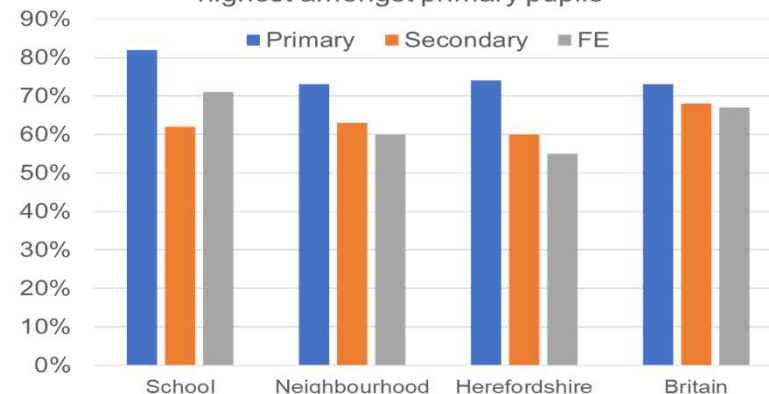


- 20% had been bullied at or near school in last year
- Lower for FE students: 12% afraid; 5% had been bullied
- Most common reasons: the way they look or size / weight
- Fear / experience of bullying higher amongst:



- Y4-6 who live with one parent (42% afraid to go to school vs 32% of those who live with two)
- Secondary pupils with SEND (48% afraid to go to school vs 29% of those without SEND)
- Secondary pupils eligible for free school meals (27% have been bullied in last year vs 18%)

'Strong (very + fairly)' feelings of belonging are highest amongst primary pupils



- Although many feel their school deals with bullying quite or very well, **27% of secondary pupils** say badly or not at all
- Very small minority of older CYP say that they have been pressured into doing something they didn't feel comfortable with, either at school or home/local area:
 - Secondary: at school 5%, home/local area 4%
 - FE: at school 0%, home/local area 3%

What the risk factors look like in Herefordshire: community

- Low levels of poverty and deprivation overall, but areas of persistent deprivation in some urban areas and other hidden pockets – particularly parts of Hereford, Leominster and Ross. Likely that COVID-19 will have widening pre-existing, deep-rooted inequalities
- Relatively low child poverty, and no change in absolute poverty in last 5 years (14%) whilst national rate has risen (to 16%) - but this still means that 4,450 under 16s were living in absolute poverty in 2019/20. 5,600 children live in relative poverty, and as elsewhere this had been increasing for a number of years.
- Low income families will be hit hardest by the current cost-of-living crisis. Even before this took hold:
 - 14,000 households in Herefordshire were living in fuel poverty (2019)
 - In Feb 2021, 4% of households said they had had to cut back on food during the pandemic; 5% on heating
 - 4,600 children were in receipt of free school meals (2021)
 - During 2020, around 1,100 households were eligible for prevention from homelessness or homeless relief.
- Social mobility 'cold spot': Herefordshire is one of the 20% worst areas of England in terms of the chances that disadvantaged children will do well at school and get a good job and secure housing. Driven by low wages locally.
- Majority of school pupils (2/3) feel safe in their local area during the day, but **1/3 of primary** and **1/4 of secondary** never feel safe going out after dark.
- Following a review of local approaches, after being significantly high for a number of years, the rate of first time entrants to the Youth Justice System had fallen to average levels by 2019.
- Around half of boys and girls of all ages take part in sports clubs / classes (most common leisure activity for all CYP)



Social mobility



Herefordshire CYP in 2021: mental health & wellbeing



Worry or anxiety affects most:

- Only **1 in 4 secondary pupils** said their lives aren't affected much by worry or anxiety
- Large minority said these feelings have got worse since Covid-19
 - **37% of primary** **36% FE**
 - **40% of secondary**

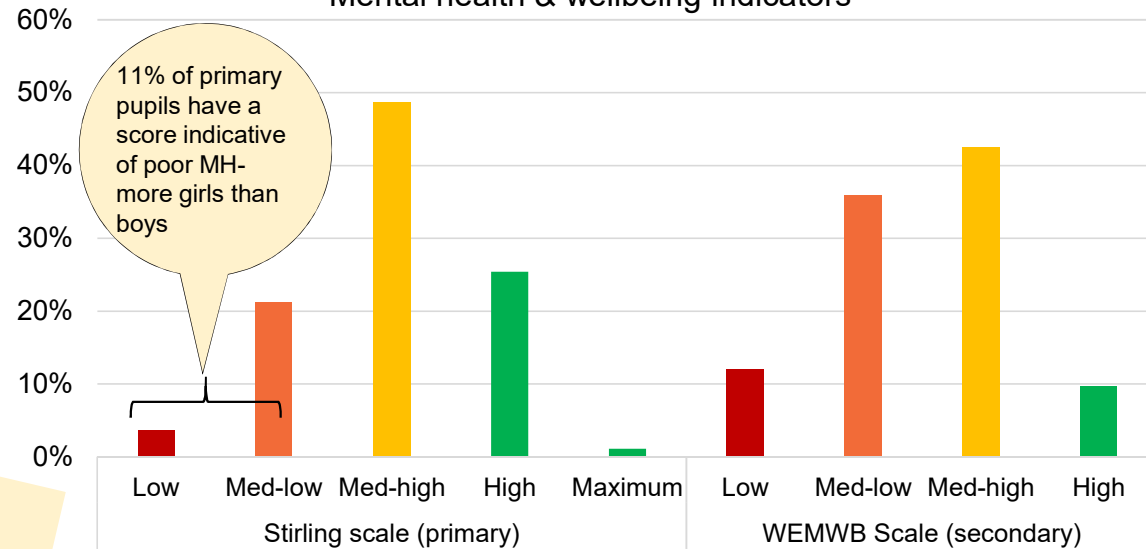


Large minority have low/medium low mental well-being scores – more girls than boys

- **25% of primary pupils** on the Stirling Children's wellbeing scale (20% boys & 28% girls)
- **48% of older pupils** on the Warwick-Edinburgh Mental Wellbeing (WEMBS) scale (34% boys & 55% girls)



Mental health & wellbeing indicators



Seeking help for mental health (asked of older children):

- **26% of secondary** and **38% of FE** said that they or their family have asked for help with their mental health
- More likely amongst certain cohorts - secondary pupils:



- eligible for FSM (20% vs 12% not eligible)
- with SEND (40% vs 25% non-SEND)

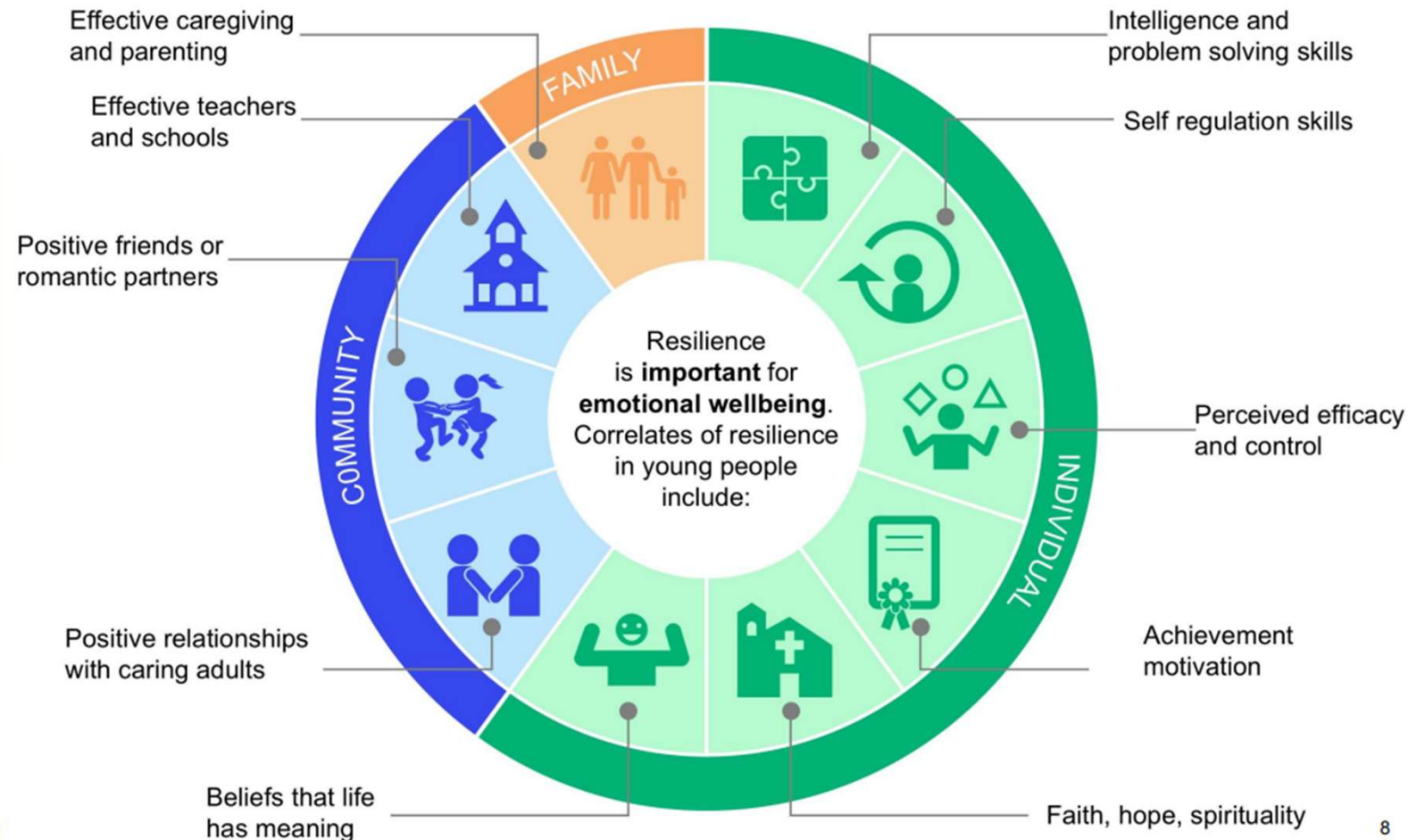
Common worries

- Biggest worries vary by age/sex
 - Primary pupils: Covid-19 (38%)
 - Secondary girls: the way they look (59%)
 - Secondary boys: their future, e.g. home, job (39%)
 - FE: their future (61%), looks (49%), mental health (44%)
- Other key points
 - 'Environment & climate change' and 'Being safe on the road': less likely to worry secondary pupils
 - 'Physical or mental health of a family member': almost one third of all ages
 - Even at primary age, 28% of boys worry about the future and 34% of girls worry about the way they look
 - Note awareness of own mental health at all ages

Worry 'quite a lot' or 'a lot'	Primary	Secondary	FE
Covid-19	38%	17%	17%
Environment & climate change	30%	19%	23%
Being safe on the road	29%	16%	23%
Health of family member	29%	28%	31%
Future, eg home, job	28% (b)	39% (boys)	61% (all)
The way they look	34% (g)	59% (girls)	49% (all)
Own mental health	20%	34%	44%
Sexual harassment		27% (g)	36% (g)

Building resilience (the ability to cope with adversity and adapt to change)

Building resilience is a key protective factor for mental health and promoting resilience in children and young people can have life-long benefits.

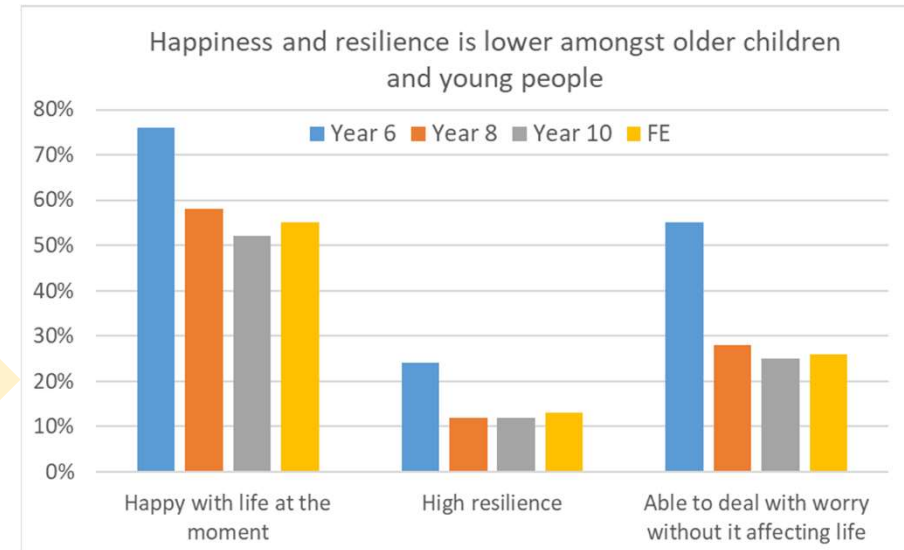


CYP in 2021: resilience and coping strategies

- Majority are 'happy with life at the moment'
 - Highest amongst **primary age** (42% boys / 34% girls **very happy**)
 - Lower amongst
 - older girls (28% Y7+ girls **not happy** vs 10-13% of boys of all ages)
 - secondary pupils with SEND or eligible for FSM
 - those with no trusted adult
- But only **24% of primary** and **13% of secondary & FE** have a high resilience score (based on answers to what they do if something goes wrong or they don't succeed)
- Across multiple indicators emotional well-being and resilience is lower amongst:



- older pupils (Y8+: see chart)
- girls and the small number of older pupils who identify as non-binary
- Y6 pupils who are eligible for FSM or identified as SEND (not so clear for older)



Dealing with problems and things going wrong

- Most common way of dealing with a problem is to talk to someone about it
 - Majority of **Year 6** (63%) and **FE** (57%) pupils
 - Secondary pupils less likely to (45%)
- Although **10% of secondary & FE** say they cut themselves
- The majority learn from something going wrong: **61% Primary** and **57% FE** but **secondary less likely (43%)**



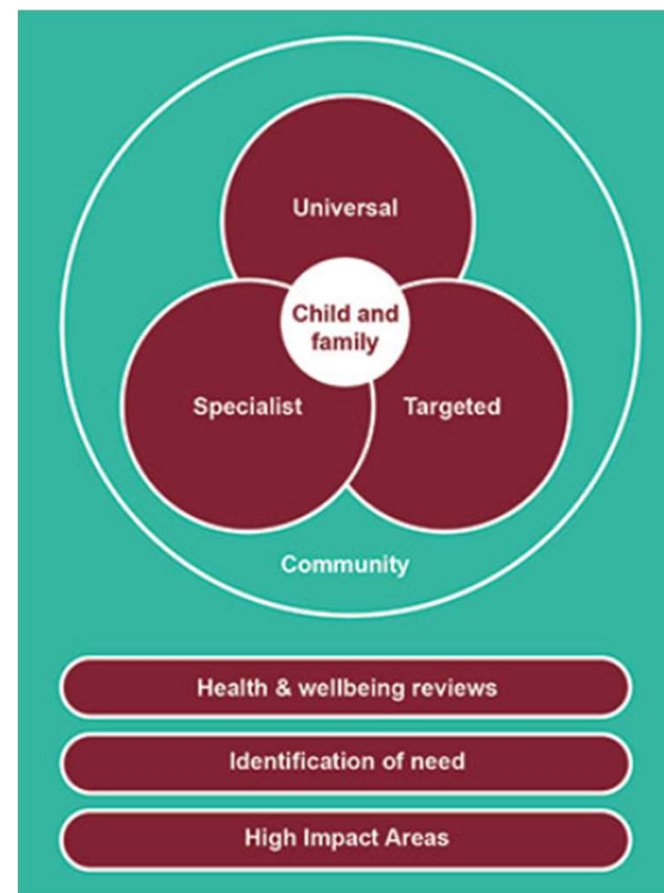
Prevention work and universal offer

Universal offer and prevention

- Lots of activity that is being undertaken by Hfds Council, across the Directorates, that impacts on the protective and risk factors for mental health and wellbeing of CYP
- Pulling out here universal services and prevention programmes that are part of the system:
 - Public Health Nursing programme
 - Solihull programme
 - Talk Community

Public Health Nursing service

- Public health nursing includes health visiting and school nursing and delivers the healthy child programme. It is provided by Wye Valley Trust, and costs ~£2.5m per annum.
- The Healthy Child Programme offers every family an evidence-base programme of interventions, including screening tests, immunisations, developmental reviews, and information and guidance to support parenting and healthy choices.
- Delivery model:
 - Universal in reach
 - Targeted and specialist services
- Current contract ends April 2023 but agreed a one-year extension in order to develop the future service in line with developments of children's services and the Integrated Care System (ICS)



Public Health Nursing service



Health and wellbeing reviews and contacts for 5-24

5-19(24) programme is referral-in service, with appropriate review on referral

High Impact areas

Health visitors lead the Healthy Child Programme 0 to 5 and the 6 early years high impact areas:

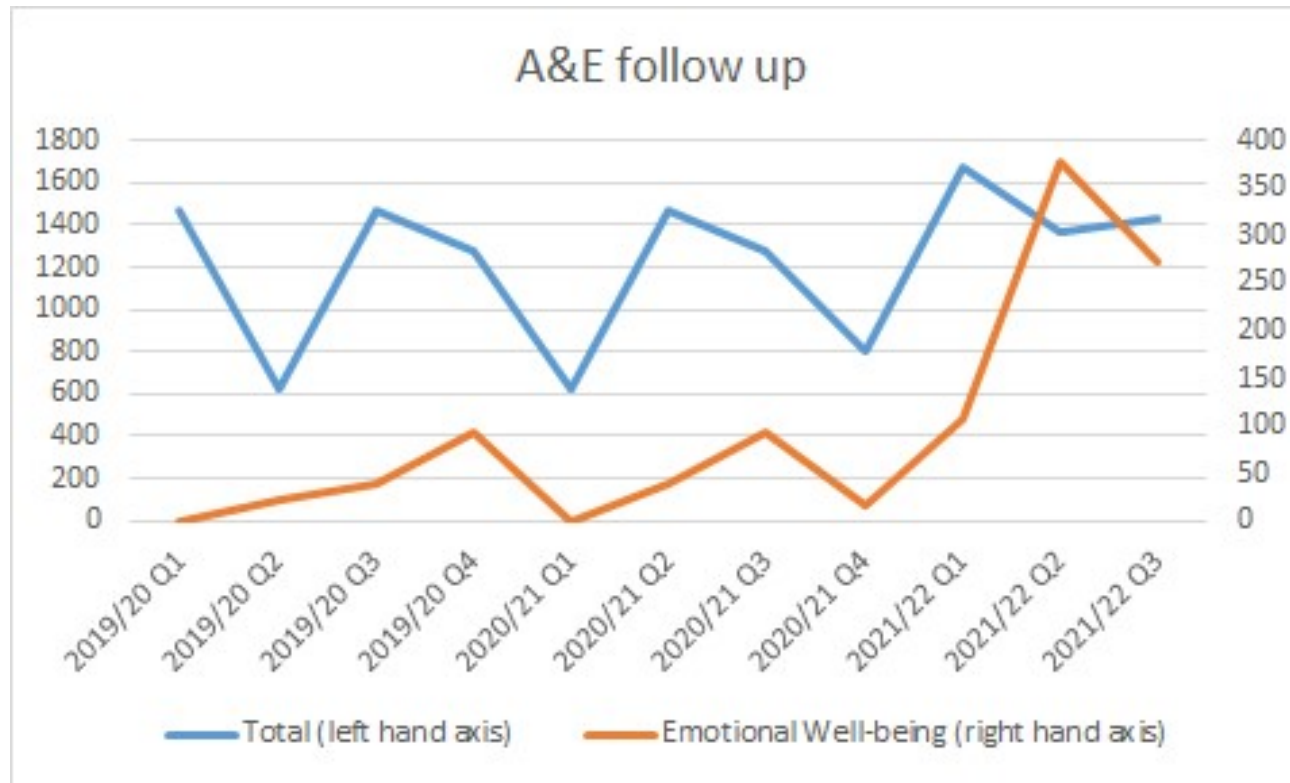
- supporting the transition to parenthood
- **supporting maternal and family mental health**
- supporting breastfeeding
- supporting healthy weight, healthy nutrition
- **improving health literacy**; reducing accidents and minor illnesses
- **supporting health, wellbeing and development: Ready to learn, narrowing the 'word gap'**

School nurses lead the Healthy Child Programme 5 to 19 (up to 25 for SEND) and the 6 school age years high impact areas

- **supporting resilience and wellbeing**
- improving health behaviours and **reducing risk taking**
- supporting **healthy lifestyles**
- supporting **vulnerable young people and improving health inequalities**
- supporting **complex and additional health and wellbeing needs**
- promoting self-care and improving health literacy

Some key PHN service data related to mental health and wellbeing, 2021/22	Q1	Q2	Q3
New birth visit			
- total	392	418	375
- completed	100%	100%	100%
- completed within 14 days	77%	76%	85%
6-8 week review	96%	99%	99%
12 month review (<15 mths)	86%	91%	89%
Perinatal mental health			
- mothers reporting low mood/high anxiety score	172	129	127
- Number requiring referral to specialist service (referred by PHN service)	47	19	31
5-19(25) emotional wellbeing			
- referrals into service for emotional health and wellbeing support	948	664	615
- number of people referred to additional/specialist services e.g. CAMHS, IAPT	25	28	44
Accident prevention – A&E follow up			
- total	1674	1374	1430
- of which, intervention classified as emotional wellbeing	108	379	274
School clinics (drop in clinics, but require booking)			
- total	537	608	894
- of which, emotional wellbeing	525	606	707

PHN: A&E follow up: total number and those for emotional wellbeing

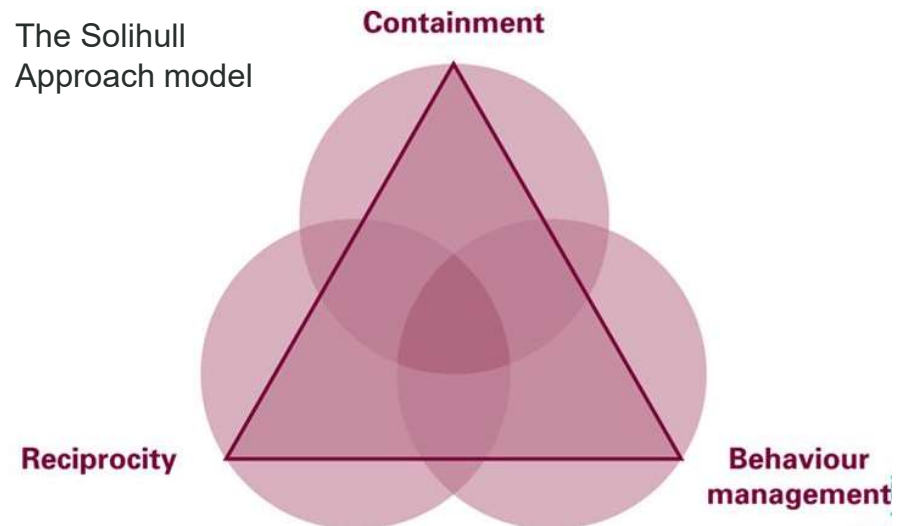


Solihull approach – training programme for professionals and parents/carers

The Solihull Approach helps with **understanding children's behaviour** and **enabling adults to use containment, reciprocity and behaviour management** to improve relationships within the family and support for children and families.

Across the UK and internationally, the Solihull Approach **supports mental health and wellbeing** in parents, children, schools, older adults and high stress workplaces through an **evidence based model** in training, online courses and resources.

The Solihull
Approach model



UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

Solihull approach – the model

Containment

involves **supporting someone to process their emotions, including anxiety and distress**, to help restore an individual's capacity to think clearly. In children, this is a core part of emotion regulation, but it is also key for adults, particularly during times of high stress.c

Reciprocity describes the **sophisticated interactions between a baby and an adult** when both are involved in the initiation, regulation and termination of the interaction process whereby the parent is sensitive to the needs and feelings of the child and responds to the child (and the child also responds to the parents).

Behaviour

management. Once parents identify personal goals and the strategies that will help meet them, **they reflect on their child's behaviour** and their **relationship** with their child.

In Herefordshire

- Professionals:
 - 2 day Foundation training for professionals
 - 3 online training courses for professionals on trauma, attachment and brain development (under the Covid recovery plan)
- Parents/carers:
 - Online training courses for parents/carers. Including: Antenatal course, Understanding you baby, Understanding your child. Understanding your child with special needs, Understanding your teenagers' brain.
 - Facilitated parent Group sessions
 - Information to teenagers through schools and social media - understanding and supporting their mental health
- Training further trainers to continue the Solihull Approach offer in Herefordshire

FREE online courses for parents,

grandparents, carers, foster parents, family members and friends

The courses aim to help you support a child from pregnancy until the age of 18.

Register your details www.inourplace.co.uk and enter the access code: **APPLEHERE**



   [hfdscouncil](https://www.facebook.com/hfdscouncil)

Data and feedback on 2-day Foundation training

- Foundation course runs 5-6 times per year
- 244 trained since 2019 and 65 trained as trainers for parents or professionals.
- 86% find the training highly relevant to their job role.

- Feedback after training:

“The pace of delivery was just right on taking in the info / learning and asking questions. One of the best courses I have done.”

“This course has been very helpful and both trainers have really taken the time to make sure we understand it and can use it in all of our practices. I feel like this has really benefited me and will help with various aspects of both personal and work life.”

“Thank you – very informative and has given me more confidence to deliver this to families.”

Parents and carers: participation since 2019

1454
registered

1575
Courses started

360
Pregnancy

234
Baby

711
Child

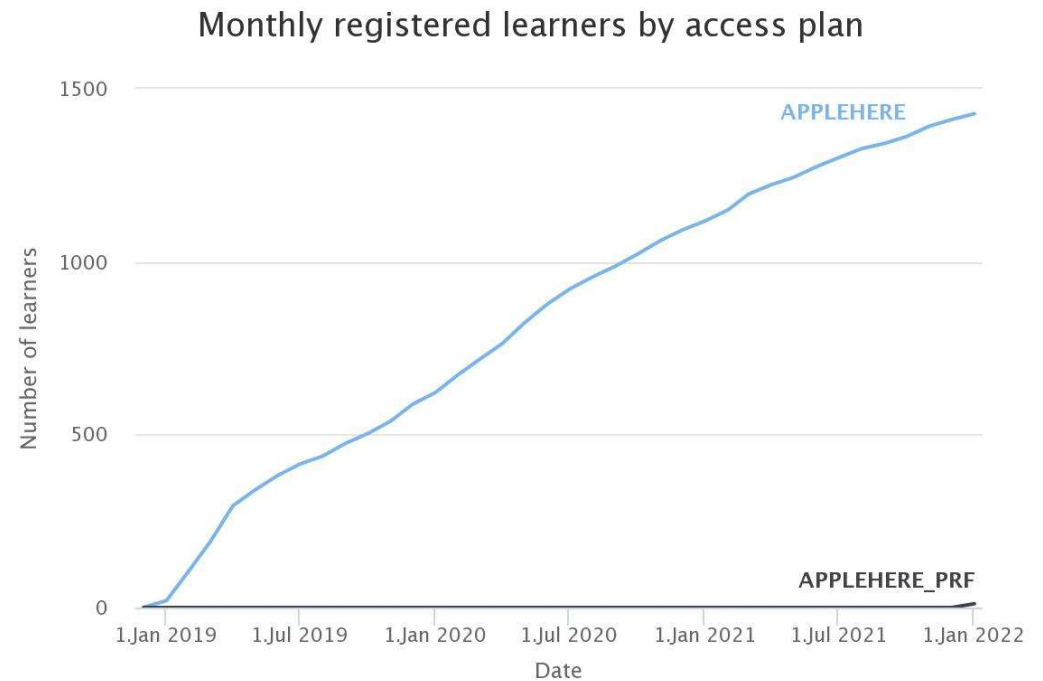
151
Teenager brain

50
Additional
needs

31
Your brain for
teens

23
Child's feelings
(taster course)

15
Mental
health/wellbeing



Course	Helpful	Recommend
Understanding Pregnancy, labour, birth and your baby	97%	93%
Understanding your Baby	87%	89%
Understanding your Child	96%	97%
Understanding your Teenager's brain	96%	96%
Understanding your Brain for teenagers only	100%	100%

Summary of Antenatal Pre and Post Questionnaire responses	Hfds	National
Reported a reduction in anxiety	38%	36%
Reported an increase in closeness to the baby	36%	42%
Reported they smoked	23%	4%
Reported an increase in their intention to stop smoking before the baby is born	11%	3%

Summary of Child Parent Relationship Scale (CPRS) pre and post course measuring parental perceptions of conflict and closeness in the child-parent relationship	Pre	Post
Average Conflict score	21	17
Average Closeness score	29	31



- Universal offer around supporting communities, building networks and connections: e.g. 2,700 children supported via holiday activity fund, debt advice, community grants through the health and wellbeing recovery programme
- Updating Talk Community Directory with local offer on mental health and wellbeing for CYP
- Let's Talk Children and Families survey: 1000 survey responses, 16 community groups – looking at universal, prevention and early help offer for CYP and families – pulling together what this should look (part of Children's transformation and improvement plan)
- Working, together with public health, children's services and other teams, on the development of family hubs (dependent upon government funding)
- On target to deliver over 50 TC hubs which includes an all ages approach

Covid Recovery:

- ✓ Green Spaces Grant of the 24 awarded 12 of them were to enhance play areas
- ✓ 2,700 gym memberships for yrs 11, 12 and 13
- ✓ 900 free swimming lessons and over 5,500 swimming sessions in 2021