

Response, Restart and Recovery
***Kent Public Health Children and Young
People's Services***

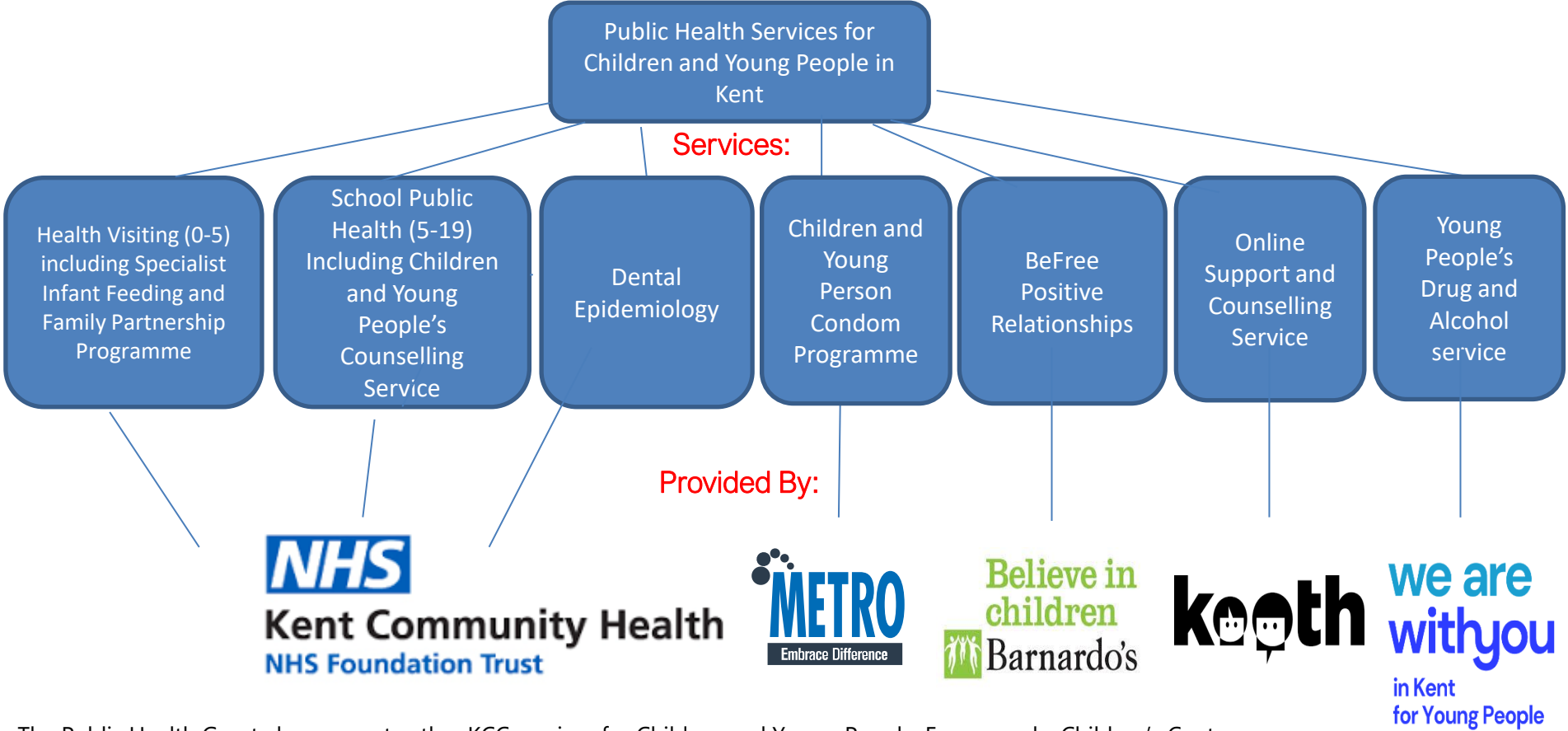
10th March 2021

Public Health Children and Young People's Services

- KCC are committed to supporting and empowering communities so that Kent's Children and Young People can have the best start in life and live well.
- Local authorities are responsible for commissioning the Healthy Child Programme (0-19). The Healthy Child Programme focuses on a universal preventative service, providing families with a programme of screening, health and development reviews, and advice around health, wellbeing and parenting. Within this:
 - Local authorities are required to commission five universal health visiting checks for families. These visits originally became mandatory when the commissioning of the Healthy Child Programme transferred from the NHS to local authorities in Oct 2015.
 - Local authorities have a statutory responsibility for delivering the National Child Measurement Programme
 - KCC have a responsibility for improving the health of the population and reducing health inequalities. KCC therefore funds a number of preventative services and interventions that help young people and families make and sustain healthy lifestyle choices.
- Services are delivered by KCHFT, We are With You, Metro, Kooth and Barnardo's, through a combination of face to face and virtual methods, which increase access and provide flexibility.
- These slides provide a summary of the impact of Coronavirus, response of services and priority actions needed to support recovery.



Visual of Public Health Services for Children and Young People in Kent



The Public Health Grant also supports other KCC services for Children and Young People, For example, Children's Centres.

Impact of COVID

National Guidance & Service Impact

NHS England, COVID-19 prioritisation within community health services

- Staff repatriation to aid NHS services and priorities (April to August 2020 and January 2021 onwards).
- Rapid shift to online delivery with an increase of virtual consultations for individual and group sessions.
- School Health: Service delivery in schools suspended including the National Child Measurement Programme (NCMP) and school entry hearing and vision screening. Some staff redeployed to support immunisation service - childhood flu programme (autumn)
- Suspended or increased wait times for CCG commissioned services impact on pathways e.g. Frenulotomy, Audiology, Ophthalmology.

Institute of Health Visiting, Delivering the Health Visitor Healthy Child Programme during the COVID-19 pandemic.

- All development check clinics, Family Partnership Programme recruitment, baby clinics and parenting sessions temporarily suspended. Face to face contacts offered to vulnerable families, for specialist infant feeding support and for bookable triaged clinic appointments. All other contacts made by video contact or telephone.
- All mandated contacts were re-established in June 2020 with new birth contacts delivered universally face to face. Recruitment for FPP commenced in August 2020.

Service Activity and Trends

- Increased calls to Health Visitor duty lines and increased referrals to Specialist Infant Feeding service.
- Fluctuating demand for services – referrals have increased when schools are fully open and decreased at other times. For example, referrals to the Children and Young People Counselling service have reduced by 25% from April –October 2020, compared to the same period in 2019
- Reduction in referrals for a number of packages of care (school health) and interventions (substance misuse, positive relationships)
- Increased support for schools – refocusing on Whole School Approach and Resilient School quality mark rollout
- Increased emotional wellbeing needs. There has been an increase in referrals for anxiety and ASD/Neurological disorder related issues and an increase in trauma and self harm/ suicidal thoughts as presenting issues.
- Communication priorities re-focused- support for parenting/ frequently asked questions, emotional wellbeing, safety in the home

Impact of COVID - CYP Emotional Wellbeing/Mental Health

CYP emotional wellbeing and mental health during the COVID-19 pandemic and how we know it?

Primary school age (5 to 10 year olds), 14.4% had a probable mental disorder in 2020, an increase from 9.4% in 2017. This increase was evident in boys, with the rate rising from 11.5% in 2017 to 17.9% in 2020 (NHSD, 2020)

Secondary age children (11-16 years old), 17.6% were identified with a probable mental disorder in 2020, an increase from 12.6% in 2017. The increase was not found to be statistically significant for boys or girls. There was no statistically significant difference for those who identify as BAME or those who live in deprived neighbourhoods (NHSD, 2020)

Young adults (17 to 22 years); 27.2% of young women and 13.3% of young men were identified as having a probable mental disorder (NHSD 2020).

Reference – The NHS Digital [Survey](#)

Response and Restart

Collaboration between Public Health, service providers, Integrated Children's' Services and the CCG has provided an effective mechanism to respond rapidly to COVID-19 to implement a number of revised service models to manage demand and ensure safe access to services.

Increased partnership working to support our most vulnerable families at a time of reduced face to face contacts



- Consistent call to action for families and professionals via duty lines
- Shared workforces e.g. Early Help Workers and One You Kent Advisors supporting Health Visiting Service.
- Flexible service offers and session times e.g. targeted relationships delivering two shorter sessions a week
- Regular communications between services e.g. HV and maternity
- Improved and streamlined communications to families e.g. “crisis cards”
- Promoting hardship funding to support families in crisis with food vouchers and/ or utility bills
- Regular thematic meetings and an integrated Children and Young People’s health services dashboard have supported identification of trends across the system and a co-ordinated response e.g. Schools Protocol

Extended service delivery to support increased emotional wellbeing needs and fluctuating demand for services



- **HEALTH VISITING:** Promotion of Silvercloud, online guided self help programmes to manage stress, anxiety and depression – focusing on maternal mood
- **ONLINE COUNSELLING:** Extension to Kooth online counselling to create a countywide service. Transfer and further extend with CCG.
- **SCHOOL HEALTH:** Interim bereavement service. CCG funding secured for procurement of a specialist Bereavement Service.
- Launch of Wellbeing for Education Return, a national DfE funded training programme, designed to equip education settings to support wellbeing, resilience and recovery in the context of Covid-19.
- Increased focus on roll out of the Whole School Approach – 242 schools have now registered for Kent Resilience Toolkit
- Creation of School Resource Hub for school staff training – viewed by 344 users by January 2021.
- New consultation line for the CYP Single Point of Access with freephone number

Response and Restart

Additional support to minimise the impact of delayed identification of need as a result of reduction in referrals and delayed health screening



- Online Parenting Programmes (Solihull) – 4 programmes from preconception to age 18
- Improved digital access - increased access and choice
- Services campaign and promotion e.g. We are still here campaign and Draw your Own Solution campaign.
- **HEALTH VISITING:** Catch up of HV development checks` - 14,000 delayed contacts completed between June and December 2020.
- **SCHOOL HEALTH:** Targeted Hearing and Vision “catch up” screening programme offered. Proactive communications to schools and parents to support the identification of identifying hearing and vision concerns.
- Partnerships support to increase uptake of online school entry health assessments for Reception parents in autumn 2020 (41%)
- Contribution to return to school guidance to support school identification of needs and further promote services.

Increasing access to services equitably



- The move to using digital technologies has increased access for some and standardised and streamlined approaches. Service access is not limited by geography e.g. youth services, baby hubs.
- **HEALTH VISITING:** Live social media sessions and video production e.g. Lactation Consultant Live
- Sharing of assets - e.g. Midwifery and Health Visitors key holding for and utilising closed Children’s Centres for delivery.
- Bookable face to face clinic appointments (triaged)
- Launch of remodelled Born to Move app
- Digital Inclusion Pilots – 250 devices will be loaned for three months to eligible users as identified at HV antenatal contact.
- **SCHOOL HEALTH:** CYPCS offering young people the choice of F2F or virtual

Response and Restart - Example of Adapting to Support - Parenting Programme

Established and promoted free online Parenting Programmes (Solihull) – four programmes from preconception to age 18.



It is recommended that, if possible, the baby should have skin to skin contact with the mother for at least an hour after birth and until the first feed.

1. **Understanding pregnancy, labour, birth and your baby**
2. **Understanding your baby**
3. **Understanding your child**
4. **Understanding your teenager's brain**

Courses are available at www.inourplace.co.uk, using the access code Invicta, to register for a free account.

This module will be about:

- 1. Getting to know your baby in the womb, and beginning the relationship.
- 2. Understanding how your baby is developing, and what they are experiencing in the womb.
- 3. Knowing about how your baby's brain develops.
- 4. Understanding the positions of the baby in the womb, now, and in labour.

Watch later Share

Response and Restart - Example of Increased Support for Emotional Wellbeing and Mental Health

Crisis Cards

Children's Mental Health Services
www.kent.gov.uk/wellbeingfamilies
www.moodspark.org.uk

NHS
NELFT NHS
NHS Foundation Trust
Kent Children and Young People's Single Point of Access
Concerned about a young person's mental health? Not sure what help is needed? Call the Single Point of Access (SPA)
0800 011 3474

kooth
For children aged 10-16 in need of mental health support, including online counselling
www.kooth.com

togetherall
Get support. Take control. Feel better.
For young people aged 16-18 in need of mental health support, including online counselling
www.togetherall.co.uk

Believe in children
Barnardo's
For girls aged 10 to 16 at risk of experiencing unhealthy or abusive relationships, or for their concerned parents
www.barnardos.org.uk/what-we-do/services/befree-positive-relationships

Kent Community Health
NHS Foundation Trust
Children and Young People's Counselling Service
For children aged 4-19 struggling with their emotional health
0800 011 3474
www.kentch.nhs.uk/school-health

Published January 2021

- Supported by Kooth, Kent FA have committed to training 50 Mental Health Champions across their clubs and leagues.
- Kooth's training will help the Champions develop the skills needed to recognise the tell-tale signs and symptoms of someone struggling with a mental health condition and signpost them to professional support; as well as promote positive/resilience behaviours that can help prevent mental health problems from occurring in the first place.
- Luke Baker, Football Development Officer for Youth Football in Kent, said: *"We are delighted to team up with Kooth to launch the biggest Mental Health project of any County FA in the country. With the potential to reach around 40,000 young people this is a pioneering programme that aims to ensure every young person in Kent Football is aware of the support available with their mental health."*

kooth



Children and Young People Services – Future Priorities for Recovery

Building on innovation and lessons learnt from the Covid-19 response

- Finalise evaluation of new ways of working to ensure the service meets the needs of service users, delivers mandated requirements and offers choice.
- Continue to embed co-production and quality improvement methodology into service development and delivery.
- Review and further enhance digital presence to provide more flexible access to support and services, where it is safe to do so.
- Undertake a review of school entry hearing screening.

Phased recovery of services

- Finalise estate usage to enable increase in face to face sessions.
- Support the re-establishment of diagnosis and treatment pathways e.g. frenulotomy
- Increase support for schools and presence in schools
- Deliver targeted hearing screening for 2019/20 and 2020/21 cohort and universal vision screening for the 2020/21 cohort from April 2021 as schools reopen and to support pressures in specialist services
- Support a sustainable workforce and support them to adjust to new ways of working

Service enhancements

- Procurement of Children and Young People's Specialist Bereavement Service for under 25s funded by CCGs
- Extend online counselling (Kooth) to 10-25 year olds and finalise transfer of contract to CCG.
- Countywide roll out of Integrated Review at two, responding to the SEND inspection.
- Countywide roll out of Whole School Approach including sustaining the Headstart Resilience Hub and Moodspark platforms.

Service User Quotes

'Your team are providing a wonderful service to schools at a time when we need all the help we can get in implementing a whole school approach to Mental Health and Wellbeing.'

'The parent videos on the website look great. I have forwarded the link to our FLO to share with parents. Thank you for these valuable resources.'

'How amazing my HV was. Supported me, guided me and reassured me through it all so grateful I had such a wonderful lady during the pandemic.'