

Health and Wellbeing Board

Date of Meeting: 15th March 2016
Report of: Lucy Heath (Consultant in Public Health)
Subject/Title: Emotionally Healthy Schools Programme

1 Report Summary

- 1.1 This report describes the Emotionally Healthy Schools Programme approach, progress with the initial pilot in six secondary schools is described and the evaluation approach is shared.
- 1.2 Investment and potential investment is described and recommendations made in order to secure this. Spend to date and remaining available budget is described.
- 1.3 Options of how the available investment should be prioritised are provided.
- 1.4 Sustainability of the programme is discussed with recommendations of how investment could be secured to facilitate this.

2 Recommendations

- 2.1 The Health and Wellbeing Board supports schools as a setting for addressing the mental and emotional needs of children and young people.
- 2.2 That Cheshire East Council accepts the £135,000 from EC CCG and £126,000 from SC CCG to the Emotionally Healthy School Programme budget and support the transfer of £400,000 from the 2015-16 Public Health ring fenced grant to a ring-fenced Emotionally Healthy School Programme budget hosted by Cheshire East Council. Members of the Health and Wellbeing Board sign up to an Memorandum of Understanding to allow this to happen.
- 2.3 That the Health and Wellbeing Board gives permission to procure a further roll out of the programme up to the value of the £1.2m funding available and that this is delegated to the Emotionally Health Schools Steering Group to undertake under the governance of the Children and Young People Joint Commissioning Group.
- 2.4 That the Health and Wellbeing Board considers whether additional funding should be identified to increase the scope of the programme.

3 Emotionally Healthy Schools Programme

- 3.1 The Emotionally Healthy Schools Steering Group was first established in response to the Children and Young People's Plan priority around happiness and mental health. Evidence suggests that increasing resilience of children and young people will contribute to improved performance on a number of public health outcomes (e.g. NEETs, under 18 conceptions, alcohol related admissions). Mental Health was also identified as a key priority for the Youth Council and through voice of the child work.
- 3.2 Emotionally Healthy Secondary Schools Programme is a transformational programme that will contribute to changing the mental health system. It will do this in a number of ways:
- Develop the geography of schools as the unit of currency for place based commissioning for children's and young people's mental health.
 - Provide manageable sized populations to facilitate a whole population approach to be taken with a focus on identifying hidden or unmet need.
 - Earlier intervention in the child's life.
 - Shifts resource upstream focusing on prevention and developing resilience in addition to targeted support for those with existing needs.
- 3.3 The Emotionally Healthy Secondary Schools Programme has been developed around the framework on the next page which was published in "Promoting children and young people's emotional health and wellbeing A whole school and college approach" (Public Health England/ Children and Young People's Mental Health Coalition, March 2015).
- 3.4 In addition to this PHE report, the evidence presented in 'Future in Mind - Promoting, protecting and improving our children and young people's mental health and wellbeing'¹ has also been applied.
- 3.5 An Emotionally Healthy Schools Steering Group, formed about a year ago, brings together partners across the Cheshire East to develop this approach together. This has been a truly partnership approach with schools being a particularly prominent partner.
- 3.6 Small teams are being developed in each school whose aim is to improve emotional health and wellbeing of their students.
- 3.7 In preparation for the project start, each school undertook a self assessment using the framework. This involved attributing a score out of six to progress in each of the eight areas, providing evidence of existing work to support this

¹ DH, NHS England (2015) Future in Mind Promoting, protecting and improving our children and young people's mental health and wellbeing

score and identifying actions that could lead to improvement. These identified actions will be prioritised and use to develop an action plan.



4 **First Year Pilot**

- 4.1 Commitment has already been given to pilot the Emotionally Health Secondary Schools programme in six secondary schools.
- 4.2 We had planned for the programme to start in September 2015. However, due to delays in procurement and recruitment this was been delayed to January 2016. As a result of the delays, the first phase of the programme will run until December 2016.
- 4.3 An initial workshop for school leads was held in June 2015 and a second workshop for school leads and school nurses was held on 21st October 2015.
- 4.4 Action plans are in draft and implementation will start once the project workers have been recruited and the full school team is in place in January 2016. The

action plans include activities informed by the evidence base that meets each schools priority needs and builds upon their assets.

- 4.5 As a result of our developed partnership we successfully bid to be part of a national CAMHS school links pilot. The schools leads (secondary schools and partner primary schools), EHS staff, school nurses and CAMHS staff attended their first training day in January. A second day is planned for March.

5 Evaluation

- 5.1 We are confident that a whole school approach to improving emotional health is the correct framework to achieve a wide range of positive outcomes for our children and young people in Cheshire East.
- 5.2 Therefore an evaluation focusing on the activities delivered through the Emotionally Healthy Secondary Schools Programme pilot has been commissioned from Salford University.
- 5.3 The value of the evaluation will be to provide learning about how and why activities were chosen in each school and which activities were successful and why.

6 Children and Young People Mental Health Transformation Plans

- 6.1 The Children and Young People's Mental Health Transformation Plan is written using the Future in Mind framework – with transformation described in the following areas:
- Resilience, prevention and early intervention for the mental wellbeing of children and young people
 - Improving access to effective support – a system without Tiers
 - Care for the most vulnerable
 - Developing the workforce
- 6.2 The Emotionally Healthy Schools Programme is a key action in the Children and Young People's Mental Health Transformation Plan and contributes to all four areas.
- 6.3 *Resilience, prevention and early intervention for the mental wellbeing of children and young people.* Actions are described across the workforce and the actions for 11-19 year olds are delivered through the Emotionally Healthy Schools Programme.
- 6.4 *Improving access to effective support a system without Tiers.* These actions will increase capacity in specialist services. Pathways will be developed across the system with schools considered as key starting point for all pathways. Place based commissioning and provision for CAMHS will be developed (around the geographies of our 24 secondary schools). Links

between CAMHS and schools will be strengthened through our participation in the national CAMHS school links pilot.

- 6.5 *Care for the most Vulnerable.* The Emotionally Healthy Schools will provide a focus on children and young people with risk factors for mental health. Cheshire East has successfully bid to be part of a national pilot. This involves collating data on the school footprint identifying children with risk factors, using soft intelligence to identify hidden need and setting up systems to assess the impact of these risk factors on mental health and support these individual children and young people. This will work with developing systems around early help.

There is a commitment to aligning mental health, school services and the health child programme. This would include all pathways being available to all children aged 0-19. It will also focus on the transition from school age to adulthood for the most vulnerable.

- 6.6 *Workforce development.* Cheshire East has successfully bid to be part of a national pilot. This will provide staff in 20 schools (primary and secondary), school nurses, CAMHS staff and our project staff with two days of training and development together.

7 **Finances – income**

- 7.1 £1 million of the public health ring fenced budget in 2014-15 was transferred to Children's commissioning to support transformational projects that achieved public health outcomes in children. £570k of this £1 million was allocated to the Emotionally Healthy Schools Programme.
- 7.2 The Emotionally Healthy Schools Steering Group supported both CCGs (Eastern Cheshire and Southern Cheshire) in successful bids to be part of a national CAMHS school links pilot. This attracted £50k for each successful CCG, i.e. an additional £100k. The CCGs are transferring this to the council to support the Emotionally Healthy Schools Programme.
- 7.3 The CCGs have submitted our Cheshire East Children and Young People's Mental Health Transformation Plan. This has been developed under the governance of the Children's Trust Board as it describes how we will achieve priority 3 of the Children and Young People's Plan 2015-2018: Happiness and Mental Health. This plan was submitted to NHS England on 16th October. The assurance process was completed in the first week of November. With the exceptions of minor details around eating disorder services and engagement and partnership, NHS England assured our plans. As a result, EC CCG will receive £382,720 and SC CCG will receive £342,712 as part of their November allocation. EC CCG has allocated £85k of this to the Emotionally Healthy Schools Programme and SC CCG has allocated £76k.

- 7.4 There is £400k available in the 2015-16 public health ring fenced grant. This is allocated to mental health prevention. It is recommended that this is invested in the Emotionally Healthy Schools Programme and as a result transferred to the Emotionally Healthy Schools Programme budget.

Emotionally Healthy Schools Programme Income	
Children's Public Health Allocation 2014-15	£570,000
NHSE/DfE CAMHS School Link Pilot via CCGs	£100,000
East Cheshire CCG 2015-16	£85,000
South Cheshire CCG 2015-16	£76,000
Public Health Allocation 2015-16	£400,000
Total Income	£1,231,000

8 Finance

- 8.1 CWP has been commissioned to provide clinical support to pilot the emotionally healthy schools programme in 6 secondary schools. This contract runs from July 2015 to December 2016 and costs £80,000.
- 8.2 Visyon has been commissioned to provide resource to pilot the emotionally health schools programme in 6 secondary schools. This provides a project manager, 3 project workers and administration support. Visyon has sub-contracted some of this work to Just Drop in and Children's Society. This contract runs from July 2015 to December 2016 and costs £220,000.
- 8.3 A budget of £3,500 has been allocated to each of the six pilot secondary schools to facilitate transformational change.
- 8.4 Salford University has been commissioned to evaluate the Emotionally Healthy Schools Programme in 6 secondary schools. This contract runs from November 2015 to December 2016 and costs £40,000

Emotionally Healthy Schools Pilot Programme Expenditure	
CWP contract	£80,000
Visyon contract	£220,000
Schools allocation (6 pilot secondary schools)	£18,000
Evaluation	£40,000
Total Expenditure	£358,000

- 8.5 The difference between the anticipated income and the current expenditure is £891,000.
- 8.6 This therefore provides the opportunity to expand the Emotionally Healthy Schools Programme beyond the pilot phase.

9 Options for expansion

- 9.1 **Option 1:** Expand the pilot phase into primary schools. The CAMHS school links pilot is involving 14 primary schools. Following discussions with these schools additional support could be procured to develop the programme for primary schools.
- 9.2 **Option 2:** Roll out the programme to all secondary schools in Cheshire East. The pilot programme has cost approximately £50,000 per school. Assuming costs remain the same there is almost sufficient resource to commit to this. It is anticipated that the pilot will generate significant learning about the processes needed to bring about change. Therefore the subsequent roll out in other secondary schools may be more efficient and potentially free up time to work with primary schools.
- 9.3 **Option 3:** The Emotionally Healthy Secondary Schools Programme is an intensive intervention. This will create a system change on the footprint of the school. As a result the existing available resources (as a minimum: school pastoral staff, CAMHS, school nurses and voluntary sector mental health support) will work differently together. However, in order to sustain change it is anticipated that additional ongoing investment will also be required. What this investment will be used for and how much will be needed is not understood at this time.
- 9.4 **Option 4:** A combination of the above options.
- 9.5 Therefore, it is recommended that the Health and Wellbeing Board identifies the preferred option and gives permission to procure the further programme support up to the value of funding available.
- 9.6 In an ideal world we would commit to a sustainable full roll out to all primary and secondary schools and colleges. It is recommended that Children and Young People's Joint Commissioning Group describes a process against which other elements of the programme can be prioritised against other demands for investment

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

Name: Lucy Heath
Designation: Consultant in Public Health
Tel No: 01270 685696
Email: lucy.heath@cheshireeast.gov.uk