



City of Westminster

Children and Adults, Public Health and Voluntary
Sector Policy and Scrutiny Committee

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Report: Young People's Mental Health Briefing

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Introduction and Contents

This report provides an update on the mental health support initiatives for children and young people delivered across the mental health partnership in Westminster. It sets out the priorities, our approach to delivering these, and offers an overview of areas of interest including local provision such as Mental Health Support Teams, and a focus on Covid Recovery including suicide prevention.

1. Emotional Wellbeing and Mental Health Overview and Strategic Approach

- 1.1. The [Emotional Wellbeing and Mental Health Plan](#) is a Joint Bi-Borough and ICB strategy that sets out our shared ambitions, current provision, key priorities and next steps to improve our offer.
- 1.2. Our shared vision is that our children and young people have good mental health to be resilient and thrive. When support is needed, they should be able to access excellent services in the right place at the right time. Our priorities are:
 - Proactively communicating our mental health support on offer
 - Making mental health everyone's business
 - Creating genuinely supportive services
 - Embedding early intervention services
 - Reducing the waiting times for services
 - Supporting young people transitioning to adulthood
 - Putting the voice of the child at the heart of our work
- 1.3. Our whole system approach is to invest in and promote Prevention and Early Intervention services. Health and the Bi-Borough work together to increase capacity and access to Specialist Services. This includes:
 - Delivery of a **Whole School Approach** by specially trained school nurses, Designated Mental Health Leads, and Mental Health Support Teams for every state school in the borough. We enhance support for special schools through MIND, invest in school

staff and parent wellbeing, and deliver training and from Education Psychology (ELSA).

- **Community Based Support** enhances the wider community offer as some CYP don't access support via schools or Primary Care. We invest in Mental Health Workers in youth clubs, deliver Mental Health First Aid to front-line practitioners and have trauma-informed practice in Early Help.
- **Promotion of the offer** including digital accessibility (Kooth, We Got U, U Got This) with a campaign to **increase awareness** of support available We signpost to online resources and helplines, and have produced videos to reduce the stigma around mental health.
- **Support for vulnerable groups.** There is an effective interface between the Systemic approach delivered in Family Services and CAMHS. We ensure there is delivery and a clear focus for those at risk of exclusion, Serious Youth Violence and domestic abuse
- **CAMHS Transformation delivered by the ICB** by (1) increasing capacity in Specialist CAMHS teams to **reduce wait times and increase contacts**; (2) Work with **Place-Based Partnership** to support the whole system by implementation of **iThrive** to focus on the intensity of needs of the CYP rather than service delivery; and (3) embed the **16-25 model of care** to improve transitions via a multi-agency Triage meeting and new Young Adult CNWL Pathway Leads and Young Adult Psychiatrists in post.

1.4. The appendix sets out a description of the key services and their reach.

2. Public Health Data on Impact of Covid on Children's Mental Health

- 2.1. Nationally, over 1 in 6 children and young people have mental health needs, this equates to about 3,000 children and young people in Westminster. They are almost twice as likely to live in a household that has fallen behind with payments.
- 2.2. Compared to before the pandemic children and young adult mental health service activity has increased by 37% based on NWL health data.
- 2.3. It is important to note that there is more need than the data demonstrates: although stigma associated with mental health is slowly changing, people tend to "suffer in silence".
- 2.4. Locally we know there is an increase in need and complexity of need, providers delivering mild/moderate mental health support are seeing presentations of suicide ideation, emotional dysregulation, and eating disorders.
- 2.5. Public Health developed the following mental health dashboard and update it biannually:

Westminster - Mental health and wellbeing

LOCAL PICTURE

Mental health and wellbeing of children

Survey



Over 1 in 6 (18%)

aged 7 – 16 years in England have mental health needs according to an annual survey

3,000

estimated number of children and young people (aged 7 – 16 years) in Westminster with mental health needs



Increased:
2016: 1 in 9 (12%)
2020: 1 in 6 (17%)
and stable since



Almost twice as likely to live in a household that has fallen behind with payments

General practice



About 1,400

GP appointments related to mental health in those younger than 20 years in 2022/23

The most common mental health reasons for presentation to a GP

- Speech and language (16%)
- Depression (14%)
- Autism (12%)
- Anxiety (11%)

Mental health services



About 1,000

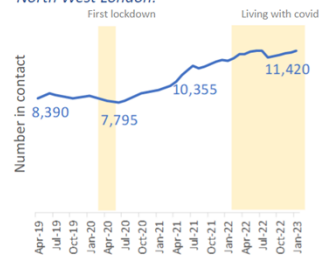
children are in contact with mental health services.



37%

Since the first lockdown, service activity has increased

North West London:



School

730 school pupils



with identified special educational needs where the primary need is social, emotional or mental health. This is above the London average.

Figure 1: Westminster Health and Wellbeing in Children, from the local Bi-annual Mental Health Dashboard (May 2023 version). Individual sources available upon request.

3. EWMH Covid Recovery Support

- 3.1. Public Health invested £3.75m of the Public Health grant into local COVID-19 Recovery programmes to address health inequalities and support recovery. Within Children's Services, key successes include the Youth Mental Health workers and the We Got U campaign.
- 3.2. These developments sit alongside our strong Healthy Early Years and Healthy Schools programme and increasing our School Health (nursing) service to have a dedicated mental health school nurse. In Westminster, we have also supported the expansion of Mental Health Support Teams in schools.

Key strategic developments include the local Suicide Prevention Strategy and building the links between mental health and substance misuse as outlined in the recently published Children and Young People Drugs Strategy 2023-2026 (jsna.info).

- 3.3. There are a broad range of local services that contribute towards improving mental health and emotional well-being throughout the life course, from the healthy early years and healthy school programmes to Active Westminster provision (physical activity is fundamental for whole-system approaches to mental health).
- 3.4. More broadly, services delivered across the partnership, providers have been flexible at adapting and delivering bespoke activities/workshops to meet relevant and emerging needs, e.g. online bullying, masculinity, body image.

- 3.5. Additional mental health support was put in place due to Covid to meet an increase in need. However due to the cost of living crisis, demand for mental health support services continues to be high, and the Council along with partners and providers are adapting services to be responsive to these emerging needs. A wide range of food and activity-based services have also been put in place in response to the cost of living, such as the Holiday and Activity Food offer and Free School Lunch offer.
- 3.6. Below are some examples based on the three tiers of support: universal, targeted and specialist which have been developed since the pandemic.

4. Universal Prevention and Early Intervention Support

Mental Health Youth Worker

- 4.1. The Mental Health Youth Worker service supports children and young people who are accessing youth provision and who are more willing to access support for their MH needs through their established relationships with youth providers. 1:1 work and groupwork sessions are delivered on specific topics identified as well as incorporating wellbeing components into existing sessions delivered by youth clubs.
- 4.2. The Mental Health Youth Worker is also supporting the 5 Youth Hubs to develop and imbed an improved whole setting approach to EWMH and will train and upskill youth workers as part of this to ensure the offer continues in the longer term thereby developing a legacy.

Promotional Campaign

- 4.3. At the end of April, we launched our “We got U, U Got This” mental health campaign which has been designed by and for young people across Kensington and Chelsea and Westminster. The purpose of this campaign is to empower and reassure young residents so that they feel confident accessing services to support their mental wellbeing, particularly our early intervention services such as MIND (mental health support teams in schools) and Kooth (online counselling).
- 4.4. The initial targets for the campaign have been far exceeded and we have seen widespread interest in the campaign as a result of its promotion. Social media adverts have resulted in the following statistics across platforms:
 - TikTok: 42,400 impressions, 181 clicks
 - YouTube ads: 115,000 impressions
 - Google search ads: 22,000, impressions, 768 clicks
 - Instagram and Facebook: 179,435 accounts reached, 2,427 clicks
- 4.5. The campaign continues in the form of physical posters and assets in schools, community centres, libraries, leisure centres, as well as social media pushes on key dates such as school start, exam times, results days, mental health awareness week etc.

Expansion of Mental Health Support Teams

- 4.6. As part of the whole-school approach to emotional wellbeing and mental health, NHS England fund Mental Health Support Teams (MHST) in Schools which are delivered locally by MIND. Initially 33 schools began receiving MHST support when it was launched in 2019, and

a further 11 schools now also receive the service since it was expanded in October 2022, meaning there is almost full coverage across state schools in Westminster.

- 4.7. MHST work with schools and offer mental health and wellbeing support to children/young people with mild to moderate needs, i.e., anxiety, low mood and behavioural difficulties, as well as support to staff and parents to ensure there is a whole school approach to mental health. They deliver both group-based and direct therapy.
- 4.8. On average, per quarter MHST in Westminster deliver 193 workshops to 6013 pupils as part of their whole school approach. Between the period Jan – March 2023, of 145 new referrals received, 101 were for anxiety as the presenting need. Of these 145 referrals received during this period, 94% received 1:1 support and 6% received targeted group work support.
- 4.9. MHST have developed good operational joint working with other providers and partners to ensure effective referral pathways and step-up/step-down depending on presenting needs. For example, there are fortnightly case discussions between MHST and CAMHS to ensure those with higher levels of need are effectively referred for CAMHS support.
- 4.10. There is now good representation and availability of mental health support across all state schools in Westminster, MHST are designed to enhance and complement the existing range of support each school offers and MHST provide bespoke support to schools depending on their gaps and needs.

Re-procurement of the local School Health Service (school nursing)

- 4.11. There has been an increase in funding to the School Health Service to strengthen the offer. As part of the re-procurement increased emotional health and mental health support has been specified, including a Mental Health School Nurse in the borough and specified the provider utilises and develops “the 5 ways to wellbeing” resources in local schools.

CYP Drugs Strategy: the links between mental health and substance misuse

- 4.12. Public Health recently published the CYP drugs strategy outlining how we can support CYP and their families around the harm caused by drugs, including the links between mental health, substance misuse and addiction.
- 4.13. A key recommendation is *education and awareness*: as part of this, Public Health funded the Paul Canoville Foundation and Westminster Archives, to deliver the “Black and Blue project”, an education and drama project supporting year 6 pupils covering topics such as mental health, drugs awareness, overcoming adversity and role models. Paul was the first black footballer to play for Chelsea FC and has an inspiring story to tell. The programme launched at Stamford Bridge in June 2023 and will be offered to all local primary schools.
- 4.14. Another recommendation from the strategy is *safe spaces*: as part of this work Libraries, Public Health and Children’s Services are working together to pilot a Games Library: where children can play (increasingly popular) strategy and board games such as Dungeons and Dragons in safe, fun and inclusive environments.

5. Targeted Support

Peri-natal mental health

- 5.1. Public Health commission the Health Visiting service to support families with under 5s: a recent development is the recruitment of a peri-natal mental health specialist Health Visitor to provide clinical public health nursing expertise for mums who have mental health needs.
- 5.2. We are also developing the local peri-natal Mental Health pathway, workshops planned in October to agree a shared language and make it easier for people to navigate the system and access support when needed. This will benefit whole families and support children to have the *Best Start in Life*.

6. Specialist Support

Suicide prevention

- 6.1. A key update since the pandemic is the development of Kensington and Chelsea and Westminster's Suicide Prevention Strategy, a 3-year plan (2022-25) which aims to provide a suicide-safer community for our residents, frontline services and visitors.
- 6.2. This will be achieved by raising awareness of suicide and self-harm through training; reducing the stigma and risk factors which are linked to seldom-heard groups; promoting local bereavement postvention (an intervention conducted after a suicide, largely taking the form of support for the bereaved including family, friends, professionals and peers) support we have for our communities; continue to use surveillance to influence decision-making. This is part of a collaborative partnership of the NHS, Voluntary Sector and Frontline services.
- 6.3. Specific attention is directed to responding to self-harm amongst children and young people and on the needs of looked-after children, young people leaving care and those in the youth justice system. We have been working with partners such as RETHINK, CNWL, Faith Action, Every Life Matters and local residents with lived experience to develop suicide prevention resources. These resources help residents recognise, understand and support those who might be experiencing suicidal ideation (also called suicidal thoughts or suicidal ideas, a broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide) and/or have been bereaved as a result of suicide and aims to embed safety plan in different settings.
- 6.4. Our Suicide Safer Communities commitment aims to raise the profile of suicide prevention within Kensington Chelsea and Westminster. Training is being commissioned to upskill our communities; a digital web resource is being developed to amplify local suicide prevention resources and services; and a campaign is planned to raise awareness of local assets available to support residents. The campaign is expected to be launched in Winter 2023.

Specialist CAMHS

- 6.5. The specialist CAMHS services are delivered by CNWL NHS Trust. The services work with children, young people and their families with complex mental health difficulties, in a range of different ways depending on their needs up to the age of 18.
- 6.6. The type of difficulties the services support include complex emotional and behavioural problems, anxiety and depression and very rarely serious mental illness such as psychosis

and eating disorders, hyperactivity or poor concentration (ADHD, ASD) and challenging behaviour.

- 6.7. There has been increased capacity in core CAMHS teams with a large number of posts recruited to and access numbers being set to facilitate achievement of 35% access rate in both Westminster and K&C. At the end of July, Westminster had seen 2,233 children and young people against a target of 929.
- 6.8. It has been well documented that there has been a substantial rise in demand for CAMHS Eating Disorder services nationally since the beginning of COVID. In Westminster, CNWL have increased capacity into CAMHS Eating Disorder to support rises in demand and ensure waiting time targets continue to be met. Additionally, an Eating Disorders Intensive Community Treatment Model is being introduced to increase support for those at the risk of admission/need step-down support.

7. Conclusion and Next Steps

- 7.1. The most effective way to improve children and young people's (CYP) emotional wellbeing and mental health is to focus on prevention and early intervention and doing all we can to ensure children have happy and healthy childhoods, as well as providing mental health support when needed.
- 7.2. Public Health and Children's Services, alongside our partners, have a role in ensuring children have emotionally healthy childhoods and minimising risk factors and enhancing protective factors.
- 7.3. Public Health and Children's Services along with ICB colleagues, work with providers to review and monitor the impact of emotional wellbeing and mental health services. All programmes are evidence-based and progress and outcomes are measured using tools such as the Warwick-Edinburgh Mental Wellbeing Scales, Revised Child Anxiety and Depression Scale (RCADS), Strengths and Difficulties Questionnaire (SDQ), as well as child feedback and case studies.
- 7.4. An upcoming Mental Health Schools Conference is due to take place on 26th September with School Leaders across both boroughs and providers and health partners across the mental health partnership. The objectives of the conference are to further explore the increasing prevalence of mental health concerns and the challenging behaviour that some children are displaying in school, to think together about what is working and share thoughts and ideas on what we could do differently.

8. Appendix: Key Services Description and Reach

Service	Description	Impact
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Kooth	Online counselling service free to all children and young people (aged 11-25), is anonymous and is available until 10 pm every day. The service provides resources for self-help, peer-to-peer support and one-on-one online counselling for those with mild to moderate mental health needs.	117 new registrations 409 logins (as at Jan 2023)
Mental Health Support Teams in Schools	Support for mild to moderate mental health needs in schools and colleges. The support takes the form of one-on-one and group work with low intensity predominantly CBT-based interventions for low mood, anxiety and self-harm	44 school settings (30 Primary Schools; 13 secondary schools/colleges and 1PRU) Between Jan – Mar 2023: 193 workshops delivered to 6013 attendees
Mental Health Youth Workers	This service supports CYP who are accessing youth provision and who are more willing to access support for their MH needs through their established relationships with youth providers.	1 MH youth worker across 4 WCC Youth Hubs, engaging approximately 53 young people a week in workshops
Bi-borough School Health Service	The Bi-Borough School Health Service includes a dedicated Registered Mental Health Nurse providing specialist advice, training and lesson plans	Universal service provided to 22,023 pupils in WCC schools
West London Zone	WLZ operates in selected schools to provide direct support for those who are having difficulties at school. The WLZ programme is a 2-year support plan tailored to each individual. Each child works with an assigned Link Worker who is based in their school. The Link Worker guides, supports and champions each child and is responsible for designing and facilitating the 2-year programme with the child, their family and teachers	9 school settings include Christ Church Bentinck CofE Primary, Churchill Gardens, King Solomon, Marylebone Boys, Millbank Academy, Paddington Academy, Pimlico Primary, St. Augustine's CE High, Westminster Academy

CAMHS	Specialist CAMHS services are delivered by CNWL NHS Trust, part of the ICB, for complex mental health difficulties. The services' psychologists, psychiatrists, and therapists provide assessment and treatment packages for children and young people and their families	67.9% of CAMHS referral to treatment was under 4 weeks 17.9% of CAMHS referral to treatment was over 18 weeks (As at Dec 2022)
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