

APPENDIX 1

Central Area Council -Taking Forward the 2017 and beyond priorities.

Building emotional resilience and wellbeing in children and young people aged 8-14 years

DRAFT BUSINESS CASE

Introduction & background

At its meeting on 7th July 2016, Central Area Council agreed the following revised priorities:

- **Building emotional resilience and wellbeing in children and young people**
- **Addressing loneliness and isolation in vulnerable adults and older people**
- **Family Support**
- **Clean and Green**

It was agreed that these priorities would be underpinned by the following principles:

- **Ensuring cohesion and integration**
- **Early help and prevention approaches**

To ensure that Central Area Council procures services that meet identified need, Central Area Council agreed that a task group be established for each of the priorities to take forward the work.

A Task group to consider the “building emotional resilience and wellbeing in children and young people” priority area was established in August 2016. This Working Group was made up of 4 Central Area Council members, supported and facilitated by the Central Area Council Manager.

This Business case document reflects the considerations, discussions and recommendations from the Working Group.

Purpose of this document

The purpose of this document is to present a business case for the future commissioning of a Central Area Council service to “Build emotional resilience and well-being in young people aged 8-14 years”.

The aim is to:

- Understand the National and local strategic context for the service

- Review and learn from existing Central Area Council children/young people related contracts
- Analyse current services and resources
- Understand the need, value and benefits of current services
- Identify and evaluate options
- Implement the preferred option

Understanding the strategic context and need for Building Emotional Resilience in children & young people

National context

Mental Health affects all aspects of a child's development including their cognitive abilities, their social skills as well their emotional wellbeing. Building emotional resilience is key. The following are the core attributes seen in mentally healthy children and young people:

- The capacity to enter into and sustain mutually satisfying personal relationships
- A continuing progression of psychological development
- An ability to play and to learn appropriately for their age and intellectual level
- A developing moral sense of right and wrong
- The capacity to cope with a degree of psychological distress
- A clear sense of identity and self worth

With good mental health, children and young people do better in every way. They enjoy their childhoods, are able to deal with stress and difficult times, are able to learn better, do better at school, navigate the online world they grew up in so they benefit from it and enjoy friendships and new experiences.

Childhood and teenage years are when mental health is developed and patterns are set for the future. So a child with good mental health is much more likely to have good mental health as an adult, and to be able to take on adult responsibilities and fulfil their potential.

NATIONALLY, 850,000 CHILDREN AGED 5-16 HAVE MENTAL HEALTH PROBLEMS

Three children in every classroom have a diagnosable mental health disorder.

Roughly 725,000 people in the UK suffer from Eating Disorders, 86% of these will have shown symptoms before the age of 19

One in 10 deliberately harm themselves regularly (and 15,000 of them are hospitalised each year because of this)

Nearly 80,000 children and young people suffer from severe depression

Half of all lifetime cases of mental illness begin by age 14.

45% of children in care have a mental health disorder - these are some of the most vulnerable people in our society

Nearly 300,000 young people in Britain have an anxiety disorder.

95% of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one disorder

There is still a huge stigma around mental health which means children and young people are not getting the support they need. Mental health problems can lead to young people being disruptive, difficult, withdrawn and disturbed and it's vital they are supported and not just ignored or told off.

Future in Mind report: Nationally the Children and Young People's Mental Health Taskforce published their recommendations to improve children and young people's emotional health and wellbeing, in their report 'Future in mind' (March 2015).

Local Transformation Plans (developed as a result of the Future in Mind report) set out how nationally funded investments will be utilised in each area to implement the recommendations.

Tedtalk-Making Resilient Moves

The Resilience Framework (attached at Appendix 2) provides a summary of the specific approaches and elements required to build emotional resilience and wellbeing in children and young people.

Barnsley context

Statistics for Central Area

Population:

9,642 children aged 0-15 years

3,553 children aged 0-4 years

3,503 children aged 5-10 years

2,586 children aged 11-15 years

School children from ethnic minority groups, 2014- Barnsley wide-1,794 (6.7%) the majority of these will attend schools in the Central Council area.

Determinants of health that may impact on the emotional health and wellbeing of children (or be affected by mental health):

Child poverty and deprivation is one of the most important factors determining health inequalities in childhood and throughout life. Research demonstrates that a

child's physical, social and cognitive development during the early years strongly influences their school readiness and educational attainment, their employment chances and general health and wellbeing outcomes through to adulthood and older age.

There is often a complex / cyclical relationship between determinants of health and mental health with exposure to adverse environmental, social and educational conditions leading to increased risk of emotional and wellbeing issues but also that mental health problems can in themselves lead to subsequent deterioration of a person's social, educational, employment and housing conditions.

For children and young people the health and social wellbeing of parents and the family as a whole may impact on a child's or young person's emotional health and wellbeing.

The following statistics show that across all the determinants of health, Central Council area performs significantly below the England average and across most areas below the Barnsley average.

Deprivation

24.6% of children are living in low income families (Child poverty) (18.6/22.8)

29.9% of children (aged 0-4) are living in out of work benefit claimant households (18.7/27.5)

25% primary children are eligible for free school meals (16.5/21.6)

Education

Children achieving Key stage 2 (Level 4+ RWM) – 71% (79/76)

Children achieving Key Stage 4 (5+ GCSE's A*-C inc Maths & English) -49.3% (53.4/47)

Crime

Domestic Abuse incidents are higher than the national and Barnsley average

Risk taking behaviour

Smoking prevalence (over 18's)-25.2% (18.4/23.9)

Teenage pregnancy rates are highest in Central Council area – 57.1/1000 females aged 15-17 (30.9/46.6)

Hospital admission rates for adult women from alcohol related conditions are significantly higher than the national average

Barnsley's Strategic Context and need for building emotional resilience in children and young people.

Future In Mind- Barnsley's Local Transformation Plan- Barnsley's main aim is to promote emotional health and wellbeing and prevent mental ill health to reduce distress and demand for Children and Adolescent Mental Health Services (CAMHS). A one page summary of this document can be found at Appendix 3.

Overview & Scrutiny/Safeguarding Scrutiny- Mental Health Services (CAMHS) in Barnsley- 3rd May 2016

Tackling Child Poverty in Barnsley Central – Initial report (Spring 2016) and follow-up report (Summer 2016) report-Dan Jarvis MP

Attendance and attainment patterns in Barnsley schools show a marked drop in achievement levels between Key Stages 2 and 4 – transition from primary to secondary education.

Review & learn from existing contracts-children and young people

Original Central Area Council priority – Improving overall health and wellbeing of children & young people £200,000/annum identified to address this priority.

2 original 2 year (July 2014-July 2016) contracts for 8-12's (YMCA) and 13-19's (Core Assets) to deliver against this priority.

Core Assets contract ceased after 12 months.

Youth Programme for 13-19 year olds established in March 2016, with 3 Providers (Addaction, YMCA & Exodus)

Both the YMCA contract and Youth Programme contracts come to an end on 31st March 2017.

Achievements/outcomes to date.

Local delivery to local children and young people/providing safe spaces-YMCA deliver x15 sessions/ week for 8-12 year olds. These sessions include centre based, outreach/detached and after school provision.

1072 different young people have been involved since the contract commenced (to end of June 2016).with over 60% of these attending more than 3 sessions and 178 young people achieving accreditation.

Youth Programme delivers x8 outreach/detached sessions/week for 13-19 year olds-outreach.

185 different young people have been involved since the contracts commenced to June 2016 (2/3 month delivery period)

Building relationships with children and young people/Belonging

Over 60% of young people attending YMCA sessions have attended more than 3 sessions

30% of those attending Youth Programme sessions have attended more than 3 sessions (still very early days)

Trusted adults/youth workers

Learning

184 children have achieved accreditation through the YMCA contract

Range of activities delivered by all Providers- developing life skills

Provision of peer support activity is a key element of the YMCA delivery model

Young people volunteering is the key element of the Exodus delivery.

New experiences/opportunities and developing interests

Lessons learned:

- The above approaches all contribute to building emotional resilience
- Sustainability very important –use of peer mentors/volunteers
- Social value including local spend and employment
- Building relationships with adults/youth workers
- Allowing space and time away from home and school is important
- Sessions are young people centred and each young person is valued as an individual
- Value of not being linked to formal services
- Significant nurture and support work provided including mentoring, building +ve relationships, self and behaviour management
- Positive contribution/social action encouraged and facilitated
- Ensure we “don’t throw the baby out with the bathwater!”

It should be noted however that despite regular quarterly performance reports going to Central Area Council, members still feel somewhat “distant” and “disengaged” from the actual service delivery of these contracts and are not fully aware of the impact they have had to date.

Any future commissioned service should have clearer ward level monitoring and reporting back systems in place to ensure members are better informed about service delivery and its impact.

What else currently exists?

CAMHS-delivered by SWPFT

Horizon School-MIND provision

Primary Schools- Use of pupil premium resources

TADS (Therapies for Anxiety, Depression & Stress)

BMBC Targeted Youth Support Service. There is no longer a Universal youth service offer in Barnsley

Family Centres – Family Support officers/Parenting programmes etc.

Central Area Council contracts-see above section.

VCS offer – Churches, Community organisations etc.

Social Value, Expected Benefits & Outcomes

Recruitment, deployment and retention of adult and young people volunteers/peer mentors

Employment of local staff and sessional workers

Local spend

Youth Social action projects

Summary

Given the national and local strategic context for building emotional resilience and wellbeing in children and young people outlined earlier in this report, issues arising from the data relating to the demographics and determinants of ill health for the Central Council area, learning gathered from Central Area Council's existing contracts, and consideration of what is currently being delivered for children and young people in Barnsley, it is proposed that a service to build emotional resilience and wellbeing for children aged 8-14 years (Years 4-8) in the Central Council area is commissioned. The service should be based around the specific approaches and key elements of the Resilience Framework found at Appendix 2 with delivery taking place in community settings. Encouraging involvement in social action should also be an integral part of this service.

Identifying Options for delivery

Procure a Provider to deliver the service specified (outcome based approach)- cost TBA

Procure a "consortium" of Providers to deliver the service specified-cost TBA

AND/OR

Launch a Young People's Resilience Grants Programme to secure delivery from a range of providers/VCS organisations- amount available TBC

For example:

£140,000/annum service -1 Provider/ Consortium +

£ 60,000/annum – YP's Emotional Resilience and Wellbeing Grants Programme –to ensure that we continue to grow and develop the VCSE sector in Barnsley.

Preferred Option- Workshop Group

Procure one Provider to deliver the service specified (outcome based approach) – value £200,000/annum.

Note: This amount may need to be revised given any potential financial implications of the Council's formal budget setting process.

Report prepared by Carol Brady

7th September 2016.