

Cabinet

Date of Meeting: 09 October 2018

Report Title: Emotionally Healthy Children and Young People

Portfolio Holder: Councillor Jos Saunders, Portfolio Holder Children and Families
Councillor Janet Clowes, Portfolio Holder Adult Social Care and Integration
Councillor Liz Wardlaw, Portfolio Holder Public Health

Senior Officer: Mark Palethorpe (Acting Executive Director – People)

1. Report Summary

- 1.1. This report recommends the combining of the Emotionally Healthy Schools Programme with the Early Help Emotional Health and Wellbeing contracts, subsequently commissioning of a Emotionally Healthy Children and Young People Programme. That will provide children, young people and their parents a single point of access to information, advice and guidance. Any future service will be co-produced, co-designed and led by the service user journey.
- 1.2. The Council commissioned Middlewich High School, Visyon and Cheshire and Wirral Partnership NHS Trust (CWP) to supply the Emotionally Healthy Schools programme from 2014. The current contract terms are for a 2 year period period, which has been extended until March 2019, through the WARN process. This programme was complemented by the Children's and Families Early Help Emotional Health and Wellbeing (counselling) contracts with Visyon, Xenzone (Kooth), Just Drop In and South Cheshire, CLASP. These contracts were initially commissioned from 2014 and in accordance with the terms and conditions of contract have also been extended until the 31st of March 2019.
- 1.3. The health and wellbeing of children and young people is central to delivering Cheshire East Council's Outcome 5 identified in the three year plan – people live well for longer – care and health services focus on

prevention early intervention, physical and mental wellbeing. The CEC Children and Young People's Joint Commissioning Strategy 2015-2018 identifies young peoples emotional health and wellbeing as a priority and this is further highlighted as a priority within the Children and Young People's Mental Health Transformation Plan (LTP)

- 1.4. The procurement process will ensure that the Council continues to deliver efficiency and effectiveness through its commissioning activity. This is a specialist commission that has a focus on children and young people's emotional health and wellbeing and works in partnership with other agencies.
- 1.5. The key milestones for the successful delivery of the project are aligned to the 6 stages of the commissioning cycle and pipeline thresholds for the Procurement and Commissioning Board (see Appendix A).

2. Recommendations

That Cabinet:

- 2.1. Agree the re-commissioning of the Emotionally Healthy Schools programme and the Early Help Emotional Health and Wellbeing services, through a combined commissioned Emotionally Healthy Children and Young Peoples service.
- 2.2. Delegate authority to the Acting Executive Director – People, in consultation with the Children and Families Portfolio Holder, and Health Portfolio Holder, to award the Emotionally Healthy Children and Young People Programme contract.

3. Reasons for Recommendations

- 3.1. The Emotionally Healthy Schools Programme has been nationally commended at Local Government Association awards and has appeared in several national government 'good practice' publications. The Government recent Green paper; Transforming Children and Young People's Mental Health Provision, and subsequent response from central government contains many of the measures we have commissioned locally. This has resulted in the LGA inviting the borough to offer a 'Peer Visit' to authorities looking to address children and young people's emotional health and wellbeing. The Authority is visting Durham on 4/10 to advise as part of this programme.
- 3.2. Research evidence shows that half of all lifetime mental health conditions develop by the age of 14 years and affects up to 1 in 4 people. Effective

social and emotional competencies are associated with greater health and wellbeing, and better educational achievement. The Children and Young People's Mental Health JSNA estimates that the borough has 3292 children aged 3-16 with a conduct disorder, 2998 with anxiety disorders, 2268 with a self injury behaviour, 2857 children were referred to CAMHS.

3.3. Feedback from local children, young people and their families suggests that the mental health offer for children and young people is 'disjointed' and they are unsure of how to access information, advice, guidance and support. Parents have raised concerns about acute mental health services for their children is suggesting that it's increasingly difficult access services with long waiting lists before support is offered.

3.4. Our commissioning intentions are for an Emotionally Healthy Children and Young People Programme, that will offer a single point of access for children, young people and their parents. The aim is to achieve some efficiencies via transforming and re-designing the current offer, doing things differently eg; further development of a digital offer, more intergrated working with health and further embedding practice within schools and the community. Performance on current contracts for Emotionally Healthy Schools and Early Help Contracts has been good, based on service delivery against performance indicators. In addition feedback from schools has been extremely positive. Work to date has shown there are areas that still need to;

- embed the positive changes in pastoral systems seen in Emotionally Healthy Schools Phases 1 and 2. The 'churn' of staff within schools often means that pastoral expertise developed and nurtured is lost as staff move on and not replaced.

- extend the reach of the programme into early year's education and parenting support. Research suggests that mental health risk factors can be set at very young age but that these can be influenced by appropriate resilience based interventions.

- integrate the programme outcomes within wider commissioned services such as , 0-19 Healthy Child Programme, Young People's Substance Misuse Service, and wider CCG commissioned services

- support Primary care colleagues to improve the advice and support they are able to give children and young people.

3.5. Commissioning this Programme will also ensure that there is a stable offer around children and young people's emotional health and wellbeing, whilst key stakeholders undertake a wider redesign of children and young people's mental health services in line with the development of a sub-regional Children

and Young People's Mental Health and Wellbeing Transformation Plan (LTP).

3.6. The outcome focussed programme will build upon measures used in phase 1 and 2 of the EHS programme and which will continue to align to council strategic priorities, (particularly Outcome 3 "*People have the skills and education they need in order to thrive*") and support positive long term outcomes for young people in the borough. The successful delivery will be evidenced in the narrowing of the gap in progress made using progress measures within for example the Early Years Framework, and Progress 8 specifically targeting those children most at need highlighted in KS2; typically characterised as disadvantaged children. Currently, the most vulnerable children across all schools are making significantly less progress than their non-disadvantaged peers. The programme will seek to reduce this inequality and allow all children to achieve their potential by overcoming barriers presented when their emotional wellbeing is compromised or challenged. Equal weight and focus will be applied to supporting children to build resilience by having access to timely, proportionate intervention reducing the risk of escalation in to statutory services or high level and crisis Mental Health services. The development and deployment of long term evaluation measures of the programme will be a requirement of the EHCYP tender.

3.7. The EHCYP programme will be a responsive service which uses local data intelligence to identify specific demands and allow the service to evolve in line with need. This sits comfortably with the council's values of *Flexibility, Innovation, Responsibility, Service, Teamwork* - empowering schools and settings to develop their infrastructure to best fit the needs of their children and young people.

3.8. The go live date for new service delivery and contract will be 1st April 2019.

1. Other Options Considered

Option 1 - Continue to deliver the Emotionally Healthy Schools Programme and Early Help Emotional Health and Wellbeing contracts with existing Providers.

The contracts have already been extended until 1st of April 2019 and there are no further options to extend. This option does not allow for service transformation, improved outcomes and further efficiencies to be made and is therefore not recommended.

Option 2 - De-commission the Emotionally Healthy Schools and Early Help Emotional Health and Wellbeing

Although Local Authorities don't have statutory responsibilities to deliver mental health services, it has a duty of care to support those children with identified additional needs including emotional health and wellbeing and to target the needs of vulnerable children many of whom will be at risk of a poor mental health outcome. De-commissioning this service would impact on children and young people in all wards, for example:

Reduced access to specialist support (CAMHS) - There is some evidence of a change to referral patterns with more complex cases being managed by schools, however, the number of cases being referred to CAMHS remains constant suggesting unmet need for Children and Young Peoples mental health support.

Reduced capability and capacity from schools to provide prevention response - there is strong national evidence of the impact of positive mental health environment on educational attainment. Locally we show an association between schools participating in the Emotionally Healthy Schools programme and Progress 8 measures suggesting a positive impact of a whole school approach to emotional health and wellbeing.

Capability and capacity to practice early intervention and manage more complex cases will be impacted. There is local evidence of increasing school staff confidence from use of pathways, evidence based interventions and consultation support, as well as improved Children and Young People satisfaction with school intervention.

Decommissioning this service would therefore not provide value for money due to the cost implications for the wider health and social care economy, therefore is not recommended.

4. Background

- 4.1. The Emotionally Healthy Schools Programme was first commissioned in 2014 using pooled budgets from the Council, East Cheshire CCG and South Cheshire CCG and was administered by a Memorandum of Understanding between the partners. The aim of the programme was to achieve transformational changes to practices around emotional health and wellbeing of children and young people within education settings. This funding arrangement will cease at the end of the 2018/19 financial year and Health partners will be unable to contribute to this programme using this

mechanism going forward. However the CCGs will continue to support the Link workers who form part of the schools offer.

- 4.2. The CCGs across cheshire have commiisoned a Cheshire and Wirral MH wellbeing phone line inconjunction with NHSE to support children, young people, parents and professionals. This is place across Eastern Cheshire, Vale Royal, West Cheshire and South Cheshire CCGs.
- 4.3. The CCGs are also to implement an all age wellbeing hub that will link closely with the Emotionally Healthy School programme, and will support timely assessmenst and reduction in duplication. Recent findings have shown that Children and young People deteriorate whilst on a waiting, this enhanced all age model will reduce the number of Children and young people accessing crisis service through ealy assessment.
- 4.4. The programme was redesigned and recomissioned in 2016/17 and , Middlewich High School, Visyon and CWP were awarded the Emotionally Healthy Schools contracts until Dec 2018. In accordance to the terms and conditions of the contract this term has been extended until the 31st March 2019.
- 4.5. Phase 2 of the Emotionally healthy Schools programme is currently active in 73% of Cheshire East High Schools and 84% of Cheshire East Primary Schools across the borough and aims to reach 100% of schools by the end of Phase 2. The programme was the first in the country to appoint Specialist Leaders in Education (SLE) for Emotional and Mental Health Education, through the National Teaching College.
- 4.6. A self-harm pathway has been developed as part of the Phase 2 LINK delivery and is being supported by the wider EHS Programme. This pathway is now being successfully implemented across all Cheshire East Schools and is expected to have a significant impact on reducing the number of cases of children attending emergency care though more appropriate early intervention by schools, colleges and the community. This is particularly the case where there is evidence of frequent use of emergency care from the NHS. Further work is underway to strengthen integration with the Cheshire and Mersey Suicide Prevention Strategy
- 4.7. The Children's and Families Early Help Emotional Health and Wellbeing contracts were awarded to Vision, Just Drop In, Xenon and CLASP on the 1st of April 2014 and extended until the 31st of March 2019. The providers offer a range of early help emotional health and wellbeing services for children and young people aged between 11 and 19 years old for example; online web counselling and peer mentoring, face to face counselling,

therapy and drop in sessions. Recent service developments with Vision have been to offer 'pop up' drop in sessions that parents, children and young people can access, which offer immediate intervention and preventative support, thus reducing the need to more intensive counselling. This has been well received by parents; especially where the child is under the age of 11 years and/or has Special Education Needs/Disabilities (SEND).

- 4.8. The Children's and Families Early Help Emotional Health and Wellbeing contracts are of a high standard, consistently striving for service improvements. Within 2016/17; 1954 children and young people accessed the service. Young people aged between 12 and 15 years were the highest users of the face to face support, and 953 young people accessed the online counselling and peer mentoring service.

5. Implications of the Recommendations

5.1. Legal Implications

- 5.1.1. The procurement process will be undertaken in accordance with the Public Contracts Regulations 2015 and the Council's own Contract Procedure Rules. Legal Services will continue to support the commissioning of new services.

5.2. Finance Implications

- 5.2.1. The annual cost of the Emotionally Healthy Schools Programme for the phase 2 is £522,000. This is made up of 3 contracts; the CWP Link project (£200,000), the Vision Tools for Schools project (£222,000) and the Middlewich HS School Leadership project (£100,000).

- 5.2.2. The annual costs for the Children and Families Early Help Emotional Health and Wellbeing contracts are £248,500.00. This is made of;

- Just Drop In £55,000
- South Cheshire Clasp £35,700
- Vision £99,800
- Xenon £58,000.

- 5.2.3. The proposed budget for the four years of the Emotionally Healthy Children and Young People programme is £1,760,000.

Emotionally Healthy Schools (2 years)	Emotional Health and Wellbeing (4 years)	Total
£800,000	£960,000	£1,760,000

5.2.4. The annual efficiency savings of £130,000 will be achieved by combining the two programmes. This has been achieved through a combination of rationalisation, co-location and a change of programme deliverables for counselling and therapy services.

5.3. Policy Implications

5.3.1. In December 2017 the Government produced a Green paper on Children and Young People's mental health. It has since produced a response to the Green paper consultation re-stating its main actions:

- Every school and college will have an identified Designated Senior Lead for children and young people mental health.
- Children and young people Mental Health Support Teams will provide additional capacity for early intervention.
- The Mental Health Support Team will be trialling four week waiting times for access to specialist NHS mental health services.
- It is envisaged that that this programme will be rolled out to at least a fifth to a quarter of the country by the end of 2020/21.

5.3.2. The Emotionally Healthy Children and Young People programme will continue deliver on these 3 key elements independent of the availability of additional national government funding.

5.4. Equality Implications

5.4.1. All public sector authorities are bound by the Public Sector Equality Duty as set out in section 149 of the Equality Act 2010. An Equality Impact Assessment will be carried out and the Council will need to take into account the needs of persons with protected characteristics as set out in equalities legislation during the course of the commissioning process.

5.5. Human Resources Implications

5.5.1. Whilst the proposals do not envisage any HR implications for the Council, TUPE may apply to the existing provider workforce at the point of recommissioning.

5.6. Risk Management Implications

5.6.1. The key risks related to the commissioning are:

- Failure to deliver services which protects children's emotional health and wellbeing
- Failure to use Council resources in the most effective way
- Reputational damage to the Council as commissioner and contract manager should a serious incident occur

These risks can be managed through a sound procurement process

5.7. Rural Communities Implications

5.7.1. It is important that providers promote service provision to people who experience isolation whether that is geographic or social. This includes improved use of technology and working through local connected communities and networks

5.8. Implications for Children & Young People

5.8.1. This programme will have a positive impact on children and young people aged 9 to 25 years across the borough. In addition, it will ensure that the voice of the child is central to the commissioning and contract management process.

5.9. Public Health Implications

5.9.1. Ensuring every child has the best start in life is one of Public Health England's seven key priorities. Getting a good start in life and throughout childhood, building resilience and getting maximum benefit from education are important markers for good health and wellbeing throughout life. The Emotionally Healthy Children and Young People Programme will contribute to a wide range of Public Health Outcome Framework (PHOF) indicators relating to children and young people as follows:

- School readiness
- Pupil absence
- Reduce smoking rate at time of delivery
- Reduce under 18 year old conceptions
- Child excess weight in 10-11 year olds
- Reduce hospital admissions caused by unintentional and deliberate injuries in under 25's
- Emotional wellbeing of looked after children
- Smoking prevalence – 15 year olds
- Self-harm
- Alcohol-related admissions to hospital
- Chlamydia detection rate (15-24 year olds)

- Infant mortality
- Proportion of 5 year old children free from dental decay

6. Ward Members Affected

6.1. All wards are affected.

7. Consultation & Engagement

7.1. This work is driven by both ongoing consultation and specific engagement about this commissioning cycle and further details are outlined in section 1.5 of this report.

8. Access to Information

8.1. Cheshire East People Live Well for Longer Commissioning Plan

8.2. Joint Strategic Needs Assessment for CYP mental health

8.3. Cheshire East Children and Young People Plan 2015 – 2018

8.4. CYP mental health Green Paper and response from DfE

8.5. Cheshire East Local Transformation Plan for CYP Mental Health

9. Contact Information

9.1. Any questions relating to this report should be directed to the following officer:

Name: Liz Smith/Andy Mills

Job Title: Senior Commissioning Managers

Email: Liz.Smith@cheshireeast.gov.uk