

REPORT TO WEST AREA PEOPLE BOARD

Mental Health and well-being - Self-harming of young people in the West

20th April 2016

1. Purpose of report

- 1.1 To update the People board on the findings of the research carried out to date.

2. Research and Findings

- 2.1 Desk top research has been carried out including learning from other areas in the City. This information was collated and information from the West Area was considered.
- 2.2 Young people with emotional distress is widespread, and existing services do not meet demand, with hospital admission rates for 10-24 being higher than the England Average. Throughout the West an increased awareness of the bigger picture and level of information is required for parents, young people and schools. It is felt that parents and young people would benefit from understanding the services that are available and where they can go to get information.
- 2.3 An area that was identified when carrying out the research identified the need for more mental health training. Whilst this would need to be explored further the initial findings have identified that if more people were trained (such as schools assistants, governors, lunch time assistants, young people, and parents) this would tackle the stigma and raise awareness of self-harm in particular.
- 2.4 The Health and Well-being board reported in January that it would be working on a campaign for suicide prevention for men and young people, signposting to support, advice and guidance. This campaign would need to be considered when looking at how to make improvements in the West and should complement any city wide campaigns, the local transformation plan for young people and mental health and well-being would also need to be considered.
- 2.5 Whilst the topic of the mental health of young people is being explored by many, all other schemes are city wide and not West specific. The research has shown that any initiative that is delivered would benefit from being a collaborative approach delivering early intervention's, information and preventative programmes to support young people who self harm and their parents/carers.

3 Options to consider

- 3.1 The Area Committee previously approved £80,000 SIB to support the West Health Plan on a page; following the previous approval £48,579 is remaining.

- 3.2 The People Board could consider recommending to Area Committee to align the remaining £48,579 towards young people's mental health and wellbeing. The People Board could then consider working with professionals to develop a Call for Project where groups (working with young people) suggest how to develop new approaches to work towards resolving the critical issue of young people's mental health and wellbeing.
- 3.3 An alternative option would be to wait and see what City-wide campaigns are implemented and then review the gaps within the West.

4. Recommendations

- 4.1 Consider an approach to support the delivery of the West Health Plan on a page and consider options to work with professionals to develop a Call for Project to support young people's mental health and wellbeing.