

People Select Committee

A meeting of People Select Committee was held on Monday, 16th January, 2017.

Present: Cllr Mrs Jean O'Donnell(Chairman), Cllr Eileen Johnson(Vice-Chairman), Cllr Sonia Bailey, Cllr Elsi Hampton, Cllr Di Hewitt, Cllr Stefan Houghton, Cllr Barbara Inman, Cllr Mrs Sylvia Walmsley

Officers: Peter Acheson, Jane Smith, Julie Nixon, Peter Mennear, Jenna McDonald (SBC)

Also in attendance:

Apologies: Cllr Kevin Faulks

PEO 54/16 **Declarations of Interest**

There were no declarations of interest.

PEO 55/16 **Scrutiny Review of Mental Health and Emotional Wellbeing of Children and Young People**

Members were presented with information on the Scrutiny Review of Mental Health and Emotional Wellbeing of Children and Young People.

Key points were highlighted as follows:

Self-harm was important for a number of reasons including:

1. It could be an indication of underlying difficulties
2. It could be a predictor of future problems
3. It was often repeated
4. There were higher risks of future serious harm
5. It was important to tackle to reduce future risk

- Some results suggested that as many as 10% of young people had self-harmed at some point in the past.

- A survey of 15-16 year olds revealed that 6.9% overall had self-harmed in the past year. This was 11.2% of girls and 3.2% of boys and therefore overall, was a common problem.

Hospital admissions for self-harm in Stockton-on-Tees were considerably higher than the average for England. The hospital admission rates for self-harm locally were much higher in the teenage years and especially for girls.

Members noted that self harm included:

- Any type of self-poisoning or self-injury
- Cutting/scratching
- Burning
- Scalding
- Hair pulling

- Ingesting toxic substances or objects

Members heard that suggestions to improve the mental health and emotional wellbeing of children going forward included:

- Training on self-harm issues for frontline workers
 - Support for 'low level' self-harm
 - Support for families and friends of those who self-harm
 - Views of young people and use of technology
 - Proper assessments for those who self-harm
- Improving collection of numbers on self-harm locally

AGREED that the information be noted.

**PEO
56/16** **Work Programme**

Consideration was given to the work programme 2016-17.

AGREED that the work programme be noted.

**PEO
57/16** **Chair's Update**

The Chair provided no update.