City of Westminster

THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA

Westminster Health & Wellbeing Board

RBKC Health & Wellbeing Board

Date:	16 December 2019
Classification:	**General Release**
Title:	Children's Mental Health and Wellbeing in Kensington and Chelsea, and Westminster
Report of:	Director of Public Health
Wards Involved:	All
Financial Summary:	Any expenditure that relates to Mental Health and Wellbeing is fully funded by the Public Health grant to each authority.
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1. Executive Summary

1.1 This paper supplements the Joint CCG and Bi-Borough Children and Young People's Emotional Wellbeing and Mental Health Plan, providing an overview of those services and activities that promote emotional health and wellbeing and prevent mental ill health in children and young people.

2. Key Matters for the Board

2.1 The board is asked to note the importance of early intervention to promote mental wellbeing and address mental health concerns and the range of local services and activities which do this locally. The board is also asked to endorse

the coordination of provision to improve outcomes and ensure the best use of resources.

3. Background

3.1 A person's physical and mental health and wellbeing is influenced throughout their life by the wider determinants of health, which are a diverse range of social, economic and environmental factors, alongside behavioural risk factors. These factors can be categorised as either protective factors or risk factors.

3.2 Adopting a life course approach means identifying key opportunities for minimising risk factors and enhancing protective factors through evidence-based interventions at key life stages; from preconception, to early years and adolescence, working age and into older age.

3.3 The prevention of mental ill health is a key policy driver for the local authority, Adult Social Care, Public Health, the NHS and other key partners, and has been highlighted in the recent publication of the NHS Long Term Plan. The Long-Term Plan sets out a vision for the NHS not just to treat illness but also to support people to live healthily, and to help people with long-term conditions to self-manage and prevent emerging issues from worsening. The Joint Health and Wellbeing Strategies for both Kensington and Chelsea, and Westminster prioritise the prevention of mental illness and promotion of mental wellbeing.

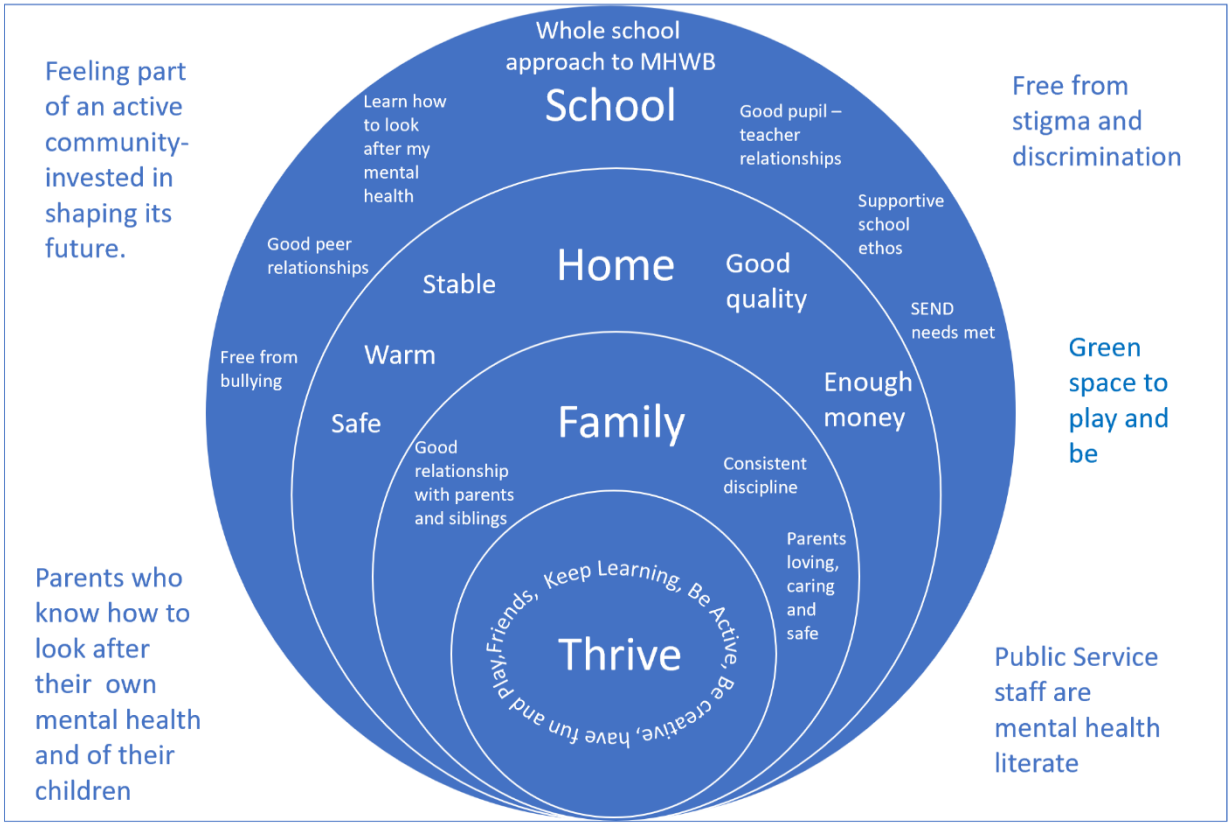
3.4 Mental health problems start early in life; half of all mental health problems have been established by the age of 14, rising to 75% by age 24. As such, the most important risk and protective factors for mental health problems and mental wellbeing lie in the family, the environment, the community and the society into which is a child is born and raised.

- Across the UK, those from the poorest areas are twice as likely to be at risk of developing mental health problems as those on an average income.
- Children who have been neglected are more likely to experience mental health problems including depression, post-traumatic stress disorder, and attention deficit and hyperactivity disorder.

4. Creating the right conditions for children to Thrive

4.1 The graphic below illustrates the system of protective factors that together create the right conditions to maximise the chances of a child having good emotional health and wellbeing as they grow up. This system is important for all children and it is the foundation on which the additional help some children and families may need is built.

Figure A. An Emotional Health and Wellbeing Promoting System for Children and Young People

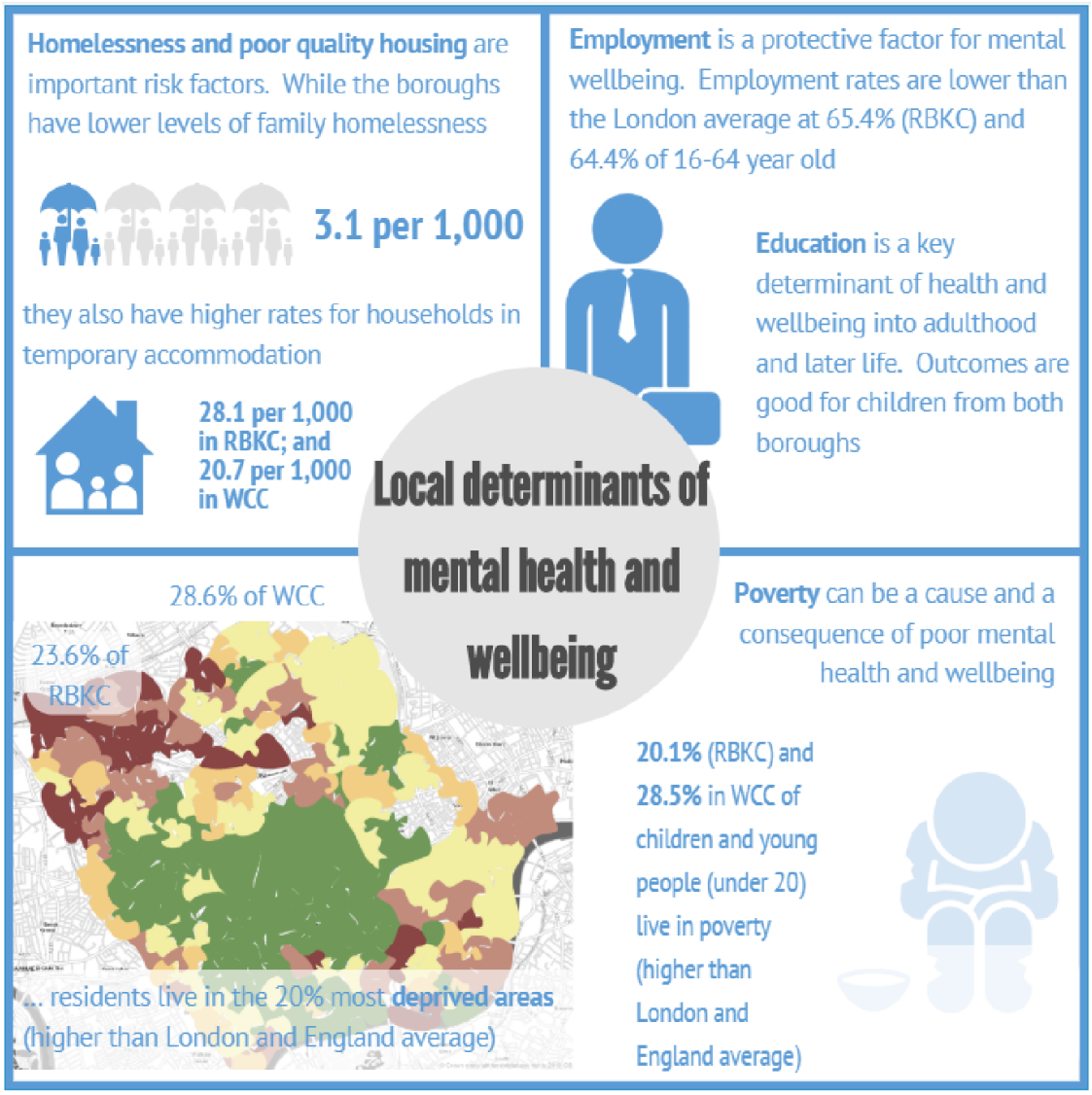


Opportunities to support children and young people to thrive are presented indirectly through action to address the wider determinants of health and directly during pregnancy and the early years of a child's life.

5. The Wider determinants of mental health

5.1 The health and wellbeing of an individual is influenced by their social circumstances and environment. Analysis of data for the local population indicates that deprivation, poverty and homelessness are particular challenges across Westminster and Kensington and Chelsea. This is summarised in the graphic below.

Figure B Local determinants of mental health and wellbeing



Source: Public Health England Fingertips (2019)

5.2 In addition to addressing the risk factors of deprivation, poverty and homelessness, there are protective factors (highlighted in the Emotional Health and Wellbeing Supporting System illustrated in Figure A), which we can enhance through local action. These protective factors are:

- Access to green space for families to play and be.
- Feeling part of an active community invested in shaping the future.
- A community free from mental health stigma and discrimination.
- Parents who know how to look after their own mental health and that of their children.

- Public service staff, schools, health, children's services etc that are mental health literate.

Green space

There is significant and growing evidence on the physical and mental health benefits of green spaces. Local authorities play a vital role in protecting, maintaining and improving local green spaces and creating new areas of green space to improve access for all communities. Both councils have incorporated references to protecting and enhancing the green spaces in their planning policies.

Stigma

Evidence suggests that stigmatising attitudes begin to form at a very young age, influenced by parents, peers and media depictions of mental ill-health. Research has found that young people perceive stigma to be the greatest barrier to accessing school-based mental health services and that young males were the least likely to access services.[1]

Feeling part of a community, invested in its future

Taking an Asset-Based Community Development Approach to mental health improvement will encourage families and communities to take an active part in planning, prioritising and implementing changes in their local areas, including planning, regeneration and service re-design/investment. Children and young people particularly benefit from opportunities to get involved in their wider community through hobbies, interests, volunteering, youth organisations and community groups.

A Mental health literate workforce

The Public Mental Health Leadership and Workforce Development Framework: call to action was published in August 2018. Public Health England (PHE) and partners, including the NHS, Directors of Public Health, Health Education England and the Local Government Association, committed to work together to help build the capacity and capability of leaders and build a workforce that is confident, competent and committed to improving the public's mental health and wellbeing. Public Health's local training offer includes MECC (Making Every Contact Count), funding for Youth Mental Health First Aid training. A Mental Health First Aid training offer is in development. Public Health also promote other routes to improve mental health literacy such as free e-learning, national resources such Every Mind Matters and the Healthy Workplace Charter.

A mental health literate workforce is a crucial part of integrating health, mental health and social care so that the mental health needs of those with physical illnesses and the physical health needs of those with mental health problems are met. A mental health literate workforce will mean:

[1] Bowers, H., Manion, I., Papadopoulos, D., & Gauvreau, E. (2010). Stigma in school-based mental health: Perceptions of young people and service providers. Child and Adolescent Mental Health,

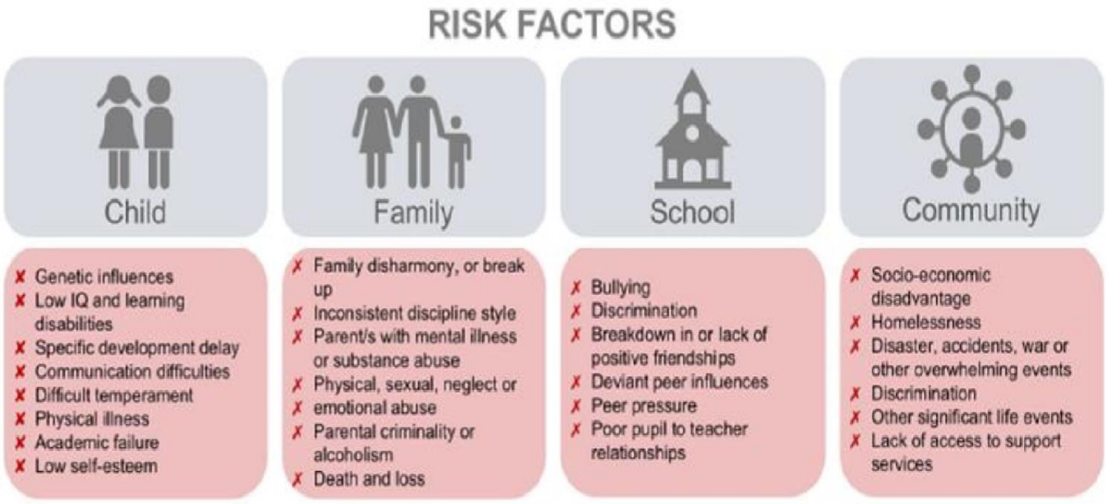
- We have a workforce that feels confident about supporting the mental health of children and young people with long term conditions and identify the physical health risks of those with mental health problems
- Helping children and young people to self-manage and in addition offering them the option of peer support

Schools have been offered training and support to better meet the mental health needs of their pupils by Healthy Schools and through Youth Mental Health First Aid training.

6. Prevention and promotion – the first stage of the life course

6.1 The primary predictor of mental health and wellbeing in children and young people is the quality of the parent-child relationship and parenting more broadly. Figure C summarises the risk factors associated with children and young people developing a mental illness.

Figure C: Risk factors associated with children and young people developing mental illness.



Source: Adapted from the mental health of children and young people in London (PHE, December 2016)

6.2 What Works - Perinatal Mental Health[2]

There is high quality evidence that the following are effective:

- Home visiting and peer support interventions for women at high risk of postnatal depression.
- Home visiting programmes are effective at promoting parenting and infant mental health

6.3 What Works – Children[2]

- Mental health promotion activities can help children develop positive mental wellbeing and prevent mental illness. Pre-school and early education programmes are highlighted in the Under 5's Healthy Child Programme and

[2] Mental Health and Wellbeing, Kensington and Chelsea, and Westminster, JSNA 2019

result in improvements in cognitive skills, school readiness, academic achievement and family outcomes, including amongst siblings. They are also effective in preventing emotional problems and conduct disorder.

- Targeted approaches such as home visiting programmes improve child functioning and reduce behavioural problems.
- School-based mental health promotion interventions can improve wellbeing, with resulting benefits for academic performance, social and emotional skills and classroom behaviour (NICE, 2008a). They can also result in reductions in anxiety and depression (NICE, 2009b). Targeted Mental Health Support in Schools (TaMHS) is also effective.

6.4 What do children say is important for their wellbeing?

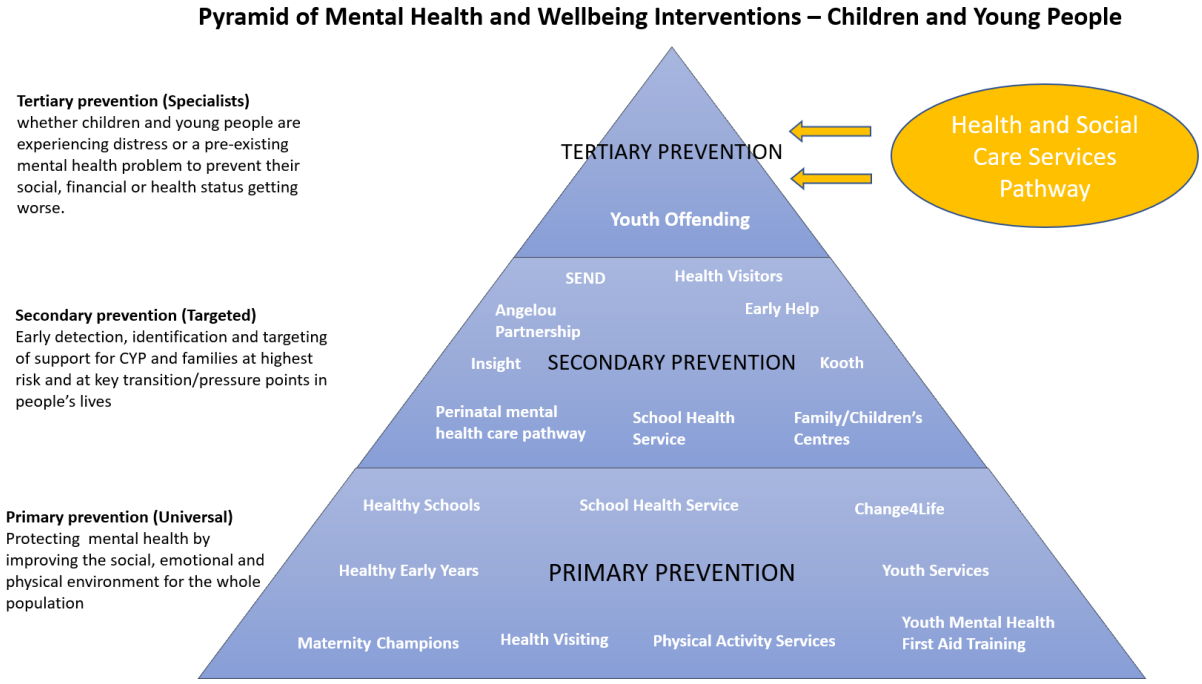
The five ways to wellbeing for children and young people identified through research conducted by the New Economics Forum and The Children's Society are:

- Be creative and play – Draw, paint, act; Play more; Dream
- Connect – Talk with family, See friends; Share
- Be active- Walk; Cycle; Run around; Keep well
- Take notice – Look around you, Listen, Rest, Be.
- Keep learning – Read for fun; Teach yourself, Grow**.**

7. Local Prevention and Promotion Services

7.1 There are a variety of local prevention and promotion services that contribute towards improving mental health and wellbeing. The graphic below illustrates whether these are primary, secondary or tertiary prevention services. These are funded through a variety of routes. Details of those funded by Public Health are included in the financial implications section.

Figure C. Pyramid of Mental Health and Wellbeing Interventions- Children and Young People for Kensington and Chelsea, and Westminster.



7.2 Pre-birth to 5 (the Early Years)

Ensuring the best start in life is essential, evidence tell us that the period between conception and a child's second birthday are particularly significant in laying the foundation for future wellbeing and development. This is a time of rapid growth where relationships with parents and other care givers are vitally important.

A variety of local services support children and families during this period:

Perinatal Mental

A new perinatal mental health pathway commenced in April 2018, taking a holistic approach to addressing the psychosocial wellbeing of mothers, fathers, partners, infants, and families drawing on evidence for treatment and management of perinatal illness. The service links in with health visiting, maternity, children's centres and GPs.

Healthy Early Years London (HEYL)

HEYL is an awards programme supported by the Mayor of London which recognises achievements in children's health, wellbeing and development in early years settings. Locally, Health Education Partnership (HEP) are commissioned by Public Health to provide support to early years settings to assist them in achieving the Healthy Early Years London awards.

To date:

- 75 settings have achieved the Healthy Early Years London First Steps award (29 x RBKC, 46 x WCC).

- 2 settings have achieved the Healthy Early Years London Bronze award (1 x RBKC, 1 x WCC).

Health Visiting

Health visiting commissioned by Public Health is a universal service providing support to pre-school children and their families. Health visitors are key for supporting early identification of need e.g. parental mental health and speech and learning and signposting to support services, along with providing advice on vital topics such as physical activity and healthy eating.

Maternity champions

Maternity Champions provide support to new and expectant parents from pregnancy into the first year of a child's life. The aim of this specialised part of the Community Champions programme is to increase the uptake of ante and postnatal services, reduce social isolation and to guide and support and to encourage parents to form social groups to support each other. Maternity champions work with a wide range of partners such as hospitals, GP surgeries, midwifery and health visitors, family hubs and children's centres, libraries and community centres.

7.3 School age

The school years provide great opportunities for building resilience and promoting health and wellbeing.

The following local examples support this agenda:

School health service

The school health service (school nursing) provides health and wellbeing support to schools, individuals and families, for example in assemblies, at coffee mornings and small group work.

All schools are offered support with emotional health and wellbeing themes, such as stress management, healthy relationships. Mental health and self-harm awareness training, mental health first aid and support with transition are offered to schools.

The service also has a specialist Emotional Health and Wellbeing Lead Nurse who supports the mobilisation of Mental Health Trailblazer programmes across Central London and West London CCGs, which will implement mental health support teams in schools across the boroughs.

Healthy Schools

The evidence based Healthy School programme provides a framework for schools to improve the health and wellbeing of their pupils in four core themes: healthy eating, physical activity, emotional health and wellbeing and Personal,

Social and Health Education (PSHE). A key element is promoting the *whole-school* approach to health and wellbeing, for instance including leadership, policy, provision and curriculum.

Locally, Public Health commission HEP to support schools in achieving their Healthy School awards

To date:

- 58 schools have achieved a Healthy Schools London Bronze award (23 x RBKC, 35 x WCC).
- 44 schools have achieved a Healthy Schools London Silver award (17 x RBKC, 27 x WCC).
- 21 x schools have achieved a Healthy Schools London Gold award (7 x RBKC, 14 x WCC).

HEP provide a whole host of support to schools around PSHE including relationships and sex education and domestic abuse prevention. Last year, 139 school staff in Westminster received domestic abuse training.

HEP deliver themed conferences where schools and early years settings learn, share and hear from a wide range of organisations. Some of the most popular have been on Emotional Health and Wellbeing. As well as conferences they provide specialist training. The most recent example was training covering a whole-setting approach to emotional wellbeing and also attachment and self-regulation.

In addition, Children's Services have organised an Emotional Wellbeing and Mental Health Conference for Westminster Schools. It will bring together key partners and will provide the opportunity to share learning and best practice across the sector.

Schools also have access to training such as Youth Mental Health First Aid where individuals are trained to recognise the warning signs and symptoms of poor mental health in young people and can guide a young person to the appropriate support.

Trailblazer Programme

These new Mental Health Support Teams are working in many schools in both boroughs and are continuing to expand their reach. This programme will screen pupils at risk of exclusion, targeting children and young people with poor attendance and behaviour issues and making sure additional preventative work is put in place when needed.

Centre of Excellence for Educational Wellbeing

Queen's Park Primary School is a Centre of Excellence for Educational Wellbeing and continues to showcase best practice and support schools in Westminster to develop their whole school approaches to emotional wellbeing and mental health.

Change4Life local service

Public Health are currently procuring an innovative, evidence-based service to support children, young people and their families with healthy eating and physical activity -both of which are key components of thriving and feeling good. Emotional health and wellbeing is a golden thread in the service design. The emphasis is on fun and inclusivity.

This is a key front-line high impact service as we know that overweight young people are more likely to experience adverse mental health. This service is key for tackling health inequalities, ensuring the support is where the need is highest working with more vulnerable young people and their families.

Kooth

Free, safe and anonymous online counselling support for young people aged 11 to 18. Kooth provide assemblies and workshops to promote their service.

Insight

The young people's wellbeing service, Insight provide a range of prevention services specialising in substance misuse prevention and diversion, to young people aged up to 25 years old in Westminster and Kensington and Chelsea. Commissioned by Public Health, Insight provide advice and information directly to young people (12 to 25 years) within educational and community settings. Insight also offer training for professionals to enable attendees to identify needs and build confidence to address concerns including substance misuse. This is a key front-line service supporting some of the most vulnerable young people.

7.4 0-19

A Public Health-approach recognises the importance of taking action right across a child and young person's life course and the wider context to their lives. The below local examples support this:

The Angelou Partnership:

Provides Violence Against Women and Girls (VAWG) local support services – made up of 10 organisations supporting women and girls affected by domestic violence and abuse, including FGM.

Early Help

Early Help contributions to this agenda are vital including trauma informed systemic training, MECC principles and parenting support programmes. Family Hubs and Children Centres are key for promoting, educating and identifying emotional wellbeing and mental health needs.

Special Educational Needs and Disabilities (SEND)

Locally, social, emotional and mental health difficulties is a common reason a pupil with SEND might be receiving support, therefore ensuring services are inclusive and accessible is important. For example, the newly developed Change4Life programme has considered SEND throughout service-design.

Physical activity and Youth services

There are a range of fantastic, enticing and accessible youth and physical activity services in both boroughs that play key roles in providing and facilitating fun and safe activities for children and young people.

Youth Offending

Reducing youth offending and serious youth violence are high-profile priorities, particularly for London and locally is a priority for the joint Health and Wellbeing board. Taking a Public Health approach has been suggested as the best way forward (learning from the Glasgow and Manchester models) focusing on prevention and addressing the root causes of criminality.

A Public Health approach is a multi-agency, whole system approach to serious youth violence, looking at the root causes, wider and contextual influences of health and crime. Prevention and early intervention are key as well as working with a wide range of partners as part of a long-term, integrated multi-agency approach. Mental health is a key consideration throughout, shifting the narrative and lens from criminality to one of vulnerability

Producing a Joint Strategic Needs Assessment (JSNA) on youth offending and serious youth violence is a key part of the Public Health approach as it will help us better understand the health and wellbeing needs of this cohort of vulnerable children and young people and support action amongst stakeholders with evidence-based insights and recommendations for action.

8.0 Conclusion

8.1 The services and environment that families need so that children have the best opportunity to have good mental and emotional health, requires the vision and combined efforts of multiple stakeholders including health, education, sports and leisure, youth services, planning, housing and the third sector. Funding and capacity for this mental health promoting system comes from multiple sources including Public Health, Children's Services and the CCG. It is therefore important that the co-dependencies are understood, and decision taking is made in consultation with other parts of the system.

9.0 Mental Health and Wellbeing Partnership

9.1 The Mental Health and Wellbeing JSNA recommended the creation of a mechanism to promote collaboration and coproduction across the mental health and wellbeing economy. The Mental Health and Wellbeing Partnership has now been established to drive continuous improvement in the mental health and wellbeing of the local population in Kensington and Chelsea, and Westminster, and provide a formal mechanism to address the themes identified in the Mental Health and Wellbeing JSNA

- Theme 1: Mobilising local assets, services, and communities
- Theme 2: Prevention and Early Intervention
- Theme 3: Pathways
- Theme 4: Funding
- Theme 5: Primary care

- Theme 6: Recovery
- Theme 7: Innovation

9.2 The partnership is now identifying what areas of work they are in a unique position to focus on. It is the intention that any work undertaken by the partnership does not duplicate or carry out work that should be delivered by other existing bodies. The board will be updated on this at the February meeting.

10. Financial Implications

10.1 The table below provides an indicative summary of Public Health annual investment into key services that contribute to prevention and promotion of mental health.

Service	**WCC**	**RBKC**
Healthy Schools and Healthy Early Years	£115,100	£72,150
Health Visiting	£3,571,000	£2,420,000
Maternity Champions	£60,000	£60,000
School Health service	£1,508,857	£927,260
Change4Life	£395,000	£569,000
Kooth	£70,000	
Insight	£150,000	£150,000
Early Help	£832,000	£150,000
Children's Centres	£500,000	£500,000
TOTAL	£7,201,597	£4,848,410

If you have any queries about this report please contact:
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