

SEFTON PUBLIC HEALTH ANNUAL REPORT

2017/18

Growing Up Happy and Healthy



LISTEN TO OUR STORIES IN THE SEFTON PUBLIC HEALTH ANNUAL REPORT FILM



I am happy to announce this year my annual report has been produced as a short film which explores the emotional wellbeing and mental health of children and young people and the services and resources which are available to support them. The film recognises the importance of building resilience, promoting good mental health and wellbeing and enabling children and young people to live healthier, happier lives long into adulthood.

To supplement the film, this document highlights some key facts and figures I'd like to share with you in relation to the mental health and wellbeing of children and young people.

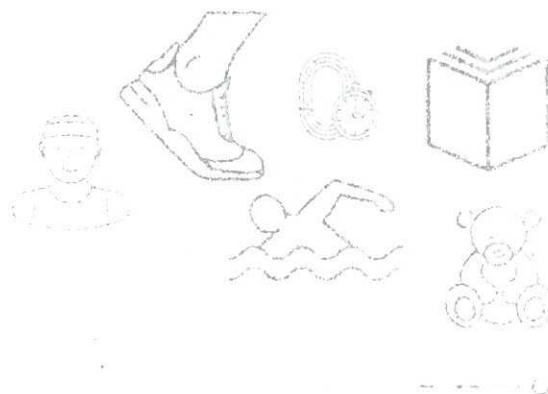
Finally, I'd like to thank everyone who has contributed towards the production of the film.

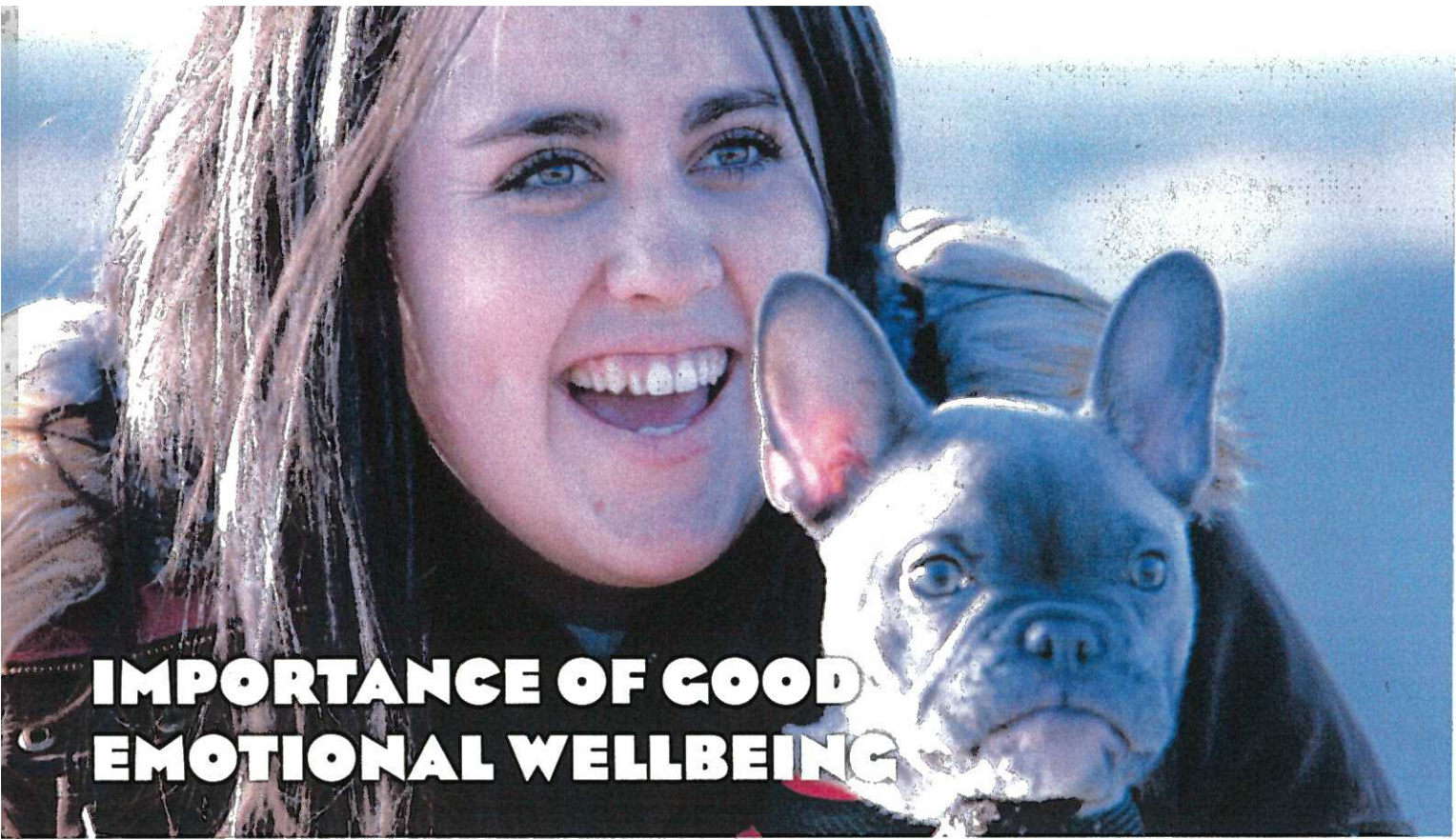
I hope you enjoy it!

You can watch the film at
www.sefton.gov.uk/PHAR



Matthew Ashton
Director of Public Health, FFPH
Sefton Council





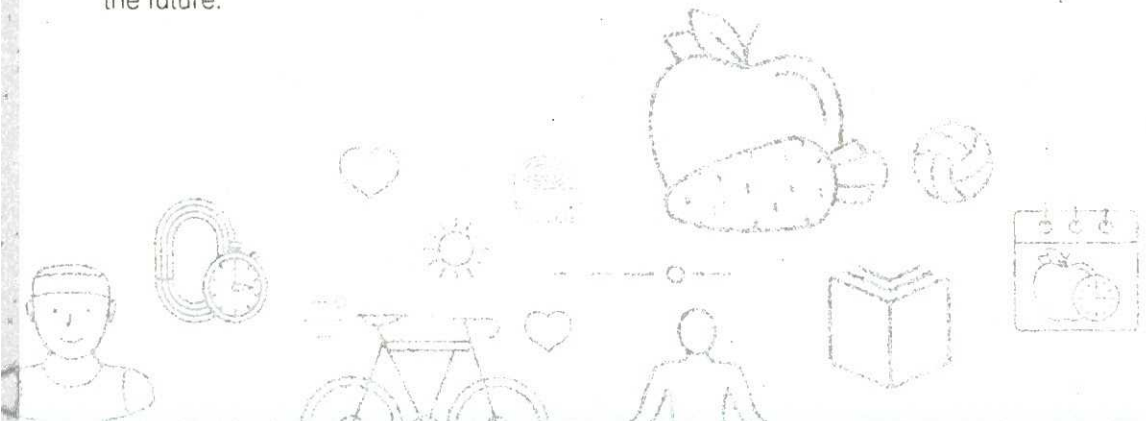
IMPORTANCE OF GOOD EMOTIONAL WELLBEING

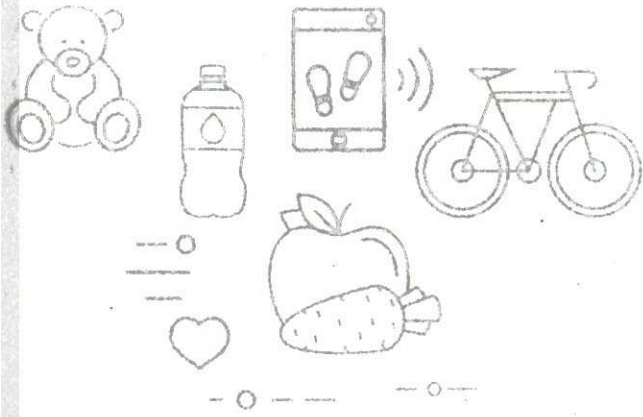
There is no single reason why children and young people experience problems with their mental health. Growing up in challenging home environments such as living in poor quality and overcrowded housing or living in a chaotic home environment can all have a negative impact on mental health and wellbeing. Some other risk factors include; having a disability, being a looked after child or a young carer, not being in education, employment or training, being exposed to domestic abuse or having a parent with mental health problems. In Sefton, there are more people from most of these vulnerable groups, when compared to the national averages.

We know that experiencing mental health problems before the age of 14 can affect educational attainment, physical health and impact on social relationships therefore leading to poorer outcomes in later life. Investing in early intervention programmes to develop emotional resilience will enable children and young people to be able to cope better in difficult circumstances and do well in school and everyday life. This could help to reduce and prevent potential problems from developing to crisis point and lead to less use of health and social care services in the future.

“Ensuring positive mental health should be everyone’s business; parents, teachers, no matter who you are. There is no health without good mental health”

Councillor Paul Cummins
Mental Health Champion





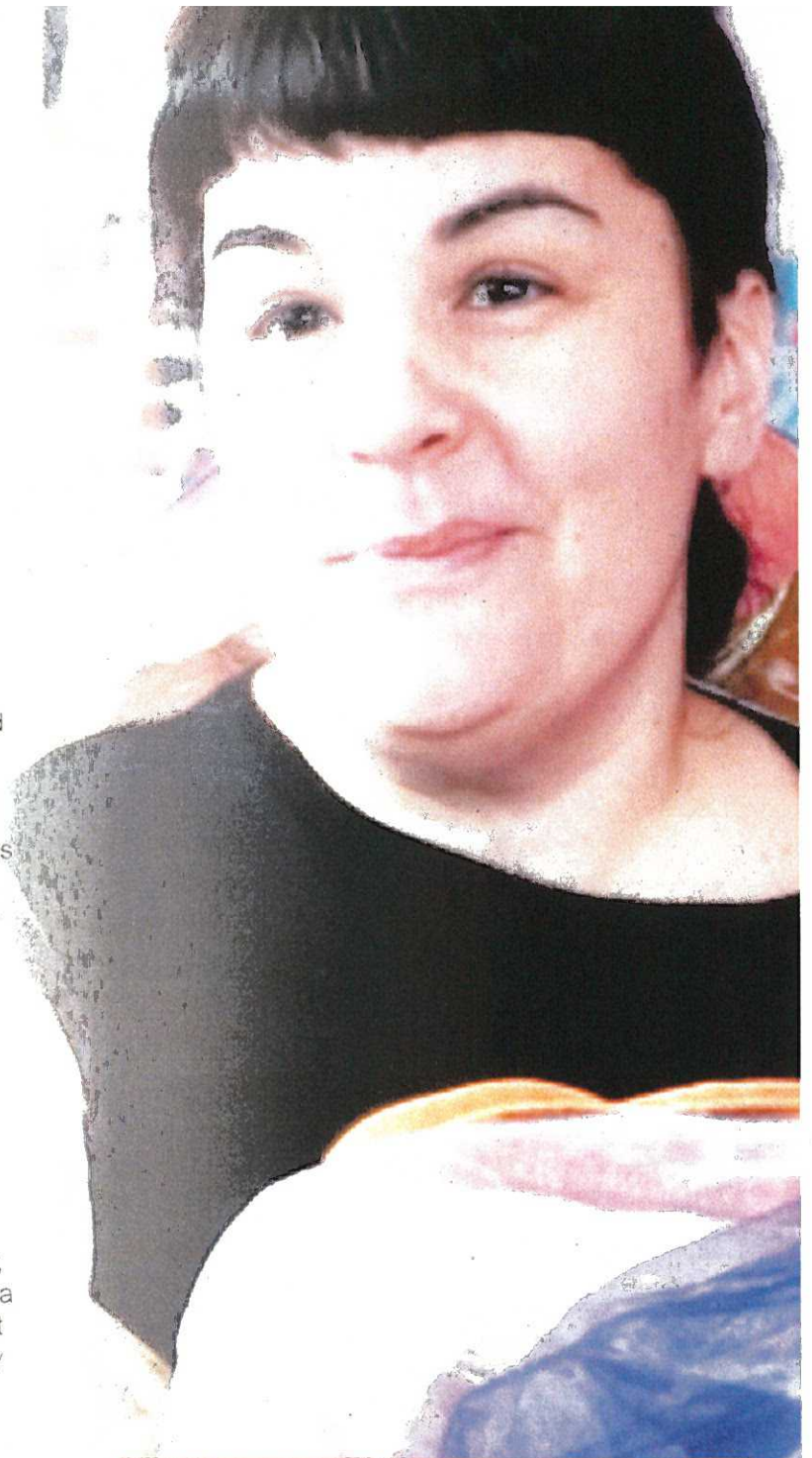
WORKING IN PARTNERSHIP

We are working in partnership with others to create the right conditions and environments to promote and improve the mental health and wellbeing of children and young people. As featured in the film, leisure and cultural activities which encourage children and young people to talk about their feelings and emotions in a safe place are delivered by schools, council and community based organisations such as Big Love Sista, Litherland Moss Primary School, Merseyside Youth Association SPACE, Well Young Person Team, and Y-Kids. In addition to this, community and voluntary groups such as sports and dance groups and Scouts and Girl Guiding groups also play an important role in supporting the mental health of children and young people.

However, to make a real difference, it needs to continue to be everybody's responsibility. If you are a local business, a service provider, policy maker, teacher, carer, friend or a family member, we all have a role to play to create a caring, supportive system that will make children and young people feel safe, happy and improve their lives.

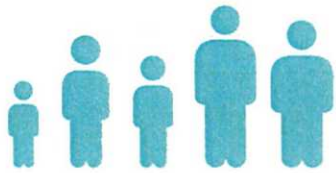
“The number of services in Sefton to support young people is growing all the time. Making sure they are accessible in our communities is our goal”

Councillor Ian Moncur
Cabinet Member for Health and Wellbeing



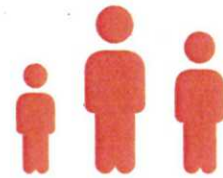
“We want to show young people that the world's their oyster”

SEFTON'S CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING



35,251

children and young people aged 5-16 living in Sefton



Young carers make up at least

10%

of all carers



1 in 10

(or 3 in every classroom) will need support or treatment for a diagnosable mental health problem



children under 16 live in poverty



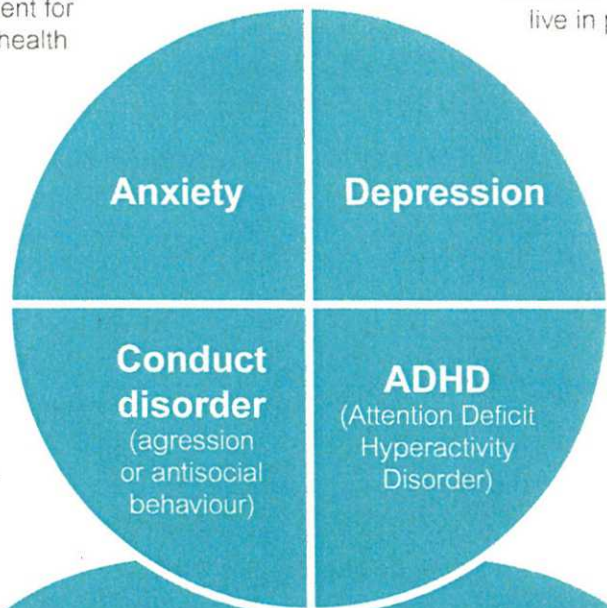
Mental health problems in children and young people are estimated to

COST BETWEEN

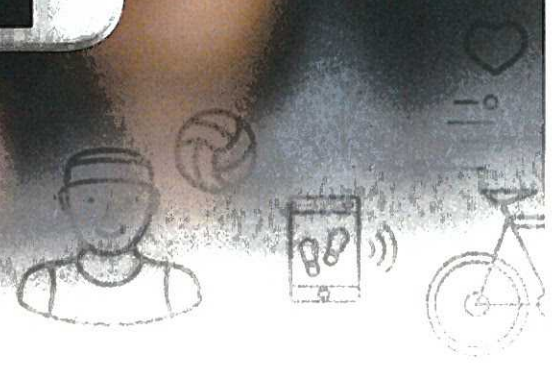
£11,030 and

£59,130

annually per person



MOST COMMON MENTAL HEALTH PROBLEMS



On average

**5 young people
a week**

(aged 10-24) are admitted to hospital
as a result of self-harm



Approximately

45%

of looked after children have
a diagnosable mental health
problem (compared to 10%
of all children)



2 of the 4

priority areas identified for action by Sefton
Young Advisors:

- Help children and young people better understand emotional health
- Help to build children and young people's resilience

Source: Sefton's Children and Young People's Emotional
Health and Wellbeing Strategy (2016-2021)



73%

of young people said that having 'good
mental health' was important to them

Source: Sefton Young People Survey (2016)

0-19 HEALTHY CHILD PROGRAMME

Universal Offer:

Each school has a named School Nurse who works together with a wider team to deliver the Healthy Child Programme to children aged 4-19 years within Sefton. They provide public health support and intervention within school and community settings, working collaboratively with other partners including Schools, Children's Services, Specialist Nurses, Enhanced Services Team, GP's, Children's Centres and Active Sefton.

Enhanced Offer:

A Sefton based service that is divided into three key areas, pre-school, school age and emotional health and wellbeing. Some of the services they provide are summarised below, please note referrals into the service need to be discussed with the School Nurse in the first instance.

- For school-aged children and young people the service is offered to children and young people who are referred to the pupil referral unit for behavioural difficulties, children who are receiving elective home education, identified young people aged 16-19 years who are not in education, employment or training and have not attended school/college in Sefton.
- Emotional health and wellbeing service will provide emotional, mental health and behavioural advice, support and intervention to children, young people and their families.

For more information visit
www.nwbh.nhs.uk/school-nurses-sefton

SEFTON EMOTIONAL ACHIEVEMENT SERVICE (SEAS)

SEAS is a consortium of local charities working in schools led by Sefton Community and Voluntary Service (CVS). The membership includes Venus, Person Shaped Support (PSS) Young Carers, Sefton Women's and Children's Aid (SWACA), Parenting 2000 and Merseyside Youth Association (MYA) SPACE. Collectively, the SEAS Consortium has more than 100 years of experience in delivering services and supporting local people. Their aim is to work together to help children, young people and families to aspire and achieve through providing bespoke emotional well-being support at the right time and right place.

For more information visit
www.seftoncv.org.uk/projects/seas/

EMOTIONAL HEALTH AND WELLBEING

The Council and partner agencies have established a steering group to drive forward improvement of the emotional health and wellbeing of children and young people in Sefton.

The group has been tasked by the Health and Wellbeing Board with developing strategic approaches to transform systems and services to improve outcomes. It has been recognised as being innovative and effective by OFSTED because of the input from schools into the partnership.

One of the aims of the partnership is to ensure activity in Sefton supports the Thrive Model (see below).





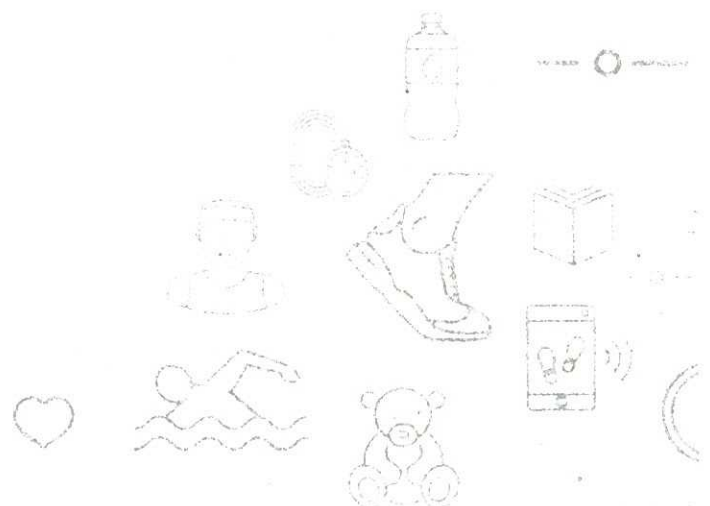
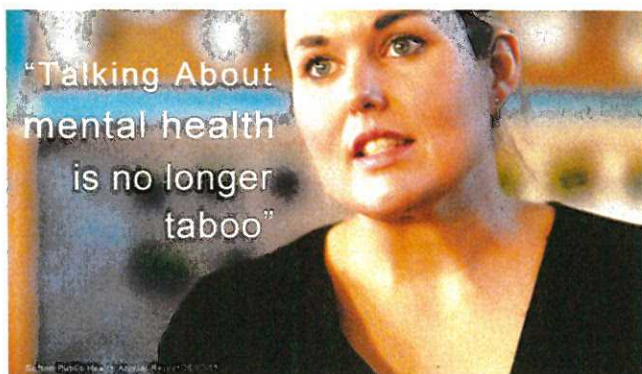
**SEFTON PUBLIC HEALTH
HAS COMMITTED
TO UNDERTAKE THE
FOLLOWING OVER THE
NEXT TWO YEARS:**

Develop a local programme to support the emotional health and wellbeing of children and young people (particularly those at highest risk) by:

1. Working with partners and interested stakeholders to extend and promote good mental wellbeing in schools and communities, making sure that activities to help children and young people to develop mental resilience skills are available and used to their full potential.
2. Taking a collaborative approach to deal with Adverse Childhood Experiences (ACEs) and reduce their impact on young people and their families/carers.
3. Further developing and widening the availability of suicide prevention training to specifically cover children and young people, making sure that it is available throughout Sefton.

“Helping young people in Sefton to understand and develop their mental health as they grow up is as important as a good education. It’s a skill for life”

Councillor John Joseph Kelly
Cabinet Member for Children and Young People



You can also find an update on recommendations from last year's report and the latest public health plans and statistics for the borough at:

www.sefton.gov.uk/PHAR



For more information on support services available in the borough visit:

Access Sefton

A free confidential service, commissioned by the NHS. The service is available to anyone aged 16+ and registered with a Sefton GP.

For more information call **0300 303 2708** or visit www.insighthehealthcare.org/access-sefton

The Star Centre

The Star Centre (provided by Venus) opened in June 2017. They provide a place where young people up to the age of 18 can access information and advice on mental health issues, as well as group support and a variety of therapies.

For more information call **0151 474 4744** or visit www.venuscharity.org

Bullybusters

A free confidential telephone helpline which takes calls from victims, parents or from people with information about the bullying of children. The Merseyside based team can also provide 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.

For more information call **0800 169 6928** or visit www.bullybusters.org.uk/

You can follow us on Twitter
[@healthysefton](https://twitter.com/healthysefton)

We would be pleased to receive your comments about the film and this accompanying summary:
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