

## Children and Young People's Partnership

A meeting of Children and Young People's Partnership was held on Wednesday, 11th November, 2020.

**Present:** Martin Gray (Chairman), Cllr Lisa Evans, Claire Abley, Julia Armstrong, Rhona Bollands, Gill Booth, Sarah Bowman - Abouna, Karen Grundy, Eddy Huntington, Sarah Massiter, Liam Twizell, Simon White, David Willingham

**Officers:** Jane Smith, Sarah Whaley

**Also in attendance:** Kaye Hooker, Lynne Massam, Alice Reid, Mita Saha,

**Apologies:** Joanne Heaney

### **CHP 5/20**      **Declarations of Interest**

There were no declarations of interest.

### **CHP 6/20**      **Minutes of the meeting held on 16 September 2020**

The minutes of the meeting held on 16 September 2020 were confirmed as a correct record.

### **CHP 7/20**      **Children and Young People's Strategy - Resilience Theme**

- o      **Resilience theme – a reminder**
- o      **Child wellbeing – latest thinking**
- o      **Mental health support teams**
- o      **Emotional health and wellbeing – CAMHS transformation update**

Members received a presentation that reflected the Children and Young Peoples Strategy - Resilience Theme. The main areas covered focused on the current situation in terms of the COVID offer, Mental Health Support Teams and CAMHS transformation.

The key features of the presentation included the following;

- Resilience - a sense of self and life skills - the ability to control and self-regulate, think and deal with set backs. Looking at the key principles of this, how to work together to achieve it.
- Emotional Health and well being crisis and it's drivers such as social media and the pressures this posed to young people.
- How self help services could work which would be accessed without assessment, possibly reducing the need for specialist treatments.
- CCG provision had been assessed and compared across the country using five core criteria. NHS South Tees CCG and NHS Hartlepool and Stockton on Tees CCG had been identified as the top two performing CCG's in the Country.
- COVID-19 offer, working together with partners, schools, parents and carers to

improve the offer. Looking into how to speed up the process of re-opening schools to everyone and how to support schools in terms of the whole well being approach.

Members focus then turned to the update presentation which specifically focused on Mental Health Support Teams Wave 1 2019/20 and its partnership approach.

The key features of the presentation included the following;

- The Partnership were reminded where the Mental Health Support Team (MHST) had come from, and that there had been a real collaboration from Government from the beginning.

- The core proposals for transforming children and young peoples mental provision and what that included.

- MHST core functions which included;

Helping schools and colleges provide a positive whole school approach to health and wellbeing

Deliver evidence-based early interventions for mild to moderate mental health and wellbeing needs.

Link between external specialist services.

- Principles of implementation

- The Billingham Education Settings currently accessing MHST services consisted of 13 Primary, 2 Secondary Schools, 1 Sixth Form, 1 Special Academy and 1 Pupil Referral Unit. All were 100% engaged with the MHST.

- MHST Staff structure and how everyone was sharing their experiences, developing systems together and improving children's services

Whole School Approach to Mental Health Awareness,

- Understanding the school setting and looking at culture changes within schools.

- Looking at what provision schools currently had and what was needed.

- Helping to develop school webpages.

- Assemblies had been delivered across schools reaching 3000 children and young people.

- There was an emphasis on CPD training which was developed in collaboration with teaching staff

- Additional resources had been set up to engage with young people such as an Alliance MHST Instagram page and also a Facebook page set up by Alliance.
- Psycho-Education Programmes were currently being delivered remotely due to being COVID hit and pre-recorded programmes were on offer to schools. Due to more flexibility and choice more programmes had been delivered.
- We Eat Elephants programme had been delivered to 160 Children. The emphasis was to skill up teaching staff to enable them to deliver in school.
- Moving on Up transitions programme had been delivered collaboratively with teaching staff to 351 children moving from Year 6 to Year 7.
- Wellbeing Workshop 'Overcoming Uncertainty' had been delivered to 57 Children and Young People. Staff were promoting programmes to teaching staff and also enabling them to make the programme more bespoke to their school setting.
- Staff Wellbeing, 'Reset and Restart' this was a programme aimed to support nominated teaching staff. The Workshop could then be adapted by those teaching staff to take away and deliver to their wider school staff.
- Return Reconnect Refocus was a work programme designed to support students experiencing persistent difficulties in terms of retuning to school. The programme had been developed by trainees.
- Parent led CBT programme which had been delivered remotely and face to face helped parents to learn strategies to help their child overcome anxiety.
- Incredible Years – Therapeutic Parenting Programme was delivered to parents in various ways including; remotely, face to face, through family hubs, via the telephone as well as home coaching. Findings from the Evidence Based feedback had found that some parents felt they were to blame for their child's challenging behaviour or Mental Health issues.
- MHST had so far reached over 3000 children and young people, more than 1000 of these had been from requests received at school during consultation evenings and 465 were accepted referrals into MHST. Over 300 parents had received help and advice enabling them to better help their child.

#### Link between Schools and Specialist Services

- Developing the Pathways model, Emphasis on the education setting and a need to help staff develop their own model.
- In terms of what was making a difference, there had been a lot of working together and feedback from schools in terms of developing the offer and tailoring it to each individual school. Schools had felt a real sense of collaboration.

- There was a real emphasis and shared priority of Children's Health and Wellbeing. MHST Teams had been back into schools since September.
- TEWV and Alliance were two organisations providing one MHST. Shared leadership and seconded staff meant a true collaboration in partnership working.
- Stockton LA – Early Help, monthly meetings had been established with Billingham Early Help Lead Jane Williams and MHST's school cluster leads, exploring key themes around mental health and wellbeing education.
- Great working relationships had been established with Harrogate Trust – Emotional Wellbeing Service, looking at various challenges and also engagement with the Pupil Referral Unit.
- There had been collaboration with the Headteacher of High Clarence Primary School to incorporate the PHE 8 key principals.
- Positive feedback was shared with the partnership, from Bede sixth Form had given and also Wynyard Primary School.
- Due to COVID-19 this year had been challenging.
- There was a brand-new team which needed to be fully operational by January 2021 and as it stood currently due to new ways of working the MHST Team were able to deliver more than first anticipated, improving Children and Young Peoples Mental Health and Wellbeing.

#### Whole Pathway Commissioning Next Steps

- Much work and offers were in the pipeline.
- Looking at how all involved could work better together and connect with the whole system and how to accelerate the project.
- The Partnership looked at a picture which showed how people articulated what was on offer, how they felt about being part of a community especially now, when they couldn't meet up as normal, with the end result that eventually all feelings led to feeling empowered.
- There were many sessions scheduled to enable acceleration of what was trying to be achieved.
- Session 1 – recommitting to the vision. Overview of the iThrive model and decision to adopt
- Session 2 – Integration: what does this look like and how do we get there?
- Session 3 – Prevention and Early Intervention: Investment and Shifting Resource

- In terms of Children and Families design principles, this was looked at in terms of how this would sit in the broader setting. Looking at what other services were doing and adopting a universal approach. Focusing on child development, emotional and cognitive behaviours. Preventing duplication of resources and ensuring value for money.

- The Partnership explored the Draft Overarching Outcomes of the Children and Families Wellbeing model, and would look to compare with other services outcomes to help identify if thoughts across those services were heading in the same direction. The focus would be on families coming together and reconfiguring.

## Discussion

It was highlighted that the MHST offer was focused on the Billingham area due to the funding bid being for that area specifically. There could be future waves to bid for which could include other areas within the borough, though this was not guaranteed. It was felt the approach for the initial bid was the right approach. There was funding for an additional Children's Health and Wellbeing Practitioner, which could be looked at in terms of what they could offer in areas where MHST was not available.

The Partnership discussed the sharing of key information with all Schools across the Borough which could be implemented by staff to help with children and young people's mental health issues. It was suggested that a representative from the MHST attend an up and coming meeting of Secondary Headteachers to discuss further.

Discussion was had in terms of any differences encountered between Stockton and Hartlepool Schools in terms of the MHST's offer.

The Partnership acknowledged how well partners were working together, adopting good practice and the need for this to carry on going forward.

The next meeting of the Children and Young People Partnership was 21st January 2021 which would look at the relationship theme.

RESOLVED that the presentations and discussions be noted and actioned where appropriate.

**CHP  
8/20**

## **Forward Plan**

The Forward Plan was noted.