

APPENDIX 1

Progress Update – Review of Mental Health and Wellbeing including Suicide and Self Harm

SCRUTINY MONITORING – PROGRESS UPDATE	
Review:	Mental Health and Wellbeing including Suicide and Self Harm
Link Officer/s:	Jane Smith
Action Plan Agreed:	September 2018

Updates on the progress of actions in relation to agreed recommendations from previous scrutiny reviews are required approximately 12 months after the relevant Select Committee has agreed the Action Plan. Progress updates must be detailed, evidencing what has taken place regarding each recommendation – a grade assessing progress should then be given (see end of document for grading explanation).

SBC

Recommendation 1:	Lobby government for increased mental health funding as a percentage of the total NHS budget, with more targeted towards universal services and lower-level support.
Responsibility:	SBC
Date:	October 2018
Agreed Action:	Letter to be sent from the Leader of the Council to Department of Health to reinforce the importance of increased funding for mental health services with increased emphasis on primary and secondary prevention.
Agreed Success Measure:	Letter sent and response received.
Evidence of Progress:	Letter to be drafted by Integrated Mental Health steering group for approval by the Leader's office.
Assessment of Progress: (include explanation if required)	3
	Slipped

Recommendation 2:	Adopt the Prevention Concordat for Better Mental Health, and encourage other local stakeholder organisations to also commit to this.
Responsibility:	SBC Public Health
Date:	July 2019
Agreed Action:	Review of the Concordat to ensure the Council meets its principles. Report to be presented to CMT in January / February 2019.

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	Consideration to be given to placing the concordat as an item for discussion at a future Health and Wellbeing Board.
Agreed Success Measure:	The principles of the prevention concordat are adopted by SBC. Discussion held at Health and Wellbeing Board.
Evidence of Progress:	Since September 2018, Stockton’s Health and Wellbeing Board has provided leadership to further developmental activity on children and young people’s emotional health and wellbeing. This has resulted in the development of a compact between SBC, HaST CCG, North Tees and Hartlepool Foundation Trust, Tees and Esk Wear Valley Trust, Harrogate and District Foundation Trust, Hartlepool Borough Council and Catalyst which incorporates the principles of the prevention concordat including a focus on prevention of mental health problems and on promoting good mental health, shifting resources towards prevention based interventions, working collaboratively across organisational boundaries and disciplines, and building capacity and capability within the workforce to promote good mental health and identify mental health problems as early as possible. A report detailing progress with the compact will be presented to Health and Wellbeing Board in September 2019.
Assessment of Progress: (include explanation if required)	2- On track

Recommendation 3:	Ensure that existing service directories contain up-to-date and accurate information on local and national sources of support and the promotion of good mental health.
Responsibility:	SBC Children’s Services Early Help team SBC Communications and Public Health
Date:	December 2018
Agreed Action:	Further development of the Stockton Information Directory (SID) online directory with regular review to ensure information is up to date and accurate. Review of mental health service information currently provided on SBC website to ensure it is up to date and accurate.
Agreed Success Measure:	Improved quality of information accessible to children, young people, families and professionals on service directories.
Evidence of Progress:	Stockton Information Directory is reviewed regularly to ensure that information is up to date and accurate. Organisations included within the directory are contacted to review their content to ensure it accurately reflects their service offer. Responsibility for the public facing aspects of the directory will transfer to SBC Consultation, Communications & Engagement Team from 1st October 2019.
Assessment of Progress: (include explanation if required)	1- Fully achieved.

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Recommendation 4:	Arrange for the recommendations from this scrutiny review report to be shared with the Adult Social Care and Health Select Committee.
Responsibility:	SBC Scrutiny
Date:	December 2018
Agreed Action:	Recommendations to be tabled at forthcoming Adult Social Care and Health Select Committee.
Agreed Success Measure:	Recommendations shared and noted.
Evidence of Progress:	Recommendations shared and noted at ASCH Select Committee on 30 August 2018.
Assessment of Progress: (include explanation if required)	1 - Fully Achieved

Health and Wellbeing

Recommendation 5:	HaST CCG, Public Health and Catalyst (the strategic infrastructure organisation for the Borough committed to providing an effective voice, representation and support for the voluntary, community and social enterprise sector) work together to facilitate co-operation between Voluntary Sector providers of mental health services.
Responsibility:	HaST CCG, SBC Public Health and Catalyst
Date:	December 2018
Agreed Action:	Catalyst, HaST CCG and SBC Public Health to promote the integrated mental health strategy to the VCSE Health and Wellbeing Forum to help identify areas for joint working and cooperation. Catalyst to work with the VCSE volunteers forum to dedicate a future forum meeting to support for mental health and wellbeing and the positive impact of volunteering
Agreed Success Measure:	Regular and improved communication between voluntary sector providers of mental health services.
Evidence of Progress:	Catalyst, HaST CCG and SBC Public Health have promoted the integrated mental health strategy to the VCSE Health and Wellbeing Forum and held a dedicated workshop session on 1 st March 2019 to identify joint working opportunities, areas of common interest, gaps in current service provision and potential opportunities to cooperate across the VCSE sector. Information is distributed through the Health and Wellbeing newsletter and Catalyst is exploring the viability of a separate mental health forum with it's partners. Catalyst worked closely with the VCSE volunteers forum to plan and deliver a forum meeting dedicated to promoting understanding and awareness of mental health and wellbeing.
Assessment of Progress: (include explanation if required)	1 – Fully achieved

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Recommendation 6:	HaST CCG and Public Health use existing communication channels (e.g. Time Out sessions) to increase GP practice staff awareness of local mental health services in addition to those offered by TEWV CAMHS.
Responsibility:	HaST CCG, SBC Public Health
Date:	July 2019
Agreed Action:	HaST CCG and SBC Public Health to deliver 1 Time Out session for GP practice staff. HaST CCG and SBC Public Health to ensure that service information is re-circulated to all GP practices including a link to Stockton Information Directory.
Agreed Success Measure:	Time Out session delivered with positive feedback received.
Evidence of Progress:	Time out session has been requested to update practice staff on local mental health services. Service information and details of the Stockton Information Directory have been circulated to all GP practices.
Assessment of Progress: (include explanation if required)	2 – On track

Recommendation 7:	HaST CCG provide an update to the People Select Committee on the progress, and any subsequent outcomes, of the CAMHS service review to enable the impact on wider children and young people's services to be understood.
Responsibility:	HaST CCG
Date:	March 2019
Agreed Action:	An update report to be requested from HAST CCG.
Agreed Success Measure:	Update is received by People Select Committee. Outcome of CAMHS service review is reported.
Evidence of Progress:	A review of core CAMHS was undertaken but it became apparent that reviewing specialist services in isolation did not give the whole picture of the current CYP Mental Health Pathways. There was an understanding that to enable system transformation, wider work needed to be undertaken. Therefore to a degree the CAMHS review has been superseded by the wider multi-agency planning workshops and the Whole Specialist CAMHS Pathway Commissioning pilot which TEWV are leading. The Workshops have identified 5 key areas of work which are to be taken forward through multi agency task & finish groups; Communication, workforce, Pooling resources, Family work and MDT approach.
Assessment of Progress: (include explanation if required)	2 – On track

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Recommendation 8:	The development of a panel to plan for the transition of children and young people from CAMHS to Adult Mental Health Services be endorsed, and the People Select Committee receive an update from TEWV following initial roll-out.
Responsibility:	TEWV
Date:	December 2018
Agreed Action:	An update report to be requested from TEWV.
Agreed Success Measure:	Update is received by People Select Committee. Impact of transition planning panel is shared.
Evidence of Progress:	TBC
Assessment of Progress: (include explanation if required)	

Education

Recommendation 9:	Every local school and college be strongly encouraged to have a designated lead in mental health in advance of the government target of 2025.
Responsibility:	SBC Education Improvement Service
Date:	August 2019
Agreed Action:	Education Improvement Service to utilise existing communication routes (eg. School Safeguarding Forum, Education Matters and one to one contact) throughout the 2018/19 academic year to encourage schools and colleges to designate a lead for mental health.
Agreed Success Measure:	Designated leads for mental health confirmed by schools and colleges.
Evidence of Progress:	<p>Secondary schools</p> <p>Further student surveys were undertaken in 2018 and review meetings have taken place over the last 3-4 months with secondary school mental health leads to focus on individual school needs. Schools have action plans in place and all of our secondary provision now have nominated leads for emotional/mental health and well-being. Further work is required to embed this (in terms of increasing both capacity and capability) in 2019/20.</p> <p>The above work will be further supplemented by the NHS England Trailblazer programme, as it is rolled out across Stockton-On-Tees. Note we have been approved as a NHS Trailblazer site for 2019/20 and we will be working with Billingham Schools on this exciting and innovative work to develop Mental Health Support Teams. (MHSTs). [cont]</p>

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	<p>MHSTs will develop models of early intervention with children on mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or friendship issues, as well as providing help to staff within a school and college setting. The teams will act as a link with local children and young people’s mental health services and will be supervised by NHS staff.</p> <p>Primary Schools</p> <p>2017/18 saw the development of a learning programme (similar to that piloted in secondary schools previously) to develop school champions/emotional health leads. 38 schools out of 60 took part and these schools have developed action plans in light of learning. Other primary schools have also showed some interest in this programme or have developed emotional health/mental health knowledge and skills from other external sources.</p> <p>To supplement the learning and to promote further sharing of knowledge, the Education Improvement Service will deliver secondary and primary Personal Development Networks on the theme of emotional/mental health & well-being. (see recommendation 11 below for further details).</p>
<p>Assessment of Progress: (include explanation if required)</p>	<p>2- On track</p>

Recommendation 10:	Further work be undertaken to understand the level of spend by schools on counselling and therapeutic services, as part of the Future in Mind transformation programme.
Responsibility:	SBC Integrated Strategy team, HAST CCG
Date:	October 2018
Agreed Action:	<p>Each primary and secondary school to be contacted to request an overview of spend on counselling and therapeutic services.</p> <p>Analysis of information provided by schools to be undertaken to develop a borough wide understanding of additional school spend outside of SBC/CCG commissioned services.</p> <p>Consideration to be given to joint commissioning opportunities.</p>
Agreed Success Measure:	Clear understanding of school spend on counselling and therapeutic services.
Evidence of Progress:	<p>The request for information was undertaken in February 2019. However only a small number of schools replied to the initial request. One of the goals was to see the level of variance on spend and the range interventions purchased.</p> <p>A number of schools made it clear that the level of spend did not reflect pupil need but simply the level of available resource. [cont.]</p>

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	<p>Services bought included counselling; Cognitive Behavioural Therapy; Theraplay; Yoga and Mindfulness; specific support for vulnerable pupils and pupil nurturing including social speaking groups.</p> <p>Spend varied from fixed counselling sessions at £50 through to termly costs from £576 to £3,500 through to larger contractual investments up to £14,000 per annum.</p> <p>Further discussions are taking place with HaST CCG as to whether any further attempt to gather information is required as part of the Future in Mind plan for 2019/20.</p>
<p>Assessment of Progress: (include explanation if required)</p>	<p>1 – Fully achieved.</p>

Recommendation 11:	Good practice on mental health promotion and support be shared across and between educational establishments, including the learning from the recent secondary school emotional health and wellbeing pilot programme.
Responsibility:	SBC Education Improvement Service
Date:	December 2018
Agreed Action:	<p>Overview of the secondary schools emotional health and wellbeing pilot programme and lessons learned to be shared at school safeguarding forum.</p> <p>Consideration to be given to mental health/emotional health and wellbeing becoming a standard agenda item on the school safeguarding forum agenda.</p>
Agreed Success Measure:	Good practice information shared across schools and colleges with mechanism to share ongoing learning identified.
Evidence of Progress:	<p>The Education Improvement Service is to provide Personal Development Networks (PDN's) around emotional health and well-being for both primary and secondary schools for 2019/20. The first learning sessions are planned for 18 October 2018 and there will be 6 sessions for primary and 6 for secondary throughout the academic year.</p> <p>This will be aimed at the middle leadership tier who are responsible for the improvement of health & well-being within their schools. The aim is to enhance their self-awareness, knowledge, skills and behaviours so that they are best placed to influence the resilience and well-being of those children and families that they support.</p> <p>The focus for the practical based learning activity and improvement will be through the family hubs as this provides a focal point to bring together other core elements of service for physical and emotional health needs as well as wider family and carer support. Partnership working will be strengthened.</p> <p style="text-align: right;">[cont.]</p>

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	<p>The Link Programme is a major national initiative, led by the Anna Freud National Centre and funded by the Department for Education that will be rolled out over four years starting from September 2019 to all schools and colleges in England. The programme has a simple aim: to bring together local education and mental health professionals so that more children and young people get the help and support they need, when they need it.</p> <p>Stockton-On-Tees has been successful in being an early adopter of this programme and we have invited all schools and colleges across Stockton on Tees to take part in this programme. Mental Health Leads from participating schools and colleges will attend two day-long workshops alongside Mental Health Professionals to facilitate joint working and share best practice.</p> <p>The first learning cohort (of 20 -25 schools) will commence on the 01 October 2019.</p>
Assessment of Progress: (include explanation if required)	2 – On track

Recommendation 12:	Results of the ongoing Safeguarding Pupil Survey 2018 be fed back to the People Select Committee, including comparisons to the 2016 survey results.
Responsibility:	SBC Education Improvement Service
Date:	March 2019
Agreed Action:	An update report/presentation to be requested from SBC Education Improvement Service.
Agreed Success Measure:	Update is received by People Select Committee.
Evidence of Progress:	The Schools & Students Health Education Unit survey was completed in 2018 as planned. A communications plan has been produced that shows progress/change from the 2016 figures and a presentation has been prepared for the People Select Committee. Note comments under Recommendation 9 around on going work with secondary schools on the individual school results.
Assessment of Progress: (include explanation if required)	1 – Fully achieved

Assessment of Progress Gradings:	1 Fully Achieved	2 On-Track	3 Slipped	4 Not Achieved
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