

From: Graham Gibbens, Cabinet Member for Adult Social Care and Public Health

Andrew Scott-Clark, Director of Public Health

To: Children's Social Care and Health Cabinet Committee

Date: 22nd March 2016

Subject: Emotional Health and Wellbeing – Public Health Commissioned Services

Classification: Unrestricted

Previous Pathway: Children's Social Care and Health Cabinet Committee, September 2015.

Future Pathway: Children's Social Care and Health Cabinet Committee

Electoral Division: All

Summary: This paper gives an overview of the work undertaken to date regarding the planned re-commissioning of school based universal and targeted emotional health and wellbeing services.

Recommendations: Members are asked to consider and comment on the service proposed for universal and targeted emotional health and wellbeing.

1. Introduction

1.1. This paper provides an overview of the universal and targeted emotional health and wellbeing services for school aged children which will be commissioned by KCC Public Health.

2. Background

2.1. Kent's Emotional Health and Wellbeing Strategy identified the need for a stronger approach to universal services for children and young people to meet need before issues escalate.

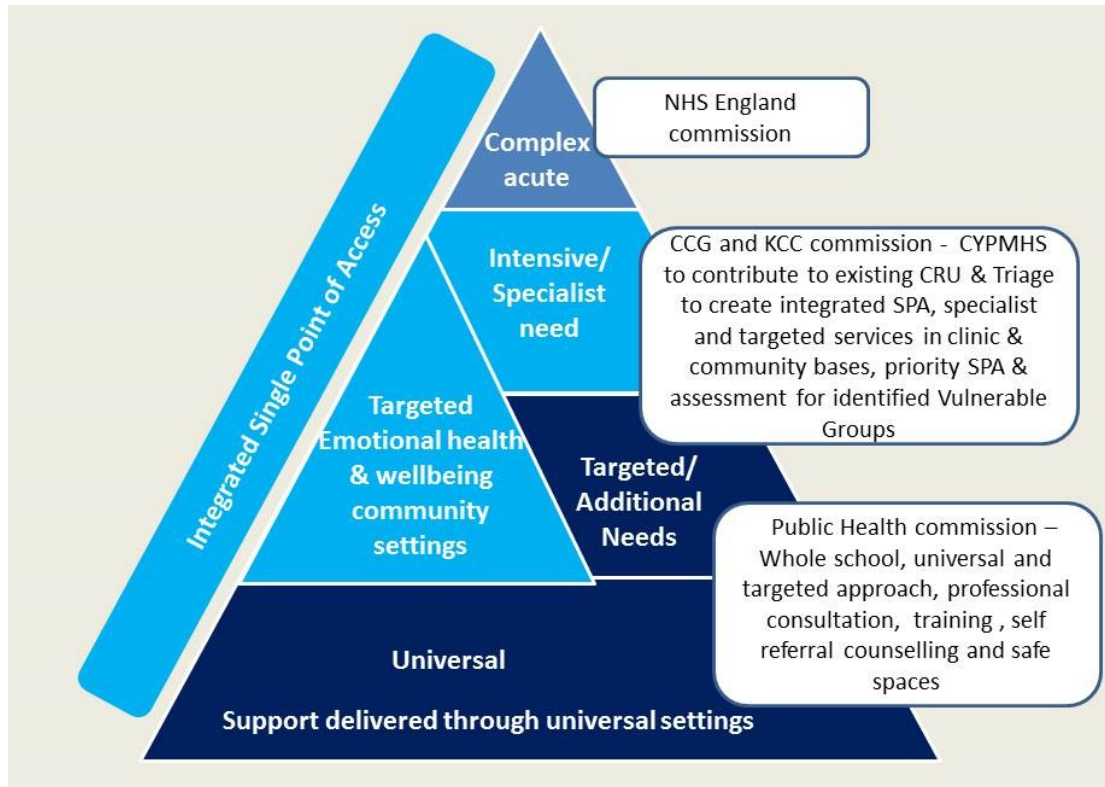
2.2. In September 2015 a paper was presented to Cabinet Committee outlining the proposed whole systems model for emotional wellbeing and mental wellbeing services. This included universal and targeted emotional health and wellbeing services to be commissioned by KCC Public Health as part of its School Public Health Service.

2.3. Since the last report KCC Public Health have been working closely with the NHS and other departments in KCC to develop a service specification to complement and complete the emotional health and

wellbeing pathway for children and young people in Kent. This has included a review of services and public consultation.

- 2.4. The proposed model for delivery can be seen in diagram 1.

Diagram 1: Proposed Emotional Wellbeing Model Kent



3. Review and Consultation

- 3.1. To inform the design of the emotional health elements of the school public health service and the targeted emotional health service, a review of the current service and public consultation was undertaken.
- 3.2. The review of the school public health service which included the views of Head teachers identified a lack of clarity in the service offer. It also found that the service was not very visible or systematically being accessed by vulnerable groups of young people such as those in the Youth Offending Service and Pupil Referral units.
- 3.3. A public consultation was held in November and December 2015 regarding the Health Visiting and School Public Health Service. The consultation was widely distributed and 120 responses were received. Just under half of the respondents were parents of children aged 0-19.

- 3.4. One of the key questions of the consultation was how to split the delivery of services by age. The favoured model was a split by 0-4, 5-11 and 12-19. This model has many advantages, in particular allowing a specific service response to the diverse needs of the 12-19 age group, particularly around emotional health issues, which has previously been very limited. One disadvantage is the introduction of additional transition between services which would require careful monitoring of the handover points.
- 3.5. The consultation asked what the most important issues were for service delivery. Emotional wellbeing was identified as the first priority for both primary and secondary age groups.

4. Proposed Service Model - Universal

- 4.1. Tier one universal emotional health and wellbeing services will be provided by the school public health service. Following the findings of the public consultation, the service will be split between primary and secondary age groups to reflect the differing needs. Every state school in Kent will have a named professional who will provide advice and support to schools to improve the health outcomes for their children and face to face support for children and their families on health issues.
- 4.2. The key features of this service are:
- A visible and well promoted presence in educational settings which enables young people, parents and carers to build trusted relationships and self-identify their health and wellbeing needs.
 - Holistic health assessment for young people who are referred to the service, who enter the educational setting from outside of the UK and in Year R, Year 6 and Year 10.
 - Formal and informal one to one universal health and emotional wellbeing interventions including building self-efficacy, self-management and advocacy.
 - Whole school mental health promotion, including the delivery of some elements of Personal, Social, Health and Economic Education (PHSE)
 - Training for school staff and Governors in whole school health improvement, emotional and physical health.
 - Support to parents to build their health literacy and support the health and wellbeing of their children including their emotional health and wellbeing.
 - Development of publicity and resources which young people, parents and educators can access and which promote self-management and health literacy.

4.3. The key differences between this service and the previous service are:

- Increased visibility and accessibility
- A split of the school aged public health provision into primary and secondary/tertiary age groups. This will enable specific responses to the different needs of the age groups, for example self-harm in the secondary age group.
- A greater focus on a multidisciplinary workforce, particularly in the secondary age health and targeted emotional wellbeing service.
- Improved visibility of the service and working relationships with schools.
- Working collaboratively with schools to identify priorities.
- Key assessment points to identify need at Reception, year 6 and year 10.

5. Proposed Service Model - Targeted Emotional Wellbeing service

5.1. The targeted school emotional health and wellbeing service will be a new school based service provided by the secondary age school public health service providing in-reach to primary schools. This service will provide support for children with mild/moderate mental health needs and their families, staffed by mental health professionals. This could be provided via drop-in consultations or short term evidence-based programmes. This service will be accessed via self-referral, referral by school staff members, or from professionals outside the school, e.g. GPs, via the single point of access. The service will also work with children and young people accessing early help or specialist services to support their recovery.

5.2. The key differences between this service and the previous service are:

- The service is integrated in schools. This has a number of benefits; firstly it will have increased visibility and accessibility to young people. Secondly, by working with schools it will ensure there is no duplication with what is provided from by the school itself to ensure there is additional benefit.
- The service will be hosted within the secondary school public health service ensuring closer working between this service and universal provision.
- There will be closer working with CAMHs. This will mean greater sharing of information and expertise. The procurement process for both services will include an assessment of how well different providers could work together.
- The new service will be able to support children and young people accessing early help or specialist services within the school setting,

including providing advice to school staff to help facilitate their recovery.

- This service will work closely with HeadStart Kent, a Big Lottery funded programme focussed on improving emotional wellbeing and resilience in 11-16 year olds to implement its positive findings.

6. Procurement process

- 6.1. The “Children and Young People’s Services – Commissioning Strategy” paper submitted to this meeting has recommended that the Committee either endorse or make a recommendation to the Cabinet Member for Adult Social Care and Public Health to extend the existing contracts for the school public health service, Health visiting service, and young healthy minds contracts by 6 months. This would mean the universal and targeted emotional health service as part of the School Public Health Service would commence in April 2017. This is because the findings of the review programme of public health services has identified that an extension of six months would allow time to develop opportunities to enable effective integration and alignment of key services moving forwards. This includes the procurement time frames for this service having the same timeframe as the CAMHs commissioning to allow greater collaboration in the two exercises.
- 6.2. This extension would also mean an extension of the existing community targeted emotional health and wellbeing service, Young Healthy Minds. This has been agreed in principle by CCGs and KCC and is now going through formal governance processes.

7. Recommendations

Members are asked to consider and comment on the service proposed for universal and targeted emotional health and wellbeing.

Background Documents

None

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