

**Central Area Council -Taking Forward the 2020 and beyond priorities.**

**Building emotional resilience and wellbeing in children and young people aged  
8-13 years**

**BUSINESS CASE**

**Introduction & background**

At its meeting on 11<sup>th</sup> March 2019, Central Area Council reviewed its priorities and 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**
- **Supporting Vulnerable Families**
- **Creating a Cleaner & Greener Environment**
- **Improving Employability and Skills**

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

- **Ensuring cohesion and integration**
- **Supporting 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 June 2019. The group has met on two separate occasions (18/06/19 and 08/08/19), with support provided by the Central Area Council Manager and BMBC’s Strategic Procurement Service.

The following Central Council members were in attendance:

**18<sup>th</sup> June 2019:** Cllrs Johnson, Bruff, Carr, Gillis, Williams and Fielding

**8<sup>th</sup> August 2019:** Cllrs Johnson, Carr, Lodge and Gillis

In addition to the Task Group meetings, discussions have taken place with a range of services and organisations committed to improving the emotional well-being of children and young people. These include discussions with BMBC’s Targeted Youth Support Service, Public Health Service, Chilypep and Barnsley YMCA.

This Business case document reflects the considerations, discussions and recommendations from the Working Group with specific reference to building emotional resilience and well-being in children and young people aged 8-13 years.

It also reflects the discussions that have taken place with Youth Providers and other services.

Issues relating to provision for older young people (aged 13 years +) will be considered independently.

### **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 8-13 years”.

The aim is to:

- Understand the strategic and local 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 gaps in current provision
- Consider what is needed to address these gaps
- Provide recommendations for how Central Area Council will address the issues identified.

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

#### **Strategic context- National**

Mental health problems in children are associated with educational failure, family disruption, disability, offending and anti-social behaviour which places demands on social services, schools and the youth justice system. If mental health problems are left untreated, it can create distress in the children and young people, as well as their families and carers, continuing into adult life and affecting the next generation.

Mental health problems are widespread. National figures show:

- One in four adults experience at least one diagnosable mental health problem in any given year;
- Over half of all mental illness starts before the age of 14 and 75% starts before the age of 18;
- One in 10 children aged 5 – 16 years has a diagnosable problem such as conduct disorder (6%), anxiety disorder (3%), attention deficit hyperactivity disorder (ADHD) (2%) or depression (2%);

- Children from low-income families are at the highest risk;
- One in five mothers suffer from depression, anxiety or in some cases psychosis, during pregnancy or in the first year after childbirth.

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).

In December 2017 the Department of Education published its Green Paper 'Transforming children and young people's mental health provision.

The delivery of the commitments set out in this Green Paper have represented a major expansion to support for children and young people's mental health and build on the commitments already set out in 'Implementing the Five Year Forward View for Mental Health'.

### **Strategic Context-Local**

#### **Barnsley's Local Transformation Plans for Children & Young People's Mental Health & Wellbeing**

This Plan was developed as a result of the Future in Mind report and is a five-year strategic plan to deliver whole system change to children and young people's emotional and mental health support and service provision in the borough. The plan incorporates priorities from primary prevention through to specialist provision and focuses on improving both children and young people's experience and outcomes. The plan was originally published in November 2015 and in line with NHS England's recommendations has been refreshed in October 2016, again in October 2017 and most recently in October 2018.

The focus of transformation in Barnsley will be to provide support to children and young people's at the earliest possible time to prevent escalation of their problem(s) and to support their emotional health and wellbeing throughout their childhood and adolescence into adulthood. This reflects the focus on early help that is the cornerstone of the Children and Young People's Trust Strategy Continuous Service Improvement work.

#### **Chilypep Consultation Report- Understanding the needs of Young People in Barnsley around Mental Health and Emotional Wellbeing**

The key findings and Recommendations from this report were used to inform the Plan referred to above.

### **The key recommendations:**

1. Raise awareness of mental health in schools and colleges
2. Improve signposting and information
3. Put in place peer support programmes for young people
4. Involve young people in service design and evaluation
5. Make it easier for young people to navigate services, and ensure they receive timely, appropriate support
6. Put in place training around mental health for professionals, and communities, supporting young people
7. Take time to build relationships with young people
8. Support young people to manage stress and pressure

### **Barnsley Children and Young People Plan 2019-2022**

Barnsley Youth Council has been the driving force behind the writing and development of this plan. They have expressed an ongoing commitment to supporting the Barnsley Children and Young People's Trust and the development of key priority areas through their ongoing campaigns and work as Youth Councillors. The key issues they have raised and their ideas to develop services are included throughout the plan.

At the heart of this plan is a commitment to deliver on the results of the 2018 UK Youth Parliament 'Make your Mark' campaign, where, in Barnsley, the highest ever turnout was recorded with 11,011 votes cast.

The overall top three priorities agreed in the survey for Barnsley and articulated in this plan are:

1. Put an end to knife crime and improve young people's perceptions of safety
2. Mental Health
3. Equal Pay for Equal Work – With the addition of Quality Work Experience and a Curriculum to Prepare Us for Life.

To ensure the Partnerships' efforts are targeted appropriately to achieve key areas for development the CYPT have chosen five key priority areas to progress during 2019-2022:

- Inclusion and Engagement
- Continued development of Early Help
- Emotional Health and Wellbeing including access to Therapeutic Support
- Improved life outcomes for children and young people with Special Educational Needs and Disability (SEND) and Transitions at all key life stages
- To work with the Youth Council to deliver on key youth issues and local campaign priorities.

**Any Central Area Council approach should support and complement the Plans outlined above, ensuring that the views of young people are reflected in all aspects of service design and delivery.**

**Central Council Area context**

**Statistics for Central Area**

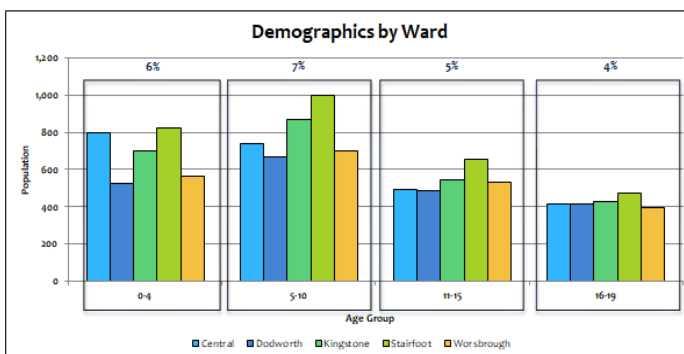
**Population:** 22% of the population in the Central Council area are children and young people, with the biggest presence in the 5-10 year old age group.

The total no. of children and young people by Ward is as follows:

- Central: 2,444
- Dodworth: 2,094
- Kingstone: 2,542
- Stairfoot: 2,950
- Worsbrough: 2,190

Diagram 1 below shows the age breakdown by ward of children and young people living in the Central Council area and Diagram 2 shows the % of pupils with English as an additional language:

Diagram 1: Demographics by Ward

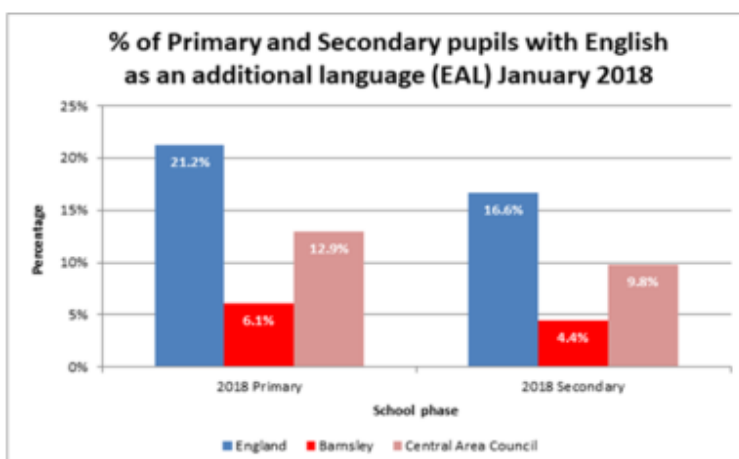


22% of the population in the Central Area Council are children and young people with the biggest presence in the 5-10 year old age group segment.

Source: ONS 2017 Mid-year estimates



Diagram 2: English as an additional language



**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**

The following diagrams illustrate the significant levels of deprivation in Central Council area:

Diagram 3: Multiple Deprivation

**Deprivation**

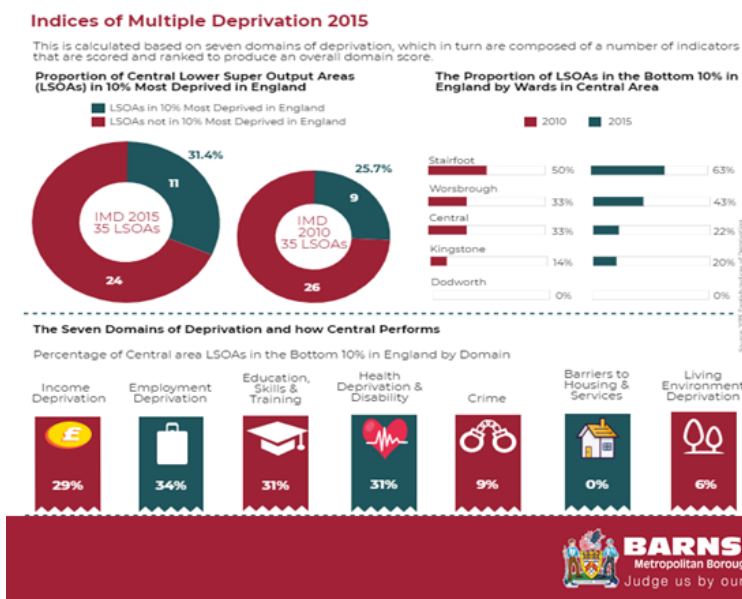


Diagram 4: Low-Income Families

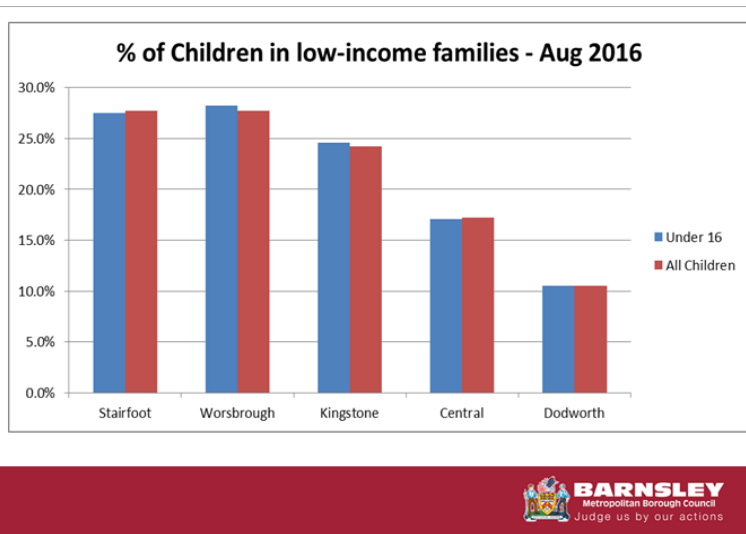


Diagram 5: Free School Meals

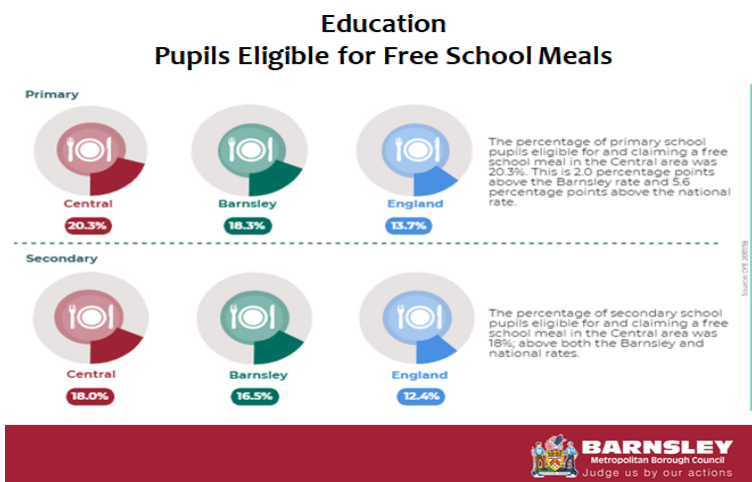
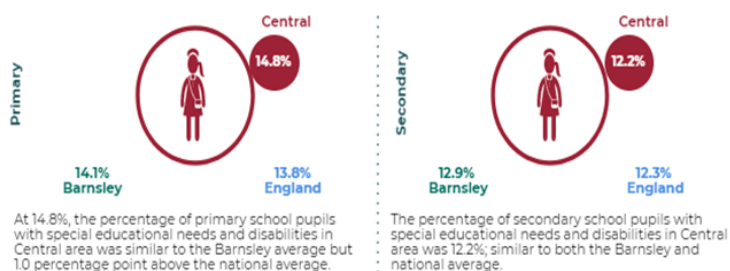


Diagram 6: Special Educational Needs and Disabilities

**Pupils with Special Educational Needs and Disabilities**



**Crime**

Domestic Abuse incidents are higher than the national and Barnsley average

### **Risk taking behaviour**

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

Teenage pregnancy rates are highest in Central Council area – 43.7/1000 females aged 15-17 against a Barnsley rate of 33.7/1000 and an England rate of 20.8/1000.

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

### **Review & learning from existing contract – Building Emotional Resilience aged 8-14 years delivered by Barnsley YMCA.**

The current contract delivering a service to build emotional resilience in children and young people aged 8-14 years across the Central Council area, commenced on 1<sup>st</sup> April 2017 on a 1 year + 1 year + 1 year basis, at a total cost of £390,000.

#### **Achievements/outcomes to date:**

**Local delivery to local children and young people/providing safe spaces**-YMCA have delivered x2 sessions/ week in each ward. These sessions include centre based, outreach/detached and after school provision.

The YMCA service has supported those who have low self-esteem, lack confidence, are vulnerable and struggle to socialise, some who have been bullied, have behavioural issues, family difficulties, are in the care system and who are experiencing changes in circumstances and deprivation. The service is also, in the majority of sessions, supporting participants who have mild to moderate disabilities and or additional needs. There have been a small number of children and young people mainly within the Central, Dodworth and Kingstone wards whose first language is not English. (Romanian, Chinese, Turkish, Lithuanian, Polish, and Indian).

A total of 1,284 sessions have been delivered from 1<sup>st</sup> April 2017 to end of June 2019 with 496 different young people aged 8-14 years attending 3+ sessions during the same period.

79% of those children and young people attending YMCA sessions identify as White British with 55% of those attending YMCA sessions are female and 45% are male. The remaining 21% identify as being from a range of other backgrounds.

A 39% increase in emotional well-being has been consistently reported by participants as a result of a self- assessment exercise being undertaken.

Case studies submitted as part of each quarterly monitoring report demonstrate the impact of this intervention.



### **Building relationships with children and young people/Belonging**

Over 80% of young people attending YMCA sessions have attended more than 3 sessions

### **Learning**

The programmes delivered as part of the YMCA Service have been developed to support the achievement of positive outcomes for children and young people and contribute to building emotional resilience and wellbeing. These have included:

- Generic youth work programmes including seasonal activities, recycled arts, crafts, big art projects, cooking, woodwork, coding, creative writing, ICT, sports, music project and team games. These activities create opportunities to build and maintain positive relationships with trusted youth workers, increase personal development and enhance self-esteem.
- Consultation with all participants about the half terms and summer programmes development, ensuring young people feel involved and have a sense of ownership and that the project is relevant to its participants.
- Workshops to enhance understanding of emotions, exploring self-esteem, self-image and confidence and developing the specific approaches from the Resilience Framework of belonging, learning, coping, and core self.
- Projects to enhance aspirations, achievement and sense of belonging, enabling participants to set and work towards goals, be creative and use their initiative and provide opportunities to learn new skills in team work and problem solving. Learning new skills and knowledge – team development activities, creating and producing their own music and learning about this process and careers / job roles in this industry.
- Outdoor education and personal challenge activities, providing new experiences, developing wider key skills, building confidence and enhancing self-esteem. Learning about the environment, habitats and conservation.
- Activities to create positive memories and experience opportunities that are new or sometimes out of the ordinary for many families. Visiting local museums and new activities such as skating.
- Activities to support the development of life skills such as budgeting, shopping and cookery along with activities in new and challenge environment in which participants learn to provide support and encouragement to each other and about social skills and expected behaviour in particular environments.

- A Peer Mentor Training Programme to give young people the opportunity to learn skills to help and support their peers and build on specific approaches from the Resilience Framework.
- Sports and games activities to increase motivation and encourage participants to engage in sessions that promote outdoor activities, teamwork and positive wellbeing.
- Using evaluation models that are designed by young people and record and reflect the distance travelled of project participants.

In addition to the above Social Value outcomes achieved have included:

- Recruitment, deployment and retention of adult and young people volunteers/peer mentors
- Recruitment and employment of 1 full-time and 14 part-time staff.
- Average local spend on this contract – 90%.

### **Lessons learned:**

- Building good relationships with schools to enable encouragement to be provided to the children and young people in most need of this service is essential.
- The above approaches all contribute significantly to building emotional resilience
- Sustainability very important –use of peer mentors/volunteers
- Social value including local spend and employment
- Building consistent trusted relationships with adults/youth workers is essential
- 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
- More responsibility being taken by children and young people for organising activities has proven successful
- Value of not being linked to formal services has been highlighted
- Significant nurture and support work provided including mentoring, building +ve relationships, self and behaviour management
- Positive contribution/social action encouraged and facilitated
- Youth work model and liaison with other providers allows provider to respond to what is happening in the locality.
- Supporting transition from Primary to Secondary Education is critical.

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.

It was recommended that independent feedback from schools, etc. could be requested as part of any future procurement.

### **What else currently exists?**

**CAMHS-delivered by SWYPFT** – The Barnsley child and adolescent mental health service (CAMHS) provides a comprehensive service to children and young people in the Barnsley area. Services to children and young people up to their 18<sup>th</sup> birthday who are experiencing a wide range of behavioural, psychological and emotional problems, difficult relationships, trauma or abuse are provided. Commissioned by the CCG.

**Public Health Nursing Team** – Public Health Nursing Service is a universal service provided to children and young people aged 0-19 years. The service prioritises children, young people and their families' health and wellbeing. The skill mix team of Specialist Community Public Health Nurses (Health Visitors and School Nurses), Public Health Nurses, Child Development Practitioners, Public Health and Infant Feeding Support Workers focus on collaborative working in partnership with parents, carers and other agencies to optimise children, young people and families' health and wellbeing. Funded by BMBC.

**Chilypep** – This is a charity that works with young people and organisations to offer training and consultancy. They work to promote and protect the rights of some of the most vulnerable young people in South Yorkshire. They work with many different groups of young people including young carers, LGBT groups and individuals, black and minority ethnic children and young people with mental health issues to create effective campaigns that champion the rights of those most affected by policies and services. Chilypep currently works with older young people in Barnsley, with some work focused on College students. Commissioned via CCG.

**TADS (Therapies for Anxiety, Depression & Stress)** – TADS is a charity that offers 8 week workshops to teach young people coping techniques and offer support with their mental health. They also offer 1:1 coaching sessions to people who struggle in group sessions. Currently lottery funded. TADS are currently delivering a Central Area Council Well-being Fund Project in schools across the area.

**THRIVE** – Through online tools, training and mentoring, THRIVE supports teachers and staff in learning about the emotional and social development relevant to a child's age. Help is also provided to understand a child's challenging or troubling behaviour

as communication. This programme has been delivered in approximately 50% of Barnsley's Primary Schools. Funded by individual schools.

**MindSpace** – MindSpace helps children and young people who struggle to manage and understand their feelings. With empathy, support and a range of constructive self-help tools, MindSpace helps children and young people lead happier, more confident, more sociable school and home lives. This service is currently being delivered in Horizon Academy by not Barnsley Academy.

BMBC Early Help offer including Targeted Youth Support Service, Family Centres/Family Support officers/Parenting programmes etc.

VCS offer provides by a range of local voluntary organisations including Churches, Community organisations etc.

### **Future Developments**

- Plans for a Well-being Hub to be established in the Town Centre YMCA building – To be delivered by Chilypep and Mindspace
- Town Centre youth hub proposal to be delivered as part of BMBC's Eastern Gateway scheme.

### **Recommendations**

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, determinants of ill health and deprivation 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 well-being for children aged 8-13 years in the Central Council area is commissioned for a further 3 years 1<sup>st</sup> April 2020 – 31<sup>st</sup> March 2023.

Reflecting the contents of this report and the discussions at both Working Group sessions it is recommended that the specific aims and objectives of the service should be:

- To build the emotional resilience and well-being of children and young people aged 8-13 years living in the Central Council area.
- To support the prevention of children and young people developing emotional well-being issues.
- Respond to recent findings about the relationship between subjective wellbeing and mental ill-health.
- Inspire young people to become more confident and esteemed individuals.
- Enable young people to take ownership and make positive life choices.

It is recommended that the following social value objectives should also be included:

- Provision of local skills development, work experience placements and apprentice opportunities.
- Employment and training opportunities within the locality.
- Collaboration with local Voluntary Community Organisations and Community Groups.
- Increase adult and young people volunteering opportunities in the local community.
- Recruitment and deployment of adult and young people volunteers.
- Development of strong community networks, community self-help and resilience.
- Local spend/use of local supply chains/sub-contracting locally.

It is recommended that the following key elements should be included in any specification developed:

- Work closely with local schools and in the community to help encourage those children and young people who need it most, to access the service.
- Ensure that it's those children and young people with low level emotional well-being issues that are encouraged to attend.
- Ensure that a diverse range of young people are encouraged to participate.
- Provide exciting and stimulating out of school interventions/activities in community settings that will encourage belonging, learning, coping and build the core self of children/young people.
- Provision should be delivered equitably across the Central Council area (2 sessions / ward / week).
- Supporting young people to manage stress and pressure as part of service delivery should be included.
- Ensure that topical issues are addressed as part of service delivery, including perceptions of knife crime, personal and online safety, social media and bullying.
- Support children/young people through the transition from primary to secondary education.
- Develop Peer Support models to support the programme.
- Involvement of a diverse range of children/young people in determining the activities to be provided.
- Ensuring the activities being delivered meet the needs of the children and young people to be targeted.
- Complement existing service provision for this age group in the area.
- Encourage and facilitate youth social action activity and projects.
- Service delivery should complement and support the agreed strategic approach to addressing emotional well-being in Barnsley

**Finance & Contract Duration**

Based on the current contract value and allowing for inflation, it is recommended that an amount of £135,000/annum is allocated to this contract, and that the contract should be awarded on a 1 year + 1 year + 1 year basis, subject to annual review.

Total cost for 3 years: £405,000.

**Performance Management & Impact of the Service**

In addition to the existing Central Area Council Performance Management and reporting systems, it is recommended that some element of “independent” impact reporting is included.