

Health Scrutiny Review Matrix

Review Topic: Children's Mental Health and Emotional Wellbeing

Timescale

Start: tbc
Finish: tbc

Review Rationale:

There is an increasing and worsening trend of school pupils with social, emotional and mental health needs in West Berkshire. Berkshire Youth Survey results (2023) found that mental health was a key area of concern for secondary school students in West Berkshire who wanted more information or support for mental health and wellbeing. Good mental health and wellbeing for all children and young people (CYP) is a key priority in the Health and Wellbeing Strategy, which noted that children from households in the poorest areas of Berkshire West are four times more likely to experience severe mental health problems than those from the richest areas. Mental health problems during childhood can negatively impact developmental outcomes in adulthood.

The task group will review the accessibility and provision of support for children and young people at all levels of need and whether the current provision is able to meet their diverse needs. The task group will use the THRIVE framework to structure this review. This needs-led and data informed approach is used by partners to encourage shared decision making and to help identify opportunities for improvement.

With consideration to the impact of neurodiversity on emotional wellbeing and mental health needs, this review will include the services in place to support those who have a neuro difference (whether diagnosed, awaiting assessment or neither). There is rising demand, long wait times, increasing complexity and capacity concerns in West Berkshire.

The scope of the review will include:

- An understanding of the current mental health and emotional wellbeing needs of CYP in West Berkshire.
- Forming an understanding of the local approach and strategic direction to CYP's mental health and emotional wellbeing.
- Explore the contribution of, and integration between, the voluntary sector, education, early intervention support providers, local authority, primary care and secondary care.
- Review the current provision for supporting those who are neurodivergent and the neurodiversity assessment pathways.
- Review performance including waiting lists, patient feedback, communications, and consistency.
- Consider the transitional arrangements for 18 years old and onwards.
- Consider evidence-based best practice and guidance.
- Develop recommendations for improving future effectiveness in the system.

Terms of Reference:

The Task and Finish Group will consider the following:

Session 1: Assessment of current needs and provisions in West Berkshire

- Understand the current mental health and emotional wellbeing needs of the young people in West Berkshire.
- Consider the underlying causes of increasing mental health needs among CYP.
- Form an understanding of the local landscape for meeting those needs including healthcare service providers, schools, local authority and community / voluntary organisations (VCSE).
- Consider current issues, concerns and barriers.
- Form an understanding of the relevant public health principles and models.
- Form an understanding of the THRIVE Framework that the following task group sessions are based on.

Session 2: Thriving, Getting Advice and Signposting, and Getting Help:

Review the system approach to prevention, promotion, early intervention and mental health support for young people.

- Consider early intervention provisions and opportunities.
- Review the experience of children and young people.
- Understand the Council's role including the Mental Health Support Team and the Emotional Health Academy.
- Review the approach and services within schools.
- Understand healthcare's role in early intervention and support.
- Understand the role of community organisations.
- Understand the legal, ethical and professional requirements relevant to service delivery.
- Consider how the system works together and how key stakeholders work in partnership to address the needs identified in Session 1.
- Review of the interventions in place for people who are neurodivergent including support and communication on the neurodiversity assessment pathways and the referral system.

Session 3: Getting More Help Services and Getting Risk Support: Extensive, evidence-informed treatment and crisis services.

- Review of the specialist services available for complex mental health difficulties, eating disorders, psychosis and other acute mental health needs.
- Understand opportunities to improve needs-led support, determine the current and future demand, prevention and the prioritisation of funding.
- Consideration of services to targeted population groups such as children in care, youth health and justice and CYP with learning disabilities.

- Review the skill mix of professionals and resources available to meet the needs and / or choices of CYP.
- Review how services work together as a partnership to understand, prevent and manage risk.
- Review the transition arrangements for young people aged 18 onwards.

Session 4: Consider learnings from the task group and recommendations.

- Bring the learning together with partners.
- Consider relevant projects, services developments and best practice.
- Consider recommendations and highlights of note from the sessions.

Review Membership:

5 Members

Chairman:

Vice-Chairman:

Scrutiny Officer: Vicky Phoenix

Information Required:

- An overview of the THRIVE Framework.
- An overview of current emotional wellbeing and mental health concerns of children and young people in West Berkshire.
- Feedback and views of young people – gathered from Berkshire Youth Survey, service user feedback and service providers.
- Case studies, feedback and questions from members of the public.
- An overview of the Council's approach, services and provisions.
- An overview for the approach in school settings.
- An overview of the health service provisions to support children.
- Baseline data about service demand, provisions and performance. Including patient and resident feedback for all relevant services, and any associated health inequalities.
- The BOB ICB Local Transformation Plan for CYP mental health.
- Overview of any relevant projects or service developments in progress by stakeholders.
- An overview of the relevant public health principles and models.
- Relevant evidence-based best practice and guidance.
- Public Health commissioners feedback.

Witnesses:

- Education – primary and secondary
- Time to Talk

- Health – BOB ICB and Berkshire Healthcare NHS Foundation Trust
- Mental Health Support Team and Emotional Health Academy
- Public Health consultant
- Youth service providers and workers
- Health and Wellbeing in Schools Coordinator

Desired Outcomes:

Members will collate their recommendations which will then form the basis of a report to be considered by the Health Scrutiny Committee.