

HEALTH SCRUTINY PANEL

2 OCTOBER 2008

**EMOTIONAL WELLBEING & MENTAL HEALTH OF YOUNG
PEOPLE: EVIDENCE FROM YOUNG MINDS**

PURPOSE OF THE REPORT

1. To introduce representation from Young Minds, in attendance at today's meeting to provide their perspective on promoting good mental health in young people.

RECOMMENDATIONS

2. That the Health Scrutiny Panel notes the contents of the briefing provided by Young Minds, ahead of asking any questions felt pertinent to the review.
3. That the Health Scrutiny Panel incorporates the evidence gathered into the overall review.

CONSIDERATION OF REPORT

4. As Members will be aware, the Health Scrutiny Panel is presently conducting a review into Emotional Wellbeing & Mental Health in Middlesbrough. The Panel has previously expressed an interest in preparing a chapter in the Final Report, which specifically focuses on emotional wellbeing and mental health issues for young people in Middlesbrough.
5. Today's meeting of the Panel has been arranged with the intention of focussing entirely on young people's mental health. It is to this end that Young Minds will be in attendance at today's meeting to provide their views on a number of issues, concerned with the Mental Health of Young People. Young Minds¹ is national charity which is committed to improving the mental health of all children an young people. Young Minds' vision statement is

¹ www.youngminds.org.uk

“To help create a society that promotes good mental health and emotional wellbeing of all children and young people. We believe this core to the achievement of active communities whose constituents are healthy, happy, independent, contributing adults”

6. Young Minds’ Mission statement is

“To improve life chances for children and young people at risk of, and experiencing, mental health problems and emotional difficulties. To achieve better outcomes for parents and families who engage with children’s mental health services. To promote the good mental health and well being of all children”

7. Young Minds has advised various government departments on policy and is an influential advisor to a number of statutory bodies around the country. It is, therefore, with this in mind that they have been asked to speak to the Panel.

8. Young Minds has particularly been asked to provide views around the following areas of enquiry.

8.1 What are Young Minds views on what typically happens now in Mental Health Services for Young People and what current national policy dictates should happen?

8.2 What are Young Minds views on where national policy is presently lacking (if anywhere) and where it could be developed in respect of improving services for the Emotional Wellbeing & Mental Health of Young People?

8.3 What should a local health and social care economy be looking to do, and what sorts of services should it have in place, to effectively promote emotional wellbeing and good mental health amongst young people?

8.4 What services should be in place to assist those young people who do have instances of poor mental health?

8.5 Finally, what are Young Minds’ views as to the balance that should be struck between proactive services and reactive services? Does Young Minds feel that the system presently strikes a correct balance?

9. It is anticipated that Young Minds will address the questions outlined above, in a paper that will be prepared for the Panel. Young Minds will then speak to that paper, ahead of a debate around the issues raised. The evidence gathered will contribute significantly to the Panel’s Final Report, to be produced following this review.

BACKGROUND PAPERS

10. Please find attached a copy of the Young Minds Annual Report 2007/8, provided to enable Members to read more about the work of Young Minds.

Contact Officer:

Jon Ord - Scrutiny Support Officer

Telephone: 01642 729706 (direct line)

Email: jon_ord@middlesbrough.gov.uk