

<b>REPORT TO:</b>	<b>HEALTH AND WELLBEING BOARD (CROYDON)</b> <b>October 2019</b>
<b>SUBJECT:</b>	<b>Improving mental health and emotional wellbeing in children and young people in Croydon – four priorities including the schools mental health Trailblazer programme</b>
<b>BOARD SPONSORS:</b>	Rachel Flowers, Director of Public Health Councillor Louisa Woodley, Chair of the Health & Wellbeing Board Rob Henderson, Executive Director Children Families and Education Agnelo Fernandes, Clinical Chair, Croydon CCG
<b>BOARD PRIORITY/POLICY CONTEXT:</b>	
Giving children and young people a better start in life is one of eight priority areas in Croydon's joint Health and Wellbeing strategy 2018-2023. This report provides further information about plans to deliver this priority.	
<b>FINANCIAL IMPACT:</b>	
There are no direct financial implications arising from this report.	
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, once identified, these will need costing and require the relevant budget approvals.	

## **1. RECOMMENDATIONS**

- 1.1 The Board is asked to note progress since January 2019 against the four priorities of Croydon's LTP (Local Transformation Plan) for Children and Young People's Emotional Wellbeing and Mental Health.
- 1.2 The Board is asked to note the progress of the Croydon Trailblazer programme within the context of the South West London Trailblazer programme.
- 1.3 The Board is asked to note the process by which the Board can influence the annual refresh of the Local Transformation Plan.

## **2. EXECUTIVE SUMMARY**

- 2.1 Croydon's Local Transformation Plan (LTP) sets out how the borough seeks to improve the mental health and emotional wellbeing of its children and young people. Its work is overseen by the Children and Young People's Emotional Wellbeing and Mental Health Partnership Board.
- 2.2 This report provides an update on local progress in the LTP's four priority areas, agreed by the Board in December 2018, that aim to improve the mental health and emotional wellbeing of children and young people in Croydon:

**Engagement** with children, young people, their families, carers and communities.

**Supporting schools and colleges** to promote the emotional health and wellbeing of all their pupils.

**Clinical Pathways:** navigating through the system with the right access at the right time in the right place.

**Strategic join up and wider work:** maximising the resilience of the population through working with wider services and approaches

- 2.3 As part of the **schools and colleges** priority, the report provides an update on the Croydon component of the South West London trailblazer programme, creating new Mental Health Support Teams in schools and developing whole school approaches to emotional wellbeing. There are two power point presentations, one sets out the wider SW London context of the trailblazer programme and the other highlights Croydon's achievements and the impact across the borough so far.
- 2.4 The report sets out the process by which the Board can influence the 2019/20 refresh of the Local Transformation Plan (LTP) to improve the mental health and emotional wellbeing of its children and young people. The Plan will be submitted by Croydon Clinical Commissioning Group (CCG) on behalf of Croydon's Children and Young People's Emotional Wellbeing and Mental Health Partnership Board to NHS England.

### **3. DETAIL**

- 3.1 Croydon's five year Local Transformation Plan (LTP) sets out how the borough seeks to improve the mental health and emotional wellbeing of its children and young people. The plan was first published in 2015 - every Clinical Commissioning Group (CCG) in the country is required to develop a local plan and submit this annually to NHS England.
- 3.2 Local Health and Wellbeing Boards are asked by NHS England to sign off the refreshed plan.
- 3.3 The work of the Croydon LTP is overseen by the Children and Young Person's Emotional Wellbeing and Mental Health Partnership Board. This partnership board is a multi-stakeholder group that comprises representatives from across the borough including: health, local authority, NHS providers, public health, the voluntary sector, schools, parents and carers.
- 3.4 In October 2018, the Health and Wellbeing Board identified "improving the mental health of children and young people" as one of its three high-level children's priorities, and made a commitment 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."

3.5 Full details are given here:  
<https://democracy.croydon.gov.uk/documents/s10846/HWBB%20Report%20childrens%20priorities%20final%2012Oct18.pdf>

3.6 A Health and Wellbeing Board (HWBB) workshop on children and young people's mental health and emotional wellbeing was held in December 2018 to explore this topic and at the February 2019 HWBB meeting, the following four priorities were agreed:

**Engagement** with children, young people, their families, carers and communities. Those who have lived experience of mental health problems and families who support children and young people with mental health needs, to be placed at the heart of services.

Working with and **supporting schools and colleges** to promote the emotional health and wellbeing of all their pupils.

**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.

**Strategic join up and wider work:** maximise the resilience of the population through working with non-mental health services, providing information, and through improving wider determinants such as housing.

3.7 The intention is that these priorities will determine the direction of travel over the next three years and the priorities were therefore incorporated into the refresh of the Local Transformation Plan.

3.8 The **Schools and Colleges** priority area was significantly strengthened in July 2019 when South West London was awarded £4.3m for their Trailblazer bid to improve mental health in schools. This was in addition to the existing £1.8m awarded in 2018. Croydon will receive approximately £850k benefit from the total of these bids.

3.9 The next four sections of the report describe progress under each of these areas. They cover achievements, key challenges and next steps over the coming months:

### **Engagement with children and young people and their families**

3.10 Engaging with children, young people, and their families has begun. This will support the ongoing development of services and pathways that meet the preferences and lived experiences of those who access the services we deliver.

3.11 In July 2019, a booklet was published for parents, carers and professionals, available in both paper and electronic formats. Written and illustrated by young people aged 13-20, it gives a voice to their experiences, helping to guide the adults in their lives to support them in ways they find most beneficial. The work was funded by Croydon Council the council and facilitated by the local voluntary sector provider, Croydon Drop In, and their young people's participation group.

3.12 A three year plan for engagement is in development in recognition that this must become an ongoing component of our work if real change is to occur. We are working to identify the range of engagement and participation groups already established across our mental health providers, voluntary sector organisations, and schools, as this will allow us to engage with and learn from the experiences of young people from very low to very high mental health support needs.

### **Mental Health support in schools and colleges**

3.13 As part of the South West London Trailblazer award, Croydon was successful in bids for three trailblazer clusters: inclusion, reducing serious youth violence, and transition to adulthood. The award, announced in July 2019, means extra support for 18,000 students, their teachers and parents across 35 Croydon schools: primary, secondary, special education need schools and one of Croydon's three further education colleges. Recruitment was based on geographic and demographic profiles. Strong interest across educational establishment was generated.

3.14 The trailblazer programme in Croydon will create approximately 16 new posts, including eight new roles of Emotional Wellbeing Practitioners (EWP), who will be supported by a one year university course and clinical supervisors. With a senior mental health practitioner as team leader, they will work with teachers, children and young people, and parents to develop whole school approaches to improving support for emotional wellbeing and mental health, that will build emotional resilience, improve inclusion, leading in turn to a reduction in issues such as bullying, youth-on-youth violence, and the need for referral onto specialist mental health services.

3.15 Eight schools volunteered to be early adopters. They joined a South West London forum and over the past eight months have:

- Developed the role of Designated Senior Lead for Mental Health in each school, to support this long-term area of work;
- Undertaken an audit of their policies and systems to understand their existing support for emotional wellbeing and mental health of their population – updated these policies;
- At least two staff from each school have completed Mental Health First Aid training;
- Established a supportive network ready to provide peer-to-peer support, share ideas, and develop solutions to issues as they are identified throughout the two-year life cycle of the Trailblazer award.

3.16 The first four Emotional Wellbeing Practitioners are in post. They commenced the university course in October. The second four Emotional Wellbeing Practitioners will commence their course in January 2020. Recruitment for all other trailblazer staff is underway.

3.17 It is anticipated that further opportunities will be available in the coming years to submit further bids to expand this programme into more Croydon schools and

colleges. At this time, our vision is that all our children and young people will benefit, based on the formal evaluation of the initial Trailblazer locations.

3.18 In addition to the trailblazer work described above, other initiatives are underway across our wider school and college population, including:

- Promotion of the new relationship and sex education (RSE) curriculum - in readiness for the implementation of the statutory RSE guidance from September 2020.
- Healthy schools programmes - providing training for schools and parents on emotional health and wellbeing, and developing mental health policies within schools.
- Support Engagement and Delivery in Schools (SEaDS) programme - provides a mental health Link Worker in schools.
- CUES ED programme - delivers lessons and activities to primary school children to build their emotional wellbeing and resilience.
- Suicide prevention training - to raise awareness amongst professionals working with young people.
- Mental Health First Aid training - to enable professionals and volunteers working with children and young people to more effectively identify, support and signpost children experiencing mental ill health and promote emotional wellbeing.
- Croydon Recovery Model to build community resilience in the Fieldway and New Addington area through providing mental health first aid training to professionals and volunteers living and working in the area.

### **Improving Clinical Pathways**

3.19 Accessing the right care at the right time is critical to improving the lifetime experiences and opportunities of children and young people with emotional wellbeing and mental health needs. However, the landscape is complex, including services delivered locally and regionally, in the community and in hospital, by NHS providers, private providers and the voluntary sector.

3.20 Mapping of four clinical pathways has been undertaken, covering eating disorders, crisis support, intervention for psychosis, and emotional disorders. This has identified the pathway from referral to discharge within the clinical specialism, and is supporting internal improvements within these service areas. Other pathway priorities include transitions to adult services and improving the pathway for those with neurodevelopmental disorders such as autistic spectrum disorders.

3.21 The next stage will be to expand the mapping to the time before a clinical referral is made, and to the time after discharge has occurred. This will support understanding of what support is available, from universal services, through clinical interventions, to maintenance and lifetime informal support.

3.22 Through this work, gaps will be identified. We will work with partners across the wider children's health and social care field to determine solutions.

- 3.23 From January 2020, the existing multi-agency single point of contact (SPOC) service will expand to include emotional wellbeing and mental health. Through training of staff and development of clear triage processes, a single referral conversation can result in multiple agencies being alerted to the needs of an individual and their family. For mental health services, this is expected to result in fewer 'inappropriate' referrals because the right service will be identified at the start. This will be especially useful when the identified emotional wellbeing need does not reach the threshold for requiring a specialist mental health intervention. Mental health practitioners will join specialists from social care, early help, health visitors, education, safeguarding, police, and housing services.
- 3.24 A project is underway to re-design the mental health service provision for children who are looked after by the local authority. Taking our growing understanding of the impact of adverse childhood experiences, the team of specialist mental health practitioners will be co-located with the children looked after social care service at Bernard Weatherill House. Rather than waiting for a child or young person to display symptoms of significant mental ill health, the team will be focused on early intervention and prevention, to support successful foster care and permanent placements. Working across the whole family, this work will be able to support placements for babies and toddlers, as well as older children and young people.
- 3.25 Work has been undertaken to explore and address perinatal mental health issues in the borough. Experiences early in life lay down the foundations of life-long mental health and wellbeing. An integrated, whole-system approach was used to identify leaders and levers within the perinatal mental health system, then map and assess the strengths and weaknesses of current service provision. The work culminated in a workshop attended by approximately 100 delegates and the resulting recommendations are being taken forward by a multidisciplinary group.

### **Strategic join up with other aspects of health and social care**

- 3.26 There have been significant changes in the wider system over the last few months, with a view to bringing elements of children's health and social care closer together such that the outcomes for children and young people are improved. Exploration of how the successful partnerships within One Croydon Alliance can be developed to support children and young people is underway.
- 3.27 Transformation of how we think about the boundaries between services is underway, with a shifting approach towards an integrated place-based locality model. This will create a stronger focus on the wider determinants, such as housing, employment and education that have a profound impact on our mental health and emotional wellbeing.
- 3.28 The Health and Wellbeing Strategy and the Health and Care Plan have key priorities that include: mental health, a good start in life, and improving the social, economic, and environmental circumstances in which we live. There is growing recognition of the importance of an all-ages preventative approach to improving mental health demonstrated through the council's corporate plan commitment to all-ages Mental Health Strategy.

- 3.29 These changes in the system create a stronger environment to integrate pathways and promote resilience within the population. Work has commenced to develop an all-ages mental health strategy. This will incorporate the wider strategic work for children and young people.
- 3.30 Progress in the above four areas is included in the draft refresh of Croydon's Local Transformation Plan (LTP). When complete, the refreshed plan will provide an overall summary of Croydon's efforts to improve the mental health and emotional wellbeing of children and young people in Croydon. It will give an overview of what has worked well over the last year, what's been delivered, and where Croydon is seeking to make improvements.
- 3.31 A working draft of the LTP will be submitted to NHS England on 31 October. This draft will be circulated to Croydon CCG Governing Body and Health and Wellbeing Board members for comment and review. The final version of the Plan will come to the Board meeting in January 2020 for final sign off.

#### **4. CONSULTATION**

- 4.1 This report is an update on progress of activities undertaken by the Children and Young People's Emotional Wellbeing and Mental Health Partnership Board.
- 4.2 As described in the report, consultation and engagement with children, young people, their families and carers, will form part of our ongoing delivery.

#### **5. SERVICE INTEGRATION**

- 5.1 The Children and Young People's Emotional Wellbeing and Mental Health Partnership Board is designed to support joined up delivery. One of the four key workstreams is 'strategic join up'.

#### **6 FINANCIAL AND RISK ASSESSMENT CONSIDERATIONS**

- 6.1 There are no direct financial implications arising from this report
- 6.2 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, once identified, these will need costing and require the relevant budget approvals.
- 6.3 The Children and Young People's Emotional Wellbeing and Mental Health Partnership Board, which covers Croydon Council, Croydon CCG, and South West London Health & Care Partnership, will contribute to the development of any investment proposals arising from this report.

*Approved by: Josephine Lyseight, Head of Finance on behalf of Lisa Taylor, Director of Finance, Investment and Risk and S151 Officer, Croydon Council*

## 7 LEGAL CONSIDERATIONS

- 7.1 The Head of Litigation and Corporate Law comments on behalf of the Director of Law and Governance that there are no direct legal implications arising from the recommendations in this report. Any legal implications associated with individual commissioned activity in the future as a result of the work undertaken on the priorities detailed in this report will be considered as they arise.

*Approved by: Sandra Herbert Head of Litigation and Corporate Law on behalf of the Director of Law and Governance & Deputy Monitoring Officer.*

## 8 EQUALITIES IMPACT

- 8.1 This report asks the Board to review progress against priorities chosen to improve the mental health and wellbeing of children and young people in Croydon. Evidence shows that many people with protected characteristics are disproportionately impacted by poor mental health. In addition, children and young people with poorer mental health are more likely to be overweight, achieve poorer educational outcomes and engage in risky behaviours. Delivery of these priorities will therefore provide more intense support to those with protected characteristics and improve the outcomes for children and young people experiencing low mental health.
- 8.2 A range of health inequalities are addressed through the delivery of the priorities for example a key element of the school trailblazer funding focusses on targeted work with children and young people that are looked after or are part of the youth justice system. A number of programmes are commissioned to provide additional mental health support for vulnerable young people such as unaccompanied young refugees and asylum seekers.

*Approved by: Yvonne Okiyo, Equalities Manager*

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### APPENDICES:

Appendix 1 – Children and young people’s mental health programme – PowerPoint  
Appendix 2 – Mental Health Support Teams in schools (MHST) NHSE Trailblazer – PowerPoint

### BACKGROUND DOCUMENTS:

None