

CHILDREN'S SERVICES REVIEW COMMITTEE

POLICY REVIEW: IMPROVING THE EMOTIONAL WELL-BEING AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE

REPORT OF THE CITY SOLICITOR

10 JULY 2008

Strategic Priorities: CI03

1. Why has this report come to the Committee?

- 1.1 For the Review Committee to approve the scope of a policy review to collect evidence relating to improving the emotional well-being and mental health of children and young people in Sunderland to inform a final report scheduled for April 2009.

2. Introduction

- 2.1 A key function of each Review Committee is to evaluate and review policy and make proposals to Cabinet for policy development.

3. Terms of Reference

- 3.1 To examine the services provided for the emotional and mental well-being of children and young people in Sunderland.

4. Scope

- 4.1 The review will include investigation of:
- Commissioning, investment and expenditure locally
 - Partnership arrangements to tackle poor mental health
 - Involvement by children, adolescents and their parents or carers involved in planning and decision making
 - Access to services and waiting times
 - Outcomes for children and adolescents including what progress has been made since the publication of the Children & Young Peoples Plan Priority in , in delivering services to meet the needs of children and young people at risk of and experiencing mental health problems.
 - What other practical solutions can be proposed in developing policy and delivering, managing and commissioning services to address current challenges and deliver better outcomes.
- 4.2 Services to be investigated include Children and Mental Health Services in the broadest sense to include all services that promote emotional well-being and mental health or which respond to and meet the mental health needs of children and young people and their families. This includes universal services (such as GPs, early years settings and schools), targeted services (such as social care) as well as specialist services (such as community mental health clinics and hospitals).

5. Policy Background

- 5.1 The Children and Young People's Plan 2007-09 contains priority actions to help children and young people feel good about themselves. Priority 5 relates specifically to the scope of this review and the extract from the Plan is attached as Appendix 1.

6. Definitions

- 6.1 The Health Advisory Service Review (1995) defines mental health as including the following capacities:

- The ability to develop psychologically, emotionally, intellectually, and spiritually.
- The ability to initiate, develop and sustain mutually satisfying personal relationships.
- The ability to become aware of others and to empathise with them.
- The ability to use psychological distress as a developmental process, so that it does not hinder or impair future development.

- 6.2 Within this broad framework, and incorporating the developmental nature of childhood and adolescence, mental health in children and young people is indicated specifically by:

- A capacity to enter into and sustain mutually satisfying personal relationships.
- Continuing progression of psychological development.
- An ability to play and learn so that attainments are appropriate for age and intellectual level.
- A developing moral sense of right and wrong.
- The degree of psychological distress and maladaptive behaviour being within normal limits for the child's age and context.

Hill (1995)

- 6.3 Mental health problems are difficulties in any of these areas which may arise from any number of congenital, constitutional, environmental, family or illness factors.

7. Pathfinder

- 7.1 In January 2008 the Government announced 25 local authority pathfinders for a Targeted Mental Health in Schools project. Sunderland was one of the successful authorities.

- 7.2 The pathfinder in Sunderland aims to deliver targeted early intervention support for children at risk and their parents through; supporting and training school staff; providing evidence based targeted interventions alongside developing an integrated single referral pathway to specialist CAMHS. It will include five secondary schools and their 20 feeder primaries embracing all children in the 5 to 13 age group.

- 7.3 The project runs from April 2008. The local authority and Teaching Primary Care Trust will develop models and processes, alongside a support programme and rigorous evaluation. The pilots will be evaluated to identify successful models of mental health support and the findings will inform the roll-out of Targeted Mental Health in Schools nationally in 2009-10 and 2010-11.

8. Context of child and adolescent mental health issues in Sunderland

- 8.1 Around one in ten children and young people will experience behavioural, emotional and mental health problems at some point in their lives, with twice as many boys – aged 5 to 10 years – diagnosed with a mental health disorder compared to girls.
- 8.2 This would suggest that within Sunderland, with a 5-15 year old population of approximately 40,000:
- 6,000 (15%) children and young people will have mild, early stage problems requiring some help which will in most cases be provided by services in primary care, social care and the voluntary sector (HAS Tier1).
 - 2,800 (7%) children and young people will have moderately severe problems requiring attention from professionals trained in child mental health e.g. psychiatrists, psychologists and therapist.
 - 740 (1.85%) of children and young people will have severe and complex problems requiring multi-disciplinary team working.
 - 30 (0.075%) of children and young people will have very serious problems that require very specialist treatment. For some of these where there is a significant risk of harm to the child or others it may be necessary to provide treatment under the Mental Health Act 1983.

9. Context of child and adolescent mental health issues nationally

- 9.1 In December 2007 the Government announced plans to review Child and Adolescent Mental Health Services. The review is aimed at ensuring that the educational and emotional needs of children and young people with mental health problems, or at risk of developing them are met.
- 9.2 The review will consider gaps in the current CAMHS system and will look to achieving more early intervention in schools, as well as services working better across the different boundaries to ensure that children and young people get the best support available regardless of the complexity of their needs.
- 9.3 In announcing the review, the Minister called for more vigilance in spotting the distress signals in boys who may have underlying mental health problems.
- 9.4 Over the past four years additional investment nationally of £400m in CAMHS has resulted in increased capacity, shorter waiting times, and more children and young people benefiting from CAMHS. While money has been invested, and there have been improvements, challenges remain. Some specialist services are not meeting the needs of the most vulnerable children, with complex and challenging needs. In 2005 only 23% of local authorities

reported that they were working effectively with education, social care and health to meet the needs of this group. A commitment was provided to increase the number of specialist CAMHS beds for those with greatest need, and eliminate the inappropriate use of adult psychiatric wards for under 16-year olds by November 2008. Early detection and intervention in schools and nurseries is seen as key to enabling children and young people to learn, and to achieve their full potential.

- 9.5 The Government is rolling out the social and emotional aspects of learning (SEAL) programme to all primary and secondary schools. There is additional funding for schools and local authorities to develop school based and 'close to school' support for those children most at risk of developing emotional, behavioural and mental health problems.
- 9.6 The CAMHS review call for evidence was issued in April for response by July 2008. A final report of findings is expected by October 2008. For up-to-date information on the review visit www.dcsf.gov.uk/CAMHSreview

10. Working Groups for other Reviews

- 10.1 At its meeting in June the Committee also agreed to explore a number of topics through Task and Finish Working Groups. Members who have indicated interest in being involved in the groups are attached in Appendix 2. This also includes a brief suggested scope for the work.
- 10.2 Each group will be provided with an initial briefing on the topic and be asked to agree the scope, set a timescale for reporting back to Review Committee and determine an approach to investigating the topic and the type and level of support that may be required. A small budget – up to £1,000 will be available for each task and finish group to be authorised by the Chairman using the usual procedures for review committee budget spending.

11. Recommendation and Conclusion

- 11.1 Members are requested to :
- (a) Consider the terms of reference for the policy review of emotional well-being and mental health and, subject to any amendments made at the meeting, to endorse the terms of reference
 - (b) Consider the membership and scope of three working groups and endorse this approach to investigating the topics listed.

12. Background Papers

National Service Framework Standard 9. Mental Health and Psychological Well Being of Children and Young People
Ten Questions on CAMHS CfPS
Mental Health Services for Adolescents and Young Adults Young Minds
Mental Health: New Ways of Working for Everyone - DoH

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