

Title of Report:	Joint Strategic Needs Assessment update
Date of meeting:	19 March 2024
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Health & Wellbeing Board Lead:	Dr Matt Tyrer

Executive Summary

Is this report for:	Information <input type="checkbox"/>	Discussion <input type="checkbox"/>	Decision <input checked="" type="checkbox"/>
Why is the report being brought to the board?	The purpose of this report to provide the Health and Wellbeing Board with an update of progress in the JSNA work programme since September 2023		
Please detail which, if any, of the Health & Wellbeing Strategy priorities this report relates to?	Creating a place that supports health and wellbeing for everyone living in Cheshire East <input type="checkbox"/> Improving the mental health and wellbeing of people living and working in Cheshire East <input type="checkbox"/> Enable more people to live well for longer <input type="checkbox"/> All of the above <input checked="" type="checkbox"/>		
Please detail which, if any, of the Health & Wellbeing Principles this report relates to?	Equality and Fairness <input checked="" type="checkbox"/> Accessibility <input checked="" type="checkbox"/> Integration <input checked="" type="checkbox"/> Quality <input type="checkbox"/> Sustainability <input checked="" type="checkbox"/> Safeguarding <input type="checkbox"/> All of the above <input type="checkbox"/>		
Key Actions for the Health & Wellbeing Board to address. Please state recommendations for action.	The Health and Wellbeing Board (HWB) is asked to: <ul style="list-style-type: none"> Note the progress on the JSNA work programme and to adopt the recommendations that have resulted from this work. Provide feedback on the JSNA conference. Utilise the JSNA to inform continue challenging decision making in relation to public sector budgets. 		
Has the report been considered at any other committee meeting of the Council/meeting of the CCG board/stakeholders?	This report has been considered by the Cheshire East Public Health Senior Management Team, it has also been shared specifically with the Director of Public Health and the Executive Director for Adults, Health and Integration.		
Has public, service user, patient feedback/consultation informed the recommendations of this report?	Public engagement took place during the development of the Children and Young People's Emotional and Mental Wellbeing JSNA.		

<p>If recommendations are adopted, how will residents benefit? Detail benefits and reasons why they will benefit.</p>	<p>It is envisaged that adopting the JSNA recommendations will help to reduce inequalities and enhance existing work to improve overall health and wellbeing in Cheshire East.</p>
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1. Report Summary

- 1.1. The purpose of this report is to update the Health and Wellbeing on the JSNA work programme.
- 1.2. Health and Wellbeing Boards have a duty to produce JSNAs which are an in-depth assessment of the current and future health and social care needs. They are informed from a wide range of sources to produce recommendations for commissioners and partners to use to improve the overall health and wellbeing of residents of Cheshire East whilst looking to reduce inequalities.
- 1.3. Key updates include:
 - The Tartan Rug dashboard and video user guide, and the Emotional and Mental Wellbeing in Children and Young People JSNA have been published.
 - There has been considerable progress in relation to the lifestyle survey and the Special Educational Needs and Disability (SEND) JSNA, with provisional completion dates in the spring/summer 2024.
 - Social isolation, Macclesfield and Care of Older People JSNAs are in their early stages.
 - The JSNA conference took place on the 28 February 2024 and has received considerable positive feedback.
 - Evaluation of the JSNA work programme has commenced.
 - A councillor briefing session is being planned.

2. Recommendations

- 2.1. The Health and Wellbeing Board is asked to:
 - 2.1.1. Note the progress on the JSNA work programme and adopt the recommendations that have resulted from this work.
 - 2.1.2. Provide feedback on the JSNA conference.
 - 2.1.3. Utilise the JSNA to inform continue challenging decision making in relation to public sector budgets.

Reasons for Recommendations

- 2.2. The JSNA recommendations are based on the triangulation and interpretation of data from wide and varied sources through multi-partner collaboration.
- 2.3. Publishing updated JSNAs allows partners and commissioners to use up to date information, evidence and research when designing services in Cheshire East.

3. Impact on Health and Wellbeing Strategy Priorities

- 3.1. The production of the JSNA supports the four outcomes from the Health and Wellbeing Strategy 2023-28:
 - Cheshire East is a place that supports good health and wellbeing for everyone.
 - Our children and young people experience good physical and emotional health and wellbeing.
 - The mental health and wellbeing of people living and working in Cheshire East is improved.
 - That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place.

4. Background and Options

- 4.1. Health and Wellbeing Boards have a duty to produce Joint Strategic Needs Assessments (JSNA) for their area.
- 4.2. JSNAs are assessments of the current and future health and social care needs of the local community. These are needs that can be met either by the local authority or by the NHS or other partners. JSNAs are informed by a wide range of sources including research, evidence, local insight, and intelligence to help to improve outcomes and reduce inequalities. They also consider wider factors that impact on their community's health and wellbeing, produce recommendations, and identify where there is a lack of evidence or research.
- 4.3. Reviews are undertaken through multi-partner working groups and are subsequently approved for publication by the Director of Public Health or Executive Director of Adults Health and Integration through delegated responsibility (further details are provided via:
<https://moderngov.cheshireeast.gov.uk/ecminutes/documents/s102045/JSNA%20approval%20processes%2021%20March%202023%20Final%20Version.pdf>)
- 4.4. The priorities for the JSNA work programme are agreed by the multi-agency, multi-partner JSNA Steering Group.
- 4.5. **Progress in relation to the current work programme**
 - 4.5.1. The *Children and Young People's Emotional and Mental Wellbeing JSNA* has been published. A summary of findings is provided at Appendix A. The full range of review documents is available via:

https://www.cheshireeast.gov.uk/council_and_democracy/council_information/jsna/mental-wellbeing/emotional-and-mental-wellbeing.aspx

4.5.2. The *Tartan Rug dashboard* has been published alongside a video user guide to optimise dashboard usage and interpretation. These are available via:

https://www.cheshireeast.gov.uk/council_and_democracy/council_information/jsna/overviews-of-health-and-wellbeing.aspx

4.5.3. The *Special Educational Needs and Disability JSNA* data collection is nearing conclusion with draft recommendations being developed. The target approval date has moved from April 2024 to June 2024 due to system pressures. However, the SEND Partnership Board has been updated of progress and praised the work presented, which is being aligned with the Safety Valve Programme planning conversation and to inform the rewrite of the SEND strategy later in the year.

4.5.4. The *lifestyle survey* has recently concluded with 2591 responses received resulting in a response rate of 20.8%. Results are now planned to follow in the next Health and Wellbeing Board meeting.

4.5.5. The following reviews are in the early stages of either scope approval or data collection:

- *Care of older people*
- *Social isolation*
- *Macclesfield*

There has been a wide range of interest in these reviews from across the health and care system with a good level of representation at the working groups.

4.6. **Additional activities**

4.6.1. The virtual JSNA conference took place on 28 February 2024. Its purpose was to discuss:

- The reviews undertaken during 2022/23
- The experience of working on a JSNA (guest speakers)
- How stakeholders can use the JSNA
- Plan next steps in terms of further adaptation of products, topics for review in 2023/24 and 2024/25

In the afternoon, consensus building conversations took place to prioritise recommendations from the 2022/23 JSNAs across partners in Cheshire East Place. This enabled a more focused list of recommendations to be produced and provisional owners of the

recommendations to be identified. A full summary of the discussion will be provided at the next Health and Wellbeing Board.

The event was well attended. 104 people dialled in to the morning session from across the Council, NHS, and VCFSE sector. The afternoon session had a more restricted invitation list to facilitate effective consensus building (36 attendees divided into two groups). However, the conclusions from these discussions will be distributed to wider attendees to enable further input and feedback.

- 4.6.2. A councillor briefing session is planned during the first half of 2024 to familiarise councillors with the range of products, and the ways they can be utilised and should be interpreted.
- 4.6.3. A process of JSNA evaluation is underway. An online survey has now been circulated. In addition, further feedback was gathered at the JSNA conference and we intend on developing an approach to monitoring where and how the JSNA has been used. Between 6 February 2024 and 4 March 2024, there were 1308 views of the JSNA webpages. There were also 57 views of the Tartan Rug video user guide since its publication date on 27 February 2024.
- 4.6.4. The “About the JSNA” webpage has been updated to reflect current processes.
- 4.6.5. Prioritisation of topic areas for 2024/25 is planned to take place over January to March 2024. Suggestions have been gathered throughout the year, and in addition, further topics can be suggested via the phit@cheshireeast.gov.uk address and were suggested during the JSNA conference. A consensus building conversation will take place in March 2024, informed by the results of a poll that has been circulated in advance to JSNA steering group members and VCFSE representatives, insights from steering group members and review of the Tartan Rug and Public Health Outcomes framework. Of note, the capacity to undertake reviews will be reduced during 2024/25 to allow sufficient capacity to be available to undertake the Pharmaceutical Needs Assessment.

Access to Information

- 4.7. The background papers relating to this report can be inspected by contacting the report writer:

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Appendix A – Key findings and recommendations from the Children and Young People’s Emotional and Mental Wellbeing JSNA

A1- Children and Young People’s Emotional and Mental Wellbeing JSNA

Key findings:

Children and young people’s emotional and mental wellbeing in Cheshire East:

- Many children and young people experience good mental wellbeing. However, in England the rates of probable mental health disorder for children and young people aged 7-19 increased from 11.8% in 2017 to 19.8% in 2022. This means that in Cheshire East in 2022, there may have been somewhere between 8,606 to 13,525 children and young people with a probable mental health disorder.
- Across Cheshire East, three separate providers support children and young people through the Emotionally Healthy Children and Young People Service this includes Visyon (Mid & South), South Cheshire CLASP (South), and Just Drop In (JDI) (North). During the Covid-19 pandemic years 2020-22 the services had to adapt to support the unprecedented demand and complexity. Feedback from our school engagement echoes the challenge of increased numbers of young people with mental health difficulties without increased provision of support and identified a gap in services for those not meeting CAMHS threshold.
- Between 2021-2022 poor mental health was the most common reason for children and young people needing one on one tuition in their home or in other settings due to being unable to attend school.
- The prevalence of mild to moderate mental health conditions recorded on GP registers for children and young people varies across the Primary Care Networks in Cheshire East, with between 1.6%-3% in 0-17 year olds and 17.9%-21.3% in 18-24 year olds.
- In Cheshire East during 2021/22 there were 450 admissions for self-harm in children and young people aged between 10 and 24. This is 130 more admissions than the previous year. The admission rate has been consistently higher since 2013/14 in Cheshire East compared with England. There is also variation across the geography of Cheshire East, with pockets of significantly higher rates in the north, central and south of the Borough.

What might be contributing to poor mental health?

- Poverty can be associated with poor mental wellbeing (please see the poverty JSNA for more information) JSNA Food and Fuel Poverty: Spotlight review (cheshireeast.gov.uk).
- Wards in Crewe and Macclesfield have a high proportion of children eligible for free school meals over the past few years. However, there has been an increase in eligibility in wards such as, Wrenbury, Audlem and Handforth over the past 4 years.
- The COVID-19 pandemic has been experienced in varied ways across the country with some evidence of negative impact on early years development and school aged children and young people’s mental wellbeing.
- The number of children and young people with Educational Health Care plans has been steadily rising year on year with a growth of 63% in the last three years.
- The rate of young people being admitted to hospital as a result of substance misuse in Cheshire East is higher than the England and North West average.

- The rate of domestic abuse related incidents and crimes increased across Cheshire East more rapidly than across England as a whole.
- It was estimated that between April 2017 and March 2018 that 17% of young people aged between 10 and 15 years old in England in the previous 12 months, were bullied in a way that made them frightened or upset.
- There has also been an increase in the number of adults in Cheshire East reporting a “high anxiety score” with 23.3% of people reporting this. Similarly, the rate of adults being diagnosed with depression is also increasing in Cheshire East, which is important to consider given the number of adults that care for or work with children and young people.

Important factors that can maintain good mental health and wellbeing

- Good education is an important factor for maintaining a positive emotional and mental wellbeing. However, the uptake of free early years education in 3 and 4 year olds is very high, but uptake is lower in our eligible 2 year olds.
- The rate of absences across secondary school aged children was higher than the national average.
- On average, educational attainment across Cheshire East is good, however, educational attainment is worse in children experiencing deprivation.

It is also important to consider the 5 ways to wellbeing:

- Connect- “Connecting with the people around us is a great way to remind ourselves that we’re important and valued by others”.
- Be active- “We know that there’s a link between staying active and positive mental health and wellbeing. By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time”.
- Take notice- “Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs”.
- Keep Learning- “Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing”.
- Give-“Research has found a link between doing good things and an increase in wellbeing”.
- Digital media brings with it potential risks and benefits to mental wellbeing.

Support for mental wellbeing:

- There is a wide variety of services and support for individuals’ mental wellbeing.

What support is currently available?

What we have noticed is that it can be difficult to find the right support at the right time and sometimes there are ways to get children and young people help earlier before things have progressed in the first place.



- There is also additional support for schools to support children and young people with their mental wellbeing. However, the needs assessment suggest that:
- The current offer can be overwhelming.
- There are too many people trying to do too many roles.
- The special educational needs coordination is a very confusing system with extensive paperwork jumping through hoops rather than actually doing the job in hand.
- There are capacity challenges training space, timetable, curriculum pressures.
- There are obstacles referring a young people into CAMHS and them getting swift and immediate support.
- There is inconsistency in the support available across schools dependent upon staff skills/funding etc.
- Schools feel they are increasingly expected to manage support beyond the experience of a school intervention/workshop(s). The review has highlighted that it can be difficult to find the right support at the right time and sometimes there are ways to get children and young people help earlier before things have progressed in the first place.

Recommendations:

The overarching recommendations from the review is the need for:

- **Holistic approaches** that encompass the physical and mental wellbeing needs of the child, their families and professionals that work with them.
- **Early intervention on risk factors for mental health problems and mental health presentations.**
- **Robust approaches to promote protective factors and resilience**
- Consideration of **root causes** as part of mental health presentations.
- **Integrated care** that is **easy to navigate** and that **empowers** children and their families.

- **Care for all with greater support to areas in greatest need.**

More detailed recommendations include:

We need to support and empower children, their families and professionals to...

- Promote wellbeing and resilience and take pride in this rather than waiting to react, (for example: through improving the uptake of the 2-year-old early education; supporting implementing the whole school framework and promoting school attendance)
- Address risk factors at an early stage, (for example: bullying; SEND; LGBT+; trauma; parental mental health; parental substance misuse; and cost of living) We also need to better understand the difference in mental wellbeing in genders.
- Consider and communicate the risks and benefits of digital media.
- Address poor emotional wellbeing early- for example, self care for anxiety.
- Improve navigation to support when there are mental health and wellbeing problems or risk factors for mental health and wellbeing problems.
- Consider mental health when physical health problems and risk factors present, AND to consider physical health and risk factors when mental health problems present.
- Ensure provision of appropriate support for schools to implement evidence-based tools and resources to create an emotionally healthy school environment across all age groups.
- Universally proportionate approach that recognises and supports those areas in greater need with more intensity BUT recognises the need that is everywhere.
- Continue to refer to CAMHS where necessary, referring more than once if needed.
- Continue to feed into the further developments of the CAMHS service as a result of the North West CAMHS review.
- Continue to promote training on suicide and self-harm prevention and online support.
- Continue to promote the Perinatal and Infant Mental Health Training.
- Promote use of the NICE guidance on assessment and management of self-harm and prevention of its recurrence across all key partners.
- Review capacity within the health and social care system, to support the recommendations within this JSNA.
- Expect that these changes will take time.
- Further evaluate our approaches. The continued quality improvement work on CAMHS data will be vital as part of this.
- The Health and Wellbeing Board has agreed to holding a conference on the JSNA in light of the extent and range of recommendations included in this, and other recent JSNA reviews.

The conference will aim to build consensus about the best approach to prioritisation of these recommendations over the short and longer term.

- In addition, to address the above recommendations, we need to identify key forums for action, progress tracking and rationalise conversations and progress across these. This includes the:
 - Education Reference Group
 - Family Hubs Steering Group
 - Emotionally Healthy Children and Young People Recommissioning Steering Group, which will become the Healthy Young Minds Alliance Partnership
 - Cheshire and Merseyside forums including the Beyond Programme and the Gateway Programme.
 - Health and Wellbeing Board
 - Children and Young People's Trust
 - The Youth Council
 - Mental Health Partnership Board and the All Age Mental Health Plan
 - Investing in Children and Young People Partnership
 - The Cheshire East Self Harm and Suicide Prevention Partnership Board
- Learn from other JSNAs including: Crewe; poverty; and substance misuse reviews.
- Identify and monitor some key measures in the longer term including through the Cheshire East Joint Outcomes Framework.
- There are particular opportunities to act on these recommendations through: the recommissioning of the Emotionally Healthy Children and Young People's Service (Healthy Young Minds); the development of family hubs, further roll out of the Mental Health Support Teams; further development of a schools directory and Wellbeing for Education support.