

## BARNSELY METROPOLITAN BOROUGH COUNCIL (BMBC)

### **ANNUAL UPDATE ON THE RECOMMENDATIONS OF THE SCRUTINY TASK AND FINISH GROUP (TFG) REPORT ON CHILD EMOTIONAL HEALTH AND WELLBEING – EARLY INTERVENTION & PREVENTION**

#### **1. Purpose of report**

- 1.1 To provide an update to the OSC on the progress made against the recommendations of the Overview & Scrutiny Committee (OSC) from the investigation undertaken on its behalf by the Child Emotional Health and Wellbeing – Early Intervention & Prevention (EIP) Task & Finish Group (TFG). The Task and Finish Group concluded its investigation in February 2021 after meeting with the commissioners and providers of a number of local support services, as well as speaking with young people directly. The TFG made 9 recommendations which have been incorporated into the Emotional Health and Wellbeing Improvement Plan. This report will provide an update against these recommendations as requested by the task and finish group.

#### **2. TFG Recommendations and Updates**

- 2.1 **Recommendation 1: A review is undertaken of funding streams and joint commissioning arrangements amongst all services including statutory ones as well as those in the Voluntary & Community Sector (VCS) to ensure income is being maximised and resources put to best use.**

The TFG acknowledge the complexities involved regarding funding amongst different agencies including statutory ones, as well as those in the VCS sector. However, they are keen to ensure that local services capitalise on available funding, including in the 3<sup>rd</sup> sector, where they are able to access additional resources which statutory services can't. Members are also mindful that many people prefer to access non-statutory organisations for support, as they feel there is less stigma attached to these.

#### **Update:**

- The Emotional Health and Wellbeing group provide strategic overview of funding and commissioned services
- Funding arrangements are in place through a Section 75 agreement with the CCG. Commissioned services in place with VCS partners including Barnardo's providing Child Protection Advocacy, Young Carers support, The Junction – Harmful Sexual Behaviours
- The Children and Young People's Public Health Team are leading on the completion of needs assessments focussing on vulnerable children and young people, these needs assessments will provide the basis for developing the emotional health and wellbeing priorities for the next 12 months. Assessments around the CYP substance misuse service and LGBTQ+ young people are currently ongoing.
- The CYP Emotional Health and Wellbeing Lead is responsible for communicating with the Executive Commissioning Group (ECG) to identify areas of opportunity for funding and areas of risk. This is communicated via regular meeting updates and discussion as part of the ECG agenda long term plan.

## **2.2 Recommendation 2: Work is undertaken specifically to ensure that training for staff regarding dealing with bullying is of high quality**

The group welcome knowledge of a review being undertaken of training across services in terms of quality and consistency. As the issue of bullying has been raised by local C&YP with Members, the group are particularly keen that work is done to improve how staff deal with bullying and support C&YP as a result.

### **Update:**

The Anti-Bullying Commitment was completed in April 2021, and the revised Anti Bullying strategy and Action Plan was presented to the Barnsley Safeguarding Children's Partnership in May 2021 for ratification.

A self-harm working group has been established to consider the role bullying, including online bullying plays in self harm behaviour, from this a CYP specific self-harm strategy is in development and work is ongoing with Harmless (a national charity who are specialists in self harm) and COMPASS to identify how Barnsley can improve their approach to self-harm.

- The 'Awareness Raising of Bullying and Links to Trauma' training course is now well embedded in the Multi-Agency Safeguarding Children Training Programme. Six courses have been delivered since February 2021, with 108 attendees. There are two further courses planned for 2022.
- There was input from the Anti-Bullying Alliance on 'Understanding Bullying and How to Respond' during the BSCP calendar for Safeguarding Awareness Week 2021, a further 19 attendees accessed this training.
- A new Contextual Safeguarding Trainer post has been created within the BSCP, within this offer a 'Young People and Online Harms' multi-agency training course has been developed, this course raises awareness of the harmful experiences young people may encounter online, including cyberbullying and considers interventions to use to support children, young people and their parents/carers.
- Harmless, the Centre for Excellence for Self-Harm & Suicide Prevention, have received funding from Public Health England (PHE) to support Barnsley's approach to self-harm, this involved a multi-agency workshop held in Summer 2021 and a programme of training which is currently being offered to all secondary schools across the borough.
- Funding has been secured from PHE Better Mental Health Fund to commission a 12-month Healthy Peer Relationships Pilot service embedded within the COMPASS Mental Health Support Teams. This service will provide a specialist practitioner to work with children, young people and their schools to address concerns of bullying, peer on peer abuse and harmful behaviour. This service launched in Jan 2022 and will provide 1:1 support to children and young people alongside support to schools in developing their whole school approach.
- Funding has been secured to provide 'self-harm' grants to secondary schools across Barnsley, this initiative was launched in Autumn 2021 and asks schools to 'bid' for funding to support them in supporting children and young people who self-harm. Schools have been asked to develop innovative ideas that will work to support their students (examples include creating a safe, sensory space within the school, investing in diversionary and positive activities, developing/investing in resources)

### **2.3 Recommendation 3: Work is undertaken to identify how the support needs of partners could best be met by local services, whether this is delivered via statutory or 3<sup>rd</sup> sector services**

Members were reassured by knowledge of the support provision available to mums. However, they acknowledged that there is demand for, but little service provision with regards to supporting partners as a specific group and would therefore welcome work being undertaken on this and provision made available.

#### **Update:**

There is currently a multi-agency approach in place to address the gap in provision to support Dads and Partners. The development of this work has been further supported by the publication of a national report 'The Myth of Invisible Men' which outlines key recommendations made by the review. Our aim is to ensure a whole system approach which acknowledges the important role that fathers play in child rearing and expectations that at all stages and within all services they will be included in service developments and delivery.

- A multi-agency Task and Finish Group has been established to conduct a self-assessment against the recommendations from the Myth of Invisible Men Safeguarding Practice Review in order to identify and address any gaps. This is an initiative led by the BSCP.
- A series of public involvement events have been developed by Barnsley maternity services to gather the voice of Dads and understand what support they need and would engage with. Recommendations from these events included self-help resources, links to information online and the development of a Dads support group. Unfortunately, the development of a support group has been delayed by COVID 19 restrictions, however, a mental health peer support group for men generally has been launched – Andy Man's Club meets every Monday at the Library at The Lightbox and Dads are able to self-refer.
- Barnsley Hospital's Birth Thoughts Clinic is open to mums and partners post-natally, this offers a therapeutic listening session during the postnatal period to provide additional emotional health and wellbeing support. Alongside this, Barnsley's Perinatal Mental Health Service offer partners 1 session and they are then signposted to IAPT if necessary.
- A new national ICON Programme Manager has been appointed and will be launching a national steering group to focus on men and coping with crying, this will feed into the work of the Barnsley ICON implementor Group which is led by the Public Health Senior Practitioner.
- In September the Designated Nurse for Barnsley organised a regional conference 'Talking Dads' with the aim of stimulating conversation and thinking around how we better engage men and to shine a light on the issues they are facing as parents. Dad Pad were featured in the conference, helping to raise it's profile in the region.

### **2.4 Recommendation 4: Training is provided on the Area Council model and commissioning of localised services as well as information on the variety of all services available across Barnsley and Primary Care Network (PCN) boundaries . This includes for all staff from front-line statutory services including GPs, as well as encouraging those from 3<sup>rd</sup> sector organisations and community groups to undertake this so they can assist with referring people and helping them to navigate support services**

The TFG is mindful of the array of local support services available for CYP&F; however, feel they need better promotion, particularly as they are aware of the challenges families face in navigating them, especially as the pandemic has meant a new cohort of families need

access to such services. The TFG is also aware that the PCN boundaries vary to the Area Council boundaries which creates further complications. It would also be helpful for staff to understand the service commissioning by Area Councils and what specific service provision may be available on local area footprints, to both maximise referrals, as well as prevent inappropriate ones. The group note that some people prefer to engage with non-statutory services and note the importance of 'word-of-mouth' in communities accessing support services.

#### **Update:**

- Local Area information packs have been developed which include the services that Area Councils commission, who the team are, how to get involved, the role of the Ward Alliances and the Area Councils along with all the contact information for those services and these will be shared with local partners and members of the public.
- Work is also underway to improve the information included in the Area Council area of the BMBC website and once completed this will be one place where people can access the local support in their community. The Area Teams also utilise their local Facebook pages for sharing the offer in local communities.
- The 'Team around the Community' concept is currently being worked up, this will be a network of partners/organisations working in a specific area (one of the six Area Council areas), and we would bring those people/organisations together to share the work that we are all doing in that area to improve awareness of the local offer but to ensure that there wasn't any duplication and the right connections are being made.
- The VCSE Strategy Group has been developed, the Terms of Reference have been agreed and there are a series of networks being developed under the headings of 'start well', 'live well' and 'ageing well' which will be the place where statutory sector partners can liaise with the Sector in a different way.

### **2.5 Recommendation 5: Investment is made in providing additional support for C&YP post-16 and at all stages of transition**

The Members expressed concern at the limited availability of services for both of these areas and recommend that further investment is made in providing support services at these key times. The group suggest that better use could be made of Personal, Social, Health & Economic (PHSE) lessons in schools for these purposes.

#### **Update:**

Post 16 and transitions is a key priority area for the EHWB group and the CYP EHWB Improvement Plan identifies key actions, timeframes and lead professionals to support this work. The membership of the CYP EHWB Group has been widened and involves the Post 16 employability and Skills team and the Barnsley College Health and Wellbeing Worker this will improve communication and information sharing with Post 16 provision.

- The new CAMHS Service Specification was developed in 2020 and sets out a clear ambition for a 0 – 25 CAMHS service in Barnsley. The change management plan to move the service towards delivery up to 25 years is in development and is monitored by the Children and Young People's Mental Health Services Steering Group
- The Children and Young People's Emotional Health and Wellbeing Hub within the town centre is now developed and will launch its full offer in Spring 2022, this will include targeted interventions to support young people aged 16-25 years.
- A project briefing paper and delivery plan has been commenced to pilot an Intensive Home Support programme for teenage parents to support young people in the transition to parenthood.

- The multi-agency Directions Panel was implemented in November 2020, and is chaired jointly by children's social care and adult social. The Directions Panel sits monthly and hears cases of children between the ages of 16-18 years old who are vulnerable and require additional support as they transition into adulthood.

## **2.6 Recommendation 6: Ensure that the voice of C&YP is heard in all services, including OSC Members engaging with C&YP from Chilypep as well as the Youth Council, SEND Forum & Care4Us Council on an annual basis to hear the views of local C&YP**

The TFG were impressed by the contributions of local C&YP in the design and delivery of services and are keen to make sure that this continues. Also, to ensure that OSC Members have at least annual contact with C&YP on the available forums.

### **Update:**

- The Children and Young People's Emotional Health and Wellbeing Engagement Strategy will launch on 31<sup>st</sup> March 2022. This work has been led by a joint group of children and young people from Chilypep Young Commissioners and Barnsley Youth Council alongside young people from a range of voluntary and community sector services across the Borough. They have led a consultation with over 100 young people and have developed a participation charter which will be launched at a multi-agency event in March.
- The Chilypep Young Commissioners have led sessions with the BMBC commissioning team and the Area Council Managers to promote their work and support commissioners in understanding how young commissioners can support their processes and ensure that children and young people have a voice within these processes.
- Barnsley Youth Council will be providing feedback from the annual Make Youth Mark campaign, identifying future priorities for young people once voting has taken place in March 2022.
- The Chilypep Young Commissioners have been involved in reviewing the All Age Mental Health Strategy and providing feedback for the development of the strategy and its priorities.
- A joint group of Chilypep Young Commissioners and Youth Councillors worked on the branding and naming of the new Emotional Health and Wellbeing Single Point of Contact in Jan 2022 and will support the public launch of this provision in Spring 2022.
- Takeover Day returned on 26<sup>th</sup> November 2022, the virtual event gave Barnsley's children and young people the chance to work with local businesses. Interactive workshops took place throughout the day and covered a wide range of jobs, with speakers from organisations including COMPASS Mental Health Support Teams, CAMHS, NHS and BMBC teams.

## **2.7 Recommendation 7: A system review is undertaken of the assessment processes for services, with the aim of them being streamlined and having greater information sharing amongst organisations**

Throughout the investigation, the TFG were mindful of the number of assessments being carried out on CYP&F by numerous services. Although they recognise this is necessary for services to obtain particular information regarding their interventions, the group felt that this could be particularly burdensome for families accessing several services and repeating the same information on numerous occasions, which could be avoided. The TFG were also concerned that for some CYP&F this could result in them disengaging from accessing service due to assessment fatigue.

## **Update:**

- The new Single Point of Contact for all referrals into CAMHS/COMPASS Mental Health Support Teams will launch on 28<sup>th</sup> Feb 2022, this has been delayed by COVID 19 however, the launch date is now confirmed and this will provide one 'front door' for all referrals for emotional health and wellbeing and will support referral partners and children, young people and their families to access the right support at the right time without the need for duplicate referrals and will reduce the feeling of being 'bounced' around the system.
- A new Early Help Schools Development Officer is now in post to support schools in the completion of quality Early Help Assessments, the promotion of early help assessments is key to ensuring early identification of need, this assessment can then be utilised by multi agency teams – streamlining the assessment process. The Early Help Assessment should form a robust basis for all assessments, the early help assessment should hold comprehensive information about a family, background and areas of need and, once completed, should remove the need for families to continually repeat 'their story'.
- The 0-19 Public Health nursing Service are currently working in partnership with COMPASS to develop a new initiative to trial a consultation clinic for 0-19 PHNS workforce, to ensure access to the right support in the right setting to avoid duplication and being 'bounced' between services and to support the staff through collaborative discussions and consultations with regard to clinical support and intervention.
- Children's social care are co-located with health and the police which enables good information sharing and joint assessment of need. Children's Social Care hold a daily briefing meeting with partners from CAMHS, Health, Early Help, Police, YOT to share information on the most vulnerable children who may need support and protection arising from concerns overnight. The 8.30 am daily briefing allows for swift information sharing and support to be mobilised to children and families

## **2.8 Recommendation 8: An All Elected Member Information Briefing is held on the variety of available support services for EIP regarding child emotional health and wellbeing across the different life stages**

The TFG appreciate that during their investigation they were able to cover services in more detail and had opportunity to provide check and challenge to service provision. However, they feel it would be beneficial for all Elected Members to have an awareness of the available services in communities they could refer constituents to for support, particularly as many are only aware of CAMHS which adds to the pressures on that particular service.

## **Update:**

- An All Elected Member Briefing was held on Tuesday 25<sup>th</sup> January 2022. The briefing was led by the Children and Young People's Emotional Health and Wellbeing Lead and supported by presentations developed by CAMHS, COMPASS Mental Health Support Teams and Chilypep.
- It was agreed that CYP Emotional Health and Wellbeing would be the theme of regular All Elected Member Briefings to ensure that all members are aware of the services available in the community and the developments that are ongoing across the Emotional Health and Wellbeing System.

## **4.9 Recommendation 9: An interim update on the work to review the local system with regards to children's emotional health and wellbeing support services and the integration of service pathways is provided by the Transformation Lead to the OSC in 12 months, followed by an update in 2 years, and would recommend this post continues**

The TFG particularly welcomed the work being undertaken by the Transformation Lead and felt this was a critical post and an area of work needed to ensure that services are joined up, especially as changes are implemented. The group are keen to maintain awareness of the milestones being worked to, and met, regarding EIP and children's emotional health and wellbeing services. Members are also keen to hear how other key local partners are being involved in this work such as Berneslai Homes, as well as other developments such as the recently commissioned social prescribing service for young people, and the children's emotional health and wellbeing agenda in local Primary Care Networks (PCNs).

### **Update:**

- The post of Children and Young People's Transformation Lead was made permanent in June 2021 following commitment from BMBC Public Health and Barnsley CCG.
- This report provides an interim update on the work to review the local system and service offer for children and young people and has been completed in collaboration with all children's services.

### **3. Emotional Health and Wellbeing System Update**

3.1 The Emotional Health and Wellbeing Improvement Plan was agreed in July 2021 by the Emotional Health and Wellbeing group. The improvement plan was created in collaboration with all CYP services and is a system wide plan.

3.2 The improvement plan highlights 5 key priority areas:

- Early Intervention and Prevention
- Workforce Development
- The Role of Schools and the Schools Workforce
- A better journey through mental health services
- Improved support for vulnerable children and young people
- Engagement and Co-production

3.3 Alongside the actions within the improvement plan there are a number of ongoing workstreams:

- Launch of the new Single Point of Contact for emotional health and wellbeing requests for support. Following the initial launch with COMPASS/CAMHS, there will be a further period of development as we work with services across the system to understand how we can further streamline referrals into the system.
- Development of the CYP self-harm strategy which will include a new proposal to fund a parent/carer training programme and peer support group
- Ongoing development of the CYP Emotional Health and Wellbeing Hub as a 'safe space' for children and young people to access early intervention, signposting and support around their mental health. This space will provide support for children and young people aged 11 – 25 years.
- Eating Disorder Working Group – the COVID19 Pandemic has seen a significant increase in the numbers of young people referred to specialist eating disorder services. A working group to understand this and address the need was established in May 2021. The group has already secured funding for a wide training programme targeted at GPs and existing support services, and approval from the CCG to fund a new early intervention model which will significantly increase capacity at 'pre-CAMHS' level to

provide early intervention and support to children and young people. This model will launch from April 2022.

- The CYP Emotional Health and Wellbeing Lead has worked collaboratively with the Education Inclusion Service to develop a centralised Training Offer, which ensures schools, and the wider CYP workforce have easy access to free, quality training around emotional health and wellbeing. This offer will be reviewed annually, with input from CAMHS, COMPASS, Chilypep, Education Psychology and the Barnsley Safeguarding Children Partnership.