

Report for: Children's Scrutiny Panel

Title: Children's Mental Health and Wellbeing

Report authorised by: Ann Graham, Director of Children's Services

Lead Officer: Tim Miller, Haringey Council and North Central London Integrated Care Board

Ward(s) affected: All

**Report for Key/
Non Key Decision:** n/a

1. Describe the issue under consideration

1.1 This report is a background paper providing an update on work in Haringey to support the mental health and mental wellbeing of children and young people in Haringey, in the context of the post-pandemic period. Officers will present this item with accompanying slides to the Panel meeting.

2. Recommendations

2.1 Members of the Children, Young People and Schools Scrutiny Panel to note the report and discuss its content.

3. Background information

Changing needs

3.1 The pandemic and cost of living crisis have contributed to need rising by an estimated third in recent years in NCL, especially among young people. Rates of probable mental health conditions have increased among 17-19 year olds from 1 in 6 to 1 in 4, and only one in three people with mental health needs accesses mental health services. However, these are broad estimates of need and do not tell us much about the severity of need or the most appropriate response to each child or to Haringey as a borough. We have seen changes in relation to mental wellbeing in common with other areas.

3.2 There is significant rise in identification of neurodiversity, especially autism and attention deficit hyperactivity disorder (ADHD). In relation to autism, where there is no element of social causes for autism, this is understood to be due to a national picture reflective of changing societal awareness. Whilst this is seen as rising need, it should be considered as rising awareness of need, which if otherwise not identified would likely lead to poorer outcomes than when it is now being recognised.

3.3 There has been a rise in children unable to return to school post-pandemic or to sustain good attendance ('emotionally based school avoidance').

3.4 Haringey has been successful in reducing school exclusions and also has not seen rises in education health and care plans for young people with 'social, emotional and mental health' needs, which have consistently fallen over the last 6 years.

3.5 We have not seen rises in hospitalisation of young people to psychiatric care.

Responses in Haringey to date

3.6 Haringey has the ambition to improve the outcomes and mental health and wellbeing for all children. The pandemic response has sharpened this focus. Services have combined increased investment, introduction of new services and more advice, guidance and resources for parents and schools so they are better support children and young people.

3.7 The partners in Haringey have for some time been using the Thrive framework to consider what each child needs at a particular time in order to thrive, and which may be:

- Advice
- Help
- More Help
- Risk support

3.8 Specific areas of action and impact in this context are set out below. Many of these were defined in the North Central London CYP mental health and wellbeing plan which was agreed post-pandemic by the NHS and Councils in NCL as a common plan of action, setting out delivery in each borough as well as pan-NCL. A link is provided in section 9, below.

3.9 The level of mental health and mental wellbeing support in schools as part of the Advice and Help offer has been increased. The 'trailblazer' of support into Haringey's East schools has now been expanded into the West of Haringey, with an additional mental health support team from the North London Mental Health Partnership, working together with the Council and local charities. Targeting issues like anxiety, depression and the issues that drive them, they offer:

- a) Targeted work: Groups, 1:1 parent interventions, 1:1 adolescent Interventions
- b) Universal school support: Webinars, workshops, drop ins (teachers and parents), community outreach support, assemblies, coffee mornings, whole class groups

3.10 The mental health teams in schools work in partnership with the Council's Anchor Approach, which is an innovative and evidence-based response to resilience, wellbeing and mental health need. It works into schools, early years, Early Help, NHS services and local charities, building capacity and

knowledge around resilience, emotional regulation, trauma and behaviour. This is an important part of the borough's overall response to mental health in the community as well as the specific needs of children and young people.

- 3.11 The borough has expanded its support for autism. The NHS has grown autism diagnostic services across all ages with investment of >£600k in Haringey since 2022 and an additional £1.2m across NCL. We have introduced social and practical support for parents and children from Markfield, and increased access adapted therapy services for young people and young adults who would benefit from additional psychological support, from Open Door. The SEND system has also responded with additional support into schools from the Language and Support Team at the Council with a clear autism support pathway and guidance for schools to utilise.
- 3.12 NHS crisis response services who lead on Risk Support, which were rapidly scaled up during the pandemic period to respond to young people at greatest risk, have continued. These include CAMHS in-reach into general hospitals including North Middlesex and Whittington Hospital, a 24/7 crisis telephone line for CYP and parents, and 2 crisis hubs offering alternatives to emergency department attendances for people in crisis needing rapid contact with services.
- 3.13 In response to numerous concerns raised by families around the cliff edge faced by young people as they leave children services and enter adulthood. Barnet Enfield & Haringey University Trust (BEHUT) the boroughs largest provider of mental health and emotional wellbeing services has launched a Transitional team for young people aged 18-25 in April 2023. This team will accept referrals for young people aged 17 and work with the young person and network of professionals to support a seamless transition into adulthood services.
- 3.14 As part of the NHS services implementing a consistent 'Core Offer' of services across the North Central London boroughs, a new Home Treatment Team is now being introduced which is based in Haringey but working across North Central London supporting children at greatest risk. Further equity of offer across NCL includes additional further specialist pathway such as Dialectic Behaviour Therapy (DBT) Eating Disorder and Forensic CAMHs. These pathways are monitored to ensure access and take up for Young People and families from the Haringey population.
- 3.15 The Council has been responding with a number of significant developments that target emotional and mental wellbeing approaches within other programmes of work. This includes the:
 - a. expansion of the Educational Psychology service in the SEND division, providing specialist assessment, advice and support to schools and children.
 - b. the Safe Taskforce programme which focuses on young people at risk of involvement in serious youth violence and which includes mentoring and psychologically informed approaches.

- c. training in Cognitive Behavioural Therapy informed approaches for Social Workers based in Schools.
- d. significant elements of mental health support to 0-5s and their parents in the Family Hub programme, delivered in partnership with a wide range of services including the Parent Infant Psychology Service at the Whittington.
- e. increasing the capacity of mainstream schools to meet the Social Emotional Mental Health (SEMH) needs of children. This includes trauma and emotional based school avoidance. The pathway is currently in development.
- f. the Youth Justice service (YJS) jointly fund a CAMHS nurse but this post is currently vacant with recruitment process commencing soon. This post screens and supports children within the service with mental health needs and avoids lengthy delays that children experience if referred directly to CAMHS.
- g. the Liaison and Diversion CAMHS practitioner post within YJS is currently vacant with recruitment process commencing soon. This post screens and supports children in police custody and supports the prevention and diversion agenda.
- h. Vanguard clinical support within the YJS is a new initiative that focuses on clinical consultations for children with complex mental health needs within the service and they will also be providing space for clinical supervision for staff to support with vicarious trauma.
- i. within our children centre/family hubs we offer a range of support starting with baby massage that reduces anxiety, Dancing Together, HENRY, parenting programmes and CAMHS support into our stay and plays. This ensures a preventative approach to the emotional wellbeing of children and their families.
- j. through strategic partnerships with organisations such as Projects Futures and Trailblazers, we have successfully implemented mental health workshops and extended well-being support throughout our youth hubs. In collaboration with MIND Haringey, our staff members will be actively pursuing Mental Health First Aid qualifications.
- k. the Youth service have received 30K funding from BBC Children in Need to undertake a programme called Target you, Target Life, providing intensive support and intervention to a group of about 15 young people aged 13-16 years old using a trauma informed approach.

- 3.16 There has been substantial work undertaken by the Council's Education Psychology Service (EPS) to develop support specifically in response to Emotionally based school avoidance (EBSA) and COVID 19 which includes:
- a. developed a proposed EBSA pathway and training which is recorded and available on the SEND local offer website.
 - b. the service are planning to host an EBSA conference to be held in summer term with representatives from all services to contribute to content delivery. Content to include: current progress with pathway; managing anxiety at home; recognising early anxiety in schools; promoting children's wellbeing; workshops to develop skills in using psychology to work with children and young people (parent and schools)

- c. Increased number of parent/carer Markfield consultations with an Education Psychologist
 - d. online webinars for parents and school staff on managing anxiety
 - e. development of resources/leaflets for parents/school staff on relating to mental health and well-being, bereavement
 - f. bereavement groups with young people in secondary schools
 - g. mental health and well-being focus EPS planning meetings with SENCOs/Heads including EBSA and mental health of staff in schools
 - h. the service are regular presenters at the school well-being forum on topics linked mental health and well-being
- 3.17 The Council and NHS provide joint funding to a number of important charity programmes including the 18-25 support from Open Door, which is an important part of our transitions offer alongside statutory services, an Arts and Sports programme for 12-18s led by Open Door in partnership with other providing including Tottenham Hotspur Foundation and Deep Black.
- 3.18 The impact of these initiatives and interventions have been seen in the increasing number of children in contact with specialist services, the sustained low levels of hospital admissions and the falling number of children requiring EHCPs related to their social, emotional and mental health.
- 3.19 However, there is still significant, unmet need in Haringey's community which has major impact on young people, their families and social networks which we are not complacent about.

4. Work in development

- 4.1 The Borough Partnership in Haringey, which is the leadership forum for officers from the Council, NHS partners and the voluntary sector in Haringey focusing on health and wellbeing, have agreed that mental health across all ages is the key priority area.
- 4.2 It's Start Well Board led by the Director of Childrens Services, Ann Graham, has overseen the work described above. The partners have also committed to
- a) Further strengthen CYP mental health as a significant focus for 24/25;
 - b) Maintain focus on recruitment and workforce so that all investment translates into available capacity on the ground.
 - c) Build deeper, shared understanding as a system of the network of services and the benefits they derive,
 - d) Greater engagement with children and families to understand their experience and the needs in the community;
 - e) Building connections between services; define a clearer, whole-system offer which is easier to navigate but still comprehensive and effective.
- 4.3 The North London Mental Health Partnership is introducing a number of key changes which will benefit Haringey as part of it's wider CAMHS transformation programme driving growth in Help and More Help domains of Thrive:

- a) A new 0-5s service, complementing Haringey's existing programmes of support and addressing some of the gaps within the current support.
- b) A Single Point of Access across 3 boroughs, giving a resilient and responsive access services to support smooth access to treatment, complimented by borough based access points and close partnerships with borough services, including the Council services and key VCS partners.
- c) A Community Engagement role to outreach into the community and support deeper coproduction with the community.
- d) Developing IThrive 2, building on the conceptual framework of IThrive the next iteration will include partners across Health, Education and Social Care to support the practical and operational domains of IThrive.

4.4 The Council are leading on the development of a 'graduated response' to social emotional and mental health as part of the support offer to schools under the Safety Valve programme, which will refresh and strengthen the schools based offer focusing on whole school approaches and will consider trauma-informed approaches.

5. **Contribution to the Corporate Delivery Plan 2022-2024 High level Strategic outcomes**

5.1 The work outlined in this report particularly supports the following Council high level outcomes:

- a) Best Start in Life; the first few years of every child's life will give them the long-term foundations to thrive.
- b) Happy Childhoods; all children across the borough will be happy and healthy as they grow, feeling safe and secure in their family networks and communities
- c) Successful Futures; every young person whatever their background, has a pathway to success for the future.

6. **Carbon and Climate Change**

Not applicable

7. **Statutory Officers comments (Director of Finance (procurement), Head of Legal and Governance)**

Not applicable

Equality

7.1 Equality and inequality are a major contributor to mental ill health, and experiences of support people receive. Commissioners monitor access and uptake of services against protected characteristics and services compliment that with hearing the experience of young people and families accessing their services.

7.2 CAMHS services now have a profile which is much closer to the borough population than was the case in the past, reflecting efforts to be more inclusive and accessible to those who need it regardless of background.

7.3 The offer of services includes a diversity of providers – e.g. NHS, Council, schools-based, community based charities – as well as means of access – including digital support via [Kooth](#), self-referral and professional referral.

8. Use of Appendices

None

9. Background papers

9.1 North Central London Children and Young People’s Mental Health and Wellbeing Transformation Plan: <https://nclhealthandcare.org.uk/our-working-areas/north-central-london-children-and-young-peoples-mental-health-and-wellbeing-transformation-plan>