

REPORT TO:	HEALTH AND WELLBEING BOARD (CROYDON) 27 February 2019
SUBJECT:	Health and Wellbeing Board December 2018 Workshop Feedback and Youth Plan update
BOARD SPONSOR:	Cllr Louisa Woodley, Chair of the Health and Wellbeing Board Rachel Flowers, Director of Public Health
BOARD PRIORITY/POLICY CONTEXT: <p>Giving children and young people a better start in life is one of eight priority areas in Croydon's draft Health and Wellbeing strategy 2018 – 2023. This report provides further information about plans to deliver this priority.</p>	
FINANCIAL IMPACT: <p>There are no direct financial implications arising from this report.</p> <p>There could be financial implications associated with individual commissioned activity in the future as a result of the work undertaken on the priorities detailed in this report and these will require the relevant approvals as they arise.</p>	

1. RECOMMENDATIONS

1.1 The Board is asked to note the outputs of the HWBB workshop held on the 5th December 2018 on Children and Young Person's Mental Health.

1.2 The Board is asked to approve the proposed actions within the three children's priorities agreed by Health and Wellbeing Board in October 2018 for inclusion in the Youth Plan

1.3 The Board is asked to discuss the proposals to take forward the priorities Croydon's draft LTP (local transformation plan) for improving Children and Young People's Emotional Wellbeing and Mental Health.

1.4 The Board is asked to review and sign off Croydon Clinical Commissioning Group's LTP (local transformation plan) for Children and Young People's Emotional Wellbeing and Mental Health.

2. EXECUTIVE SUMMARY

2.1 This report provides an update on three related strands of work around supporting children and young people in Croydon:

2.2 **The Health and Wellbeing Board (HWBB) workshop** held in December 2018 about improving the mental health and wellbeing of children and young people.

The workshop identified key actions for mental health, which is one of the three HWBB children priorities. The workshop also shaped the priorities of Croydon's plan for transforming the emotional wellbeing and mental health of children and young people.

- 2.3 The latest iteration of **Croydon's five year Local Transformation Plan (LTP)** to improve the emotional wellbeing and mental health of children and young people.
- 2.4 The **key actions to be included in Croydon's Youth Plan** for all three of the HWBB children's priorities
 - Mental health
 - First 1000 days
 - Healthy Weight

3. BACKGROUND AND CONTEXT

- 3.1 The LSP (Local Strategic Partnership) has committed to a multi-agency youth plan to tackle the priorities that were identified by Young people at the Youth Congress meetings held in 2017 and 2018. Three priorities have formed the basis of the Youth Plan: opportunities and economic success, crime and safety, mental health issues and support.
- 3.2 The LSP priorities are interlinked, with a lack of employment opportunities leading to higher rates of crimes, and poor mental health leading to lower levels of economic success and greater involvement in crime. People who experience mental health problems in childhood are more likely to have mental health problems in adulthood and this will adversely affect their employment prospects, increase the likelihood of being a perpetrator or a victim of crime and is associated with lower economic success.
- 3.3 At the October 2018 HWBB meeting, the Board identified three children's priorities together with a process for developing key actions for each of these priorities. These priorities and actions develop the work of the Health and Wellbeing Strategy and are to be included in the LSP youth plan. See the HWBB report "Health and Wellbeing Board Children's Priorities" for details, including why these priorities were chosen.
<https://democracy.croydon.gov.uk/documents/s10846/HWBB%20Report%20childrens%20priorities%20final%2012Oct18.pdf>
- 3.4 The HWBB children's priorities address one of the eight priority areas in Croydon's Health and Wellbeing strategy 2018 – 2023 of Giving children and young people a better start in life. They are:
 - **First 1,000 days** – to focus on the first 1,000 days from conception to 2 years, including improving childhood immunisations
 - **Mental wellbeing** –To improve services for children and young people across the whole pathway from promoting resilience and prevention through to crisis support, including a strong focus on vulnerable adolescents.

- **Healthy Weight** – To create an environment that enables children and families to reach and maintain a healthy weight.
- 3.5 Key actions for the **mental wellbeing** priority were discussed at the HWBB workshop of the 5th December 2018. They were reinforced and endorsed both by the Children and Young People's Emotional Wellbeing and Mental Health partnership board and at a wider meeting that was held with councillors and senior officers on January 28th 2019.
 - 3.6 The key actions for the other two priorities were developed by their partnership groups and key leads. The draft actions for all three of the HWBB's Children's Priorities are shown at appendix 1.
 - 3.7 The workshop and the development of the youth plan provided an important opportunity to influence the latest iteration of **Croydon's five year Local Transformation Plan (LTP)** to improve the emotional wellbeing and mental health of children and young people. The priorities identified at the HWBB workshop have been adopted by the plan and over the coming months will influence the details of the plan and its implementation.
 - 3.8 Croydon's five year LTP was developed in 2015/16 and is refreshed annually. The plan is overseen and implemented by the Children and Young People's Emotional Wellbeing and Mental Health (CYPEWMH) partnership board and NHS England requires that it is signed off by the HWBB.

4. HWBB workshop and mental health priorities

- 4.1 The workshop was held on 5th December 2018 and was organised and run by the CYPEWMH partnership board and attended by members of the HWB Board and the CYPEWMH partnership board.
- 4.2 In the first part of the event, attendees listened to the lived experiences of CYP with mental health issues, the scale of the challenge in Croydon and local plans to address them. In the second part, attendees worked together (via "pinpoint") to develop key actions. Attendees were then invited to vote on the actions to identify priorities.
- 4.3 There was wide recognition of the complexity of mental health issues. Childhood and young adulthood is a key time for laying down the foundations of life long mental (and physical) wellbeing and there was recognition that we need to shift the focus of our efforts onto prevention. Across the whole pathway, and particularly for those needing services, the workshop attendees highlighted the importance of having CYP at the heart of Croydon's work and the need to understand how CYP and their families and carers can navigate their way through the system.
- 4.4 Approximately 75 actions were suggested grouped into 33 areas under four themes. Following the workshop, the comments and votes were reviewed and the following overarching actions identified (see Appendix 2 for detail):

- **Pathways.** Navigating through the system with the right access at the right time in the right place. This means that children and young people who have mental health problems such as emotional disorders, eating disorder, autism and many others get the right support and help when they need it.
 - **Engagement** with children, young people, their families, schools, carers and communities. Those who have lived experience of mental health problems and families who support children and young people with mental health needs need to be at the heart of services.
 - **Strategic join up and wider work:** maximise the resilience of the population through working with non-MH services, providing information, and through improving wider determinants such as housing.
- 4.5. A subsequent meeting was held with Cllrs and Directors on January 28th 2019. The outcome was to reinforce and endorse the priorities that came out of the Health and Wellbeing Board workshop that was held on December 5th 2018.
- 4.6 These overarching priorities will determine the direction of travel over the next three years for improving mental health services for children and young people and for ensuring that there is a focus on prevention, early intervention and population resilience. They have been incorporated into Croydon's LTP (see next section for details) and it is proposed that they are included in the borough's Youth Plan. The process of taking forward this agenda is both iterative and will take time to embed.

5. Croydon's five year Local Transformation Plan (LTP)

- 5.1 Croydon's five year LTP (Local Transformation Plan) was developed in 2016/17 and is refreshed annually. It captures Croydon's response to the government's "Future in Mind" (March 2015) policy document. It sets out how we will meet the challenges and opportunities to enhance the emotional wellbeing and mental health services for children in Croydon. The priorities identified echo the themes set out in the recently published NHS Long Term Plan. It is about partnership working across all stakeholders. Mental Health is everyone's business.
- 5.2 The annual refresh of the LTP is required by NHS England. This entails updating the LTP using key lines of enquires designed to address service delivery and capture developments. The annual refresh of the LTP allows for input from children, young people, parents, carers and providers and other stakeholders, along with feedback on service planning and delivery.
- 5.3 The plan is overseen and implemented by the Children and Young People's Emotional Wellbeing and Mental Health (CYPEWMH) partnership board and NHS England requires that it is signed off by the HWBB.
- 5.4 As described in the previous section, the priorities for this year's refresh were developed by the HWBB workshop, the partnership board and discussion with councillors and senior officers. A detailed action plan is being developed to ensure actions required to deliver emotional wellbeing and mental health services for children and young people are captured going forward. The HWBB will continue to be involved in monitoring the delivery of the plan and it's future revisions.

- 5.5 It is recognised that achieving emotional wellbeing for children and young people is, by its very nature, complex and multi-faceted as a result of the different services, systems and structures that have evolved. To tackle this complexity, we are building on existing partnerships and services and want to develop innovative solutions to meet the challenges ahead.
- 5.6 The HWBB should note that the Croydon CCG are investing an additional £630,000 next year to focus on the delivery of the top priorities identified by the HWBB and that £50,000 of this will be allocated directly by young people themselves.
- 5.7 The development of the LTP uses the feedback we have had from the children and young people, families' carers and communities who receive these services. We are committed to further improving the engagement and participation to shape the future pattern of service delivery.

6. FIRST 1000 DAYS

- 6.1 The priority actions for the first 1000 days were identified by the Director of Public Health and her team, based on her 2018 Annual Public Health Report of the same name.
- 6.2 The report highlights the key role every child's first 1000 days plays in determining their future health and development. What happens during the first 1000 days lays the foundations for every child's future. Not all the foundations are equally firm and this can be a source of inequalities.
- 6.3 The report emphasises the importance of pre pregnancy health and the contribution it makes to the first 1000 days and beyond.
- 6.4 The report highlights the risk that Adverse Childhood Experiences (ACEs), such as neglect or abuse, can lead to toxic levels of stress and have long lasting impacts. Each additional ACE that a child is exposed to increases the risk of poorer life outcomes
- 6.5 The report details that working together to ensure that children experience the best first 1000 days is a vital prevention activity that will enable us to change the future health of Croydon residents
- 6.6 The report makes 34 recommendations for action including:
- Review, revise and join up the maternal mental health pathways from the community, and primary care, through midwifery and health visiting and other partners by 2019.
 - All (100%) of midwives and health visitors in Croydon to receive training around recognising and supporting families with risk of multiple Adverse Childhood Experiences by the end of 2019.
 - 1000 front line staff in the council, NHS, police and voluntary sector to have training around Adverse Childhood Experiences, their causes and impact, in 2019

- Develop and Implement a plan of action for increasing the levels of awareness about pre pregnancy health and the importance of preparing for pregnancy by the end of 2019

7. HEALTHY WEIGHT

- 7.1 The actions for Healthy Weight were identified by the co-chairs of the Joint Council and CCG Weight Management Steering Group based on the borough's three year healthy child weight action plan (2017 – 2020). The steering group now reports to the Together for Health Board and is one of the work streams supporting early prevention for type 2 diabetes.
- 7.2 There is a close relationship between the Child Healthy Weight Action Plan and the Food Poverty action plan which is focusing on work to facilitate for example 365 day food for school children and increase uptake of Healthy Start vouchers for vitamins and fresh fruit and vegetables.
- 7.3 The vision of the child healthy weight action plan is to promote an environment that enables children, young people and their families to eat well, be physically active and maintain a healthy weight.
- 7.4 The plan has four priority areas: Sugar Smart, the daily mile, community use of Parks and Green Spaces, and integrating services and targeting resources.
- 7.5 The areas covered in the action plan reflect the recognition that Childhood obesity is a complex problem and change requires system wide engagement with a multifactorial approach.
- 7.6 The Child Healthy Weight Action plan is being reviewed in light of the Annual Public Health Report on the first 1000 days and the recently published (December 2018) London Mayor's Food strategy.

8. CONCLUSION AND NEXT STEPS

- 8.1 This report describes the key actions identified for each of the HWBB children's priorities. The Board is asked approve these actions for submission to the LSP for inclusion in the borough's Youth Plan.
- 8.2 The report also outlines the key messages and actions from the LTP. The Board is asked to approve the plan. Comments made by the Board will be incorporated into the detailed action planning that will influence the implementation over the next few months.
- 8.3 Finally, the report proposes that an update on progress is brought to the board on a regular basis.

9. CONSULTATION

- 9.1 Level and type of consultation varied by priority however the actions plans and priorities draw on the views of the young people who ran and attended Croydon's Youth Congresses held in 2017 and 2018, the 2018 takeover day of the council by young people, and the young people, families, carers and communities who receive these services. Improving engagement and participation is one of the priority actions proposed within this report.

10. SERVICE INTEGRATION

- 10.1 Some of the action plans recommend stronger strategic partnership working. However, there are no implications for service integration at this stage,

11. FINANCIAL AND RISK ASSESSMENT CONSIDERATIONS

- 11.1 There are no direct financial implications arising from this report
- 11.2 There could be financial implications associated with individual commissioned activity in the future as a result of the work undertaken on the priorities

Approved by: Mirella Peters, Head of HWA Finance, Croydon Council

12. LEGAL CONSIDERATIONS

- 12.1 There are no legal considerations arising from this report.

Approved by: Sandra Herbert, Head of Corporate Law for and on behalf of Jacqueline Harris-Baker the Council Solicitor & Director of Democratic & Legal Services

13. HUMAN RESOURCES IMPACT

- 13.1 There are no direct Human Resources implications arising from this report for Croydon Council employees.

Approved by: Debbie Calliste, Head of HR for Health, Wellbeing and Adults, on behalf of the Director of Human Resources

14. EQUALITIES IMPACT

- 14.1 This report asks the Board to approve actions within priorities that were chosen in part because they can help to reduce inequalities which disproportionately affect people with protected characteristics. Evidence shows that young people with protected characteristics are disproportionately impacted by poor mental and physical health. They are more likely to suffer from mental health issues and be overweight or obese.

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