

**From:** Sue Chandler, Cabinet Member for Integrated Children's Services

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**To:** Children's, Young People and Education Cabinet Committee – 22 September 2020

**Subject:** **Mental Health and Emotional Wellbeing Services Update**

**Classification:** Unrestricted

**Past Pathway of Paper:** Children's, Young People and Education Cabinet Committee - Nov 2019

**Future Pathway of Paper:** N/A

**Electoral Division:** All

**Summary:**

National and local guidance in relation to mental health sets out a clear case to support good mental health for children and young people.

In Kent, KCC has a long-established partnership with the NHS, schools and other agencies, to enable a "whole system approach" to improve children and young people's mental health. The Children and Young Person's Mental Health Service (CYPMHS) which is provided by NELFT (North East London Foundation Trust) forms one part of this system providing specialist support. The service was jointly procured by KCC and the NHS in 2017.

The service procured was based on local consultation and need whereby KCC originally invested £2.65m into the NHS contract. Strategic oversight has been in place through the Health Transformation Board and managerial oversight through a Section 76 agreement between KCC and West Kent CCG, as lead commissioners. The original KCC investment covered four distinct programmes of work, split broadly into early intervention and clinical provision.

It was agreed at CYPE Cabinet Committee in November 2019 that the Early Help element of the NELFT contract should be withdrawn from NELFT and replaced with a new Positive Behaviour Support service. Furthermore, that an element of the Early Help funding should be used to support the needs of parents of children with SEND and finally that a new s.76 agreement would be developed. The s.76 has now been completed to include the following elements:

1. Children in Care (CiC) priority assessment
2. Harmful sexual abuse/post sexual abuse
3. Kent Health Needs Education Service

**Recommendation(s):**

The Children's, Young People and Education Cabinet Committee is asked to **NOTE** the progress update on the Kent County Council Children, Young People and Education delivered or funded elements of support to mental and emotional health and wellbeing services to children.

**1. Introduction**

- 1.1. In November 2019, CYPE Cabinet Committee endorsed the proposal to remove the element of the NELFT contract covering support to Early Help units, to re-provision the service and to develop a new Section 76 agreement that would enable KCC to have clear oversight of the remaining KCC-funded elements of the Children and Young People's Mental Health Service. This work has been completed.
- 1.2. An update on the progress of the Early Help replacement Positive Behaviour Support (PBS) service and wider CYPE emotional health and wellbeing services are covered within this report. The revised draft s.76 agreement between KCC and the Kent and Medway CCG includes the following elements:

Service Element	KCC contribution
Children in Care (CiC) priority assessment	£1,000,000
Harmful Sexual Abuse/ Post Sexual Abuse	£217,000
Kent Health Needs Education Service	£50,000
<u>Total contract value</u>	<u>£1,267,000</u>

- 1.3. The CCG are in the process of negotiating a revised service specification with NELFT that will incorporate these service elements. The changes have been drafted and agreed between NHS and KCC, but the process with NELFT has been delayed by Covid-19. It is anticipated that this will be concluded by the end of September 2020. Once the revised specification has been agreed it will be included in the s.76 agreement.

**2. Children in Care element**

- 2.1. Since the start of the jointly commissioned CYPMHS contract, KCC has contributed £1m per year, to enable NELFT to prioritise referrals of Children in Care (CiC). As previously reported to CYPE Cabinet Committee, this element of the service has performed to the required standard. However, the previous s.76 monitoring arrangements were not able to distinguish between KCC children in care and those children in care who were placed in Kent by another local authority. The new s.76 will allow KCC to make that distinction and ensure that the fast track applies only to KCC CiC. NELFT data for the first half of 2020 indicates that 90% of all CiC referrals were assessed within 2 weeks of referral. This exceeded the contractual target of 85%.

- 2.2. This data indicates that the KCC funding and the partnership working with NELFT has been effective in ensuring that children in care are prioritised for their initial mental health assessment. However, the new s.76 agreement and wider changes associated with Covid-19 recovery provide a good opportunity to reconsider what type of support for CiC should be provided with and how the CiC funding should be spent.
- 2.3. Although it is important to ensure that initial assessments are undertaken quickly, there is also a need to ensure that the follow-up intervention is provided promptly and is tailored to the specific mental health needs of Kent's CiC population.
- 2.4. Integrated Children's Services (ICS) and KCC commissioners are therefore working collaboratively with the CCG and with NELFT to explore alternative models of support for children in care which stretch beyond initial assessment. This work has been delayed by Covid-19 because the NHS has formally paused contract planning and management in order to free up NHS resources. However, KCC officers have held initial meetings and discussions with NHS colleagues and are participating in a newly established CAMHS Provider Collaborative group.
- 2.5. As well as the ongoing collaboration with the NHS, KCC has also agreed to participate in a study of the Long-term impact on mental health of children in care in England, led by the University of Bristol<sup>1</sup>. We hope that this research will offer some valuable insight into the mental health and wellbeing of Kent's children in care which along with the research undertaken as part of the Headstart Kent programme will help to inform any reshaping of the KCC-funded element of the current CYPMHS.
- 2.6. The harmful sexual behaviour and post sexual abuse work is managed within NELFT as a subset of the complex pathway work. Although we are confident that this is having an impact, up to now it has not been possible to separate or unitise the breakdown of this spend. It is anticipated that the new s.76 arrangements will enable KCC commissioners to have greater oversight of this element of the contract.

### **3. Suicide Prevention in relation to Children and Young People**

- 3.1 Following the coronavirus lockdown in March, there have been a small number of tragic deaths amongst young people in what may turn out to be suicides. (Coroner Inquests have not been completed so it is too early to confirm the deaths as suicides).
- 3.2 Each incident has been thoroughly investigated by the relevant agencies (both independently and in multi-agency forums) including the Child Death Overview Panel (CDOP) which has a responsibility to examine every child death and highlight learning.

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<sup>1</sup> More detail available at <https://research-information.bris.ac.uk/en/projects/long-term-trajectories-of-mental-health-of-children-in-state-care>

3.3 In addition KCC Public Health (working with Integrated Children's Services, the Kent and Medway CCG, Medway Council, Kent Police, CDOP and mental health colleagues in NELFT) have examined the characteristics of each incident and actions have been taken to reduce the risk of similar deaths in the future.

3.4 These actions have included:

- Reviewing the cases of children across the county to identify individuals at high risk
- Local media campaigns to highlight the availability of support services to children, parents, teachers and other professionals.
- Introducing a new 24-hour text support service available by texting the word Kent to 85258. Anyone, (any age) who is struggling to cope can text KENT to 85258 to start a conversation with a trained volunteer. (Confidential support is free from most networks, more details at [www.releasethepressure.uk](http://www.releasethepressure.uk))
- Continued monitoring of local information to identify and respond to high risk individuals and groups

3.5 It is too early to say whether there has been an increase in suicides by children and young people (either locally or nationally) during lockdown but CYP are working with Public Health and the new Kent and Medway Children and Young People Suicide Prevention Network. This Network will also be responsible for reviewing and updating the CYP Suicide Prevention Strategy ready for the period 2021-25.

3.6 The 2015-2020 Kent and Medway Suicide Prevention Strategy contains a section devoted specifically towards reducing the risk to children and young people and a number of actions have taken place over recent years.

3.7 These include:

- providing over 1200 places on Suicide Prevention Training specifically for people working with CYP
- encouraging and facilitating ACE (Adverse Childhood Experience) aware and trauma informed practice wherever possible
- developing detailed guidance for professionals working with CYP at risk of self-harm
- working with NHS partners to commission the Mind and Body support service across Kent
- partnering with the Kent Safeguarding Children Multi-Agency Partnership to commission a Thematic Review into CYP suicides in Kent from the University of Kent

## **4. Parenting**

4.1 In November 2019 CYPE Cabinet Committee Members also endorsed the decision to utilise £400k of the existing Early Help contract money to develop and commission a bespoke parenting programme to support SEND. In the period up to Lockdown and as part of the SEND Written Statement of Action (WSOA) work was undertaken with PACT (parents and carers together) KCC's

preferred delivery partners, to develop a co-produced co-run, Cygnet parenting programme to run alongside the wider county parenting offer. Unfortunately, due to COVID-19 the co-production of this has for the time being ceased.

- 4.2 The different options for the delivery of Parenting programmes across Kent continue to be developed but due to Covid 19 the wider engagement with partners has been delayed. This has also impacted our ability to engage with parents in a meaningful way to help shape delivery options. As services continue to recover, options are being developed to consider how services for parents could be delivered in face to face settings or through virtual platforms.
- 4.3 Key to the Kent Parenting Offer will be the wider roll-out of the Cygnet Parenting Programme, designed by Barnardo's. The programme offers parents of children with diagnosed or suspected Autistic Spectrum Condition (ASC) the opportunity to learn more about their child and how best to support and parent them. This programme is already being delivered in smaller numbers by various organisations and our desire is to grow this to ensure equity in accessibility across the county.
- 4.4 As discussed in November the delays in the Neurodevelopmental pathway have a significant detrimental impact on NELFT's wider ability to provide adequate resource across the whole of the rest of the contract. The additional support for parenting will therefore form a key part of the Neurodevelopmental Pathway for these children and young people and their parents. Integrated Children's Service (ICS) are currently engaging with partners in KCC, Health and the charitable sector on how best to maximise this opportunity. It will be important that this offer is linked to our ASC diagnostic partners in NELFT to ensure parents have support both pre- and post-diagnosis. One of the ambitions of these efforts is to reduce the stresses on diagnostics and the related waiting times, with families undertaking the Cygnet Programme prior to a referral being made into NELFT.
- 4.5 As the programme is rolled out, all families currently on the NELFT waiting list will be offered access to Cygnet, although their place on the waiting list will not be subject to having completed a course.
- 4.6 In order to best engage parents, it is recognised that there is a need to be able to relate to their lived experience. With this in mind, we will be involving parent volunteers who having already been through the programme to work alongside staff to deliver the courses. As part of the service co-production we are also developing a progression into employment route for some parents. In recognition of the role that this piece of work will play in reducing the delay to the neurodevelopmental pathways in NELFT we have been able to secure £100k joint funding from health.
- 4.7 Workshops to look at delivery methods and volunteer retention are set to take place once we have a clearer vision for a CV-19 safe approach to group work. This will enable feedback to form an integral part of development. It is envisaged that, following a period of design and then recruitment, the service will commence in April 2021.

## **5. Positive Behavioural Support**

- 5.1 Following a recruitment and training delay of 3-months between April and June, due to COVID-19, from 1 July 2020 the Positive Behaviour Support Service (PBS) has been taking referrals from staff within ICS. The service is located within the Adolescent Early Help Units although PBS practitioners can be accessed more widely. Referrals are designed to meet the identified need of children and young people from 10-18 years with mild to moderate mental health (Tier 2) needs. This service works to deliver a variety of interventions and address a range of issues including those with behaviours that challenge, anger management, low or poor mental health, self-harm, anxiety, poor emotional wellbeing, bullying and relationship skills.
- 5.2 The service works 1:1 with families utilising skills whilst modelling and teaching strategies to parents and practitioners. The support provides a six-week model of assessment and intervention involving five stages. Moving from co-production and enablement through to ownership, with a key part of the model developing stability and resilience within the family. ICS staff work closely alongside the intervention, building upon the outcomes achieved during further work with the families.
- 5.3 Initial contract monitoring meetings have taken place with the service responding well and developments are being made to ensure that referrals are both appropriate and timely to maximise benefit to the family. Following a three-month mobilisation phase (ending 30 September 2020) 14 workers will hold a maximum of 10 cases each on a rolling six-week basis. It is envisaged that by October 2020 the service will be at full caseload capacity, with an expectation that the service will support 1200 young people and their families per annum.

## **6. Kent County Council 'Emotional Wellbeing Resource Packs'**

- 6.1. In June 2020 Kent County Council's Gravesham Youth Hub received £5,914 from Kent & Medway Progression Federation (KMPF) to resource 400 'Emotional Wellbeing Resource Packs'. This was part of a response to an emerging need to support young people with their emotional and mental health who were struggling to cope with Covid-19 lockdown restrictions, isolation or other aspects of their change in circumstances. Or young people whose learning and progression had been impacted as a result. The Emotional Wellbeing Resource Packs were targeted at vulnerable young people and included resources such as mindful colouring books, anxiety reducing toolkits and details of local emotional wellbeing support, educational support, and positive activities for young people in district Youth Hubs.
- 6.2. Recipients of the Emotional Wellbeing Resource Packs were asked to undertake a short survey of their experience of the pack. Results were overall very positive, with 81% of young people either agreeing or strongly agreeing that the pack had helped them to improve their emotional wellbeing. A very small minority of young people disagreed or strongly disagreed with the statement. However, more than half (54%) of young people felt the pack itself

had helped them to feel less worried about the future, with fewer than 1% strongly disagreeing with this statement.

- 6.3. It is evident from the responses that the pack helped more than half of the young people reach out for some form of support for their future education and/or their wellbeing. The findings in Gravesham are replicated in wider research undertaken by colleagues in Headstart Kent and will feed into some of the other work already taking place across Kent.

## **7. HeadStart KENT**

- 7.1. The HeadStart Kent Programme which sits within ICS is fully funded by The National Lottery Community Grant. The service is aimed at increasing the resilience and emotional wellbeing of young people across schools and communities and has progressed well over the last 4-years. Key elements such as the [Resilience Hub](#) and [MoodSpark](#) websites, the Whole School Approach, the range of staff training and additional services, the young people's participation activities and small grants have all delivered significant benefits for young people and their families across Kent.
- 7.2. The Resilience Hub also provides parents with a variety of helpful articles, videos, and service information to help parents, young people and professionals engage in 'resilient conversations' to address emotional health and wellbeing. The MoodSpark Website gives young people guidance and access to resources and grants to help them develop the 6 areas of resilience: Emotions and Behaviours, Talents and Interests, Education, Feeling Secure, Friendships and Health.
- 7.3. Both Websites are currently promoting the HeadStart Kent social media campaign 'Draw your own Solution' where young people are being encouraged to submit videos and pictures of how they are building their resilience over the next few months.
- 7.4. Part of the campaign resulted in young people and parents completing surveys on how they were coping during the pandemic. As a result, it has helped the service to gain useful insights which will help shape the provision of support and resources going forward.
- 7.5. In December 2017 a Government Green Paper on mental health services introduced a new policy to create teams to work with children and staff in education settings. Building on the progress of the Headstart programme, HeadStart Kent was asked by the Kent Clinical Commissioning Groups to chair the local planning and county steering groups and project manage the implementation of the emotional wellbeing teams in the pilot areas North Kent, Canterbury, Maidstone and Thanet. Progress in schools in these areas has been very positive.
- 7.6. As a further recognition of the success of the Headstart Kent programme, in July 2020, the National Lottery Community Fund indicated that the programme in Kent will be extended for an extra year until July 2022. Over the next two years of the programme HeadStart Kent will utilise the emerging research and

evidence base to focus on supporting young people who have been most impacted by the pandemic. Ensuring that the programme benefits continue to be embraced and delivered by all Kent partners over the long term.

## **8. Wellbeing for Education return**

- 8.1. In September 2020 The Department for Education and Department of Health and Social Care launched a new initiative designed to support emotional health and wellbeing by training and supporting education settings to respond to the wellbeing and mental health needs of pupils and students.
- 8.2. There are two elements to the project: 1) a new national training package providing guidance and resources for education staff on responding to the impact of Covid-19 on the wellbeing of their students and pupils. And 2) funding to local authorities to help put local experts in place to work with partners to adapt this training, deliver it to nominated staff in education settings, and provide ongoing advice and support until March 2021.
- 8.3. As well as strengthening and building wellbeing and resilience, the initiative aims to prevent the onset of mental health problems and ensure those with pre-existing or emerging difficulties access the right support.
- 8.4. In Kent our whole system approach is well placed to facilitate this integrated solution and the 'Wellbeing for Education Return' programme will be supported and overseen by the Headstart Kent Programme, who will work in partnership with schools and health colleagues to better equip schools and colleges to promote children and young people's wellbeing, resilience, and recovery in response to Covid-19.

## **9. Conclusion**

- 9.1 In November 2019 CYPE Cabinet Committee Members endorsed the proposal for ICS to adopt a different approach to the delivery of Mental Health and Wellbeing services for children and young people in Kent.
- 9.2 Since that decision Integrated Children's Services has worked with West Kent CCG to amend the s.76 agreement and contract monitoring arrangements with Health and NELFT. Following the Early Help transition away from NELFT it has scoped, commissioned, recruited, developed and implemented a new service delivery model which is now receiving Tier 2 Emotional Health and Wellbeing referrals from across ICS.
- 9.3 It has seen Headstart Kent recognised for its outstanding work with the programme being extended for a year. It has developed and supported the Green Paper Trailblazer programme with schools and now the Wellbeing for Education response to Covid 19.
- 9.4 The service has undertaken surveys with young people and families to help us understand the impact of Lockdown and Covid on family functioning and health and wellbeing.



9.5 The service has worked with parents and partners to develop and co-design a model of parenting support which will train, upskill and create real opportunities for parents as well as help drive down the disproportionately high waiting times for parents with children on the neuro-developmental pathway, and has brought greater scrutiny to the services and support for children in care and has focussed the support given by NELFT to Kent Health Needs Education Service.

**Recommendation(s):**

The Children’s, Young People and Education Cabinet Committee is asked to **NOTE** the progress update on the Kent County Council Children, Young People and Education delivered or funded elements of support to mental and emotional health and wellbeing services to children.

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