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| Children’s Services & Education Scrutiny Sub-Committee 05 December 2024 |  TOWER HAMLETS |
| Report of: Layla Richards, Covering Director of Commissioning and Youth | Classification: Unrestricted |
| Children and Young People’s Mental Health | |

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| Originating Officer(s) | Grace Walker, Interim Head of Integrated Commissioning |
| Wards affected | All wards |
| Key Decision? | No |
| Reason for Key Decision | |
| Strategic Plan Priority / Outcome | 8 A council that listens and works for everyone |

Executive Summary

Mental health is a state of wellbeing in which an individual realises their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community (according to the World Health Organization). In Tower Hamlets, along with the rest of the country, we are seeing ongoing increases in children and young people experiencing mental health difficulties; most recent data indicates that 1 in 5 (20.3%) 8-16 year olds had a probable mental health disorder; closer to 1 in 4 17-19 year olds. Social factors such as poor housing, poverty and parental mental ill health continue to contribute to an exacerbation of poor mental health.

To address this need we are working together to deliver Accelerate, the Tower Hamlets Children and Families Partnership Strategy 2024-2029 priority 3: support for mental health and wellbeing, through the Children and Young People’s Mental Partnership. Tower Hamlets has a wide range of resources in place for children and young people’s mental health and wellbeing. We are optimising the resources available, mindful of financial challenges, and improving our co production with children and families.

Recommendations:

Children's Services and Education Sub-Committee is recommended to note the integrated work on children and young people's mental health and wellbeing.

1 REASONS FOR THE DECISIONS

- 1.1 The Children's Services and Education Sub-Committee have requested this update to provide assurance on services for this potentially vulnerable group of residents. We provide this support as an integrated system to ensure children get the right level of support at the right time.

2 ALTERNATIVE OPTIONS

- 2.1 An update on the work that the council is doing, separate from the rest of the partnership, would not provide reassurance of the scope of what is available for young people in Tower Hamlets and the accompanying rationale for commissioning decisions.

3 DETAILS OF THE REPORT

- 3.1. The details of the report are included in Appendix A, outlining the partnership response to young people's mental health in Tower Hamlets.

4 EQUALITIES IMPLICATIONS

- 4.1 The Public Sector Equality Duty (as set out in the Equality Act 2010) aims to embed equality considerations into the day-to-day work of public bodies, so that they tackle discrimination and inequality and contribute to making society fairer.
- 4.2 The Equality Act 2010 protects us all from discrimination or harassment as a result of a personal characteristic. Good sexual and reproductive health is not equally distributed in the population. Some groups are more at risk of poorer sexual and/or reproductive health based on a common characteristic, most notably young people, Black communities, and GBMSM.

5 OTHER STATUTORY IMPLICATIONS

- 5.1 N/A

6 COMMENTS OF THE CHIEF FINANCE OFFICER

6.1. N/A

7 COMMENTS OF LEGAL SERVICES

7.1 N/A

Linked Reports, Appendices and Background Documents

Linked Report

- NONE

Appendices

- Appendix 1: Children and Young People's Mental Health and Wellbeing

Background Documents – Local Authorities (Executive Arrangements) (Access to Information) (England) Regulations 2012

- N/A

Officer contact details for documents:

- N/A