

The background of the slide features a large, light blue watermark of the City of Vancouver's coat of arms. The crest includes a crown at the top with four maple leaves, a shield divided into four quadrants (top-left: a ship, top-right: a stag's head, bottom-left: a ship, bottom-right: an eagle), and a banner at the bottom with the motto 'A NE FOR A'.

Agenda Item 9

Children's Commission – Community Mental Health and Wellbeing Supports & Services

Falkirk Council

Title: Children's Commission – Community Mental Health and Wellbeing Supports & Services
Meeting: Education, Children and Young People's Executive
Date: 1 June 2021
Submitted By: Director of Children's Services

1. Purpose of Report

- 1.1 The purpose of this report is to provide the Education, Children and Young People's Executive with an update on the progress of the Community Mental Health and Wellbeing Supports and Services Framework and the related improvement project with Scottish Government and Healthcare Improvement Scotland, from the 27th of October 2020 committee, where it was agreed to create the service and recruit a Service Manager. Both action have been completed.

2. Recommendations

2.1 Education, Children & Young People Executive is asked to:

- (1) note the content of the overall report;**
- (2) note potential links with other improvement work: Enhanced Transitions Pilot, CAMHS Improvement Support, NHS Neurodevelopmental Pathway; and**
- (3) note links and alignment with other council and community planning priorities, 4.**

3. Background

- 3.1 The Scottish Government/ COSLA Children and Young People's Mental Health and Wellbeing Programme Board have asked all children's partnerships in Scotland to develop local supports and services for children, young people's mental health and wellbeing. Money has been allocated to each partnership to develop supports and services.
- 3.2 The Programme Board has produced the Community Mental Health and Wellbeing Supports and Services Framework which sets out the aims of the approach. Detailed reporting criteria has also recently been issued to leads. (See Appendix 1 – Summary of Community Mental Health and Wellbeing Framework and Appendix 2 – CMHWBS Framework in a page – Visual)

- 3.3 The Framework gives local partnerships flexibility to develop appropriate supports to build upon local needs, structures, and existing approaches.
- 3.4 Supports and services should provide support to children and young people aged 5-24, 26 if care experienced.
- 3.5 New supports and services should offer preventative wellbeing support and emotional distress services as well as support to parents.
- 3.6 New supports and services should be within a GIRFEC pathway, align with and be in addition to existing services such as school counselling/ school nursing, and offer support from early intervention with a clear pathway to CAMHS.
- 3.7 It is expected that local areas work with children, young people, and families in to codesign and develop supports and services.
- 3.8 In Falkirk this work will be managed and overseen by the Children's Commission via the Integrated Children's Services Plan.
- 3.9 A Service Manager has been appointed to oversee this work and Counselling Through Schools and started 1st March 2021.
- 3.10 In addition to the monies received to implement the Framework, Falkirk was successfully chosen as one of two Children's Partnerships (Moray & Falkirk), to be part of an improvement project with Scottish Government and Healthcare Improvement Scotland. This support gives Falkirk a Service Designer and Improvement Advisors to support the development of the new services.
- 3.11 A multi-agency Mental Health and Wellbeing Governance Group has been set up with Government, Healthcare Improvement Scotland and key Falkirk representatives. A design team with people with lived experience, and staff who know the systems is being brought together to start the codesign process. Young people have volunteered to be involved, identifying representation from parents is underway.
- 3.12 The work of the design team will contribute to the development of the Mental Health and Wellbeing Priority action plan in the Integrated Children's Services Plan.

4. Considerations

- 4.1 Despite the pandemic, the Commission has driven this work forward and successfully become part of a national improvement project.
- 4.2 Scottish Government are clear that supports and services should be codesigned with children, young people, and their families. This means that

the spending of monies may be delayed slightly as the design team is established and scoping work begins.

- 4.3 Healthcare Improvement Scotland has assured the Governance Group that the design process will not slow the progress but will ensure genuine coproduction.
- 4.4 Falkirk Children's Commission/ CPP was chosen for this improvement project due to; the CPP Joint Strategic Needs Assessment and the Children's Commission engagement with young people clearly showing mental health as a CPP priority, strong partnerships across the Commission and the CPP Mental Health Planning Group and the use of Improvement Science across several plans across Children's Services and the Children's Commission. Falkirk is viewed positively by Scottish Government for our partnership and use of data to inform planning. (See Appendix 3 - Infographic of young people's views on ICSP Key Priorities).
- 4.5 The Framework and design of supports and services aligns with several other CPP/ Commission plans and Council/ Partner Improvement Aims:
- Local Child Poverty Action Report
 - Local Employability Partnership
 - Falkirk Plan and existing CPP Mental Health Planning Group
 - Trauma Champion Work
 - Integrated Children's Services Plan Priorities: Family Support, Corporate Parenting (Including The Promise), Employability
 - Council of the Future: Succeed Today Excel Tomorrow – ASN
 - Early Years CARE and Family Support
 - HSCP Mental Health Work
 - NHS FV Health Improvement Strategy – Mental Health and Wellbeing
 - Enhanced Transitions Pilot - ASN
- 4.6 Pandemic/ Interim supports are being developed to ensure support for mental health and wellbeing is available while the design process takes place and as restrictions ease. CAMHS report that each time lockdown has eased, and schools have returned, an increase in referrals has been noted.
- 4.7 Increased counselling, Family Support, and a children's mental health service are being scoped with procurement to ensure support is accessible to children, young people, and their families.

5. Consultation

- 5.1 Through the CPP Joint Strategic Needs Assessment, Children's Commission Engagement and Lockdown Lowdown, young people have told us that mental health is the main priority they want to see actioned in the Integrated Children's Services Plan.

- 5.2 Through the Children's Commission Rights and Engagement Group, young people have put themselves forward to be part of future planning and service design. This group of young people will carry out consultation with their peers and local communities as part of the design of supports and services.
- 5.3 The design team has been developed with reference to data from CAMHS, NHS Adult Mental Health Nurses and Schools Census data to identify the localities that appear to have higher needs around mental health and wellbeing.
- 5.4 The design team includes children, young people and their families, community wellbeing champion, practitioners from schools, CLD, CAMHS, Educational Psychology, Family Support.
- 5.5 As part of the design process, a wide consultation will take place with communities and partners.
- 5.6 Supports & Services will be designed with children, young people and parents and professionals from across children's and adult's services.

6. Implications

Financial

- 6.1 Community Mental Health and Wellbeing Supports & Services monies allocated to the partnership for 2021-22 are £419,000. Collaborative resourcing/ realigning of budgets will need to be considered across Council Departments e.g. ASN, CMHWBS, Young Person's Guarantee, and with partners e.g. adult mental health services, transition supports.

Pandemic Mental Health & Wellbeing monies allocated to the partnership are 314,250. £304,250 is being carried forward and will be spent this year as per 4.5.

Resources

- 6.2 New supports and services will likely be designed, and existing services may be enhanced/ realigned. Collaborative procurement may be required across council, NHS and third sector. The outcomes of the service design process will inform any new resources.

Legal

- 6.3 The Children and Young People (Scotland) Act 2014 places a duty on Councils and NHS to develop an Integrated Children's Services Plan. Young people have told us mental health is their key priority for this plan.

As UNCRC is enshrined in domestic law, we will have a legal duty to ensure children's rights are respected, protected and fulfilled. Failure to do so may result in the Council and the Partnership being challenged in a court of law.

Risk

- 6.4 Young people in Falkirk, and our data, tells us we have increasing needs around mental health and wellbeing, including family support. Community mental health and wellbeing supports need to be better coordinated, available before crisis point and easily accessible to ensure young people have access to help and support when they need it. The new supports and services should mitigate the risk of children not being able to access supports or services.

Changes to systems and services creates a level of risk. Each partnership should agree how risk will be managed and monitored, and ensure any necessary safeguards are in place.

Links between new community services and CAMHS, as well as staff training and support are crucial to manage risk.

A clear escalation pathway both in hours and out of hours will be agreed with services and CAMHS that includes, how to access advice from CAMHS if a child is not getting better or concerns are increasing and how to access urgent assessment from other professionals including GP's, mental health specialists, nurses, social work if required.

Equalities

- 6.5 The Community Mental health and Wellbeing Supports & Services Framework states that all supports and services must be inclusive. The design team will have representation from different inequality groups.

An Equality and Poverty Impact Assessment and Children's Rights and Wellbeing Impact Assessment will be carried out on any proposed new services or supports.

In line with the Framework, targeted interventions for particular groups i.e. LGBTQ, deaf communities, young parents, children with learning disabilities or complex needs, Gypsy Traveller children will be explored.

Sustainability/Environmental Impact

- 6.6 Sustainability – Scottish Government leads have stated that the money to codevelop and deliver supports services is sustainable and not one-off funding.

7. Conclusions

- 7.1 Mental health and wellbeing is the key priority young people in Falkirk have identified for the Integrated Children's Services Plan and highlighted through several Lockdown Lowdown surveys.
- 7.2 The Community Mental Health and Wellbeing Supports and Services Framework, and it's associated funding, will support the Children's Commission and adult services to deliver coordinated supports and services for children and young people aged 5-24, 26 if care experienced.
- 7.3 Being part of the Scottish Government and Healthcare Improvement Scotland Improvement Project gives Falkirk a unique opportunity to work with service designers and improvement advisors to design services with people who have lived experience.
- 7.4 The design work is underway. Engagement and consultation with a wide range of stakeholders will be part of this process.
- 7.5 Regular communications will be produced to keep the partnership, including members, informed.

Director of Children's Service

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Date: 27.04.2021

Appendices

Appendix 1 – Summary of Community Mental Health and Wellbeing Framework

Appendix 2 – CMHWBS Framework in a page - Visual

Appendix 3 – Infographic of young people's views on ICSP Key Priorities

List of Background Papers:

The following papers were relied on in the preparation of this report in terms of the Local Government (Scotland) Act 1973:

- Scottish Government Community Mental health and Wellbeing Supports & Services [Framework](#)

Falkirk Community Mental Health & Wellbeing Services and Supports Framework Overview

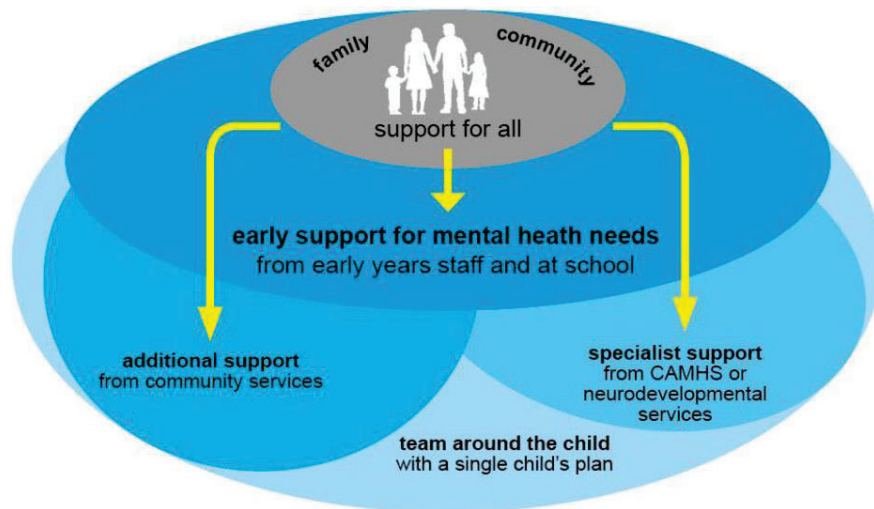
Objective:

Every child and young person in Scotland will be able to access local community services (or out with their community if they prefer) which support and improve their mental health and emotional wellbeing.

Every child and young person and their families or carers will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment or community.

Values & Principles

- i. Children, young people and their families will receive the support they need, when they need it, underpinned by the values, principles and components of GIRFEC, and responsive to local needs and systems. This should support and improve their mental health and emotional wellbeing and be provided by people with the right knowledge, skills and experience to support them.
- ii. Children's Services Partnerships or Community Planning Partnerships will work with children, young people and families in their communities to develop support and services which build on the existing effective supports and structures where appropriate and increase the opportunities to improve their mental health and emotional wellbeing, covering an age range of 5-24;
- iii. Through Children's Services Partnerships or Community Planning Partnerships, education, health including CAMHS and primary care, wider children's services and the third sector will work together taking a whole system approach to supporting children, young people and their families. Children and young people should experience a seamless pathway through supports.
- iv. These supports and services should recognise and respond to the factors which contribute to poor mental health, distress and mental illness, such as poverty, homelessness, substance use etc. and have clear links to services which can support with those.
- v. These supports and services should be in addition to what is provided through schools and CAMHS and focus on being there for children, young people and families at the earliest opportunity, with a focus on preventing distress and mental ill health worsening.
- vi. These supports and services should be visible and easily accessible with support to access where required; and everyone involved in supporting mental health and wellbeing should be clear about the role.
- vii. These supports and services will be delivered by a workforce which is appropriately skilled, supported and resourced.
- viii. Children and young people themselves should lead the thinking around how this looks locally and be key in measuring the impact of these.
- ix. Children's Services Partnerships or Community Planning Partnerships will be asked to evaluate and report on the provision of these supports and services on a basis to be agreed by the Scottish Government and COSLA and monitored by the Programme Board



What is the Framework?

The Framework asks Children's Partnerships to commission new services and/ or enhance existing services that children and young people can access to support their mental health and emotional wellbeing within their local community.

In Falkirk the Children's Commission Leadership Group will oversee the development of the Framework which should sit within a GIRFEC pathway, be relationships based, underpinned by UNCRC and developed with children and young people.

It must adopt a whole systems approach aligned to: Midwifery, Health Visiting, Family Nurse Partnerships, Early Learning and Childcare, Schools, Community Learning & Development, Educational Psychology, GP's, Family Support including parenting programmes, Social Work, Counselling Through Schools, Bereavement Services, Trauma Services, Adult Mental Health Services, LGBTQ, substance services, youth justice, and it should include a clear pathway to CAMHS.

The Framework should be delivered through our Integrated Children's Services Plan as part of the Children and Young People (Scotland) Act 2014 Part 3 – Children's Services Planning.

Who are the new services for and what should they include?

All young people from 5 – 24 (26 for Care Experienced), with clear routes to supports available for priority groups, those with complex needs, where English is an additional language or for children in the at risk group – Looked After, experience of criminal justice system, experiencing poverty or where their distress prevents them actively seeking support. Local data should be used to identify any local needs or priorities and consider health inequalities and barriers to support, in addition to the needs identified below.

Services must consider discrimination and stigma and how this can be addressed in the design of services. Co-production of services, and peer to peer support, will be central to reducing stigma.

The services should include preventative mental wellbeing supports for:

- resilience and coping strategies (emotional regulation)
- body image and self-esteem

Appendix 1

- healthy and positive relationships
- healthy digital interaction
- parenting support groups for parents of children and young people of all ages.

The services should include distress services for needs such as:

- Anxiety
- Attachment
- Bereavement
- depression (mild to moderate)
- emotional and behavioural difficulties associated with neurodevelopmental disorders
- gender identity
- repetitive/ perseverative behaviours
- self-harm
- substance misuse
- trauma.

To ensure they are accessible services may include following the NES Trauma Informed Practice Guidelines, Facilitated Transport, flexible locations, Support being available to those already have a relationship with the child via multi-disciplinary consultation.

Access to Services

Access via GIRFEC processes and named person/ lead professional, as well as direct referral routes for children, young people and families should be available. Access should be based on the 'tell your story once' principle.

Effective assessment and planning should ensure the holistic needs of a child are understood. Partnerships should review their assessment and child's plan processes alongside the development of the services.

Services should be available at weekends and in evenings and include individual supports as well as peer and group supports and available in comfortable non-clinical settings.

What types of supports may be developed?

This is a suggested list from the Framework document and should be developed further by working with children and young people and using local data and information to identify needs:

- Additional Listening, counselling or other psychological interventions
- Additional early support in school
- Targeted interventions for particular groups i.e. LGBTQ, deaf communities, young parents, children with learning disabilities or complex needs, Gypsy Traveller children.
- Training for all responders re the needs of children and young people in targeted intervention groups
- Universal youth work for early intervention, prevention, positive relationships and facilitating peer support
- Parenting support groups, which include info on child brain development, and help parents understand and manage difficult behaviour and distress and empower them to strengthen their relationships with their children.
- Supportive work with family members

Appendix 1

- Support for CYP that helps them understand their emotions by age and stage and understand brain development; emotional regulation skills based on DBT, CBT to develop self-care and management.

Workforce

Safe and effective practice aligned to GIRFEC requires several elements to be in place in terms of workforce capability and capacity.

A well-coordinated system to provide quick assessment of need and access to staff with relevant skills.

CAMHS teams will support both universal and additional children's services by providing consultation, advice, training and where appropriate supervision of staff providing psychological interventions.

Specific skills and knowledge is required at four levels; Informed, Skilled, Enhanced and Specialist. Most workers in community services will be operating at informed or skilled providing relationship and listening based supports.

Appropriate reflective practice or supervision should be in place to ensure safe and effective practice and support staff resilience and wellbeing.

RISK

Changes to systems and services creates a level of risk. Each partnership should agree how risk will be managed and monitored, and ensure any necessary safeguards are in place.

Links between new community services and CAMHS, as well as staff training and support are crucial to manage risk.

A clear escalation pathway both in hours and out of hours should be agreed with services and CAMHS that includes, how to access advice from CAMHS if a child is not getting better or concerns are increasing and how to access urgent assessment from other professionals including GP's, mental health specialists, nurses, social work if required. Escalation procedures should be available 24/7.

Services will primarily use evidence-based interventions but if using less well evidenced supports, practitioner should manage the risks.

Outcomes

Reporting measures have been provided by Government for partnerships to report back on progress.

Local measures will need to be identified, as well as individual child outcome measures, to tell us if local services and supports are working for children and young people.

supports and services **CHILDREN AND YOUNG PEOPLE'S** **MENTAL HEALTH AND WELLBEING**

Key values and principles for these services are below.

The full Framework can be read at:

<https://www.gov.scot/publications/community-mental-health-wellbeing-supports-services-framework/>

There will be one clear pathway with support at all levels from early help to CAMHS.

Services can be accessed through self-referral or through a named person.

Help and support for all ages when needed, including outside 9 to 5 and at weekends.

People will only need to tell their story once.

Services will be easily accessible and inclusive.

All areas in Scotland have been asked to develop local supports and services for children and young people's mental health and wellbeing. This means services for people aged 5 to 24 or 26 if care experienced.

A design team will come together every two weeks to develop these services. The design team will consist of young people, parents, and professionals.

Types of support might include:

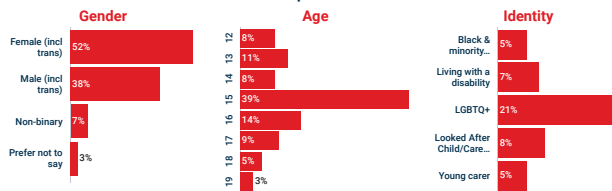
Preventative wellbeing supports, for example body image and self-esteem, healthy and positive relationships, healthy digital interaction, parenting support groups for parents of children and young people of all ages.

Services that support emotional stress, for example attachment, bereavement, depression (mild to moderate), emotional and behavioural difficulties associated with neurodevelopmental disorders, gender identity, repetitive/ perseverative behaviours, self-harm, substance misuse.

If you would like more information please contact girfec@falkirk.gov.uk

In February 2021 we asked young people about which UNCRC articles mattered to them to begin to write the Falkirk Children's Rights Plan with them. 87 young people responded.

Here are the characterises of the respondents:

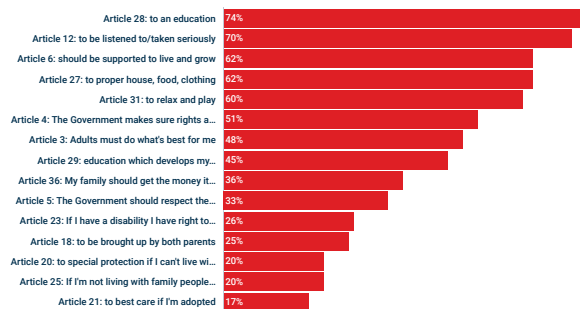


Which UNCRC articles are most important to you?

Most important top five:



All answers:



Why are the articles you've chosen most important to you?

"Young people are the future of this country, they will be the ones that are around to feel the long term affects of today's governments decisions"

"I feel the articles are what will help me grow into a better person and support me for my future"

"They are all key necessities to a happy, healthy life"

"Just because we are not adults doesn't mean we are any less aware of what's going on around us. Children should be respected and given equal opportunities to thrive"

"I want to feel safe and loved and also to get support if I need it and an education"

"Because they give the best start to life and opportunity"