

Title of Report:	Children and Young People's Emotional Wellbeing
Report to be considered by:	The Health and Wellbeing Board
Date of Meeting:	23 January 2014

Purpose of Report: To make the Health and Wellbeing Board aware of issues around young people's emotional wellbeing and to initiate a strand of work to support improved emotional wellbeing as part of the health and social care integration.

Recommended Action: To note the report and to agree to initiate development work to improve young people's emotional wellbeing.

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Executive Report

West Berkshire focus on children and young people's emotional wellbeing.

1. Issue

- 1.1 Social and emotional wellbeing creates the foundations for healthy behaviours and educational attainment. It also helps prevent behavioural problems (including substance misuse) and mental health problems. That's why it is important to focus on the social and emotional wellbeing of children and young people.
- 1.2 Promoting social and emotional wellbeing of children and young people will help local authorities and their local partners meet objectives outlined in [the public health outcomes framework for England, 2013–2016](#).
- 1.3 Social and emotional wellbeing is influenced by a range of factors, from individual make-up and family background to the community within which people live and society at large.
- 1.4 Evidence shows that poor social and emotional wellbeing predicts a range of negative outcomes in adolescence and adulthood. For example, negative parenting and poor quality family or school relationships place children at risk of poor mental health. Early intervention in childhood can help reduce physical and mental health problems.
- 1.5 The most recent official survey of mental health (2004) identified that 10% of children and young people aged 5–16 had a clinically diagnosed mental disorder. Older children (aged 11–16 years) were more likely than younger children (aged 5–10) to be diagnosed as such (12% compared with 8%).
- 1.6 **NICE** (the National Institute for Health and Care Excellence) recommends good practice for Health and Wellbeing Boards to assist in developing and implementing strategies to improve children and young people's emotional wellbeing locally.

2. NICE Guidelines

- 2.1 NICE recommends that steps are taken to ensure the following:
 - (1) Social and emotional wellbeing of vulnerable children features in the health and wellbeing strategy.
 - (2) There is integrated commissioning of universal and targeted services for children <5.
 - (3) Children and families with multiple needs have access to specialist services.
 - (4) Primary schools tackle emotional wellbeing on a whole school and targeted basis, supported by all relevant local and school policies.
 - (5) Secondary schools have an organisation-wide approach to tackling emotional wellbeing and have access to specialist support.

- (6) Emotional wellbeing of children and young people is assessed in the Joint Strategic Needs Assessment (JSNA) and any programmes implemented are subject to review and scrutiny.

2.2 NICE makes further specific recommendations (here: <http://publications.nice.org.uk/social-and-emotional-wellbeing-for-children-and-young-people-lgb12/what-nice-says>) covering home visiting, early education and childcare, primary and secondary education.

3. The Children and Young People's Mental Health Coalition

3.1 In their December 2013 report "Overlooked and Forgotten", the Children and Young People's Mental Health Coalition found that:

- (1) Two thirds of JSNAs did not have a section that specifically addressed children and young people's mental health needs – where there was a section it was sometimes limited to a paragraph and where there wasn't a section relevant data was placed throughout the document rather than grouped together as a comprehensive needs assessment making it difficult to find and more likely to be overlooked by professionals consulting the document.
- (2) Many JSNAs and JHWSs were difficult to access and the information relevant to children and young people's mental health was difficult to find.

3.2 As a result they recommended that all JSNAs should include a section specifically about children and young people's mental health needs which uses a comprehensive range of data to estimate local levels of need for children and young people's mental health services and involve a wide range of partners in the needs assessment. They also proposed that all Joint Health and Wellbeing Strategies should include children and young people's mental health as a priority and that specific actions are included for addressing local children and young people's mental health needs which are based on evidence of need in the JSNA and that a wide range of local partners have been involved in determining.

4. West Berkshire's approach to children and young people's emotional wellbeing.

4.1 West Berkshire's JSNA does reference children and young people's emotional health and wellbeing throughout the document. It describes the issue as the "most commonly identified" and incorporates a link to the CAMHS Needs Assessment for West Berkshire estimating that up to approximately 8,700 children and young people may need support for their emotional wellbeing in West Berkshire – the majority at Tier 1 and Tier 2.

4.2 West Berkshire's Health and Wellbeing Strategy does identify the promotion of emotional wellbeing in children and young people as one of the key actions involved in **Giving every child and young person the best start in life.**

4.3 However, West Berkshire has not yet developed the kind of comprehensive, holistic and integrated strategy to support children and young people's emotional wellbeing

that is envisaged in the NICE Guidelines or in the Children and Young People's Mental Health Coalition's report.

5. Recommendation

- 5.1 To initiate a strand of work based on the NICE guidelines to develop the outline in the Health and Wellbeing Strategy in order to better support improved emotional wellbeing of children and young people in the District.
- 5.2 To propose to the West of Berkshire Children's Joint Commissioning Group that this could be a workstrand taken forward on a West of Berkshire basis and that with the agreement of that group, it should be progressed as such.

Appendices

There are no Appendices to this report.