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Town Hall  
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To:

The Chair and Members of the Overview and Scrutiny Committee (Children's Services and Safeguarding)

Date: 5 July 2018

Our Ref: DAC/O&S

Your Ref:

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Dear Councillor

## **OVERVIEW AND SCRUTINY COMMITTEE (CHILDREN'S SERVICES AND SAFEGUARDING) - TUESDAY 10TH JULY, 2018**

I refer to the agenda for the above meeting and now enclose the following report which was unavailable when the agenda was printed.

**Agenda No.**

**Item**

7	<b>CAHMS Working Group - Interim Report. (Pages 3 - 76)</b> Report of the Head of Schools and Families
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Yours faithfully,

Democratic Services

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# Agenda Item 7

Report to:	Overview and Scrutiny Committee (Children's Services and Safeguarding)	Date of meeting:	10 July 2018
Subject:	CAHMS Working Group - Interim Report.		
Report of:	Head of Schools & Families	Wards Affected:	All
Is this a Key Decision:	No	Included in Forward Plan:	No
Exempt / Confidential Report:	No		

## Summary

Overview and Scrutiny Committee (Children's Services and Safeguarding) established a Working Group on 12 July 2016, to review the CAMHS Service across Sefton. At its meeting on 5 December 2017, the Committee considered the Working Group report and commended it, together with the recommendations, to the Cabinet for approval. Following Cabinet approval in January this Committee asked for an interim report on the recommendations of the Working Group.

The report highlights the work done on implementing each of the agreed recommendations.

## Recommendation(s):

Overview and Scrutiny Committee (Children's Services and Safeguarding) are recommended to:

- i) Note the report

## Reasons for the Recommendation(s):

Overview and Scrutiny Committee (Children's Services and Safeguarding) requested an interim report on this issue for their consideration.

## Alternative Options Considered and Rejected: (including any Risk Implications)

None

## What will it cost and how will it be financed?

There are no direct financial implications arising from this report. Any changes to service provision will be met from existing budgets.

## (A) Revenue Costs

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See above

## **(B) Capital Costs**

See above

### **Implications of the Proposals:**

<b>Resource Implications (Financial, IT, Staffing and Assets):</b> N/A
<b>Legal Implications:</b> N/A
<b>Equality Implications:</b> There are no equality implications.

### **Contribution to the Council's Core Purpose:**

Protect the most vulnerable: the work undertaken by the Committee aims to improve emotional health and wellbeing support for children and young people.
Facilitate confident and resilient communities
Commission, broker and provide core services:
Place – leadership and influencer:
Drivers of change and reform:
Facilitate sustainable economic prosperity:
Greater income for social investment:
Cleaner Greener:

### **What consultations have taken place on the proposals and when?**

#### **(A) Internal Consultations**

The Head of Corporate Resources (FD 5211/18) and Head of Regulation and Compliance (LD.4435/18) have been consulted and any comments have been incorporated into the report.

#### **(B) External Consultations**

N/A

## Implementation Date for the Decision

Immediately following the expiry of the “call-in” period for the Minutes of this meeting

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## Appendices:

None

## Background Papers:

There are no background papers available for inspection.

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## 1. Background

- 1.1 Overview and Scrutiny Committee (Children's Services and Safeguarding) established a Working Group on 12 July 2016, to review the CAMHS Service across Sefton. This followed a previous Overview and Scrutiny review on CAMHS in 2010/11. At its meeting on 5 December 2017, the Committee considered the Working Group report and commended it, together with the recommendations, to the Cabinet for approval.
- 1.2 Further to Minute No. 28 of the Overview and Scrutiny Committee (Children's Services and Safeguarding) of 5 December 2017, the Cabinet on 11 January 2018 considered the report of the Head of Regulation and Compliance that formally presented the final report of the Children and Adolescent (CAMHS) Mental Health Working Group.
- 1.3 Councillor Hands, Lead Member of the Working Group, and Councillor Webster, Member of the Working Group, presented the final report to the Cabinet, and Cabinet agreed a series of recommendations proposed by this Committee plus an additional one of their own.
- 1.4 This Committee received the following update at its meeting on 30 January:
  - 1.4.1 NHS South Sefton Clinical Commissioning Group (CCG) and NHS Southport and Formby CCG, provided information with regard to the findings of the Children and Adolescent Mental Health Service (CAMHS) Working Group. The CCGs had been responsible for commissioning the service since 2013 and commissioned Alder Hey Children's NHS Foundation Trust to provide services for both the north and the south of the Borough. He reported that waiting times for appointments at Alder Hey were reducing. A capacity plan was in course of preparation and work was being carried out to build on capacity in order to further reduce waiting times and build resilience into the service.
  - 1.4.2 Funding provided by Central Government was being be utilised for early interventions, such as talking therapies, as there was evidence from Adult Services that this reduced the acceleration of issues.
- 1.5 Further to this the Committee received the following update at its meeting on 20 March on capacity and the waiting list review for the Children and Adolescent Mental Health Services (CAMHS) across Sefton:
  - 1.5.1 The update outlined background information including current waiting times; change in demand; and CCG plans to address waiting time issues and respond to plans and strategies.
  - 1.5.2 Martin McDowell, Chief Finance Officer and Deputy Chief Officer, NHS South Sefton Clinical Commissioning Group (CCG) and NHS Southport and Formby CCG, was in attendance to provide information with regard to the Services and to respond to questions put by Members of the Committee.
- 1.6 Committee also asked for an interim report on the Working Group's recommendations to be presented to this meeting.

2. The following sections provide an update on the recommendations made by the Working group and agreed by Cabinet.

2.1 That the Clinical Commissioning Group for both Southport and Formby and South Sefton be requested to issue a statement to Alder Hey expressing concerns regarding all waiting times within the referral into CAMHS process and notifying them that unless improvements are made within a reasonable timescale (6 months) then notice will be given to terminate the contract;

2.1.1 All CAMHS services nationally are facing challenges regarding access and waiting times. This is true of our local provider. In line with the local Joint Children & Young Peoples Emotional Health and Wellbeing Strategy and the Local Transformation Plan (Annex G), all local agencies including the VCF are involved in reshaping local services and moving away a tiered model of care towards a new model called Thrive. This involves whole system change and engagement. The CCG and the provider of Specialist CAMHS are fully engaged with this and are actively involved in various developments including:

- Mental Health Resilience in Schools (led by Public Health)
- New provision provided by VCF organisations which is more accessible in terms of venue and hours and more flexible relationships between agencies
- Increase in out of hours support
- Submissions for other developments including criminal justice and schools.

The CCG are working closely with NHS England to improve data flow and reporting which is being used to benchmark local performance against other areas and the requirements of the Five Year Forward View.

Neither the CCG nor the provider of Specialist CAMHS are content with local performance and are using agreed contractual and commissioning arrangements to bring about the required improvement. At this stage, the CCGs do not consider it necessary or the best approach to terminate the contract with Alder Hey.

Alder Hey have recently been to the CCGs Leadership Team and presented a case for change. The CCGs are currently negotiating with the provider for additional non-recurrent and recurrent investment to reduce waiting times and increase capacity to manage the increasing demand.

2.2 That the Head of Schools and Families in consultation with the Head of Children's Social Care be requested to investigate with all sectors of schools and colleges the feasibility of providing Emotional Health and well-being training to nominated staff working in Sefton's Schools;

2.2.1 Secondary schools have recently undergone training on 'The Resilient Classroom'; which is a resilience resource created and developed to provide practical help for tutors and other pastoral staff and is suitable for use in the tutor group setting. It supports the tutor group structure and helps build relationships between tutors and students. The resource provides activities tutors can use in tutor time sessions to promote and encourage students to feel more resilient

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2.2.2 Schools provide a wide range of support for pupils in respect of emotional health and wellbeing. The provision encompasses direct case work with some children, young people and families; multi-agency interventions and targeted early interventions. The information about what provision is in place has been provided by a consultation with seventy six designated leads for safeguarding children across the primary and secondary sector, including special schools and the pupil referral units. Some initiatives provided by school staff and children and young people directly include:-

- A number of schools have psychotherapists and counselling services provided by external agencies. The Pupil Referral Unit have a counsellor on site.
- Worry box (wish my teachers knew / positive things too) 'Worry Boxes' in key locations around school. Every child can share a worry in confidence by posting a note in one of the Worry Boxes. These will be responded to by an appropriate adult in school on a daily basis.
- Chill Out (mindfulness)
- Whole school anxiety training for staff recognising issues.
- Some schools utilise the emotional health and well-being specialist nurse (individual and group sessions / exam stress).
- Buddy bench / buddy bus stop / play leaders support peers in relation to bullying and other things that may be upsetting them.
- Safe space - They provide a calm, low stimulation environment much needed in busy classrooms. Safe spaces can help where there is a demand on space and a wide range in the needs of students
- Listening Ear- Children and Young People can feel safe to talk and be listened to. There are designated members of staff to take on this role.
- Yoga and relaxation sessions both individually and built into the curriculum.
- staff resilience training.
- Well-being lunch groups –working with vulnerable students.
- Peer mentoring - is a form of mentorship that usually takes place between a person who has lived through a specific experience (peer mentor) and a person who is new to that experience (the peer mentee).
- Pupil voice Involving students in decisions that impact on them can benefit their emotional health and wellbeing by helping them to feel part of the school and wider community and to have some control over their lives. At an individual level, benefits include helping students to gain belief in their own capabilities, including building their knowledge and skills to make healthy choices and developing their independence.
- Nurture groups Omer therapist – play, art, music.
- Shout out boards highlight creative ideas that children and staff have been responsible for.
- Lego therapy, a comprehensive guide to setting up LEGO Therapy groups to promote social skills in children with autism spectrum disorders and related conditions through group LEGO building.
- Behaviour support specialist is commissioned by a number of schools.
- Promote mental health awareness week.
- Time to Talk: Assemblies and workshops having meaningful conversations to promote awareness of mental health issues affecting young people.

2.2.3 Annex A provided more detail of the support provided through schools. This information relates to school-based strategies to promote emotional health, well-



being and resilience among primary and secondary age children and young people in Sefton Schools. The majority of all of the programmes, initiatives and strategies are connected with wider school systems, structures, and procedures that also promote academic achievement, attendance and discipline.

2.3 That the Head of Schools and Families in consultation with the Head of Children's Social Care be requested to work with the Head Teachers Associations to investigate establishing an Emotional health and well- being mentoring scheme;

2.3.1 A DfE research report published in 2014 considered mental health and behaviour in schools. It suggested that schools have a role to play in supporting children and young people to be resilient and mentally healthy, and that this is also a factor in success at school. The report signposted resources and training tools available to help schools and their staff support good mental health and emotional wellbeing for pupils. It suggested there are things that schools can do to intervene early and strengthen resilience, before serious mental health problems occur, including the provision of school counselling services.

2.3.2 Counselling in schools: a blueprint for the future published by the DfE in February 2016 provides guidance for schools in developing further counselling support. The report suggested that counselling can "play a significant role in overall provision of mental health services for children and young people" and set out a "strong expectation that, over time, all schools should make counselling services available to their pupils". The guidance suggests that counselling services in schools should be part of a wider approach to mental health that is linked to the curriculum and pastoral systems as well as to external and community services. Counselling is described as both an early intervention measure, a potential parallel support that can be provided alongside other external mental health support services, or part of tapered 'stepping down' following specialist service intervention

2.3.3 Schools have a number of schemes and interventions which provide advice, guidance, help and support regarding emotional health and wellbeing of pupils. Section 2.2 and Annex A detail many of these. In addition the local authority has provided training for schools and there are a wide range of resources available to support schools and more detail is provided at Annexes B and C.

2.4 That the Head of Children's Social Care in consultation with Sefton CVS, be requested to provide a comprehensive list of all voluntary and charity groups that work with emotional health and wellbeing, publishing the list on the website, the Councils website and disseminating the information to all Schools throughout the Borough, signposting individuals to all the groups available;

2.4.1 The Task and Finish Group was set up to develop an online resource for schools to access information and support for pupils' emotional health and wellbeing needs. There are existing websites in Sefton that hold some of the above information. It was felt that, given that there is unlikely to be a budget or capacity within the partners to develop and maintain a new CYPMH site, we should tap into existing sites and develop them to their full capacity in order to meet the needs of children, young people, parents, schools and other professionals. More detail is given in Annex E

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- 2.4.2 A list of all voluntary groups that work with emotional health and wellbeing is available on the Sefton Directory: [www.seftondirectory.com/](http://www.seftondirectory.com/), and schools have been made aware of the Sefton Directory.
- 2.4.3 A list of Sefton CVS – Early Intervention and Prevention Services is attached at Annex F and further voluntary, community and faith services can be found by searching VCF Direct: [www.vcfdirect.org.uk/seftoncvsv/](http://www.vcfdirect.org.uk/seftoncvsv/)
- 2.5 That Merseycare be requested to investigate setting up a transitional arrangement in the Borough for outreach facilities for CAMHS ages 16 – 19 years (25 years for Looked After Children);
- 2.5.1 Merseycare and Alder Hey already have an agreed transition protocol for young people moving from CAMHS services into adult provision. These arrangements are well established and in fact nationally these arrangements have formed part of nationally mandated CQUINs i.e. required to be implemented.
- 2.6 That the Head of Schools and Families in consultation with the Head of Children’s Social Care be requested to work with the Head Teachers Associations to consider incorporating Emotional Health and well-being into the Personal and Social Education Curriculum.
- 2.6.1 It is estimated that 1 in 10 children are affected by mental health problems such as depression, anxiety and conduct disorder. Mental health problems can impact widely on a child’s future, influencing their success in school, work, relationships and community life. A key focus for our schools is developing Emotional Health and Well Being through our curriculum and schools have worked collaboratively with Public Health to put together a series of resources for use in the curriculum. Details are given in Annex C.
- 2.6.2 DfE recommends schools follow the guidance set out by the PSHE Association. The programme of study covers Key Stages 1 to 5 and is based on three core themes within which there is broad overlap and flexibility:
- Core theme 1. Health and Wellbeing
  - Core theme 2. Relationships
  - Core theme 3. Living in the Wider World
- 2.7 That the Head of Regulation and Compliance be requested to approach Alder House with a view to extending an invitation to all Members of the Overview and Scrutiny Committee (Children’s Services and Safeguarding) to attend a site visit to Alder House;
- 2.7.1 Services provided from Alder House are located in the Dewi Jones Unit which is an inpatient mental health facility, designed to help children and young people aged 5 to 13 who are going through a difficult time or struggling because of their way of thinking, their feelings, or with some difficult behaviour.

Whilst based in Sefton, it is not a dedicated Sefton service and the majority of referrals will be received from outside of the Sefton area. These services are commissioned by NHS Specialist Commissioning in line with national arrangements.

The CCGs have already been approached to arrange this site visit and have advised Alder Hey accordingly and put Council Members in contact with them.

**2.8 That the Director of Social Care and Health in consultation with the Head of Children's Social Care be requested to work in collaboration with the Clinical Commissioning Group for both Southport and Formby and South Sefton, be requested to identify and release funds to Emotional Health and well – being specifically Tier 1 and Tier 2 to invest in Early Intervention and Prevention;**

2.8.1 As described above, the CCGs and Alder Hey are working with all local stakeholders on whole system change. Tier 1 and Tier 2 services are commissioned by Sefton MBC. The CCGs are responsible for commissioning a small element of Tier 2 services in the form of consultancy and support to those working in Tier 1 service provision. The CCGs are responsible for commissioning Tier 3 services. As part of local transformation, the CCGs continue to work with local partners and this year is mainstreaming new provision (which has been successfully piloted) focussing more on tier 2 i.e. earlier more accessible support from a local VCF organisation (Venus) and will be further trialling expanding the commissioned offer across the borough with a different VCF provider – these funds are committed and these developments are central to a better system and offer locally.

2.9 That the Chief Officer for both South Sefton and Southport and Formby Clinical Commissioning Groups be requested to notify the Head of Regulation and Compliance of the re-aligned budget allocation for Children and Adolescent Mental Health Services in Sefton as a result of Recommendation (8) above;

2.9.1 The CCGs have attended OSC meetings and shared the resources it invests in CAMHS, identifying what resource it is investing in support and services pre-specialist CAMHS i.e. earlier intervention which is influenced by the locally agreed Joint Strategy and influenced by local partners.

2.10 That the Chief Officer for both South Sefton and Southport and Formby Clinical Commissioning Groups be invited to a future Meeting of the Overview and Scrutiny Committee (Children's Services and Safeguarding) to present its budget allocation for Children and Adolescent Mental Health Services in Sefton;

2.10.1 See 2.9.1. The CCGs have attended OSC meetings and shared the resources it invests in CAMHS.

2.11 That the Head of Schools and Families in consultation with the Head of Children's Social Care be requested to provide an annual update in relation to the implementation of recommendations to the Overview and Scrutiny Committee (Children's Services and Safeguarding)

2.11.1 This will be done early in the New Year.

2.12 That the Cabinet be requested to refer the Children and Adolescent Mental Health Services Final Report to the Health and Wellbeing Board for information and comment.

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- 2.12.1 The report was considered at the Health and Wellbeing Board on 7 March and a copy of the draft minute is attached at Annex D
- 2.13 The Chief Executive be requested to write to the Chief Officer for both South Sefton and Southport and Formby Clinical Commissioning Groups (CCGs), requesting the CCGs to respond when the final report is considered at the Health and Wellbeing Board and to provide responses back to both the Overview and Scrutiny Committee (Children's Services and Safeguarding) and the Cabinet on the findings of the Working Group, in due course.
- 2.13.1 Margaret Carney wrote to the Chief Officer for both South Sefton and Southport and Formby Clinical Commissioning Groups (CCGs) as requested on 11 February 2018. It was subsequently agreed that a joint response would be submitted and this report is the joint response.

## **Annex A: Promoting Emotional Health, Well-being and Resilience across Sefton Schools**

This Annex relates to school-based strategies to promote emotional health, well-being and resilience among primary and secondary age children and young people in Sefton Schools. The majority of all of the programmes, initiatives and strategies are connected with wider school systems, structures, and procedures that also promote academic achievement, attendance and discipline.

The information about what provision is in place has been provided by a consultation with seventy six designated leads for safeguarding children across the primary and secondary sector, including special schools and the pupil referral units.

The provision encompasses direct case work with some children, young people and families; multi-agency interventions and targeted early interventions, such as in some schools.

### **Winston's Wish:**

Childhood bereavement charity established in 1992 - A specialist child bereavement support: providing in-depth therapeutic help in individual, group and residential setting.

[www.winstonswish.org](http://www.winstonswish.org)

### **Tackling the blues:**

Tackling the Blues is a sport, physical activity and education-based mental health awareness programme targeting young people aged 6-16 who are experiencing, or are at risk of developing mental illness. The programme is delivered by The Department of Sport and Physical Activity and The Faculty of Education at Edge Hill University and Everton in the Community, it has engaged weekly in primary schools, secondary schools and community groups.

Tackling the Blues offers a range of interactive and engaging activities, to recruit young people who then participate in tailored educational and peer-led activities to tackle experiences of conditions associated with mental illness. Weekly physical activity and classroom-based sessions include competitive and non-competitive activities which have been associated with positive behaviour change amongst those experiencing mental illness. The project has involved extensive consultation with young people and education workers who act as project collaborators, help recruit participants and deliver peer mentor workshops.

<https://www.edgehill.ac.uk/sport/everton-community-partnership/tackling-the-blues/>

### **Isabella Trust:**

Organisation which aims to improve the quality of life of children with Autistic Spectrum and Sensory Processing difficulties by supporting their families and carers. They provide courses and workshops for staff.

[www.theisabellatrust.org](http://www.theisabellatrust.org)

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## **HeartMath**

This is a biofeedback programme and set of breathing and positive emotion techniques. It is used in primary and secondary schools. It is an integral part of delivering the social and emotional aspects of learning, a behavioural management strategy. Using an ear sensor or an optional finger sensor, the software allows students to see how emotions and attitudes affect their heart-rhythm patterns in real time and confirms when they are in the state of coherence. This feedback enables users to more effectively manage their stress levels and negative emotions, leading to improved cognitive performance, learning ability and creativity.

## **Young Minds:**

A support network for children with mental health. The support includes toolkits, videos, mental health training for pupils, schools, parents and carers.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Achieve 360:**

Founded in 2008 and based in Preston, working with families, Government services, schools and social care. This provides assisted animal therapy, behaviour and family support, counselling and play therapy. Deals with a number of issues including bereavement, divorce, drug and alcohol abuse, depression and bullying.

[www.achieve360.co.uk](http://www.achieve360.co.uk)

## **THRIVE:**

Organisation who provide online tools, training and mentoring to support people in learning about the emotional and social development relevant to a child's age, and to understand a child's challenging or troubling behaviour of communication.

[www.thriveapproach.com](http://www.thriveapproach.com)

## **Forest school:**

Forest School is an inspirational process that offers all learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees. Forest School is a specialised learning approach that sits within and compliments the wider context of outdoor and woodland education.

[www.forestschoollassociation.org](http://www.forestschoollassociation.org)

## **Parenting 2000:**

A charity that protects the moral and physical welfare of any vulnerable members of society, in particular, but not exclusively children. Some schools commission Parenting 2000 to do individual work with parents and young people.

[www.parenting2000.org.uk](http://www.parenting2000.org.uk)

## **Paws B**

Mindfulness in schools project is a charity whose aim is to inform, create train and support the teaching of secular mindfulness to young people and those who care for them. Part of that is Paws B – pause, breathe and be. This is to introduce the life skill of mindfulness to 7 – 11 year old children in schools through practical classroom lessons.

[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

## **SEAS Project**

Some schools commission SEAS is a group of local charities who have come together with the aim of helping children, young people and families to aspire and achieve through providing bespoke emotional well-being support, delivered at the right time and right place through voluntary sector consortium working. This includes: mentoring, counselling and therapy, emotional resilience programmes, person-centered support, support to establish positive routines, facilitating peer support and space to talk, transitions initiatives, information, advice and guidance, relationships workshops, team building, signposting and service co-ordination, staff training and support, flexible delivery times and places, informal workshops on PSHE, tackling issues such as bullying, sexual health and relationships education, drugs and alcohol, and healthy eating.

[www.seftoncvcs.org.uk](http://www.seftoncvcs.org.uk)

## **Bully busters**

Sefton Council commission the service bully busters. Schools can utilise the service. It is an anti-bullying initiative providing training and awareness sessions for young people, children, professionals, governors and parents or carer's.

The website contains information and practical advice on bullying, as well as contact details for the free helpline or you can email via the contact form.

A team of specially trained staff operate the confidential telephone helpline and take calls from victims, parents or from people with information about the bullying of children. As well as acting as a listening ear service, the team provides practical advice and can act as a mediator between the organisation where the bullying is taking place and the parent/carer of the child involved.

<http://www.bullybusters.org.uk/>

## **Purple Circles Autism**

Purple Circle Autism is committed to improving the life outcomes for children and young people with an ASC by providing support for school staff, organisations and families including: training for schools and families, small group and individual support, assessment using the SCERTS model, guidance on sensory difficulties, anxiety management, anger management, behaviour support, social skills including social stories and comic strips, transition support, autism friendly teaching, learning support and adapting the environment, peer mentoring, approaching the diagnosis with the young person/family.

<https://www.facebook.com/purplecircleautism/>

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## **OSMEE (Outreach Support service in mainstream education)**

OSSME's personalised support, within the 5 Point Star Framework (AI's strength based support model), ensures that information about the CYP's learning and cognition, communication and interaction, social, emotional and mental health and sensory and/or physical needs are supported correctly. They work with schools, families, the CYP and other professionals to ensure that assessments are formative and approaches are targeted with clear outcomes that are evidenced in every day practice. The outcomes of assessments inform possible changes in teaching practices, specific interventions, programmes, and personalised targets. OSSME facilitates activities between the CYP and their peers and will direct them to, and support them in, external activities.  
<http://fsd.liverpool.gov.uk/kb5/liverpool/fsd/service.page?id=6wQsU-smAjw>

## **Sharp system**

The SHARP System (Student Help Advice Reporting Page System) which allows young people to report any incidents which occur within the school and local community anonymously and without fear. Aside from the reporting tool SHARP delivers educational content to raise awareness on a wide range of subjects including: Bullying, Health, Community Issues, Weapons and Hate Crime. SHARP is a web based tool which is personalised to each school by schools colours and school badge, together with a photograph of a member of staff who is trusted and well known within the school. The SHARP System promotes inclusion, safeguarding, e-safety and provides additional opportunities for students to report their concerns.

## **Well Young Persons Project**

A number of schools commission this project that includes:-

- **Individual one-to-one referrals** This is a referral for an individual pupil and consists of 12 one-to-one sessions. A one-to-one referral can support low mood, anxiety, anxiety, bullying, coping with anger, social isolation, family life changes and low confidence and self-esteem and communication difficulties.
- **The Student Assistance Programme (SAP)** is an 8 week programme consisting of 8 one hour sessions for groups of up to six young people. It is a structured intervention that prepares pupils to make informed decisions about significant life issues that impact on their mental health and emotional and physical well-being in the form of student support groups. The purpose of these groups is to support students in addressing any life issue which may be impacting on their education and full life development. It deals with family break up, loss and bereavement, eating disorders, the effects of a diagnosis of ASD, a parent in prison and parental substance and alcohol abuse.
- **Friendship Groups or Social and Communication Groups** is a 6 week friendship group aimed at Primary school children (KS2), in addition to our Social and Communication group which is suitable from KS2-KS5.
- **Small and Large Restorative Conferences-** a peer mediator supports pupils in conflict by listening to both sides of 'the story' and finding a mutually acceptable way forward. They offer a listening ear in a way similar to the mentors approach and then



provide a supportive, face-to-face framework within which dialogue can take place between all those involved in the conflict.

- **Wellbeing Champions** This intervention is suitable for upper secondary pupils (Year9-Year11) The young people are selected from within their school, they will be trained to provide their peers and younger pupils with emotional wellbeing support. During the 2 day training the champions will receive a wealth of knowledge around mental health and emotional wellbeing in order to gain a better understanding into how they can support peers and pupils who are struggling with their own emotional wellbeing.

## **Promote five ways to well being**

- Connect: Build connections with people around you.
- Be active: Boost your energy and mood by doing something active.
- Take notice: Be curious about the world and savour the moment.
- Keep learning: Learn something new to boost your confidence and have fun.
- Give: Do something nice for someone.

## **Mental Health First Aid**

Across the primary and secondary sector a number of staff have had the mental health first aid training. This involves an in depth understanding of mental health and the factors that can affect wellbeing, practical skills to spot the triggers and signs of mental health issues, confidence to step in, reassure and support a person in distress, enhanced interpersonal skills such as non-judgmental listening

## **LGBT friendly classrooms**

Provide new and user-friendly ways of challenging homo/bi/transphobia across curriculum. Links to a wide range of resources, lessons, toolkits and guidance.

## **Young Carers in schools (part of Sefton Council service level agreement)**

Therapeutic support and mentoring are offered. Sessions will be evidenced based and designed to build carer knowledge, confidence, self-esteem, resilience, and emotional well-being.

## **Some initiatives provided by school staff and children and young people directly include:-**

A number of schools have psychotherapists and counselling services provided by external agencies. The Pupil Referral Unit have a counsellor on site.

- Worry box (wish my teachers knew / positive things too) 'Worry Boxes' in key locations around school. Every child can share a worry in confidence by posting a note in one of the Worry Boxes. These will be responded to by an appropriate adult in school on a daily basis.
- Chill Out (mindfulness)
- Whole school anxiety training for staff recognising issues.
- Some schools utilise the emotional health and well-being specialist nurse (individual and group sessions / exam stress).

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- Buddy bench / buddy bus stop / play leaders support peers in relation to bullying and other things that may be upsetting them.
- Safe space - They provide a calm, low stimulation environment much needed in busy classrooms. Safe spaces can help where there is a demand on space and a wide range in the needs of students
- Listening Ear- Children and Young People can feel safe to talk and be listened to. There are designated members of staff to take on this role.
- yoga and relaxation sessions both individually and built into the curriculum.
- staff resilience training.
- Well-being lunch groups –working with vulnerable students.
- Peer mentoring - is a form of mentorship that usually takes place between a person who has lived through a specific experience (**peer mentor**) and a person who is new to that experience (the **peer mentee**).
- Pupil voice Involving students in decisions that impact on them can benefit their emotional health and wellbeing by helping them to feel part of the school and wider community and to have some control over their lives. At an individual level, benefits include helping students to gain belief in their own capabilities, including building their knowledge and skills to make healthy choices and developing their independence.
- Nurture groups Omer therapist – play, art, music.
- Shout out boards highlight creative ideas that children and staff have been responsible for.
- Lego therapy, a comprehensive guide to setting up LEGO Therapy groups to promote social skills in children with autism spectrum disorders and related conditions through group LEGO building.
- Behaviour support specialist is commissioned by a number of schools.
- Promote mental health awareness week.
- Time to talk- Assemblies and workshops having meaningful conversations to promote awareness of mental health issues affecting young people.

## Annex B: Training Course Flyer



**Course Cost:**  
**£60 per delegate**  
(Free to Sefton Council Employees)

# CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AWARENESS

### Session Content:

#### Aims:

This training will help professionals gain a basic awareness of some of the issues which affect children and young people's mental health, equipping them with some practical approaches and strategies to promote emotional resilience.

#### Outcomes:

- Increased understanding of factors which contribute to poor mental health amongst children and young people.
- Increased awareness of some of the key mental health issues experienced by children and young people, and how to spot their signs.
- Increased knowledge of the national and local picture, including services to support and signpost to.
- Increased confidence in talking to children and young people about mental health, including some of the key strategies to increase and promote resilience.

#### Who is this training intended for?

All professionals working with children and young people in both group and one to one settings.

#### Planned Dates:

Tuesday 14th August 2018 9.30-4.30pm

Friday 12th October 2018 9.30-4.30pm

Wednesday 14th November 2018 9.30-4.30pm



The Corporate Learning Centre is situated close to public transport links and within easy reach of the Motorway network – M57, M58 & M6. There is also ample parking on site and Disabled access.

There are a number of shops and cafes nearby.

A hot drinks vending machine is available, with a small charge of 30p per cup.

Disabled access and parking.

Corporate Learning Centre  
Sandringham Road  
Ainsdale  
PR82PJ

For further information contact us here:

0151 934 2872

seftonclc.co.uk

training.services@sefton.gov.uk

We also run private and bespoke courses, tailored specifically to your organisation's needs. Contact [training.services@sefton.gov.uk](mailto:training.services@sefton.gov.uk) for more info.



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## **Annex C: Support for planning to deliver Emotional Health and Well Being through the Curriculum / Information and Resources used by schools**

### **All schools:**

- Guide to Schools Resilience is an excellent overview of most recent activity; useful particularly if you just go to page 85 onwards – it covers age-specific activities, costs, and has links to all activity.
- The Resilient Classroom is the main resource of the Academic Resilience Approach this is the project YoungMinds will be doing with 24 schools over the next 12 months. All the resources are free including this document.
- Dealing with Suicide in schools - Free Guidance, phone number and advice - Step by Step is a Samaritans service that provides practical support and guidance to help school and college communities prepare for, and recover from a suspected or attempted suicide. - <https://www.samaritans.org/your-community/samaritans-education/step-step>

### **Primary Schools**

- The mentally healthy schools website is a legacy project from the Heads Together mental health campaign and it brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. There is a strong focus on increasing staff awareness, knowledge and confidence to help better support pupils and there is some really good information in relation to developing a whole school approach to good mental health and emotional wellbeing. <https://www.mentallyhealthyschools.org.uk/>
- Anna Freud Centre Resources - <https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/>
- Academic Resilience Approach – YoungMinds Overview– 24 x Sefton schools are to be helped to implement this approach by YoungMinds over the next 12 months. All classroom resources are free and can be found here. <http://www.boingboing.org.uk/academic-resilience-resources-directory/>
- Primary School Wellbeing Measurement- [https://www.corc.uk.net/media/1506/primary-school-measures\\_310317\\_forweb.pdf](https://www.corc.uk.net/media/1506/primary-school-measures_310317_forweb.pdf)
- Time To Change - <https://www.time-to-change.org.uk/get-involved/get-involved-schools/free-resources/school-leaders>
- PSHE Association - Resources - <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health>

## **Secondary Schools**

- The DEAL - Year 9 specific - Free Samaritans teaching resources including presentations, lessons plans, etc. <https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>
- Public Health England – Raise Above Resources - <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>
- Anna Freud Centre Resources - <https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/>
- Secondary schools wellbeing measurement tools [https://www.corc.uk.net/media/1517/blf17\\_20-second-school-measures-17-03-17b.pdf](https://www.corc.uk.net/media/1517/blf17_20-second-school-measures-17-03-17b.pdf)
- Time To Change - <https://www.time-to-change.org.uk/get-involved/get-involved-schools/free-resources/school-leaders>
- PSHE Association - Resources - <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and>

## **Colleges**

- College-specific measurement tools. [https://www.corc.uk.net/media/1507/college-measures\\_310317\\_forweb.pdf](https://www.corc.uk.net/media/1507/college-measures_310317_forweb.pdf)

## **Others**

- PSHE Association's guidance and lesson plans - Guidance on preparing to teach about mental health and emotional wellbeing, including lesson plans for key stages 1-4
- PSHE lesson plans - lesson plans and resources for Key Stage 3 and 4 Citizenship and PSHE lessons
- PSHE Association's teacher guidance - guidance, resources and lesson plans for preparing to teach about mental health and emotional wellbeing
- Dove Confident Me - Teaching resources targeted for teachers running PSHE body-confidence workshops
- Mental Health & Emotional Wellbeing Resources- Free resources, including leaflets, videos and quotes
- Mindapples - Mindapples helps everyone take care of their minds like they take care of their bodies. Much like we are encouraged to eat 5-a-day, Mindapples reminds us to do to do 5-a-day for our minds too
- What is resilience? - Boing Boing's information page on what resilience is, the importance of resilience, how to measure resilience and how to improve resilience

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- Tackling Mental Health Stigma - a series of session plans exploring what mental health is, myths about mental health, attitudes to mental health and how to stop the stigma attached to mental health
- FRESH Mental Health Awareness - lesson plan helping to make students more aware of their mental health, emotional wellbeing and how to build their resilience
- FRESH Mental Health Awareness - lesson plan designed by students for students!
- FRESH student resource pack - resource pack for students providing information about mental health and resilience

## **Annex D Health and Wellbeing Board Draft Minute from on 7 March 2018**

### **47. CHILDREN AND ADOLESCENT MENTAL HEALTH WORKING GROUP - FINAL REPORT**

Further to Minute No.102 of the meeting of the Cabinet held on 11 January, 2018, the Board considered the report of the Head of Regulation and Compliance, following the request made by the Cabinet to refer the Children and Adolescent Mental Health Services (CAMHS) Final Report to the Health and Wellbeing Board for information and comment.

Tracy Jeffes, Director of Corporate Services, on behalf of NHS South Sefton Clinical Commissioning Group and NHS Southport and Formby Clinical Commissioning Group, commented that the CCG would submit a formal response to the report. The Director of Social Care and Health suggested that as some actions were shared across organisations he would assist with the production of a co-ordinated response.

RESOLVED: That

- (1) the report be noted; and
- (2) it be noted that the Director of Social Care and Health would coordinate a formal response to the report.

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## **Annex E: Emotional Health and Wellbeing Steering Group: Information Resource Task and Finish Group**

The Task and Finish Group was set up to develop an online resource for schools to access information and support for pupils' emotional health and wellbeing needs. Other local areas have a dedicated children and young people's mental health (CYPMH) website that gives access to information and resources 24/7 and signposts and holds training opportunities too. For example,

<http://www.mymind.org.uk/> (Wirral)  
<https://www.liverpoolcamhs.com/>

There are existing websites in Sefton that hold some of the above information. It was felt that, given that there is unlikely to be a budget or capacity within the partners to develop and maintain a new CYPMH site, we should tap into existing sites and develop them to their full capacity in order to meet the needs of children, young people, parents, schools and other professionals. Suggested sites that could be developed are:

- Sefton Council for Voluntary Service (SEAS and CYP EHWP Network pages)
- Sefton Youth
- Sefton Local Offer
- Alder Hey CAMHS (Sefton)
- VCF Direct

Some of the sites could 'specialise' in information for particular groups of people. For example, Sefton Youth would be for children and young people, and would have a link to another site for information for parents, or information for professionals, including schools.

Initial thoughts are that the following information should be made available:

- Details of local support/services and pathways
- Downloadable resources (local and national)
- Details of training available locally
- General information for self-help

Work has begun on mapping existing resources and identifying what is missing. The next meeting of the group, to be held in May, will look at what additional information needs to be added to existing websites and developing smoother links to each others' sites. It is hoped that the new and improved sites will be up and running and ready to be advertised to schools by the start of September 2018.

The Children and Young People's Emotional Health and Wellbeing Network has already begun collating information on local services (see appendix) in readiness for the website work. This is only a snapshot so far but further voluntary, community and faith services can be found by searching VCF Direct <https://www.vcfdirect.org.uk/seftoncvts/>



## **Further information**

### **Emotional Health and Wellbeing Steering Group**

The purpose of this multi-agency strategic group is to:

- Develop and review the Children and Young People's Emotional Health and Wellbeing Strategy
- Develop and implement the action plan
- Define, collect and review a range of information including data (national, regional and local), feedback from Children and Young People and any other pertinent intelligence that will contribute towards the performance management, service prioritisation and improvement for emotional health and wellbeing services in Sefton
- Provide assurance that all service pathways and delivery from entry to exit, acknowledge the particular needs of all Children and Young People and requirements of safeguarding, quality, user/carer involvement, equalities, children in need, looked after children and children with disabilities
- Have a focus on ensuring a successful transition from child to adult services for those young people in the 16-18 age groups who require transition
- Maximise the 'partnership potential' of the Group to secure additional resource to improve service delivery and outcomes for Children and Young People

### **Children and Young People's Emotional Health and Wellbeing (CYP EHWB) Network**

The primary purpose of this subgroup of the Every Child Matters (ECM) Forum is to bring together partnerships of Sefton providers, school representatives and commissioners in order to share practice, discuss trends, and effectively influence the development of initiatives and provision that will meet the emotional health and wellbeing needs of children, young people and families in Sefton, across the full continuum of need (universal to inpatient).





### **SEAS**

Sefton Emotional Achievement Service (SEAS) is a partnership of 6 local charitable organisations, led by Sefton CVS who work in partnership to deliver therapeutic support and awareness raising activities to children and young people in Sefton, funded by a mixture of school commissions and grant funding.

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## Appendix

### Emotional health and wellbeing services for children, young people and their families in Sefton

<b>Alder Hey CAMHS Sefton</b>	<b>SPA (Single Point of Access) duty team:</b> 0151 293 3662 (enquiries or to discuss a referral) <b>Website:</b> <a href="http://www.alderhey.nhs.uk/departments/camhs/">http://www.alderhey.nhs.uk/departments/camhs/</a>	 Alder Hey CAMHS Sefton service info.docx
<p>Offers specialist services to support children and young people in Liverpool and Sefton, up to the age of 18, who are experiencing mental health difficulties. We also provide support to their families or carers.</p> <p>We also provide consultation, advice and training to other agencies and accept referrals from a wide range of professionals. The team is multi-disciplinary, which means our clinicians come from a range of clinical and professional backgrounds.</p>		
<b>Alder Hey Eating Disorder Young People's Service (EDY's)</b>	<b>Telephone:</b> 0151 228 4811, Opt 1, Ext 3484 <b>Fax:</b> 0151 293 3698 <b>Email:</b> <a href="mailto:EDYsReferrals@alderhey.nhs.uk">EDYsReferrals@alderhey.nhs.uk</a> The service can be contacted any time between 8 - 5, Monday to Friday.	 EDY's Referral Form.docx   Alder Hey EDYs service info.docx
<p>Provides treatment to children and young people with Anorexia Nervosa, Bulimia Nervosa and Eating Disorders Not Otherwise Specified in Liverpool and Sefton. This dedicated Community-based service provides a timely access to multi-disciplinary assessment and intervention to children and young-people from across Liverpool and Sefton up to the age of 18.</p> <p>The EDYs team is a multi-disciplinary team which means we have a variety of different staff to help meet the needs of those referred to our service, providing care such as; Cognitive Behavioural Therapy (CBT) in individual assessment, dietetic advice and meal planning, physical reviews, family therapy and home visits if necessary.</p>		
<b>Brighter Horizons 4U</b>	<b>Telephone:</b> 07730551353 <b>Email:</b> <a href="mailto:mail@brighterhorizons4u.co.uk">mail@brighterhorizons4u.co.uk</a> <b>Website:</b> <a href="http://www.brighterhorizons4U.co.uk">www.brighterhorizons4U.co.uk</a>	 promotional letterCVS.doc
<p>Offer emotional support to children, families and schools. Our organisation consists of a dedicated team who can offer a wide range of help through counselling, group work, advice and training workshops. All our team are fully qualified counsellors who are highly skilled in working with schools and families.</p>		
<b>Health in Mind Merseyside - Joanne Owen</b>	<b>Email:</b> <a href="mailto:healthinmindmerseyside@gmail.com">healthinmindmerseyside@gmail.com</a>	
<p>I am a qualified Nurse/Midwife and Mindfulness Teacher with (MISP) I am currently offering the Mindfulness in Schools Paws b and .b programme to Primary and Secondary Schools in Sefton.</p>		

I have recently received a commission from MADCOS to deliver the Paws b programme to the 13 primary schools within their group, with delivery planned for 2017/ 2018 commencing in September 2017.  
 The offer and funding agreement means that all Schools will be offered a programme for year 5 and 6 and introduction workshops for year 3 and 4, ensuring that all KS2 children will begin to have some understanding of Mindfulness and how this supports their emotional health and wellbeing.

<p><b>MYA Talent Match Plus and Your Way</b></p>	<p><b>Email:</b> <a href="mailto:talent.match@mya.org.uk">talent.match@mya.org.uk</a></p>	<p> TALENT MATCH PLUS REGISTRATION FORM</p> <p> TALENT MATCH PLUS REFERRAL FORM - SE</p> <p> Talent Match Overview.docx</p> <p> Introduction Your Way Project.docx</p>
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Talent Match Plus works with young people aged 15-29 in the Liverpool City Region who have been out of work, training or education for 12 months. It is a creative and innovative programme that will develop real skills and open up opportunities for young people.

The programme offers intensive support through a dedicated Intensive Mentor who will develop a personalised pathway programme for each young person. We challenge young people become motivated and inspired, building on existing skills, knowledge and interest.

Your Way aims to increase social interaction, confidence and communication skills as well as raising aspirations in young people with disabilities who have not been in education, employment and training for 12 months.

<p><b>Parenting 2000</b></p>	<p><b>Southport &amp; Formby Telephone:</b> 01704 380047  <b>South Sefton Telephone:</b> 0151 920 7137  <b>Email:</b> <a href="mailto:admin@parenting2000.org.uk">admin@parenting2000.org.uk</a>  <b>Website:</b> <a href="http://www.parenting2000.org.uk">www.parenting2000.org.uk</a></p>	<p> Therapeutic Services Referral Form.docx</p>
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Parenting 2000 Therapeutic Services provides a range of specialist counselling programmes throughout Sefton. We also offer a peripatetic service to local schools and health care centres to facilitate greater access for its service users. The facility provides an essential emotional support service to local children (from the age of 6+), young people, adults and family groups.

It offers an essential Tier 2 service to health care providers, individuals and other services. Parenting 2000's Therapeutic Services delivers an important early intervention facility preventing later long term mental health issues from developing for the individual. When working with family groups, the facility helps to solidify/strengthen the family unit and promote positive parenting and structure within the family group. It helps to restore a healthier home environment in which young

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people can develop emotionally, mentally and behaviourally. Our services are delivered by qualified and experienced practitioners who are BACP and UKCP registered and DBS checked.

<b>Philippi Trust Southport</b>	<b>Website:</b> <a href="http://www.philippitrust.com">www.philippitrust.com</a>	 Philippi-Kids-Leaflet.pdf
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Philippi Trust Counselling Service offers therapy for children aged 5 to 16. It is provided by qualified counsellors who have additional training in working with children and families. Each counsellor is Police checked (DBS or CRB). We use Clinical Governance to assess children's emotional issues before, during and at the end of therapy. Children's Therapy is available at St Helens Counselling & Training Centre, Southport Counselling Centre & Bolton Counselling Centre.

<b>Sefton Emotional Achievement Service (SEAS)</b>	<b>Telephone:</b> 0151 920 0726 ext.224 <b>Email:</b> <a href="mailto:seas@seftoncvcs.org.uk">seas@seftoncvcs.org.uk</a> <b>Website:</b> <a href="http://www.seftoncvcs.org.uk/projects/seas">www.seftoncvcs.org.uk/projects/seas</a>	
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SEAS offers bespoke therapeutic support and awareness raising activities to children and young people in Sefton, funded by a mixture of school commissions and grant funding. Support is delivered by qualified and experienced practitioners and is delivered at the right time, in the right place, to suit the child/children involved. A wide range of methods are used including Cognitive Behavioural Therapy, Systemic Family Support, Play Therapy and Dance and Drama workshops. We also offer workshops to staff to raise awareness and share techniques for managing emotional distress.

<b>Sefton Carers Centre</b>	<b>Telephone:</b> 0151 288 6060 <b>Email:</b> <a href="mailto:help@carers.sefton.gov.uk">help@carers.sefton.gov.uk</a> <b>Website:</b> <a href="http://www.sefton-carers.org.uk/carers-service/parent-carer-support">www.sefton-carers.org.uk/carers-service/parent-carer-support</a>	
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Offer free support to anyone who cares for a child or young person who is under 18 and has a physical disability or emotional/behavioural condition, either diagnosed or undiagnosed. We offer parent carer development, advocacy and support, along with support groups.

<b>Sefton Sexual Health Service</b>	<b>Telephone:</b> 01704 704656 <b>Website:</b> <a href="http://www.seftonsexualhealth.co.uk">www.seftonsexualhealth.co.uk</a>	 Referral Form.doc
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Provides free and confidential advice, treatment and support for all contraception and sexual health needs for the community of Sefton based at various local settings. In addition we can provide clinical outreach support for identified vulnerable groups as well as sex and relationships education for young people. The Sexual Health Promotion Team offer one to one referrals for young people aged under 18 years old (or 25 years old if they have a learning disability) who require additional support in order to make informed choices about their sexual health. Please note this is not a counselling service.

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<b>SEN Inclusion Service</b>	<b>Website:</b> <a href="https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=0emGdGITp4Y&amp;localofferchannel=3">https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=0emGdGITp4Y&amp;localofferchannel=3</a>	 Overview - SEN and Inclusion Service.docx
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Sefton has a range of support services that work with early year's settings and schools and colleges to help children or young people with special educational needs or disability to develop, be included and make good progress across the academic, social and emotional aspects of their life. Sefton's SEN and Inclusion Service are split into various sections. You can find out more about the different aspects of the team by visiting Sefton's Local Offer.

<b>Southport &amp; District Samaritans</b>	<b>Telephone:</b> 01704 538 038 <b>Email:</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <b>Website:</b> <a href="http://www.samaritans.org/branches/southport-district-samaritans">www.samaritans.org/branches/southport-district-samaritans</a> <b>National Freephone:</b> 116 123	
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Southport and District Samaritans support callers in emotional distress or despair nationwide through telephone, email and sms. The Southport branch is also open for set times every day where people can speak to one of volunteers face to face if they need emotional support. Our opening hours are on the website and easily seen from the street. No appointment is necessary.

We currently do outreach work with local schools, colleges and universities, GP surgeries, local businesses and through a partnership with National Rail, we now have a close relationship with Merseyrail. We are available for talks in all those places, as well as at other community groups.

<b>Southport Counselling Service - Zoe Whiteside</b>		
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I work as a Person-Centred Counsellor and I am a registered member of the BACP. I provide a one to one, face to face Counselling Service for clients of Home Start Southport and Formby which is a charity supporting families. My clients are not usually under 18 and are normally parents. I am concerned and interested in developments related to children, young people, family dynamics and relationships as this is essential in underpinning my work with clients. I have also an interest in developing self-care practice such as for parents of children with long term conditions.

<b>Specialist School Nurse Service NWBH</b>		 CRITERIA FOR REFERRAL TO SPECIA
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The Specialist School Nurse Service for Emotional Health and Wellbeing meets with recommendations made by Future in Mind policy (2015) and No Health without Mental Health strategy (2011) and links to The National service Framework, (2004) and Every Child matters, (2003).

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The service is provided to children, young people and families to provide emotional, mental health and behaviour advice and support and intervention to children, young people and their families. Key features of the service are: EARLY IDENTIFICATION, EARLY ASSESSMENT AND EARLY INTREVENTION.

<b>Tackling the Blues</b>	<b>Website:</b> <a href="http://www.edgehill.ac.uk/sport/everton-community-partnership/tackling-the-blues/">www.edgehill.ac.uk/sport/everton-community-partnership/tackling-the-blues/</a>	
<p>A sport, physical activity and education-based mental health awareness programme targeting young people aged 6-16 who are experiencing, or are at risk of developing, mental illness. The programme is delivered by Edge Hill University and Everton in the Community, and to date has engaged over 300 young people weekly in primary schools, secondary schools and community groups. Tackling the Blues offers a range of interactive and engaging activities to recruit young people who, once engaged, participate in tailored educational and peer-led activities to tackle experiences of conditions associated with mental illness. Weekly physical activity and classroom-based sessions include competitive and non-competitive activities which have been associated with positive behaviour change amongst those experiencing mental illness. The project has involved extensive consultation with young people and education workers who act as project collaborators, help recruit participants, and deliver peer mentor workshops.</p>		

<b>Venus</b>	<b>Website:</b> <a href="http://www.venuscharity.org">www.venuscharity.org</a>	
<p>Offer support to women and families who are facing crisis such as poverty &amp; debt, poor mental health, parenting concerns, homelessness and domestic abuse. We work with families to overcome these difficulties by offering counselling, family therapy, debt and housing advice, information on jobs and training, peer support groups, family activities and advocacy at meetings and appointments. We work in partnership with other voluntary, statutory and health services as part of a multi agency team around the family and are respected and valued by them as an essential community resource. Our service is easily accessible in the community, with many families self referring, it is adaptable, responsive, creative and nurturing to encourage families to learn new skills, build new friendships, access new opportunities and create lasting coping strategies.</p> <p>Alongside this in June 2017 we opened our new Star Centre building and offer support Mondays-Fridays 3.30pm to 7.30 pm and Saturday 10am-1pm. With this new building we have increased our capacity to support young people's mental health and well being with guidance and support when they need it in an immediate way with our drop in service. Young people can drop in when required when needing well being and emotional support. We are able to immediately manage any immediate crisis, signpost and internally refer to our counselling support.</p>		

<b>Well Young Persons Project</b>		 WYP Referral Form Proforma April 2016.d   Well YP Booklet.pub
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The Well Young Person Team is an early identification and intervention service

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which has successfully created and developed group work led programmes to support children and young people with their mental health and emotional wellbeing. We work in partnership with Sefton schools to provide a wide range of programmes. We support children aged between 7 and 18.

All our programmes are bespoke and so are tailored to the children and young people's individual needs. The work will be *outcome focused* enabling all CYP's to set individual goals.

We use Evidence Based Routine Outcome Measures and Feedback Tools to enable us to report to your school on progress and improvements in mental health and wellbeing.

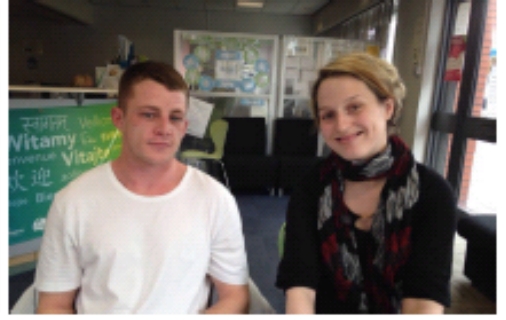
Annex E



**Sefton CVS**  
Supporting Local Communities

## **Sefton CVS – Early Intervention and Prevention Services 2017/18**





Sefton CVS  
Reablement Service  
Health and  
Wellbeing Trainers

Southport  
Community  
Centre  
& Information Hub

Living Well  
Sefton

Volunteer Centre  
Sefton

Merseyside Offender  
Mentoring

Page 33  
STRAND BY ME  
Community and health services for you

MACMILLAN  
NAVIGATOR  
SERVICE



Community  
Connectors

Buddy Up



Activity/Project description	Priority groups	Area of impact	Theme
<p><b>Community Connectors</b>            Working on a geographic basis in Southport, Maghull and Bootle, a team of 3.5 FTE Community Connectors and 44 Volunteer Champions help those aged 18+ who are at risk of loneliness and/or isolation, who have low level mental health needs and may well access Adult Social Care for help with these issues. The project is working to reduce the load of cases on the Adult Social Care system by introducing beneficiaries to the service and helping them before it becomes a ‘crisis’ case.</p> <p>The Connectors can help people to access the services of local groups and organisations, such as befriending, helping with everyday tasks which have become a burden. The Connectors can assign a Volunteer Community Champion to the person who can help them to do this, with continued support throughout. Referrals can be made via self, Adult Social Care, GP’s and other organisations.</p> <p>This project commenced in June, is funded by the Department of Communities and Local Government, CVS and Sefton Council. 76 referrals have been made since inception. A report on early impact from referrals and interventions e.g. difference in wellbeing and loneliness scores of those supported, is being compiled.</p>	<p>18+ at risk of loneliness / isolation</p>	<p>Bootle, Maghull, Southport</p>	<p>Social isolation/ mental health/ befriending, confidence building , volunteering/access to other community services</p>
<p><b>Macmillan Community Navigators</b>            The Macmillan Community Navigators work in partnership with the University Hospital Aintree and are funded by Macmillan as one of several pilots being trialled across Greater Merseyside and Cheshire. Working in South Sefton, the Navigators provide those who are affected by cancer to get the support they need, whether it is physical, financial, emotional, spiritual or practical.</p>	<p>18+ with cancer diagnosis</p>	<p>South Sefton</p>	<p>Health and wellbeing/mental health/ confidence building/ volunteering/ access to other community services</p>

<p>Referrals are made through the specialist cancer nurses, Virtual Wards, Health Trainers, self referral. A non treatment holistic needs assessment is conducted and person centred services identified. This may include support with benefits, housing, care support when going through treatment, money matters, homing pets.</p> <p>3 Health and Wellbeing events are held per year where current and those recovering/ed from cancer are invited to meet with VCF providers, dieticians, specialist nurses, leisure providers, volunteering agencies. The events aim to assist in keeping individuals well by introducing services and opportunities to promote wellbeing. The service went live in June to accept referrals. 60 referrals have been made into the service to date.</p> <p>There are 1.75 posts delivering the service.</p>			
<p><b>Health and Wellbeing Trainer Service</b></p> <p>This service is targeted at individuals experiencing the greatest health inequalities, such as those with a long term condition, and frail or vulnerable people who need support to live independently. The service focuses on improving the health outcomes of individuals while enabling and empowering people to lead healthier lifestyles by changing their behaviour.</p> <p>The Team are attached to the South Sefton Virtual Ward. The service is free and available to anyone over the age of 18, who is referred via the Virtual Ward, their GP, a medical practitioner, or health colleagues. The service is funded by South Sefton CCG. There are 3.6 FTE's – a Health Trainer is assigned to each Virtual Ward in South Sefton.</p> <p>The service provides:</p> <ul style="list-style-type: none"> <li>• Personalised support and signposting for patients of the</li> <li>• Support and guidance with developing own support/action plan.</li> <li>• Individualised support and one-to-one mentoring to help focus on goals.</li> <li>• Behavioural change and motivational techniques to help achieve goals.</li> </ul>	<p>18+ patients of South Sefton Virtual Ward</p>	<p>South Sefton: Bootle, Seaforth, Litherland, Crosby, Waterloo, Thornton and Maghull</p>	<p>Reablement/ social inclusion/ behaviour change/ healthy lifestyles/ long term conditions/ older people, access to other community services</p>

<ul style="list-style-type: none"> <li>• Support with rediscovering and developing confidence.</li> <li>• Signposting to other appropriate agencies.</li> <li>• Help with developing social networks.</li> </ul> <p>In 2016/17 1,316 client interventions were facilitated. 29% of interventions dealt with support needs related to social inclusion, 20.4% health, weight loss and smoking, 17.7% money matters, 13.9% housing, 6.6% family relations, 6% drugs/alcohol, 6% confidence. A social impact report of service is available for 2016/7.</p>			
<p><b>Living Well Sefton (LWS)</b>          Launched in November 2016, this service is a partnership between Sefton CVS as Lead Agent, May Logan Centre, Feelgood Factory, Access Sefton Brighter Living Partnership, Smokefree Sefton, Citizens Advice Sefton, and Fun4kidz. Living Well Sefton works to protect and enhance the health and wellbeing of Sefton residents focusing in particular on health inequalities with the emphasis on prevention and early intervention and working with a wide range of partners to meet the needs of local people by enabling them to access services they need more easily. In 2016/ 17 359 new clients accessed the service; 366 joint workforce training opportunities were accessed by Living Well Sefton staff; MECC training was delivered to 239 participants. The first round of community grants supporting community resilience were awarded to 20 organisations. Securing funding from Well Sefton to support a pilot social prescribing project deploying 3 Mentors in a primary care setting in Bootle. To date, mentors have supported 46 clients through the service. A separate report of Living Well Sefton interventions has been produced and is available.</p>	18+	Borough-wide	Behaviour change/healthy lifestyles/ mental health/ health and wellbeing/ befriending and mentoring
<p><b>Information and Signposting Service through VCF Direct</b>          The Sefton CVS Signposting and Information Service is a resource available to people who may be isolated or at risk of being admitted/readmitted into hospital and local practitioners seeking to support them          Whether they need handrails installed, or help finding a social group to</p>	All ages	Borough-wide	Social isolation/ older people/ children young people and families/ befriending and mentoring/healthy

<p>attend, frontline staff are on hand to inform people of the services that are out there to help using CVS's VCF Direct online directory that includes details of 3,500 services offered by more than 1,000 organisations across 1350 locations. 10, 258 users accessed the VCF Direct online directory during 2016/17. VCF Direct can be accessed on <a href="http://www.vcfdirect.org.uk">www.vcfdirect.org.uk</a></p>			<p>lifestyles/mental health/poverty/ leisure/ social/ community activities/ volunteering</p>			
<p><b>Buddy Up</b>          Buddy Up is a mentoring and befriending project for young people aged between 13 and 18 who have additional needs and disabilities who are at risk of social isolation.          Buddy Up provides an opportunity for young people to make new friends and have fun by engaging in a range of activities in groups or on a one to one basis and residential short breaks via the support of trained mentors of the same age group. The 11 volunteer peer mentors are young people aged between 13 and 18 who want to support young people with additional needs by befriending them and spending time doing fun activities. 51 young people were supported in 2016/17.          The Befriending Groups meet at Southport Community Centre, Thursday 3pm-6pm monthly and at Crosby Youth &amp; Community Centre, Friday 3:30pm-5:30pm monthly. Funded by Aiming High for Disabled People, Sefton Council.</p>	<p>Young People with additional needs (13-18)</p> <p>Young People (13-18)</p>	<p>Borough-wide</p>	<p>Social isolation, befriending/ healthy lifestyles/ volunteering/ confidence building/ mental health</p>			
<p><b>Workforce Development</b>          Sefton CVS delivers workforce training and skills programmes for VCF sector and public sector partners as part of the New Realities Strategy to develop collaboration and solution focused practitioner practice. Relevant to EIP3, the following courses have been delivered to 689 front line organisations and local residents in 2016/17:</p> <table border="1" data-bbox="85 1257 757 1406"> <tr> <td>Advice Awareness &amp; Debt Awareness</td> </tr> <tr> <td>Anxiety In Children &amp; Young People</td> </tr> <tr> <td>Bereavement Awareness</td> </tr> </table>	Advice Awareness & Debt Awareness	Anxiety In Children & Young People	Bereavement Awareness	<p>16+</p>	<p>Borough-wide</p>	<p>Healthy lifestyles/ health and wellbeing/mental health</p>
Advice Awareness & Debt Awareness						
Anxiety In Children & Young People						
Bereavement Awareness						

<ul style="list-style-type: none"> <li>Breathing Self-Management</li> <li>Family Healthy Eating Workshops</li> <li>Food &amp; Mood Sessions</li> <li>GULP (Giving Up Loving Pop)</li> <li>Health Awareness</li> <li>Healthy Cooking Session</li> <li>Healthy Eating Awareness Workshop</li> <li>Healthy Eating for Older People</li> <li>Healthy Eating Session</li> <li>Person Centred Training &amp; Care Awareness</li> <li>RSPH Level 2 Improving Public Health</li> <li>Self Management Respiratory Care Group</li> <li>SHE Healthy Eating / Wellbeing</li> <li>Make Every Contact Count</li> <li>Smoking Cessation</li> <li>Understanding Health Improvement</li> </ul>				
<p><b>Page 38</b></p> <p><b>Poverty and Welfare Reform Universal Credit</b></p> <p>In preparation for the introduction of the full roll out of Universal Credit in October, CVS has commenced a programme of awareness raising for frontline organisations and residents, which commenced in August. 38 participants have engaged thus far and further sessions are planned. The sessions include:</p> <ul style="list-style-type: none"> <li>• Cash Smart Credit Savvy Train the Trainer with the Just Foundation</li> <li>• Introduction to Universal Credit with Job Centre Plus.</li> </ul>		16+	Borough-wide	Poverty
<p><b>BME Community Development Project</b></p> <p>The Black and Minority Ethnic (BME) Community Development Work (CDW) aims to improve access to mainstream health and wellbeing services for Black and Minority Ethnic (BME) communities and other under-represented groups and to tackle stigma associated with mental health by raising mental health</p>		BME residents	Borough-wide	Mental health/ social isolation/ poverty/ behaviour change /health and wellbeing

literacy among employees and residents.  
 The project delivered through Sefton CVS Equalities Team provides weekly drop-in surgeries every Friday, 10am-1pm at Parenting 2000 in Southport for migrant workers and dual heritage families.  
 On-site support is provided to families attending Holy Trinity school Southport and the feeder schools, such as Meols Cop on a Friday afternoon and appointment only support can be accessed at children’s centres in Southport and South Sefton, through Linaker, Seaforth, Netherton and Waterloo.  
 The service provides generic advocacy, which includes: attending Mental Health Review assessments, attending hearings, court, medicals, meetings with GP’s, schools, solicitors’, ESA, housing issues, welfare rights, safeguarding and immigration status.  
 144 clients were supported representing 28 nationalities in 2016/17. Funded by Southport and Formby and South Sefton CCG’s.

Sefton CVS is a Third Party Hate Crime Reporting Centre.

Mental Health Training delivered to 214 frontline practitioners and residents through the following courses and masterclasses in 2016/17 and available in 2017/18.:

<b>Mental Health Training</b>
Cognitive Behaviour Therapy
Cognitive Behaviour Therapy Masterclass
Debt & Mental Health Training
Gambling & Addiction MH
Mental Health First Aid Training
Stress Awareness & Positive Mental Wellbeing
Suicide Awareness Prevention
TDCD (Think Differently Cope Differently) Train The Trainer

Mental health/ social isolation/ poverty/ behaviour change /health and wellbeing

TDCD (Think Differently Cope Differently)				
Understanding & Managing ADHD				
<p><b>Merseyside Offender Mentoring</b></p> <p>The Merseyside Offender Mentoring project provides mentoring and befriending support to offenders from HMP Liverpool, before and after release, with the aim of helping them to resettle positively back into the community. A comprehensive service is provided to help offenders overcome the barriers they face, with the objective of reducing reoffending rates significantly and thus the impact on the wider community. In 2016/17, the project is funded by the Big Lottery, Achieve North West, the Steve Morgan Foundation and the Community Rehabilitation Company. Offenders are matched with one of our 90 volunteer mentors who provide person centred support with identified issues and guides them in a positive way with an overall aim to instigate positive change and reduce the likelihood of re-offending. Each offender in HMP Liverpool is introduced to the service which is compulsory. In 2016/17 963 offenders engaged with the project pre and post release. 15% of the offenders engaged with the Project returned to prison compared with the national average of 44% ( Ministry of Justice 2017)</p> <p>Through the Achieve Programme to reduce reoffending, 227 mentees over 1,362 sessions were supported to develop skills for release.</p> <p>The project was awarded the Queens Award for Voluntary Service in 2015.</p> <p>A new Sefton based service to provide volunteer mentors to offenders aiming to enter the labour market is to commence in the New Year funded by the John Armitage Charitable Trust.</p>	Offenders 18+	Sefton, Wirral, Liverpool, St Helen's, Halton.	Behaviour change, / healthy lifestyles / health and wellbeing/mentoring/ mental health/ volunteering	
<p><b>Strand By Me</b></p> <p>Strand By Me is a community signposting and health services shop located at the Strand Shopping Centre, Bootle. The shop has a pop up shop facility to raise residents' awareness to local services; facilitates themed drop-ins, promoting healthy lifestyles, provides health checks, clinics, weekly social and activity groups and a signposting service. The Bootle Community Connector</p>	16+	South Sefton	Behaviour change/ mental health/ healthy lifestyles/ poverty/ befriending/ social activities/volunteering.	

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<p>operates from the venue. In 2016/17, 4,500 residents engaged through events activities and drop-in services. 85 agencies promoted services to the public. 80% of interventions were related to addressing issues relating to mental health, physical activity and healthy eating.</p> <p>An IT drop in with digital champion support to enable Universal Credit digital access to commence in the Autumn in partnership with One Vision Housing.</p> <p>Regular activity includes:</p> <p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Art by Me Therapy session – 10am-12pm</li> <li>• Yarnagans Knit and Natter – 1pm-3pm</li> </ul> <p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Ambition Sefton Clinic – 10am-12pm (drugs and alcohol)</li> <li>• Access Sefton Clinic – 1pm-3pm (Talking Therapies Mental Health support- anxiety, depression)</li> </ul> <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Living Well Health Checks – 10am-12pm</li> <li>• DISC Housing and Benefits Advice – 1pm-3pm</li> </ul> <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Veterans in Sefton NAFFI and support services – 10am-4pm (Current and former Armed Forces support)</li> </ul> <p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Living Well Health Checks – 10am-12pm</li> <li>• Diabetes Clinic, Living Well Taking Control – 1pm-3pm</li> </ul>			
<p><b>Southport Community Centre</b></p> <p>The conversion of the previous All Saints Norwood Church to a community hub in an area previously without a localised centre, is a partnership between Sefton CVS, Brighter Living Partnership and St Simon and St Jude PCC. The partnership and conversion of the centre and creation of a community garden has stimulated local residents to engage and develop new initiatives providing a wide range of services and activities focused on early intervention and prevention interventions. The centre has held a number of community</p>	<p>Southport residents. All ages.</p>	<p>Southport</p>	<p>Social and community activities/ behaviour change/health and wellbeing/ mental health/ healthy lifestyles/ anti-poverty/ befriending/volunteering. Older people/ children</p>

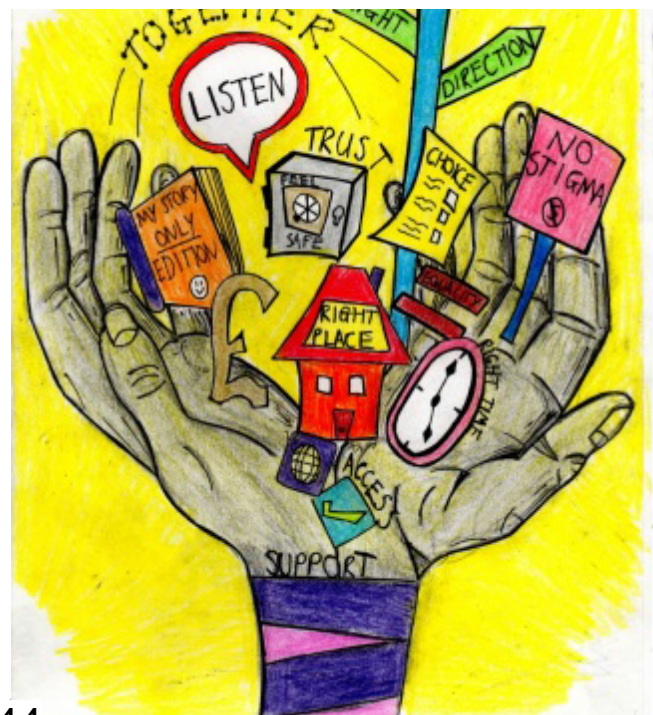
<p>events, Lantern Carnivals, Garden parties, seasonal events to promote community cohesion. The centre is also available for venue hire for local voluntary, community and faith (VCF) sector groups and provides computer and internet access for local residents. Over 4,000 people have attended activities in 2016/17.</p> <p>Regular events include:</p> <p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Exercise with Child – 10am-11am</li> <li>• Charlie’s Way Parent Support Group (parents and carers of children and young people with disabilities) – 12pm-2pm</li> <li>• Brighter Mondays (age 50+) – 1pm-4pm, arts and crafts, social activity, cookery and healthy eating sessions</li> <li>• Fancy a Nibble Cake Club ( social group) – 7:30pm-9:30pm (last Monday each month)</li> </ul> <p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Games Club ( social group) – 10:30am-12pm</li> <li>• NAAFI Break (Veterans – former and current) – 10:30am-12:30pm</li> <li>• Can you Dig It? Garden Club – 11am-1pm</li> <li>• Arts &amp; Crafts – 1pm-2:30pm</li> <li>• Ju Jitsu (Kids &amp; Adults) – 6:30pm-7:30pm</li> </ul> <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Foodbank – 11am-2pm</li> <li>• Chair Exercise (age 50+)– 1pm-2pm</li> <li>• Craft Workshop – 2pm-4pm</li> <li>• Healthy Cookery – 2pm-4pm</li> </ul> <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Luncheon Club (older people) – 12:30pm-3pm</li> <li>• Buddy Up (young person befriending group) – 3pm-6pm (monthly)</li> <li>• Community Well (refreshments/exercise/support /connections) –</li> </ul>			<p>young people and families.</p>
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<p>7pm-9pm</p> <p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Tums &amp; Tots – 9:45am-11:45am</li> <li>• Home Schooling Club – 10:30am-12:30pm (last Friday each month)</li> <li>• Film Club (older people) – 1:30pm-4pm</li> </ul> <p><b>Saturday</b></p> <ul style="list-style-type: none"> <li>• Spanish Kids Club – 9:45am-10:45am</li> <li>• The Wormwood Gang (family reading group) – 10am-12pm</li> </ul> <p><b>Sunday</b></p> <ul style="list-style-type: none"> <li>• Bim Bam Lithuanian Children’s Activity Group – 10am-12pm (bi-weekly)</li> </ul>			
<p><b>Volunteer Centre Sefton</b></p> <p>The Volunteer Centre supports volunteers and the organisations that recruit volunteers by providing a brokerage service that matches local people with volunteering opportunities. The Centre also develops new volunteering and volunteer led initiatives and looks to promote, deliver and develop high quality volunteering opportunities in the borough of Sefton. The Centre is NCV Quality Assured and provides training and best practice guides in deploying, recruiting and retaining volunteers. Volunteer recognition awards and certificate schemes are delivered in partnership with the Mayor’s Office. The Centre hosts VC Connect which is an online registration and search engine to advertise opportunities and recruit volunteers. <a href="http://www.volunteeringsefton.org.uk">http://www.volunteeringsefton.org.uk</a></p> <p>In 2016/17 the Centre supported 1.119 individuals to volunteer and supported 509 organisations deploying volunteers. £1.5 million of socio-economic activity was contributed to the local economy through volunteers participating in the Volunteer Certificate recognition scheme.</p>	<p>Sefton VCF sector</p> <p>Residents from 18+</p>	<p>Borough-wide</p>	<p>Health and wellbeing, healthy lifestyles/mental health/ volunteering, mentoring and befriending/social isolation/ social and community activities.</p>

# Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing

## 2015-2020 *(April 2018 refresh)*



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# Agenda Item 7

Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2015-2020 (April 2018 refresh)

## Introduction and Background

Improving mental health alongside physical health has been identified as a major challenge for both NHS Southport and Formby CCG and NHS South Sefton CCG.

Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018 (Appendix 1) states Sefton's vision is

*“to have good mental health and emotional wellbeing for children and young people in Sefton where the psychological development and emotional welfare of the child is paramount”*

In August 2015 guidance was issued to CCGs about developing local transformation plans for children & young people's mental health and wellbeing. Over the next 5 years, a significant amount of *additional* money has been made available to flow via CCG's to support transformation programmes. Accessing this funding was dependent on demonstrating “strong local leadership and ownership at a local level through robust action planning and the development of publicly available Local Transformation Plans for Children and Young People's Mental Health and Wellbeing.” These plans were based on the 2015 Department of Health and NHS England taskforce report 'Future in Mind'. What is included should be decided at a local level in collaboration with children, young people and their families as well as commissioning partners and providers.

Key objectives of the investment are:

- 1. Build capacity and capability across the system**
- 2. Roll-out the Children and Young People's Improving Access to Psychological Therapies programmes (CYP IAPT)**
- 3. Develop evidence based community Eating Disorder services for children and young people**
- 4. Improve perinatal care.**

The original Local Transformation Plan was agreed and published in 2015. This version has been refreshed in April 2018 to include progress and the most current action plan.

## **Local Needs Analysis**

The following is the key findings from CHIMAT (Child and Maternal Health Observatory <http://www.chimat.org.uk/profiles>) 2014 and the 2014 Sefton Strategic Needs Assessment ([https://www.sefton.gov.uk/your-council/plans-policies/strategic-needs-assessment-\(ssna\).aspx](https://www.sefton.gov.uk/your-council/plans-policies/strategic-needs-assessment-(ssna).aspx)):

- Approximately 22% of the population of Sefton is under the age of twenty.
- Almost six percent of school children are from a black or minority ethnic group.
- The health and well-being of children in Sefton is generally similar to the England average.
- Infant mortality rates are similar to the England average. However the rate of child mortality (1-17 years) is significantly lower than the England average.
- The level of child poverty is similar to the England average with 20.9% of children aged under 16 years of age living in poverty.
- The rate of family homelessness is significantly lower than the England average.
- Children in Sefton have average levels of obesity. Approximately ten percent of children aged 4-5 years and 20% of children aged 10-11 years are classified as obese.
- 59.3% of children participate in at least three hours of sport a week which is significantly better than the England average.
- The teenage pregnancy rate is lower than the England average.
- The rate of young people under 18 who are admitted to hospital because of alcohol specific conditions, such as alcohol overdose, has declined in the period 2010-13 when compared with the period 2006-09. However, overall rates of admission in the period 2010-13 are significantly higher than the England average.
- The rate of young people under 18 who are admitted to hospital as a result of self-harm has increased in 2011/12 when compared with figures from 2009/10. Overall rates of admission in 2011/12 are significantly higher than the England average. In this period, the rate of self harm hospital admissions was 171.2 per 100,000 young people aged 0-17. Nationally, levels of self-harm are higher among young women than young men. This is the same in Sefton.
- The rate of Sefton CYP admitted to hospital as a result of a mental health problem in 2012/13 was 98.5 per 100,000 young people aged 0-17. This is similar to the England average.
- Sefton is ranked 92 out of 326 authorities in the 2010 Index of Deprivation (1 is most deprived). Approximately 18% of Sefton's residents live within the most deprived 10% of areas within England and Wales .

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Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2015-2020 (April 2018 refresh)

- The level of child poverty in Sefton in 2011 was 20.9%, which was 0.3% higher than the England average. The difference is not significant. Approximately 9,300 children in Sefton live in poverty.
- 15.5% of school children in Sefton receive free school meals, significantly lower than the England average of 16%.
- The percentage of children achieving a good level of development at age 5 in Sefton is 51% which is line with the national averages for 2012/13 (EYS first statistical release)
- In 2013, approximately 6% of 16-18 year olds were not in education, employment or training (NEET). This figure reduced when compared with previous years and the rate for Sefton is now similar to the England average.

Suicide Reports provide data on a 3 year rolling basis so trends can be identified. The 2011/13 Sefton figures have no suicides recorded for those under 18. Suspected suicide deaths are reported to the coroner, who will consider the needs of bereaved families and may return a narrative, open or misadventure verdict. The Child Death and Overview Panel (CDOP) can provide reports on trends, risks and safeguarding issues (Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018).

Self-harm is considered a risk factor for suicide; however self-harm is a sign of serious emotional distress in its own right. Looked after children and care leavers are between four and five times more likely to self-harm. There is a high prevalence of CYP presenting at A&E where the recorded secondary use services is relating to drug, alcohol and other stimulants and most of the Young People are in their teens. In comparison with the 2006-09 periods, the rate of young people under 18 who are admitted to hospital as a result of self-harm has increased in the 2009-12 period (Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018).

The Children and Young people who are on the edge of care and those under child protection plans are likely to have poor mental health. In 2012/13, the rate of Looked After Children in Sefton was 78 per 10,000 children (420 children). This has been increasing year on year since 2008. Approximately 64% of Looked After Children are placed in foster care and a further 11% are placed in children's homes or secure units. In respect of the age profile the biggest percentage is between 10 and 15 which equates to 161 and for those aged 16-17, the figure is 66 young people (Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018).



The Mental Health Foundation report *Treating Children Well* (Kurtz, 1996) provides an estimate of the number of children and young people who may experience mental health problems appropriate to a response from CAMHS at Tiers 1, 2, 3 and 4. For the population of Sefton this would equate over the year to:

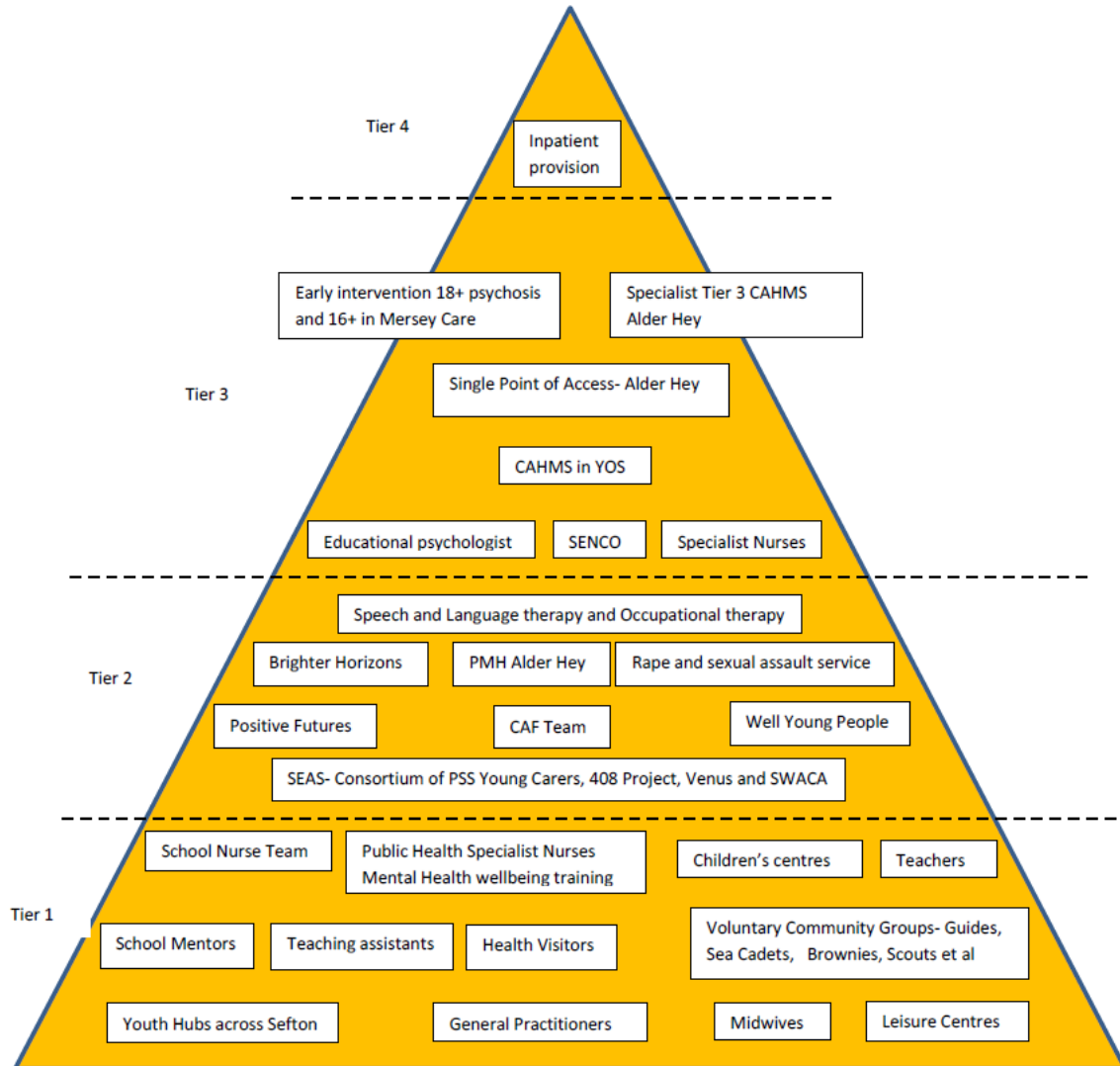
**Estimated number of children / young people who may experience mental health problems appropriate to a response from CAMHS**

<b>Clinical Commissioning Group Local Area</b>	<b>Tier 1 (2014)</b> <i>Non specialist primary care support needed e.g. common problems of childhood such as sleeping difficulties or feeding problems</i>	<b>Tier 2 (2014)</b> <i>Targeted support needed e.g. assessment and services such as family work, bereavement, parenting groups, substance misuse support and counselling.</i>	<b>Tier 3 (2014)</b> <i>Specialist multi disciplinary team support needed such as Child &amp; Adolescent Mental Health Teams based in a local clinic to support e.g. assessment of development problems, autism, hyperactivity, depression, early onset psychosis</i>	<b>Tier 4 (2014)</b> <i>Specialised day and inpatient units support needed for patients with more severe mental health problems.</i>
NHS Southport and Formby	3,300	1,540	410	20
NHS South Sefton	4,510	2,105	560	25
<b>TOTAL Sefton MBC</b>	<b>7,810</b>	<b>3,645</b>	<b>970</b>	<b>45</b>

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## Current Situation

The diagram below illustrates the current commissioned tiered service model for emotional health & wellbeing services in Sefton.



**Fig 1: Sefton CAMHS Tiers**

It has been identified locally that there is no unifying dataset or information system that provides a whole or adequate picture of service delivery. However, the following information is available in terms performance and investment:

## Baseline when LTP published (2015)

### **CAMHS (2014/15)** (CCG £2.6m):

- 1510 referrals made to CAMHS.
- Inappropriate referrals <10%
- 8 subsequently referred onto Tier 4.
- 100% Emergency Referrals seen and assessed within 24 hours
- 82% Urgent referrals seen and assessed within 2 weeks
- Average waiting time from referral to treatment 17 weeks
- 44 LAC referrals – 100% referral to consultation with 6 weeks.
- DNA 11.9% but 7% for LAC.

### **14-18 Early Intervention Psychosis (2014/15)** (CCG – unable to disaggregate from main EIP service):

- 17 referrals

### **TOTAL REFERRALS TO CCG COMMISSIONED SERVICES/PATHWAYS 2014/15: 1527**

### **Tier 2 interventions** (Local Authority £156.5k):

- 8 peer mentoring projects involving 145 children to support anti-bullying
- 72 children learning restorative practice skills to enable them to de-escalate issues within their social groupings
- 405 children to increase their self-esteem, friendship groups and decrease their anxiety, a further 153 children have been supported individually.
- Clinical supervision concerning 30 families which has enabled Early Help practitioners to successfully support casework re:
  - Managing anxiety
  - School refusal
  - Sexually inappropriate behaviour
  - Managing difficult behaviours in school
  - 3 children have subsequently been referred to and are receiving CAMHS support

### **Tier 4 expenditure 2014/15** £1.3m (NHS England)

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Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2015-2020 (April 2018 refresh)

## 2017/18 Position

### **CAMHS (2017/18)** (CCG £2.9m):

Numbers of referrals to CAMHS	1626
Inappropriate referrals	<10%
Subsequent referral to T4	Validated data not available at time of refresh
Emergency referrals seen and assessed within 24hrs	Validated data not available at time of refresh
Urgent referrals seen and assessed within 2 weeks	83.70%
Average waiting time from referral to treatment	22 weeks
Average waiting time from referral to choice	8 weeks
Waiting time for primary mental health	Different delivery model, so n/a
Waiting time from choice to partnership	14 weeks
LAC referrals	Validated data not available at time of refresh
LAC referrals : ref to consultation within 6 weeks	Validated data not available at time of refresh
DNA rate	15%
DNA rate for LAC	Validated data not available at time of refresh

**Eating Disorders (2017/18)** (CCG £173k): Co-commissioned with Liverpool CCG, data for whole service. 18/19 data will be disaggregated per CCG.

- 123 Referrals – 105 accepted
- 93% of urgent referrals seen with 1 week
- 86% of routine referrals seen within 4 weeks

**Transformation activities (2017/18)** (CCG £322k – further details in workstream updates)

- Average of 45 children and young people being seen at VCF community hub
- 180 children and young people accessed subsidised VCF school counselling support
- 3 schools involved in transition pilot
- 42 young people trained as wellbeing champions

**14-18 Early Intervention Psychosis (2017/8)** (CCG funded – unable to disaggregate investment from main all age EIP service):

- 35 referrals

**TOTAL REFERRALS TO CCG COMMISSIONED SERVICES/PATHWAYS 2017/18: 1990**

(30% increase on 2014/15)

**Tier 1 & 2 interventions** (Local Authority £351k):

- Young Carers
- Bullybusting
- Social Work input (CAS, LAC)
- Home Based Support

**Tier 4 expenditure 2017/18** Not finalised/validated at time of refresh (NHS England)

Sefton is currently part of a CYP IAPT collaborative which involves NHS and voluntary sector providers. In addition, the CCGs have supported a DH Co-commissioning /delivery pilot that was led by the local CVS and has informed the pilot schemes for new ways of working being resourced via this Plan.

All the strategies that have been used to develop the Plan are fully committed to whole systems approaches and that therefore is embedded as a core principle underpinning the Local Transformation Plan. This includes aligning and providing clear synergy with current improvement initiatives e.g. Crisis Care Concordat, CYP IAPT, MH resilience funding, All-age MH Liaison and Co-commissioning.

The Plan is based on delivering evidence based practice, including what is known to work locally. Where no explicit evidence exists it may be necessary to pilot new ways of working in order to fully be transformative, but these will be fully monitored and not mainstreamed until an appropriate improvement in outcomes can be evidenced.

# Agenda Item 7

Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2015-2020 (April 2018 refresh)

## **Developing and Refreshing the Local Transformation Plan**

The development and refresh of the plan has been led by the CCG but requires the full engagement and support of all local partners, including the local authority and the Health & Wellbeing Board.

Discussion and dialogue on children's emotional health & wellbeing has been ongoing for the last couple of years, channelled through Sefton's Children and Young people's Emotional Health & Wellbeing Steering Group (Appendix 2). This Steering Group produced Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018 and updated with a new Strategy 2016-2021 (Appendix 1a) which had already, and continues to set, the strategic direction for local CAMHS development. This strategy is directly linked to and completely in line with both the Sefton Mental Health Task Group Report, 2015 (Appendix 3) and Living Well in Sefton – Sefton's Health & Wellbeing Strategy 2014-2020 (Appendix 4).

Reviewing the existing strategies (see table below) some broad themes were identified by Sefton's Children and Young People's Emotional Health & Wellbeing Steering Group to inform the original Plan. These broad themes were discussed and explored further with relevant members of the Steering Group, including Local Authority, Providers, Voluntary Sector and Young People (Appendix 5). When providing information on Tier 4 provision, NHS England Specialised Commissioning provided direct comments and suggestions (Appendix 6) that have been fully considered as part of developing the original plan.

Improved and more effective CAMHS will have a positive impact on all those who come into contact with it. However, locally it is clear from evidence and feedback that there are a number of specific vulnerable groups that should be the focus of the Plan:

- Looked After Children
- Children placed out of area
- Self Harm
- Crisis
- Child Sexual Exploitation

All aspects of inequalities will be kept under review and if necessary the Plan will be adjusted if new priorities in this regard emerge during the life of the Plan.

The following table highlights the published key objectives or priorities of those documents:

Document/Plan	Key Objectives/Priorities
<b>Sefton's Children &amp; Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018</b>	<ul style="list-style-type: none"> <li>• An improvement in the mental health and psychological wellbeing of all children and young people in Sefton.</li> <li>• All the agencies working together and making a contribution to the needs of all children and young people in Sefton, whether with regard to emotional resilience, early intervention at a local level, or in meeting the needs of children and young people with the most complex needs.</li> <li>• A more complete picture of local need across all the possible dimensions of young people's mental health which will give better information about what services are needed, are successfully delivered and how they are making a difference. (CYPP)</li> <li>• Particular attention paid to what young people are telling us in this area (CYPP)</li> <li>• All members of the children's workforce in Sefton being trained in the developmental, emotional and mental health needs of children and young people. Where children require care for mental or psychological disturbance, this will be provided by staff with a range of skills and competencies that meet their needs.</li> <li>• Both specialist CAMHS treatments and tier 1 interventions with children and young people with mental health problems being based on the best available evidence, using NICE guidelines and other well researched methodologies.</li> <li>• A roll out of five to thrive across the early years sector.</li> </ul>
<b>Sefton Mental Health Task Group Report 2015</b>	<ul style="list-style-type: none"> <li>• The creation of clearer service and support pathways for children and young people through the establishment of partnership agreements, referral processes, marketing and better working relationships between partnership agencies in order to improve youth access to services across Tiers 1-4.</li> <li>• Increase knowledge, experience and understanding across the commissioning arrangements about how to most effectively utilise pathways and measure the impacts and outcomes achieved as a result of practitioners and beneficiaries using them.</li> <li>• Build on professional development through IAPT learning and in applying thresholds to planning, coordinating and delivering support at the right time and place for children, young people and families. This will involve trialling routine outcome measures and using the voluntary sector to embed self-referral models in partnership with local NHS providers across tiers 1-2/3.</li> <li>• The input of children, young people and families to design, develop and review the emotional wellbeing care and support they receive at different pathway points in order to inform ongoing improvement cycles as part of commissioning arrangements moving forward.</li> <li>• Develop a model of best practice which maximises use of local assets, meets the needs of local young people and encourages CCG, Social Care and Education commissioners to provide ongoing collaborative</li> </ul>

<p><b>Living Well in Sefton – Sefton’s Health &amp; Wellbeing Strategy 2014-2020</b></p>	<ul style="list-style-type: none"> <li>• Children and young people will have good physical and emotional health and wellbeing and will lead healthy lifestyles</li> <li>• Children and young people will be safe</li> <li>• Parents will have the skills, support and infrastructure to enjoy being parents</li> <li>• Children and young people will have a voice, will be listened to and their views will influence service design, delivery and review</li> <li>• There will be effective prevention and early intervention with people being empowered to determine their own outcomes through the experience of quality services</li> <li>• There will be improved health and wellbeing against the wider factors that lead to poor health and wellbeing</li> <li>• There will be system wide improvements across social care and care pathways, supported with access to information about early diagnosis and prevention</li> <li>• There will be access to information about early diagnosis and prevention services</li> <li>• The infrastructure will be place so that all people can access information, preventative and treatment services</li> <li>• The mental health services that are commissioned will be fit for purpose</li> <li>• We will have stronger communities involved in their own wellbeing and wider community’s mental health services</li> <li>• The appropriate infrastructure is in place to improve opportunity, maintain health and wellbeing and the quality of life for all</li> <li>• Increase the physical and emotional health and wellbeing of all residents</li> </ul>
<p><b>Future in Mind (DH, NHSE 2015)</b></p>	<ul style="list-style-type: none"> <li>• Promoting resilience, prevention and early intervention</li> <li>• Improving access to effective support</li> <li>• Caring for the most vulnerable</li> <li>• Accountability and transparency</li> <li>• Developing the workforce</li> <li>• Build capacity and capability across the system</li> <li>• Roll-out the Children and Young People’s Improving Access to Psychological Therapies programmes (CYP IAPT)</li> <li>• Develop evidence based community Eating Disorder services for children and young people</li> <li>• Improve perinatal care.</li> </ul>



**Five Year Forward View for  
Mental Health (NHSE 2016)**

- By 2020/21, at least 70,000 more children and young people should have access to high-quality mental health care when they need it.
- Change in the way services are commissioned, placing greater emphasis on prevention, early identification and evidence-based care
- Complete the roll-out of the Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) programme across England by 2018.

# Agenda Item 7

Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2015-2020 (April 2018 refresh)

The process undertaken as part of developing the original Plan identified a number of key workstreams for the Transformation Plan:

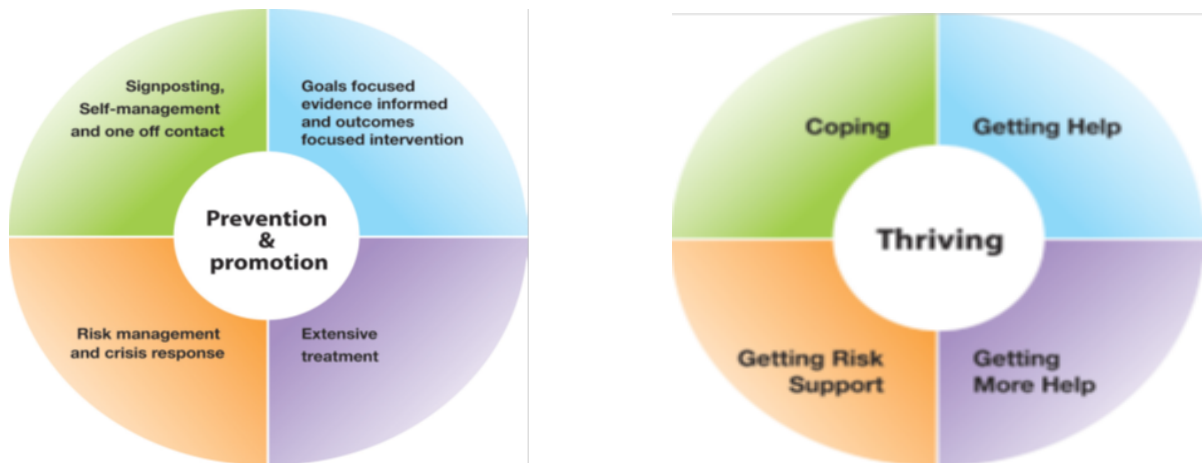
1. Specialist Community Eating Disorder Service.
2. Improve perinatal mental health care.
3. To improve and increase the availability of support to children and young people before tier 3 (reduce demand):
  - This will include responding to key recommendations of Future in Mind i.e. liaison with schools & GPs.
  - Will 'mainstream' the most effective elements of the current co-commissioning pilot work being led by the CCG and CVS. In addition, there may be some services funded but formally commissioned that may warrant consideration of being 'mainstreamed'.
  - Taking forward elements of CYP-IAPT.
4. To improve and increase the support available for children and young people in tier 3, with a specific focus on the most complex and demanding cases (improve outcomes). This may include increase in resources available at tier 3, but will include investigating and developing a more flexible model of supporting more challenging cases.
5. Increase capacity to improve services

The local Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018, and 2016-2021 is committed to moving away from a pathway with tiers.

This new pathway will be informed by the Thrive Model (<https://www.thriveapproach.co.uk/approach/info/underlying-models>) . This model offers a radical shift in the way that child and adolescent mental health services (CAMHS) are conceptualised and potentially delivered. There is recognition that we have a transformational opportunity to build a consensus position system wide and this to be informed by Children and Young People themselves.

The, developing, model responds to and offers solutions to the current context for mental health services; recognising the rising need for provision in certain groups, clinical outcomes, budgetary constraints and a shift and step change in policy in this area. It's not a tried and tested model and will be refined and developed over time.

## Thrive Model



## Workstream Updates:

### 1. Specialist Community Eating Disorder Service.

Commissioning guidance on access and waiting times for eating disorders for children & young people was released in July 2015. There are very clear expectations of what the service should provide; specifically, that it should operate over an area with a minimum population of 500,000 and that it works between tiers 3 and 4 i.e. beyond specialist outpatient but before in-patient treatment. Given the population and the fact that Sefton shares the same tier 3 and 4 providers as NHS Liverpool CCG this service has been developed in partnership. Sefton currently commissions a compliant Specialist Community Eating Disorder Service which during 2017/18 saw a large rise in referrals and has been able to see 93% of urgent referrals in 1 week.

The increase in referrals and the difficulty in replacing consultant psychiatric input are the current primary focus for this service/workstream to ensure that access and quality standards can be maintained.

### 2. Improve perinatal mental health care.

For perinatal care, allocation and implementation of this has been driven by NHSE. In the first instance the number and location of Mother & Baby Units has been reviewed and agreed. On a sub-regional basis (Cheshire & Merseyside) a new specialist community perinatal mental health service is being piloted via our local Mental Health Trusts. Despite this, locally we have provided new resource to our Childrens Centres to support the introduction of Theraplay and Nurture Programmes. The key focus for this workstream during 2018/19 will be for the CCG (in collaboration with other local CCGs) to understand and plan for the specialist community perinatal mental health service being mainstreamed after the NHSE led pilots have ended.

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Sefton Local Transformation Plan for Children and Young People's Mental Health and Wellbeing 2015-2020 (April 2018 refresh)

3. To improve and increase the availability of support to children and young people before tier 3 (reduce demand):

During 2017/18 Sefton CVS in partnership with SEAS (Sefton Emotional Achievement Service) and Sefton Council's Well Young Person Team trialled a range of programmes focussing on increasing the level of mental health support for school age children within their schools, by resilience-building activities and therapeutic support:

## **Subsidised delivery of therapeutic support within school settings**

Falling within the 'Getting help' section of the Thrive Model. Schools identify pupils needing support and contact the service, with a commitment to financing half of the cost of support provided. In total, 180 children and young people from 18 schools have received support under this programme.

Delivery of individual therapeutic support was conducted by qualified child therapists using a range of styles including CBT, play therapy and systemic family practice, and a variety of CORC-recognised Outcome Measures. On average, initial assessments were conducted within 20 days of consultation with the school, with therapy starting 17 days later and lasting for 9-10 sessions. Outcome measures used have shown an average 3-point improvement in scores at the end of therapy.

Group support was tailored to suit the children and young people involved and the needs identified by the schools and therapists. Average waiting times between assessment and delivery was 20 days and programmes were delivered over 4-5 sessions. Evaluations have shown that the children have generally enjoyed the sessions and have developed a greater understanding of their feelings and behaviours.

## **Transition to High School workshops**

This programme was developed following strong anecdotal evidence from partners that an increasing number of teenagers receiving therapeutic support identified the start of their issues being at the transition to high school stage of their lives. Although some anxieties are identified in Year 6, it was felt that some children could fall 'under the radar', so a whole-class workshop was developed. Falling within the Coping/Getting Advice strand of the Thrive Model, workshops were piloted at 2 primary schools (56 Year 6 children) and 1 secondary school (58 Year 7

children), with another booked in to deliver at a further primary school in May. The workshops were delivered at no cost to the school and aimed to provide children the opportunity to feel confident and secure in their transition.

Four one-hour workshops were delivered in the primary schools looking at developing resilience, coping techniques, recognising anxiety and creating a sense of self-assurance. We used a mixture of interactive delivery styles and brought some young people to one of the sessions to talk about their Year 7 experiences, with the opportunity for the children to ask the young people questions. Feedback was positive, with young people reporting how they felt more confident and prepared. We also delivered a session to parents prior to the start of the programme to explain what it was about and answer any queries they had.

The secondary programme was over three 1-hour sessions run on consecutive days and focussed on peer pressure, relationships and fitting in. A few of the participants had attended the sessions in their primary school and it was pleasing to see that they still carried the 'positive message to myself' cards with them to help improve their mood when needed. Young people reported that they found the sessions useful and felt more confident to deal with situations and friends.

One school reported that they had asked their Year 6 to write 'a year in review' about their whole Year 6 experience and the vast majority of them mentioned the training, how much they enjoyed it and how it had made them feel more confident.

## **Peer mentoring/support programme – Wellbeing Champions**

Falling within 'Coping/Getting Advice', this programme is aimed at equipping young people with the awareness and understanding of stigma, mental wellbeing and the ways in which they can support and promote their own wellbeing. During the training, the champions developed their understanding of ways to maintain their mental health, knowledge about routes to help, and confidence in supporting their peers. The programme was developed by a Cognitive Behavioural Therapist and Youth Participation Worker and the use of routine outcome measures were introduced to measure the impact on the participants involved in the programme.

Young people were invited to apply for the training which consisted of 2 full days. A member of school/centre staff was required to be available for some of the training to ensure the young

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people were provided with ongoing support and opportunities to discuss concerns. Going forward, the staff member will be asked to continue to coordinate the Wellbeing Champions to ensure they are provided with the opportunities to develop their roles within the school/ local community. In total, 42 young people and 4 staff members were trained in 2 secondary schools and one community group.

At the end of the training, Champions were asked to 'make a pledge,' a commitment to taking forward some of the ideas discussed in the training. The teams are asked to identify a project within their school to help raise awareness and reduce stigma, and they are supported to deliver the project. For example, one team are developing regular articles on emotional health and wellbeing for their student newsletter.

One School Learning Mentor commented:

*"This project to get a small group of our pupils thinking about how important mental wellbeing is and how they can promote it to the rest of the school may help start the conversation about mental health in our school community and how we can support each other. It is exciting to see what the pupils will come up with and what an impact it will have. They may start small but it has the potential to grow and they can potentially provide feedback to our wider society on the mental health pressures that young people experience today. As we are only a pilot school it is exciting to be involved and I can see the potential if this project continues in other schools and the community. We need these new and inventive ways of talking about mental health"*

The trial of some of these programmes continues into 2018/2019. During which time they will be evaluated, the learning of which will be shared with schools and will in part inform subsequent implementation of the outcome of the Government's recent Green Paper re: Mental Health in Schools.

## **Mental Health Resilience in Schools: Trials**

During the summer of 2016, Sefton Young Advisors in collaboration with Sefton Community, Voluntary Services (CVS) Youth Engagement and Participation Lead explored the broader concept of emotional health and wellbeing with children and young people living in Sefton. Two of the four priority areas identified for action focused on early intervention and prevention:

- Help Children and Young People better understand emotional health.
- Help to build Children and young People's resilience.

Further to this, consultation as part of the Sefton 0-19 Service Review captured the views of young people in the borough. Participants were a mix of boys and girls, aged between 11 and 19 and took in over 130 responses. 73% said that having 'good mental health' was important to them; it was the second most important theme overall.

Other consultation carried out by Liverpool Community Health (LCH) with Year 6 pupils transitioning in to high school highlighted issues that were important to them at that time. Worry about a family member and bullying were priorities. All of which have a direct or indirect link to the personal mental resilience of an individual and likelihood they may have issues around drugs, alcohol, bullying or smoking.

Building on this during the early part of 2017/18 Public Health initiated an extensive range of engagement and consultation meetings with schools, Youth Parliament, Commissioners, providers and the VCF sector.

The key findings of these meetings are summarised below:

- The transition from Primary to Secondary Schools was identified as a pivotal time for young people, meaning a focus on Year 6 & 7 could support young people during this difficult time.
- A 'Whole Schools Approach' was needed, meaning not just focusing on pupils, but parents, teacher and the wider community. This should help to embed good practice resulting from any investment.
- Identification of key links within schools was **essential** to embed invest and ensure it was sustainable and could create 'a legacy'.
- Peer Mentoring was an essential component, as was some web-based content.
- A change of culture would be needed to ensure schools took up and actively used the investment beyond the funded period.
- Acceptance that this is a complex and long-term piece of work, which would require time to be adopted and integrated into schools.
- The most consistent viewpoint was that one approach will not work and that a 'suite of options' is required from which schools can choose one or two options that best fit.

Regardless of the consultation with children and young people, the need for individuals to be resilient and have methods of dealing with poor mental health have featured consistently.

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Identifying some non-recurrent investment Public Health in partnership with other stakeholders agree to deliver a programme testing ways of providing early support in school to build resilience and improve wellbeing in young people.

The programme is intended to help equip children and young people to deal better with difficult circumstances in their lives, so as to prevent them experiencing common mental health problems.

Several approaches have been approved to proceed within Sefton in two stages, outlined and summarised below;

- Stage 1 – projects already underway – provide findings so far.
- Stage 2 – larger scale activities to begin in spring 2018.

Stage 1 Activity	Summary
<b>Big Sista Project</b> <a href="#">LINK</a>	Big Love Sista social enterprise. Special project aimed at young women regarding growing up and changes to body and mind. Session-based and takes place within secondary schools.
<b>Nurture &amp; Thrive</b> <a href="#">LINK</a>	An approach that could cover the whole of Sefton, including Children's Centres and Primary Schools. Linking parents and pupils to support services provided by trained points of contact or within the community. An approach that has already begun with a number of local schools and will be used borough-wide.
<b>Rainbow Leaders</b> <a href="#">LINK</a>	Existing approach from a Sefton primary school. Development of the Rainbow Leader approach with new badges for activities, achievement and attainment - could include badges linked to the values of the school. New curriculum written and being implemented.
<b>Youth Connect 5</b> <a href="#">LINK</a>	Youth Connect 5 is a free course that gives parents and carers across Cheshire and Merseyside the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques.
Stage 2 Activity	Summary
<b>Academic Resilience Approach</b> <a href="#">LINK</a>	A Whole School Approach (teacher, pupil, parent & community) based on lessons and activities regarding mental health. Has been adopted as an integral part of the Blackpool HeadStart activity. Could also be a useful replacement for the ageing SEAL resources still used by some schools. YoungMinds are to initially work with 24 schools in Sefton.
<b>DEAL</b> <a href="#">LINK</a>	Developing Emotional Awareness and Listening (DEAL) is a free teaching resource aimed at students aged approximately 14 and over and inclusive of all abilities and learning styles. It has been developed by Samaritans in consultation with young people and schools across the UK. Being promoted to secondary schools.
<b>Emotional Literacy</b> <a href="#">LINK</a>	Supporting the Capital Schools cluster with a mental wellbeing conference open to all schools. To be followed by 6 x training sessions to be attended by one member of staff from each school who works directly with the children, and 3 x session for senior leaders focusing on developing a whole school approach to better mental health. This will also contribute towards updating existing emotional health programmes and resources used within these schools. 44 x schools signed up.



## Growth Mindsets

[LINK](#)

Research proposal regarding establishing Growth Mindsets in schools with teacher and with pupils. The term 'growth mindset' refers to a way of thinking, learning and taking on challenges. 2 x schools to pilot.

Two evaluation reports will be created are to inform policy, strategy, prioritisation and development of activities and services related to the mental resilience of children and young people in Sefton. In particular, subsequent implementation of the outcome of the Government's recent Green Paper re: Mental Health in Schools.

## Community Hub

The Star Centre is a newly renovated welcoming and child-friendly venue offering emotional and mental wellbeing support to Sefton residents aged up to 18 years and their parents/carers. The service has been developed as part of Sefton's CYP IAPT Partnership to increase accessibility, self-referral and improve participation and over the 10 months since opening has become a busy, well-utilised community service that is in high demand. The current services on offer are:

- One to one therapies including Person Centred Counselling, CBT, Psychodynamic Therapy & Art Therapy
- Systemic Family Practice
- Dialectical Behaviour Therapy skills group
- Emotional well-being support & awareness group
- LGBTQ+ group
- Young people's participation group
- Parents' participation group
- Unwind your Mind Group (Anxiety and Low Mood)
- Mental Health Champion training
- Parent support drop-in
- Parent training courses including Connect 5 & Incredible Years
- Young person/family drop in for information, advice & guidance

Young people can be referred by any agency or self refer to these services via telephone, on-line or by attending a drop-in. Appointments are flexible to meet the needs of the family, being offered up until 7pm every weekday and some weekends and are not fixed within specified clinic times or days.

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The Star Centre fits the Thrive model as it offers mental health support at a stage when first signs may be identified by a parent, teacher, young person themselves and referrals from CAMHS for those that do not meet their thresholds. Children and Young People can get advice or get help at a stage where a short intervention may be all that is needed and self help strategies can be put in place. This means that we are able to offer early intervention to young people and families who, if left, may feel unheard, uncontained and isolated, therefore, resulting in further deterioration of mental well-being.

In addition, the regular drop-ins mean the service can offer support to families immediately. This may be in the form of information giving, such as access to helpful websites and helplines, reassurance that they are not on their own and there is support available or simply a listening ear in a time of uncertainty.

The Centre has received 319 referrals since opening June 2017, with an average of 45 children and young people being seen each week being supported by 20 practitioners from different agencies using a range of approaches.

All services offered are monitored through the use of Routine Outcome Measures to inform therapists, young people and families of areas to focus on and distance travelled. Feedback to date has been extremely positive. Families and young people have reported on how the Centre feels welcoming and informal, they appreciate the flexibility around appointment times and value having a place where support can be accessed at the time when first needed.

This development will move towards being mainstreamed as part of the commissioned pathway during 2018/19. This service, by virtue of being a community hub, is geographically focussed (although they will accept and support individuals from the whole of Sefton). During 2018/19 discussions will undertaken with local VCF partners about creating similar provision in North Sefton – this may involve such an expansion being piloted and certainly will involve extensive partnership working.

4. To improve and increase the support available for children and young people in tier 3, with a specific focus on the most complex and demanding cases (improve outcomes).

This has proved challenging especially as the potential effect of new services e.g. Venus has yet to be fully felt and realised within the wider system. Organisational challenges have been

felt by the main provider e.g staff sickness, turnover, CETRs etc which has been compounded by more children being seen for longer and more often – this reduces the capacity to see new referrals. Since the original Plan the requirements of the Five Year Forward View has flowed through to NHS operational and business planning. For this workstream the current key focus is reviewing capacity and demand of specialist CAMHS and for the CCG to consider additional investment in the context of its funding and other priorities.

However, the main provider has been fully engaged in the wider transformation work and works positively with other CYPIAPT partners. In particular has worked closely with Venus on developing the community hub and ensuring opportunities for new ways of working and improving outcomes are explored.

During 2017/2018 the CCG successfully secured match funding to develop new provision around out of hours crisis support. This will see a new advice line with extended hours and increased support out of hours. The further development of this will be a key focus during 2018/19

As part of the national “New Models of Care” programme, again being led at a sub regional level by NHSE, different ways of providing support to individuals with complex needs i.e. crisis response and intensive home support are being piloted. Sefton is committed to engaging with this programme and considering how learning can be reflected in local care pathways, acknowledging that changes in how funding from inpatient care (tier 4) will be distributed across the care pathway.

## 5. Increase capacity to improve services

For the CCG, CAMHS is overseen by the Children, Young People & Maternity Commissioning Manager – this reflects how interconnected many aspects of children needs and health services and the overlap with the emotional health and wellbeing e.g. SEND, Learning Disabilities, Therapies, etc. The remit and workload for that post has evolved and expanded over the duration of the Plan. During 2017/2018 the CCG has agreed to add additional capacity to support this post and this will be implemented during 2018/19.

The Plan has seen the Sefton's CYPIAPT partnership become members of the Child Outcomes Research Consortium which requires data to be shared so that the areas performance can be benchmarked. It also provides access to specialist resources, training and information.

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The CYPIAPT programme is an important element of creating a local system that is able to improve local services/provision. Primarily through increasing the percentage and number of local staff that are trained and skilled in a range of contemporary evidence based practices. In 2017/18 Sefton CYPIAPT had 10 trainees and the commitment in the Plan is to continue to support trainees.

During 2017/18 our CYPIAPT partnership was successful in securing funding for trialling and implementing new roles that will support different ways of providing services – Children & Young People Wellbeing Practitioners (CYWP). The focus will be how these new roles will be used to increase access particularly to lower intensity support.

The importance of data quality in terms of performance managing and understand the locally commissioned system has already been highlighted. In support of this a key action for 2018/2019 is for CYPIAPT partners, in particular the main CAMHS provider to engage with NHSI to improve data quality. In addition, the infrastructure requirements to support required data flow from the new and developing VCF providers will need to be reviewed and recommendations made.

## **Refreshed Objectives**

As described previously objectives and actions have been developed by bringing together current strategies and priorities and through further discussion with stakeholders.

Based on progress and the ongoing commitment to transformation (including compliance with relevant policy drivers) the key objectives and workstreams for the LTP remain unchanged.

The previous section provides a summary of the key progress to date against these objectives and what actions for the short and medium term have been identified in order to continue with the required improvement and transformation.

For the purposes of this document the objectives and actions apply equally to NHS Southport & Formby CCG and NHS South Sefton CCG. The proportion split for each CCG is based on the percentages used in the NHS England allocation formula.

Objective	Actions for next 12 months (April 2018 – March 2019)	Resource requirement	Investment
<b>Workstream 1: Specialist Community Eating Disorder Service.</b>			
Continue to provide a compliant specialist community eating disorder service	<ul style="list-style-type: none"> <li>Review service delivery model to provide assurance that access and quality standards can be maintained.</li> </ul>	<ul style="list-style-type: none"> <li>Commissioned service delivery.</li> <li>Commissioner oversight.</li> </ul>	£173k (CCG)
<b>Workstream 2: Perinatal Care.</b>			
Improve perinatal mental health care.	<ul style="list-style-type: none"> <li>Engage with NHSE and other local CCGs during 2018/2019 to plan for any required mainstreaming after the NHSE pilots end.</li> <li>Early Years Mellow Parenting Programme</li> </ul>	<ul style="list-style-type: none"> <li>Commissioner engagement.</li> </ul>	<ul style="list-style-type: none"> <li>None during 18/19. Post 19/20 finance to form part of discussions.</li> <li>£7k (CCG)</li> </ul>
<b>Workstream 3: Reducing demand and early intervention.</b>			
Improve accessibility through better integration and exploration of locality based models.	<ul style="list-style-type: none"> <li>Commission Venus to deliver community hub emotional health and wellbeing services.</li> <li>Identify and initiate expanding community hub emotional and wellbeing services to North Sefton area.</li> <li>Pilot use of CYWP to improve access. (Links to workstream 5)</li> </ul>	<ul style="list-style-type: none"> <li>Commissioned service delivery</li> <li>Pilot service delivery</li> <li>CYWP posts and supervision.</li> </ul>	<ul style="list-style-type: none"> <li>£80k (CCG)</li> <li>£40k (CCG)</li> <li>£25k (CYPIAPT)</li> </ul>
Increase the support to schools in managing and responding to the mental health needs of their school population.	<ul style="list-style-type: none"> <li>Continue with, and evaluate, pilot programmes supporting schools: Transition/resilience, peer mentoring, Public Health Programme.</li> <li>Engage with any successful Trailblazer programme (Mental Health in Schools Green Paper)</li> </ul>	<ul style="list-style-type: none"> <li>Pilot service delivery</li> <li>Service and commissioner engagement.</li> </ul>	<ul style="list-style-type: none"> <li>£55k (CCG)</li> <li>£62k (Public Health)</li> <li>TBD (should be covered by Trailblazer funding)</li> </ul>
Increase the level of support offered by schools to their school population re: mental health			

<b>Workstream 4: Increased and improved support for vulnerable individuals and complex cases.</b>			
Increase and improve the support provided to the most challenging cases and most vulnerable individuals.	<ul style="list-style-type: none"> <li>Engage with new models of care</li> </ul>	<ul style="list-style-type: none"> <li>Service and commissioner engagement</li> </ul>	TBD (awaiting national guidance)
Ensure necessary capacity with specialist CAMHS to meet address current waiting times and requirements of FYFV	<ul style="list-style-type: none"> <li>CAMHS to complete capacity and demand review.</li> <li>Business case considered by CCG to address waiting times and meet requirements of FYFV</li> </ul>	<ul style="list-style-type: none"> <li>Additional financial investment</li> </ul>	TBD (subject to outcome of CCG consideration of business case)
Increase the range and availability of crisis support.	<ul style="list-style-type: none"> <li>Crisis, out of hours</li> <li>Engage with new models of care</li> </ul>	<ul style="list-style-type: none"> <li>Commissioned service delivery</li> <li>Service and commissioner engagement.</li> </ul>	£82k (CCG)
<b>Workstream 5: Capacity to improve services</b>			
Increased commissioning capacity with LCCG to support implementation of transformational plan	<ul style="list-style-type: none"> <li>CCG to establish additional Children, Young People &amp; Maternity commissioning post to support transformation.</li> </ul>	<ul style="list-style-type: none"> <li>New post</li> </ul>	£50k (CCG)
Improve data quality	<ul style="list-style-type: none"> <li>Local providers (CYPIAPT) to engage with NHSI led data quality improvement work</li> <li>Review local infrastructure demand on VCF providers and make recommendations on how can be address.</li> </ul>	<ul style="list-style-type: none"> <li>Service and commissioner engagement.</li> <li>Service and commissioner engagement.</li> </ul>	£3k (CCG)
Support implementation of CYPIAPT Programme	<ul style="list-style-type: none"> <li>Fund trainees for 2018/19</li> </ul>	<ul style="list-style-type: none"> <li>Backfill costs</li> </ul>	£56k (CCG)
Promote and celebrate good practice and achievement	<ul style="list-style-type: none"> <li>Sponsor Sefton Youth Mental Health Award</li> </ul>	<ul style="list-style-type: none"> <li>Event costs</li> </ul>	£5k (CCG)

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## **Monitoring and Implementing the Plan**

It has been recognised that to realise the ambition of the Plan it will be necessary to increase and improve commissioning capacity. Investment in increased capacity was included in the original Plan, but due to a range of organisational developments and discussions this has not been done to date – however, the CCG will be increasing its commissioning capacity in this regard during 2018/19. Alongside this there will be continued action to improve local systems and practices for collecting data and intelligence across the whole system re: emotional health & wellbeing. This will build upon new data and information requirements being currently implemented (Appendix 7) and the Sefton CCGs in partnership have already agreed to be involved in research and development in this field by the Evidence Based Practice Unit (EBPU) and Child Outcomes Research Consortium (CORC).

The Five Year Forward View has introduced new challenging targets around access to NHS Commissioned services and since the original Plan the Mental Health Services Data Set (MHSDS) has been implemented. MHSDS is the agreed and formal way that data is submitted nationally. The introduction of MHSDS has created new challenges to the system mainly about data quality. However, a specific issue that relates to Sefton's LTP relates to the capacity, capability and infrastructure requirements for new developments especially within the less intensive support being developed and introduced by our local Voluntary, Community and Faith Sector. The Plan has been refreshed to reflect these challenges and how Sefton partners will work collaboratively to ensure that local services can flow data in support of evidencing the requirements of the Five Year Forward View.

A number of years ago the Council and Partner agencies established a steering group to drive forward improvement to Sefton's Children and Young People emotional health and wellbeing. This group has been tasked with developing strategic approaches to transform systems and services to improve outcomes for Children and Young People's emotional health and wellbeing.

The purpose of the Sefton Children and Young People's Emotional Health and Wellbeing Steering Group is to:



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- Develop and review the Children and Young People's Emotional Health and Wellbeing Strategy.
- Develop and implement the action plan.
- Define, collect and review a range of information including data (national, regional and local), feedback from Children and Young People and any other pertinent intelligence that will contribute towards the performance management, service prioritisation and improvement for emotional health and wellbeing services in Sefton.
- Provide assurance that all service pathways and delivery from entry to exit acknowledge the particular needs of all Children and Young People and requirements of safeguarding, quality, user/carer involvement, equalities, children in need, looked after children and children with disabilities.
- Have a focus on ensuring a successful transition from child to adult services for those young people in the 16-18 age groups who require transition.
- Maximise the 'partnership potential' of the Group to secure additional resource to improve service delivery and outcomes for Children and Young People.

This is the place where the Action Plan will be reviewed and any matters that need attention that are beyond the remit of the steering group can be escalated to the right place. This is equally relevant whether it be progress to be celebrated and noted along with any matters impeding progress. The specific place to escalate will depend upon the issue.

The Plan is considered a 'living' document and allows for it to be flexible in that it can build on what is seen as working and what is not. This approach also allows for more meaningful ongoing involvement of all stakeholders, especially young people.

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## **Appendices**

### **APPENDIX 1:** Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018



Appx 1 Sefton CYP  
MH EWB Strategy 20:

### **APPENDIX 1A:** Sefton's Children & Young People Joint Mental Health and Emotional Wellbeing Strategy 2015-2018



Children and Young  
People's Emotional H

### **APPENDIX 2:** Sefton's Children and Young people's Emotional Health & Wellbeing Steering Group – Terms of Reference



Appx 2 Sefton CYP  
Emotional Health and

### **APPENDIX 3:** Sefton Mental Health Task Group Report 2015



Appx 3 Sefton  
Mental Health Task Gi

### **APPENDIX 4:** Living Well in Sefton – Sefton's Health & Wellbeing Strategy 2014-2020



Appx 4 Living Well in  
Sefton health-wellbei

### **APPENDIX 5:** Young Persons Input into Plan



Appx 5 Young  
Person Input to Plan.

### **APPENDIX 6:** Specialised Commissioning Plan Input



Appx 6 Specialised  
Commissioning Plan Ir

**APPENDIX 7:** Sefton CAMHS Contract Data Requirements 2015



Appx 7 Sefton  
CAMHS Contract Data

**APPENDIX 8** Minutes of Health and Wellbeing Board 7 March 2018



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