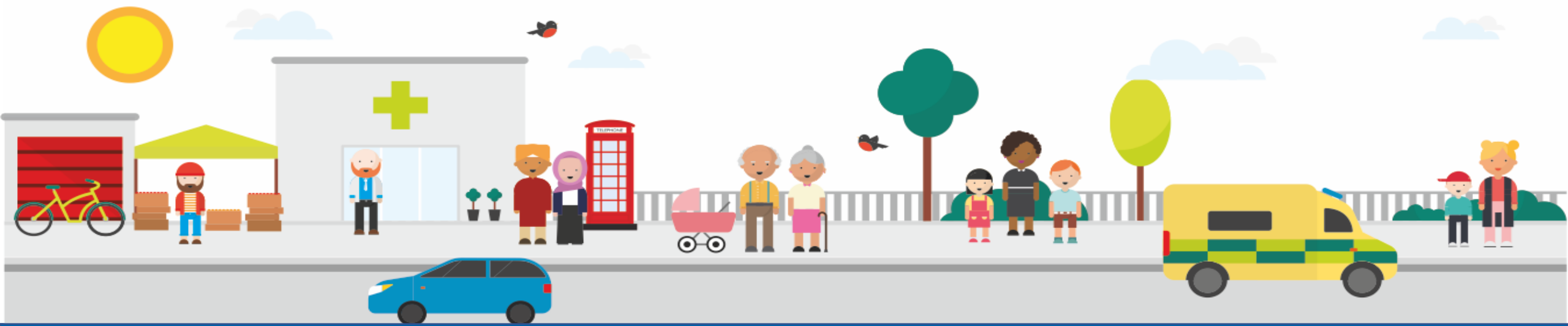


Children & Young People's Mental Health and Wellbeing

September 2024



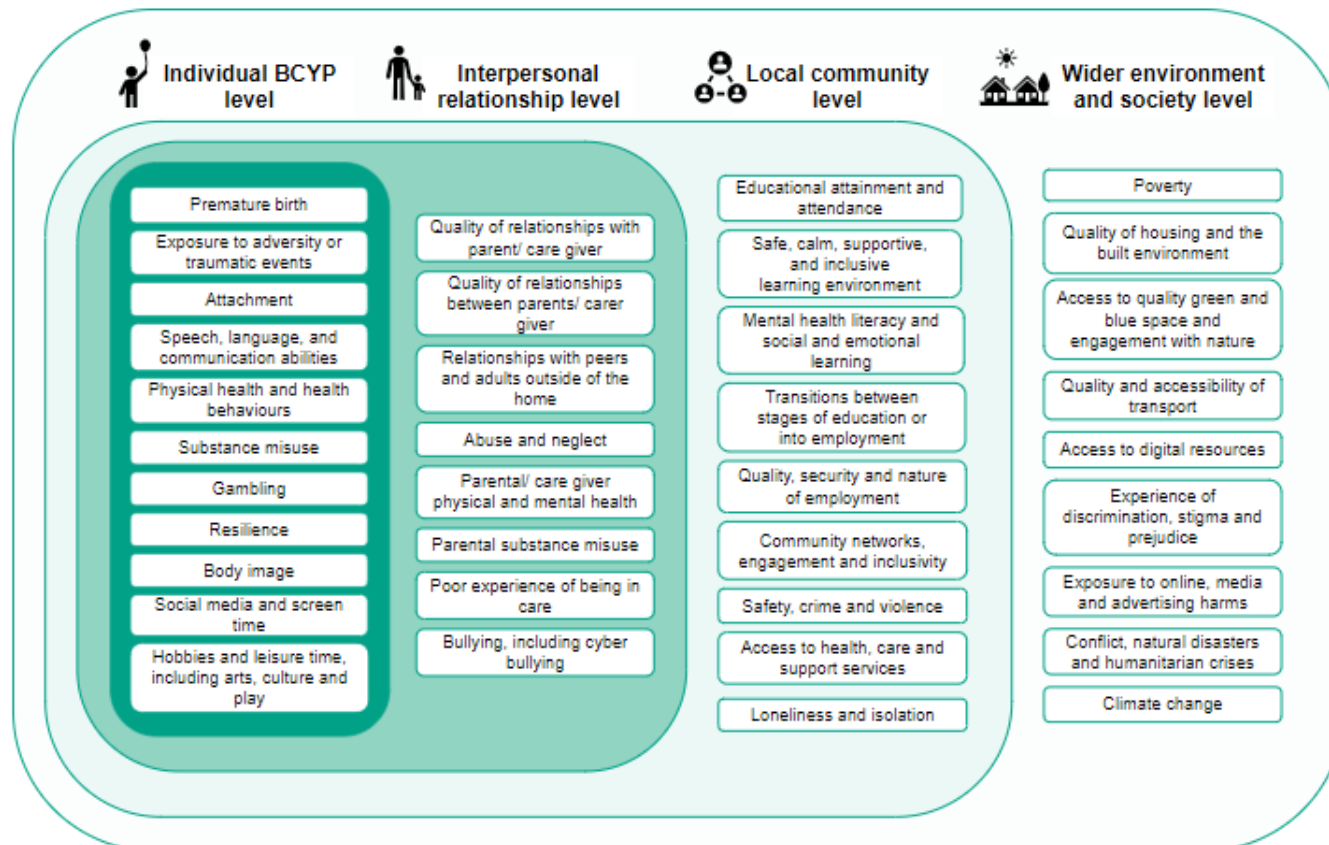
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Introduction

- 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](https://www.who.int))
- It includes emotional, psychological and social wellbeing and it affects how we think, feel, act, and relate to others
- Mental health and wellbeing is influenced by a wide range of factors at different levels:
 - Individual
 - Interpersonal relationships
 - Local community
 - Wider environment and society
- Many factors can be modified to protect mental health in the long-term. Public mental health actions to influence these factors should take a ‘life course approach’, recognising opportunities at different stages (before birth, for babies, early childhood, school age and adolescence and adulthood).

Figure 1: babies, children and young people’s mental health: a framework of modifiable factors to guide promotion and prevention



Department of Health and Social Care (2024). Improving the mental health of babies, children and young people. Retrieved from: <https://www.gov.uk/government/publications/improving-the-mental-health-of-babies-children-and-young-people>

Key Themes



- Ongoing increases in CYP experiencing and 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
- Significant increases in demand i.e. CYP with social and communication needs and neurovariance.
- Need ongoing prevention work, early detection and access to right treatment at right time as close to as possible to home.
- Co-production work also indicates that CYP and families want to feel they are working alongside providers to contribute to service developments and redesign.
- Social factors such as poor housing, poverty, parental mental ill health continue to contribute to an exacerbation of poor mental health.
- Working in partnership from the earliest help, targeted interventions to specialist interventions including crisis services, eating disorder services, alternatives to admission and in patient care when required

*Mental Health of Children and Young People in England, 2023 – wave 4 follow up to the 2017 survey.

Key Themes – Annual Public Health Report 2024



- **Maternity and Early Years:**
 - Significant numbers of women in Tower Hamlets have complex social factors such as poverty and domestic abuse. About 1 in 4 women experience mental health problems during the perinatal period (pregnancy and first year after giving birth), although not all have access to appropriate support.
 - There is limited local information about the mental health and wellbeing of infants and children under 5, as well as limited specific support provision available for this age group.
 - The Family Hubs programme has allowed for additional investment towards services, pathways and workforce development for perinatal mental health and parent-infant relationships (until spring 2025).
- **Childhood and Adolescence:**
 - Tower Hamlets has some of the highest child poverty rates in the country, with nearly half of children residing in 'relative' or 'absolute' low-income households.
 - Physical activity has important benefits for both physical and mental health of children and adolescents. However, levels of physical activity are low among Tower Hamlets' children and adolescent population, with under one quarter meeting national guidelines.
 - The Tower Hamlets Pupil Attitude Survey conducted in 2022 indicated that only two-thirds of primary school pupils and half of secondary school pupils reported feeling happiness in their lives, a decrease from previous surveys.

A Partnership Response & Priorities

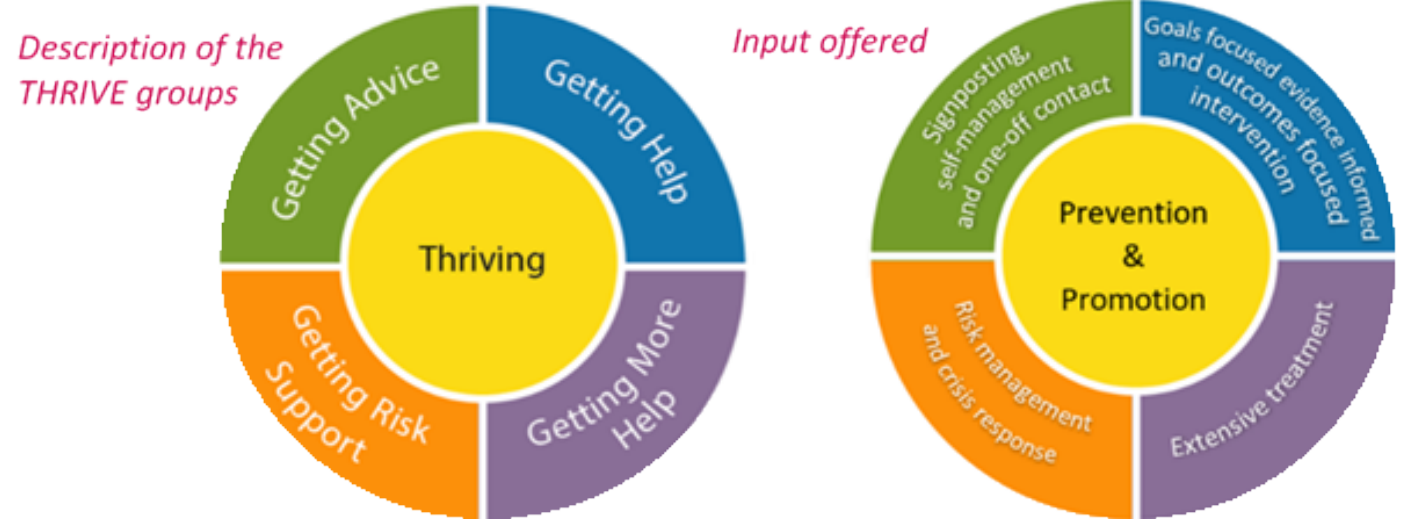
- We are working together to deliver Accelerate, the Tower Hamlets Children and Families Partnership Strategy 2024-2029 priority 3: support for mental health and wellbeing, through the Children and Young People’s Mental Partnership.
- Tower Hamlets has a wide range of resources in place for CYP MH and wellbeing : We will plan, develop and deliver these services in a joined up and integrated system based on Thrive principles
- Local provision includes capacity in Schools and primary care, Health Visiting and School Nursing, VCS provision and a wide range of CAMHS services from community care to specialist Eating Disorders, 24/7 Crisis, Home Treatment and inpatient wards as well as a digital offer
- The ‘Thrive’ framework is the cornerstone of our partnership approach to the mental health offer for young people. We will work as a system to expand and invest in early intervention and prevention, and work towards integrated referral pathways to promote ease of access to timely advice, support, and effective treatment
- We will optimise the resources available, mindful of financial challenges ,and improve our co production with children and families
- Improve mental health support for children and young people with SEND, neurodivergence and with learning disabilities, those we look after, children in trouble with the law or children who are bereaved.
- Improve well-being for all our children and young people by introducing the evidence-based ‘five ways to wellbeing’ into play, youth, leisure and culture services.
- Improve early identification and support for challenges with parent-infant relationships and perinatal mental health (Ambition 1: A great start in life, led by the Maternity and Early Years working group).

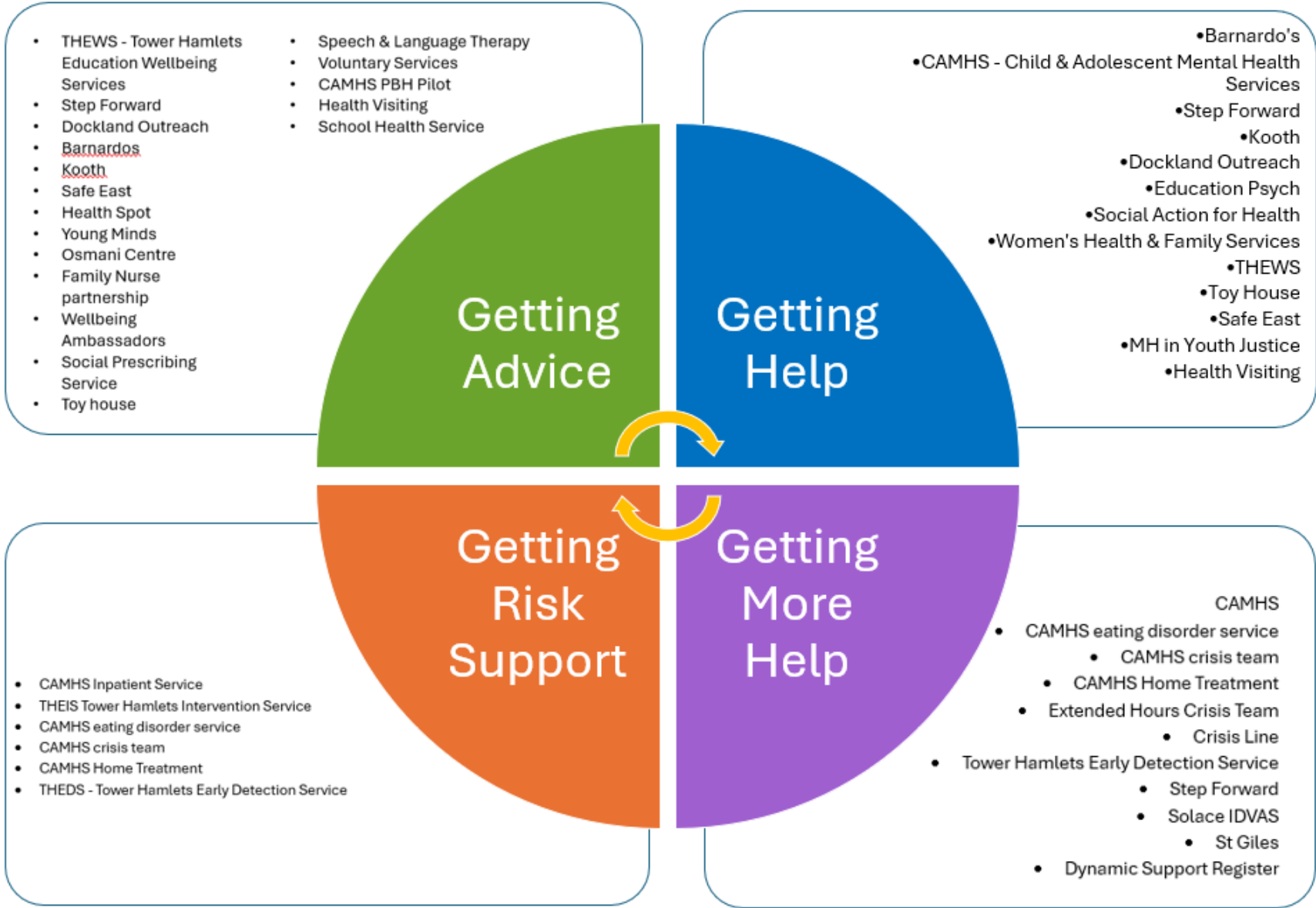
Thrive Framework

- Thrive has 8 key principles:

- Common Language
- Needs-Led
- Shared Decision Making
- Proactive Prevention and Promotion
- Partnership Working
- Outcomes-Informed
- Reducing Stigma
- Accessibility

- We are developing an updated implementation plan including; training, website; co-production; pathway and service models reviews and transformation; data collection, outcomes and measures of change and success





Questions

Current Offer



- 3-year Wellbeing contract with Barnardo's until January 2026 to deliver emotional wellbeing support across the Borough for children and young people aged 9 to 18, and up to 25 for care leavers, or those with SEND. New outreach service operating out of KitKat, the Care Leaver's centre, in collaboration with CAMHS, alongside more embedded work in the Youth Justice Service.
- Child and Adolescent Mental Health Services (CAMHS) embedded within Tower Hamlets Children's Services. These are CAMHS in Social Care (CiSC), Disability Children's Outreach Service (DCOS), Edge of Care (EoC), Therapeutic Fostering and Care Team (TFACT).
- There are other services available to CYP to promote mental health and emotional wellbeing support:
 - Kooth is an online service including website providing a range of resources and an online counselling chat function.
 - Lumi Nova is an app game for CYP based on CBT which aims to break down worries/anxieties into small, manageable challenges to overcome one by one.
 - Personal Health Budget offer is for CYP who are autistic, have learning disabilities, or who have these presentations and open to CAMHS.
 - Wellbeing Ambassadors (WBA) Programme is a peer-to-peer project for young people aged 15-18 years.

SEND and Neurovariance

- There has been a **significant increase in Autism and ADHD referrals** which is putting pressure on service waiting times.
- This is a national trend, but also being felt acutely in Tower Hamlets
- **£700,000 has been invested** in Barts Specialist Therapists; a Physician Associate leading on ADHD; SEND Specialist Practitioner for early intervention; and London Autism Clinic (independent provider) appointments to address issues with waiting times
- **Autism Diagnostic waiting times** have reduced from **144 weeks to 92 weeks**
- **ADHD Diagnostic waiting times** have reduced from **78 weeks to 52 weeks**
- A **neurovariance review group** is looking at diagnostic pathways for SEND and Neurovariance- this is a development from the original Autism Pathway Improvement Group
- There is also early intervention and follow-up interventions with **Social Communication work in Family Hubs** and **ADHD primary care enhanced roles in Primary Care Networks**
- **Additional funding expires at the end of March 25.** NHS NEL are reviewing a business case for long term investment. There is a **risk around the approval of this with current financial pressures and NHS NEL going into the Triple Lock.**

Mental Health Support Team

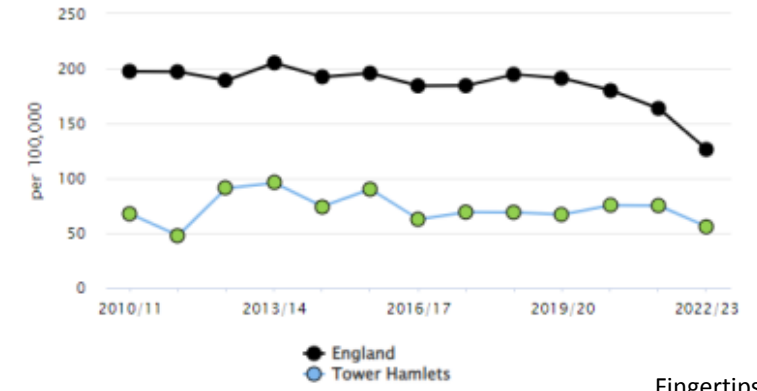
- Tower Hamlets Education Welfare Service (THEWS) is the Mental Health Support Team (MHST) within Tower Hamlets and provides evidence-based interventions for children and young people with mild to moderate mental health difficulties. interventions include 1:1 work; group-work; workshops for staff, students and parents (various topics); Whole School Approach.
- Outcome highlights:
 - Referral to Assessment: typically around 2 Weeks (target within 4 weeks); Assessment to treatment : typically around 2.5 weeks (target within 4 weeks).
 - THEWS has delivered workshops and groups to around 7,000 CYP and Parents.
 - THEWS has offered consultation on at least 143 cases.
 - THEWS has had referrals for 653 young people (averaging around 40 per month).
 - 87 school staff attended delivery partner's (Step Forward) 1:1 wellbeing sessions.
 - The Wellbeing Ambassadors Programme - trains and develops young people into 'well-being Mentors' who can offer high-quality, peer-to-peer advice and guidance to other young people of a similar age to them, in school, with the aim of improving their mental health and emotional wellbeing.

Suicide prevention and self-harm



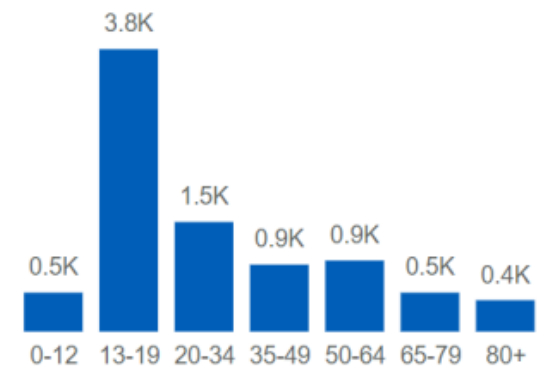
- Rates of self-harm presentations to A&E have decreased since 2021, although rates among young people aged 13-19 years old remain fair higher than other age groups.
- Incidence of suicide among people remains rare compared to the adult population (11 registered deaths of residents aged 19 or younger since 2015).
- The **24/7 mental health crisis telephone line** for North East London is available to people of all ages, although there may be better signposting and referral pathways with adult services than for children and young people.
- **Body & Soul's You Are Not Alone service** provides 6 months of group and 1:1 support to people aged 16-35 that are most at risk of suicide across London, partially funded by the LBTH Mayor's Community Grant Fund (self-referrals accepted).
- Tailored services for some populations with increased risk of suicide are unfortunately only available for people aged 18+ across London (e.g., LGBTQ+, men/boys).
- **Tower Hamlets Community Education Provider Network** have been providing mental health first aid and suicide prevention training tailored to people working with children and young people for the past three years.

Emergency Hospital Admissions for Intentional Self-Harm (Directly standardised rate per 100,000, all ages)



Fingertips (2024)

A&E Self Harm per 100,000 Population by Age



NHS Emergency Care Data Set (2024)



Emotional Wellbeing



- 3-year contract until January 2026 with Barnardo's to deliver emotional wellbeing support across the Borough for children and young people aged 9 to 18, and up to 25 for care leavers, or those with SEND.
- New outreach service operating out of KitKat, the Care Leaver's centre, in collaboration with CAMHS, alongside more embedded work in the Youth Justice Service.
- Current discussions about contract variation to avoid duplication of offer and increase access to emotional wellbeing support offer.
 - Barnardo's have been delivering support in select schools, at times alongside CAMHS THEWS teams and Mental Health ambassador roles.
 - New service specification proposal is based on outreach working into providers across the borough to meet CYP where they are and providing consistent adults for young people to interact with, and a flexible approach based on CYP needs.
 - This aims to support removing stigma around mental health support, building trusted relationships, information about mental health support being more widely and readily available, and learning from CYP using insights to coproduce future offers and service.

Children's Services

- There are Child and Adolescent Mental Health Services (CAMHS) embedded within Tower Hamlets Children's Services. These are CAMHS in Social Care (CiSC), Disability Children's Outreach Service (DCOS), Edge of Care (EoC), Therapeutic Fostering and Care Team (TFACT).
- **DCOS** is a multidisciplinary community-based interventions team based in Tower Hamlets children's services. DCOS supports children and families on an individual basis following referrals from professionals, as well as joining and running several community-based groups, and providing consultation to social workers within Children with Disabilities service. There is a growing awareness of DCOS across stakeholders resulting in increased referrals from a range of services. DCOS provide psychoeducation, advice and signposting to referring agencies when referral criteria for a young person is not met, this enables them to access more suitable support. DCOS has recently started monthly drop-in sessions in special schools which are said to have been well-received by education colleagues and parents/carers.
- **CiSC** provides a dedicated CAMHS and clinical support service to children with a social care plan (CIN, CP, LAC) referred by their allocated social worker. CiSC interventions include consultation sessions, attendance at network meetings for wider discussions, delivering clinical intervention, escalation for full CAMHS assessments and mental health plan being provided. CiSC also offer an emotional wellbeing screen for all looked after CYP who newly come into the care system and are still in care after 4months; consultation is the offered to the allocated social worker if felt needed.
- **EoC** team includes two clinical psychologists and a family therapist who are CAMHS workers. Children who are on the cusp of care therefore receive direct intervention for their mental health needs without the need for a further referral.
- **TFACT** is a clinical psychology led team, aiming to improve outcomes and reduce placement breakdowns for Looked After Children and Children under Special Guardianship orders through training and support to social workers and foster carers in Tower Hamlets.

Emotional Wellbeing – Youth Justice

- Barnardo's also work with the Youth Justice Service under the emotional wellbeing contract.
 - 9 CYP have accessed the service in Q1 with an average treatment duration of 2 months.
- **Coproduction and Collaboration:** A significant strength lies in the collaborative efforts and coproduction between YPESS and YJS, especially in the establishment of a girls support group. This initiative addresses crucial aspects like emotional well-being and healthy relationships, incorporating contributions from various services and partners.
- **Outcome-Informed Approach:** YPESS's commitment to an outcome-informed approach, evidenced using the Child Outcome Ratings Scale (CORS) and Evaluation of Service questionnaire (ESQ), is a positive strategy to assess the impact of interventions on the well-being and progress of children.
- **Establishment of Multidisciplinary Team Meetings:** Establishing multidisciplinary team meetings involving YPESS, YJS specialist nurse, and YJS CAMHS clinician is a positive step towards enhancing interdisciplinary communication. The meetings contribute to a comprehensive understanding of the needs of the young individuals within YJS and foster mutual support through case consultations.

Children's Services



There are other offers available to CYP to promote mental health and emotional wellbeing support:

- Kooth is an online service available for CYP without referral. Kooth website provides a range of resources for CYP to access, and an online counselling chat function which is anonymous and operates without a waiting time.
- Lumi Nova is an app game for CYP based on CBT which aims to break down worries/anxieties into small, manageable challenges to overcome one by one.
- Personal Health Budget offer is for CYP who are autistic, have learning disabilities, or who have these presentations and open to CAMHS.
- Wellbeing Ambassadors (WBA) Programme is a peer-to-peer project for young people aged 15-18 years. 66 WBAs participated with up to 5 young people from each school recruited and trained as wellbeing ambassadors. Their primary focus is on reducing stigma and improving access to additional support. This currently operates across 11 schools with ELFT funding.