

**North Lincolnshire Children and Young Peoples**

**Emotional Wellbeing and Mental Health Plan**

**2021/24**

**North  
Lincolnshire**  
Council

*in partnership with Schools and Colleges*

  
*North Lincolnshire  
Clinical Commissioning Group*

## Foreword

On behalf of North Lincolnshire Integrated Children's Trust and partners we are pleased to present our Children and Young Peoples Emotional Health and Wellbeing Plan.

Children, young people, families and communities are at the heart of what we do, we are ambitious for our children and young people, and we have high expectations of ourselves as partners, working with children, families and communities, to improve outcomes. Our ambition is for children to be **in their family, in their school and in their community**.

***We aim to work collectively for the good mental health of all children and young people of North Lincolnshire.*** We are committed to working with children and young people and their families to enable them to thrive, be emotionally resilient, confident, able to achieve what they set out to do and have a life within their family, attend their school and be a part of their community. When children and young people do need additional support and help, we will collectively ensure they have access to the correct support easily, at the right time, and right place, provided by people who have the right skills. Where there are significant concerns, we want children, young people and families to be able to access swift, creative and flexible help so they can remain independent.

As partners we will take a One Family Approach across North Lincolnshire, we want children, young people and families to be able to build upon their strengths and their resilience to find or be enabled to find solutions when things are not going so well. The One Family Approach aims to create a system which will ensure children and young people, their parents and professionals work together to ensure a system wide approach to supporting children's emotional health and wellbeing.

By taking account of local data and intelligence, by listening to our children, young people, families and taking account of the Children's Challenge 2020/24, we have identified specific areas of focus on which we want to 'shine a light' for commissioning and partnership action. One of these areas is the emotional wellbeing of children, young people and their families.

Delivery of this plan forms part of the work overseen by the Integrated Children's Trust, Place Partnership and Health and Wellbeing Board, as well as being shaped and informed by the NHS long term plan commitment to improving children's mental health.

## **The Emotional Health and Wellbeing Plan 2021 – 2024**

**This plan sets out:**

- 1. Our Key National and Local Drivers**
- 2. Progress and Achievements**
- 3. What our data tells us**
- 4. What our young people tell us**
- 5. One Family Approach: Organisational Model**
- 6. One Family Approach: Emerging Themes**
- 7. Shine the Light Areas**
- 8. Shine the Light Priorities**
- 9. Outcomes**
- 10. Our Priorities**
- 11. Governance**

## Key National and Local Drivers: Strategic plans which have influenced our approach

<b>The NHS Long Term Plan</b>	<p>The plan supports the commitments to mental health services for children and young people and provides details of a new framework to help achieve the mental health specific improvements such as :</p> <ul style="list-style-type: none"> <li>Better access to community mental health services for those experiencing common mental health issues such as anxiety and depression</li> <li>A multi disciplinary Mental Health Support Offer in schools –with mental health support teams in a quarter of the country by 2023</li> <li>Extending service models to those up to 25 years old, taking an integrated approach across health, social care, education and voluntary sector services.</li> <li>Exploring how the i-THRIVE operating model can be extended to cover services for those up to 25 years old.</li> <li>Ensuring easier access for specialist services for children and young people with an eating disorder</li> <li>Expanding age-appropriate crisis services</li> </ul>
<b>Transforming CYP’s Mental Health Provision</b>	<p>The green paper set out further ambition to ensure that children and young people showing early signs of distress are able to access the right help, in the right setting, when they need it. It puts schools and colleges at the heart of the efforts to intervene early and prevent problems escalating. Central to the proposed reforms is the commitment to support local areas to adopt ambitious new collaborative approaches, to provide children and young people with the right support at the right time to tackle early signs of mental health issues.</p>
<b>Humber Coast and Vale Long Term Plan</b>	<p>The Humber, Coast and Vale Health and Care Partnership(HCV) is a collaboration of health and care organisations, brought together to improve the health and wellbeing of the whole population within a local region, known as the strategic transformation partnership. They aim to improve care provided in key areas , one of which is mental health. The HCV mental health long term plan has a focus on working differently to ensure all people, from the youngest to the oldest, know how to look after their mental health and can access support when they need it.</p>
<b>The North Lincolnshire Mental Health Strategy</b>	<p>Our local strategy provides the strategic direction and priorities for mental health over the next 5 years. Identifying Children and Young Peoples mental health as one of the key priority areas, it highlights a particular focus on:</p> <ul style="list-style-type: none"> <li>Working with schools and colleges to improve how they support children and young people’s mental health</li> <li>Reducing waiting times for assessment and treatment towards the ambition of a maximum four week wait</li> <li>Improving and expanding services for children and young people with Attention Deficit and Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorder (ASD)</li> <li>Exploring and agreeing options for improving transitions between children and young people’s services and adult services, including opportunities to deliver to 25 or all age services</li> </ul>
<b>The North Lincolnshire Childrens Commissioning Strategy</b>	<p>The Strategy clarifies our integrated <b>One Family Approach</b> and commissioning intent in relation to health, social care and education for children, young people and families</p>

## Progress and Achievements

During the last 5 years, using our local children and young peoples Transformation Plan we have improved our local system and how it responds to the needs of our young people .

We have :

- Introduced the THRIVE model locally, and continue to develop the THRIVE principles into what we do to improve services for young people
- Introduced a new online emotional and mental health support service, in collaboration with our HCV partners
- We have continued to change and redesign the neurodiversity service pathways to improve access, screening and advice.
- Worked with our HCV colleagues to embed a perinatal health service
- Worked to reduce waits through specific waiting list initiatives
- Introduced a specialist eating disorder service
- Implemented mental health champions and wider workforce development initiatives across schools
- Launched a website for children, their parents and professional to provide advice and support
- Implemented an intensive treatment service
- Commissioned a bereavement project



## What our local data tells us:

### In the context of our Place we know:

Around 150 women will suffer from mild and moderate depression during pregnancy, and a further 250 will suffer from adjustment disorders in North Lincolnshire every year, which is evidenced to impact on the mental health of young children

The number of children with significant social emotional or mental health needs is low compared with other areas, at 1.96% of the school age population, compared with 2.33% nationally.

An estimated 2300 school age children have mental health disorders, of which the largest group present with conduct disorders

Domestic abuse is a risk factor for poor mental health in children, and in North Lincolnshire there are a reported 37 domestic incidents per 1000, compared with 27 per 1000 nationally.

228 children are looked after by the local authority and 130 have a child protection plan

94% of 16-18 year olds are in learning which is above the national average of 92% (2017)

All schools and colleges in North Lincolnshire have received training around positive mental health and to raise awareness of mental health issues amongst children

A rising proportion of young people are aspiring to go on to higher education than in previous years

Episodes of serious self harm amongst children and young people are low, and are just above the lowest quartile in the country

## What our young people tell us:

### Our Children and Young People say:

More than 90% of 5-15 year olds say they feel safe and happy in school, 80% find it easy to talk to family and friends about their worries and 79% say they can talk to school staff

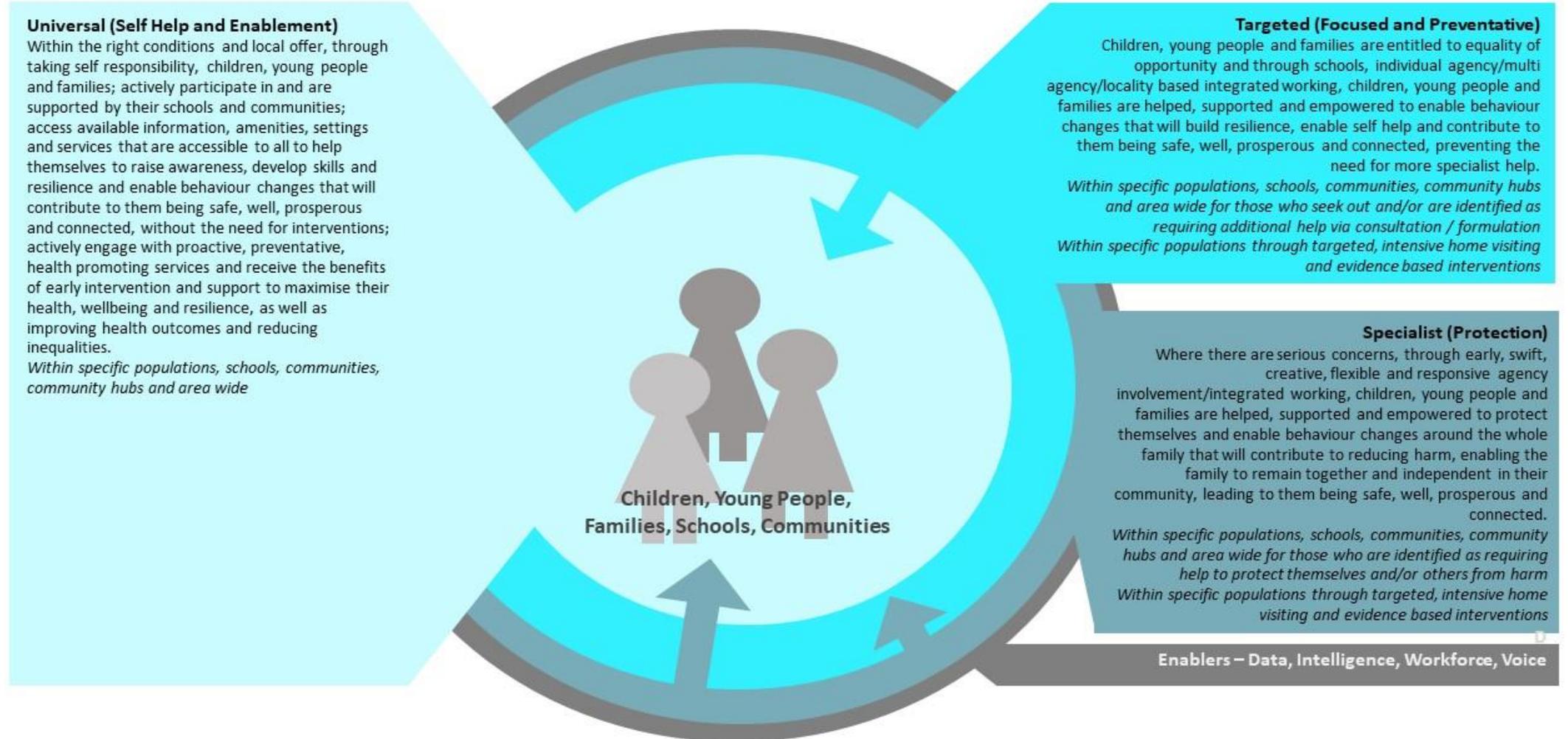
When asked, 76% of young people aged 16-18 years said they feel optimistic about the future, and almost three quarters, 73%, said they feel at least a little prepared for employment

Nearly a third of all 11-15 year olds said they wanted emotional wellbeing and mental health issues to be given greater coverage in their school's PSHE programme when asked as part of the health and wellbeing survey

Groups at risk of poor wellbeing included young people who identify as LGBTQ. More than a quarter of local 16-18 year olds who self-identified as gay lesbian or bi sexual, (29%) reported low or very low emotional wellbeing, compared with 12% of other students this age.

Young peoples stated the offer for emotional wellbeing and mental health services should be simple and available

Delivery of our plan is informed by and underpinned through the One Family Approach Organisational Model and its ethos of right service, right time, right outcome.



## Key themes emerging from analysis which shaped and influenced our children’s commissioning intents

### SAFE

- The importance of a whole family approach to address issues and find resolutions
- Emerging challenges relating to contextual safeguarding e.g. in relation to child exploitation and knife crime
- Focus on risk management to best meet the needs of adolescents

### WELL

- Ongoing need for high quality, timely, accessible and responsive information, support and services to support positive emotional wellbeing and mental health
- Emotional Health and Wellbeing Transformation Plan (including response to scrutiny recommendations)
- Health and Wellbeing Strategy priorities framework (best start, healthy and resilient communities, healthy lives for all)
- The impact of early1001 intervention from pre birth to 2 years and the impact of health inequalities

### PROSPEROUS

- Findings and recommendations from Early Years Peer Challenge 2019, including the need for renewed focus on targeting the most vulnerable and a focus on early years prevention so children can have the ‘best start’
- Health and Wellbeing Strategy priorities framework (equality of opportunities for people’s health and wellbeing)
- Need to consider educational outcomes for all, but specifically for disadvantaged and the most vulnerable children and ensuring focus on inclusion
- Need to support and upskill young people through to adulthood and employability

### CONNECTED

- Commitment to place based system articulated through the Place Partnership and Health and Wellbeing Board
- Renewed focus on community development, including better use of community resources and self responsibility as part of revised organizational model
- Opportunities identified to develop integrated offer underpinned by good quality, accessible information resources and universal provision
- Ongoing recognition of the importance of a resilient workforce to contribute to improved outcomes

In the context of our Place Partnership, through implementing our 'ONE FAMILY APPROACH', we have articulated what successful outcomes will look like,. These outcomes are cross cutting, and successful partnership activity will support improved outcomes across all themes.

**SAFE**

- **Where children and families:**
- have a sense of belonging and feel safe/are safe in their family, school and community
- are supported to withstand adverse impacts and change behaviours
- are empowered and supported to identify and develop their strengths and aspirations
- live in 'one family' which reflects their needs and circumstances

**WELL**

- **Where children and families:**
- are a healthy weight and live active lives
- enjoy positive emotional wellbeing and mental health
- receive the health care and support they need in their community where possible
- learn resilience and self-regulation through effective provision in settings and schools
- receive proactive support to grow, develop and achieve their potential
- build sound brain architecture, positive attachments and healthy relationships
- receive support to establish confident and competent parenting strategies and coping mechanisms
- Maintain access to preventative health surveillance, immunisations and health promotion

**PROSPEROUS**

- **Where children and families:**
- benefit from family prosperity
- are enabled to have social mobility and equal access to resources in their early years and education
- have high levels of speech, language and communication skills
- have equal and fair access to a consistent, high quality education offer in schools and setting
- are empowered, enabled and supported to achieve as they transition to adulthood
- achieve their potential

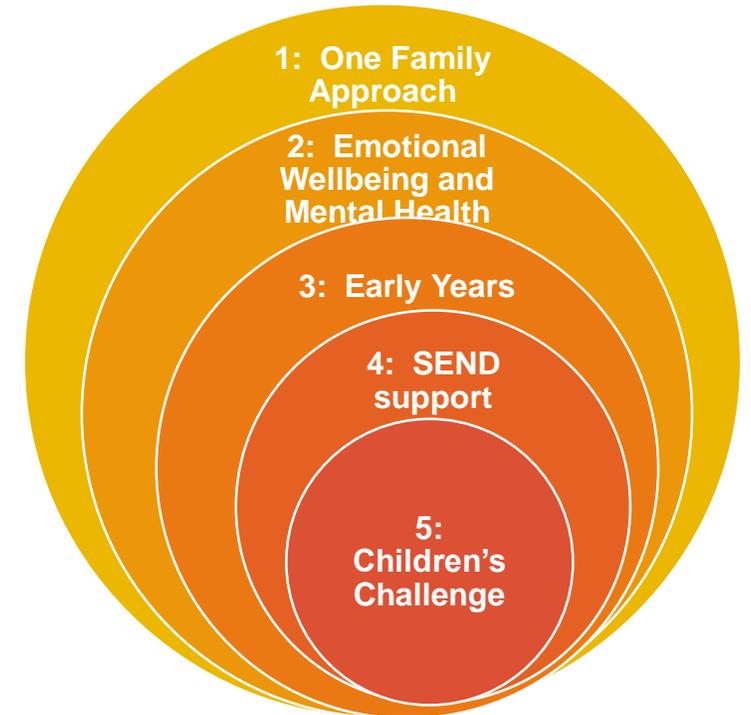
**CONNECTED**

- **Where children and families:**
- are empowered and enabled to participate, have equality of opportunity and access to creative, flexible support at the earliest point in the right place by the right people
- benefit from engaging in positive activities
- build resilience and find resolutions for themselves
- **are able to transport themselves around the area (?)**
- have access to info and resources online and social media
- have a home, a job and a friend

The commissioning intentions set out in the North Lincolnshire Children’s Commissioning Strategy describe the areas of focus that the Integrated Children’s Trust will **‘SHINE A LIGHT’** on for partnership action and system change to contribute to children, young people and families being SAFE, WELL, PROSPEROUS and CONNECTED and so that children live within their family, attend their school and be a part of their community.

One of the areas of focus is that of emotional health and wellbeing.

We will work to create a culture and system leading to positive **emotional wellbeing and mental health** for all our young people and create resilience.



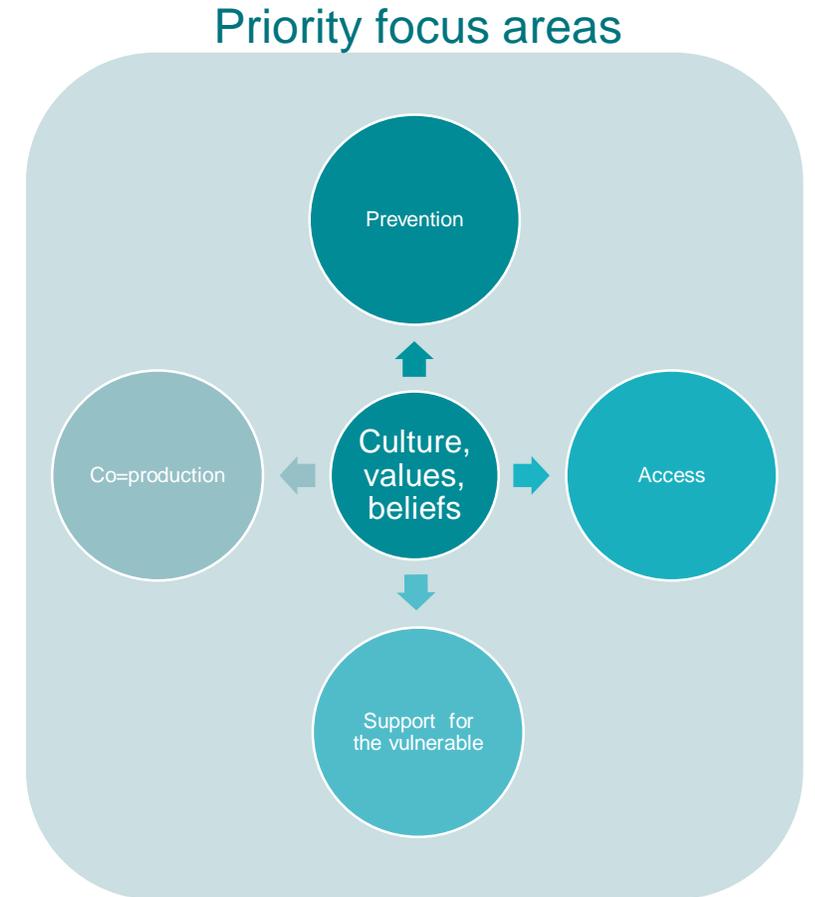
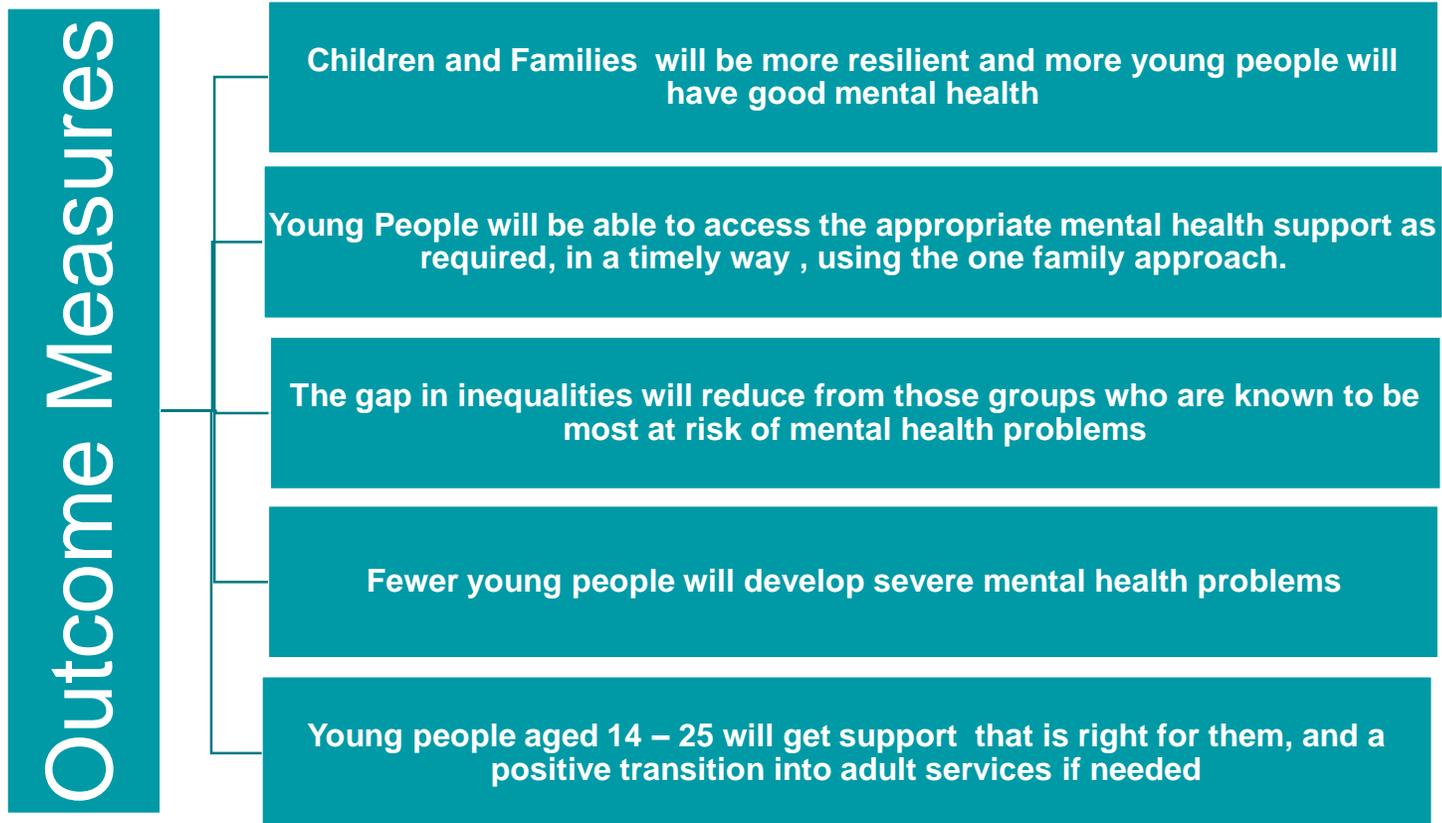
For areas in which we want to **‘SHINE A LIGHT’** there are established partnership arrangements and identified lead officers to drive forward partnership action and system change.

The Children and Young People’s Emotional and Mental Health Steering Group are the partnership responsible for identifying actions to support this system change and monitor their impact.

COMMISSIONING INTENT	PARTNERSHP ACTION AND SYSTEM CHANGE
<p>Create a culture and system leading to positive <b>emotional wellbeing and mental health</b> and to meet the needs of all children, including those with complex needs</p>	<ul style="list-style-type: none"> <li>➤ Support children and young people to have good social, emotional and mental health through co-ordinated strategic planning and co-ordinated delivery across the system</li> <li>➤ Provide emotional wellbeing and mental health prevention and intervention for children and young people including infant mental health and working with schools and families</li> <li>➤ Engage with children and young people, and their families, so they are key partners in coproduction and evaluation</li> <li>➤ Create opportunities for North Lincolnshire to be connected, and benefit, from national and regional developments and where possible, implement evidence-based practice / developments</li> <li>➤ Develop local connectivity to the Humber Coast and Vale Partnership</li> </ul>

# Emotional Health And Wellbeing: Measures of success

Our aim is to strive collectively for the good mental health of all children and young people of North Lincolnshire, and if we achieve this we will focus on a number of priority areas most likely to impact on the measures below.



# Priority 1: Prevention

## Objectives:

The majority of young people in North Lincolnshire will maintain good emotional health and wellbeing, engage in local community initiatives designed to support their mental wellness and thrive. Supporting children and their families to develop and implement strategies to support their own self care and build their resilience will be the responsibility of all partners in North Lincolnshire. Our children will be:

- ❖ Resilient and mentally well
- ❖ Connected
- ❖ Supported and safe

As a partnership we will work collectively to build a positive culture around mental health and wellbeing, and ensure there are universally available information and interventions for young people and their families when they need it. We will build a system which will provide a compassionate and supportive environment, where children and young people, as well as their families, feel a sense of belonging, and where professionals work across education, health social care work together to promote positive mental health and wellbeing. We recognize the foundations of this in ensuring all children have the 'Best Start' from the antenatal period onwards.

## What good looks like:

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|---|--|
| <ul style="list-style-type: none"><li>❖ There will be increased awareness of the importance of emotional health in babies, children and young people across all settings.</li><li>❖ More children and young people will report positive emotional wellbeing and develop the necessary skills to enable them to have a positive role in society.</li><li>❖ Local data intelligence will be used to inform and plan preventative strategies locally</li><li>❖ Young people will feel more confident to support each other and provide peer advice and support.</li><li>❖ More young people will report having a trusted family member or adult they can talk to</li></ul> | <ul style="list-style-type: none"><li>❖ There will be increased use and improvement in the availability in apps, digitally enabled models of therapy and online resources which promote and support good mental health</li><li>❖ The partnership workforce will be trained in issues faced by children and young people and know how to respond.</li><li>❖ Supporting parents to ensure their children have positive mental health and good resilience and parents know where to go for advice and information</li></ul> |
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## Taking action – we will:

- ✓ Work with partners and HCV colleagues and children and young people to promote and fully optimize online digital resources and evaluate the impact and effectiveness.
- ✓ Develop the children's workforce to have a greater understanding and awareness of the importance of good mental wellbeing, through a range of activities and training opportunities.
- ✓ Deliver the Wellbeing Return to Education programme
- ✓ Governing bodies will prioritize the focus on wellbeing and resilience in schools, communities and families
- ✓ Support the launch of the 'Best Start' early years mental health strategy

# Priority 2: Improve Access to Universal Services

## Objectives:

North Lincolnshire partners will change the way the system works to ensure that children and young people can get advice and support when they need it, where they need it, and they have early access to help. The system we have started to develop in 2020 under the THRIVE principle will be developed further as part of the One Family Approach, and provide a number of core components that are:

- ❖ A single point of access to mental health services with multi agency assessment
- ❖ Multi agency, school and primary care involvement in delivering mental health support as well as in reach and outreach provision
- ❖ Effective use of mental health training in learning environments

## What good looks like:

- ❖ Services will provide more timely access to support for all children and young people
- ❖ Health, Education and social care staff will feel more confident to support children and young people across the system
- ❖ There will be a reduction in inappropriate referrals to CAMHs and an increase in the number of children offered mental health support at an earlier stage
- ❖ Children and young people's needs will be appropriately assessed using a model based on formulation as standard practice, ensuring the right services are available based on needs
- ❖ Local partners know how to, and are able to access training to help them recognize and manage early signs of mental health needs
- ❖ Children and young people can talk about wellbeing and their wellbeing needs

## Taking action – we will:

- ✓ Further develop the understanding of school leaders including mental health issues, early interventions and prevention
- ✓ Explore opportunities to use social prescribing in primary care
- ✓ Develop improved links and agreed actions between schools, primary care, targeted and specialist mental health teams ~~teams~~
- ✓ Work with schools to embed and support school resilience governors and appropriate governance structure
- ✓ Continue to develop the One Family Approach to the front end of the system model and THRIVE approach
- ✓ Develop a communication and marketing plan which highlights positive changes in our local system, and points of access to support
- ✓ Develop effective pathways of care to ensure the perinatal mental health service is fully used by parents that need support in North Lincolnshire

# Priority 3: Provide support for the most vulnerable

## Objectives:

The North Lincolnshire partners will build on successful activity to support the most vulnerable children in our community. We will work to reduce the mental health inequalities currently experienced by children and young people who are the most susceptible to poor mental health, using some of the best practice already evident in our local CAMHS model, to build and improve services locally.

We will ensure there is a partnership approach to developing solutions for our priority vulnerable groups, which builds on the one family approach.

These include those groups likely to need the greatest support around their mental health and wellbeing:

- Looked after Children (LAC)
- Children with learning difficulties and disabilities
- Children who are neurodiverse
- Children who have become involved in the criminal justice system (YOS)
- Children who have had from Adverse Childhood Experiences
- Young people making the transition from children's to adults services
- Children who have become bereaved, or have suffered loss

## What good looks like:

- ❖ Services will provide a timely response to requests for support
- ❖ There will be improved care planning for children in services There will be a smoother transition for children moving into adult services, with more young people getting the right service.
- ❖ There will be a reduction in children reaching a point of crisis

## Taking action – we will:

- ✓ Review Looked After Children, and make recommendation on how to adapt and integrate services to meet the needs of LAC
- ✓ Commission services that support children and young people with learning difficulties.
- ✓ Launch revised Neurodiversity pathway and multi-agency team and further develop post-diagnostic support (including medication management)
- ✓ Review 18- 25 provision and pathways and advise on required changes, and implement any required changes to support a smoother transition
- ✓ Review the enhanced bereavement model locally
- ✓ Review the YOS health support functions to identify potential improvements to outcomes
- ✓ Review current Trauma pathway and model and instigate a multi-agency procurement.
- ✓ Work jointly with neighbouring CCGs to develop Specialist Eating Disorders Provision.
- ✓ Review out-of-hours, emergency pathways and intensive home treatment provision to ensure those in mental health crisis are appropriately supported, and where possible Tier IV admissions are avoided

# Priority 4: Ensure that Children, Young People and Families are and Active Part of Co-producing Local Services

## Objectives:

In North Lincolnshire, children, young people, families and communities are at the heart of all we do and making use of their strengths, assets, views and experiences to improve the services they use is an essential part of our plan. We will co-produce local services and support which meets needs and helps to achieve positive outcomes.

This will be underpinned in our stakeholder engagement statement which clarifies our commitment and mechanisms for engagement at an individual, service and strategic level.

Along with children, young people, families and communities themselves, key partners and stakeholders including the Council, the CCG, education providers, health providers, police and the voluntary and community sector will be an active part of how we implement changes to services locally.

## What good looks like:

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| <ul style="list-style-type: none"><li>❖ There will be positive meaningful relationships with young people and their families.</li><li>❖ Children and young people will be key in steering forward all developments</li><li>❖ Co-production recommendations will be shared with the strategic partners, and reflected in service transformation.</li></ul> | <ul style="list-style-type: none"><li>❖ Children, young people will be fully embedded in all areas of commissioning and performance management</li><li>❖ Children and young people will inform developments in adult mental health provision to improve the integrated system approach and build family resilience</li></ul> |
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## Taking action – we will:

- ✓ Work with local young peoples LGBT groups to explore how services can meet the needs of this group more effectively.
- ✓ Work with children and young people to evaluate the digital offer and make recommendations for a future model.
- ✓ Work with adult and children’s services and their service users to improve the support offered to parents and families
- ✓ Work with partners, stakeholders and families to develop guides on safe online activity, and add to existing resource
- ✓ Explore additional ways to involve parents, families and young people in coproduction of our services.
- ✓ Build improved service user involvement and feedback into measuring the quality of services.

The work outlined in this plan is part of the Integrated Children’s Trust partnership governance structures, and updates will be provided to relevant Boards on a frequent basis

# Humber Coast and Vale Integrated Care System

Voice and Engagement Partnerships, Groups, Networks and Forums

Stakeholder Partnerships e.g. Children and Young People’s Partnership

Other key children/person centric/place based partnerships and boards e.g.. Children’s MARS Board, Corporate Parenting Board, Education and SEND Standards Boards, Youth Offending Management Board, Safeguarding Adults Board, Community Safety Partnership Board

**Health and Wellbeing Board**

**Place Partnership**

**Committee in Common**

**Integrated Commissioning and Quality Executive (ICQEX)**

**Integrated Children’s Trust (ICT)**

**Integrated Adults Partnership (IAP)**

Emotional Health and Wellbeing Group

Other Shine the Light Groups