



## INPUTS

### TARGET POPULATION

**UNIVERSAL PROVISION  
FOR 0—18 (25) YEAR  
OLDS IN MIDDLES-  
BROUGH**

#### Risk Factors

Separation, bereavement  
and loss  
Toxic trio  
Changes to local econom-  
ic climate

#### Symptoms

Attendance – change in  
pattern. Absenteeism,  
lateness  
Attainment – lack of en-  
gagement, dip in pro-  
gress  
Behaviour – disruptive,  
withdrawn, early signs  
of self-harm, observed  
increase in risk taking  
behaviours



### UNIVERSAL INTERVENTIONS

Year 6—7 transition support  
HeadStarters Pathway  
Tootoot online help and sup-  
port  
Pastoral Leadership Pro-  
gramme



### TARGETED INTERVENTIONS

Integrative counselling  
Cognitive Behaviour Therapy  
Solution focussed therapies  
Peer friendships

### INTERMEDIATE OUTCOMES

Increased emotional resilience and wellbeing in  
young people

Fewer young people need more specialist ser-  
vices. Eg CAMHS, YOS

Young people can access the right support when  
they need it—early detection and immedi-  
ate support through local provision with a  
workforce already involved with the young  
person.

The workforce (schools, GPs, health visitors, so-  
cial care, children’s centres) is equipped,  
skilled and with supervision to identify and  
respond to the emotional needs of young  
people through early detection.

Parent/Carers and Families are more able to  
recognise the signs of poor emotional health  
and have access to appropriate information  
and support from locally based services  
(provider partnership, schools, children’s  
centres).

The community has increased awareness of the  
emotional needs of young people and access  
to relevant information and support through  
local community resources.

Systems change to shift investment from reac-  
tive services to prevention and early inter-  
vention services in schools, community and  
home and through digital support.

### FINAL GOALS

#### OVERALL IMPACT

*Giving All Middlesbrough’s Children and  
Young People aged 10 to 16 the support  
and skills to -*

- Improve children and young peo-  
ple’s experience at school;
- Improve children and young peo-  
ple’s relationships with others;
- Reduce the impact of mental  
health problems;
- Ensure children and young people  
have access to appropriate services;
- Try out different processes to  
build a successful project;
- Involve children and young people  
(HeadStarters) at all times to have  
their voices heard.

To achieve this we will—

- Developing a comprehensive pro-  
gramme coproduced by children,  
young people their families and com-  
munities.
- Developing a workforce with in-  
creased awareness of emotional  
health and better able to respond to  
the wellbeing needs of children and  
young people.
- Increasing resilience in children and  
young people by supporting them  
through interventions delivered in  
school, the home and community.
- Developing appropriate joined up pre-  
ventative and early help services  
which will reduce the need for costly  
interventions.