

## HEALTH SCRUTINY PANEL

A meeting of the Health Scrutiny Panel was held on 28 October 2008.

**PRESENT:** Councillor Dryden (Chair); Councillors Carter, Lancaster, Purvis and P Rogers.

**OFFICIALS:** J Barnard, J Bennington, J Ord, H McNeill and G Rollings.

**\*\* PRESENT BY INVITATION:** Jo Dawson (Tees Esk & Wear Valley NHS Trust).

**\*\* PRESENT AS AN OBSERVER:** Councillor Brunton (Chair of Overview and Scrutiny Board).

**\*\* APOLOGIES FOR ABSENCE** were submitted on behalf of Councillors Cole, Dunne, Mrs H Pearson and Rehman.

### **\*\* DECLARATIONS OF INTEREST**

There were no declarations of interest made at this point of the meeting.

### **\*\* MINUTES**

The minutes of the meetings of the Health Scrutiny Panel held on 12 September and 2 October 2008 were taken as read and approved as a correct record.

## **EMOTIONAL WELLBEING – MENTAL HEALTH IN MIDDLESBROUGH – CHILDREN’S TRUST**

The Scrutiny Support Officer submitted a report the purpose of which was to introduce representation from the Middlesbrough Children’s Trust to assist the Panel in its consideration of young people’s mental health.

The Director of Children, Families and Learning confirmed that all local authority areas had been required to have in place Children’s Trust arrangements by April 2008 as part of the Government’s wider agenda for children and young people and as set out in its national publication: Every Child Matters: Next Steps. The main purpose of the Children’s Trust was to bring together all of the organisations delivering services to children and young people in order to improve communication, share information, integrate services and achieve better outcomes for all children and young people.

The Chair welcomed representatives from the Children’s Trust who gave a presentation the key focus of which was on the Trust’s identified priority of support and prevention; areas for development and the next steps a summary of which was provided as follows: -

Support and Prevention:

- Anti-bullying co-ordinator in relation to schools, children looked after and to some degree pre-school;
- Parenting Strategy implemented in 2008;
- Family Information Service located at Middlesbrough Bus Station providing information on a range of services for 0-20 year olds;
- Children’s Centres and integrated pathway;
- Forget Me Not bereavement counselling service operated by hospital trust;
- Common Assessment Framework processes identifying difficulties at an earlier stage;
- Evidence-based Parenting Programmes developed;
- Early Years Foundation Stage implemented across Middlesbrough across all pre-schools and children settings with much emphasis on mental health wellbeing in recognition that 0-5 year olds was a key development phase;
- Social & Emotional Aspects of Learning (SEAL) in Primaries, roll out in secondary schools in progress;
- Healthy Schools Programme (67% of schools accredited) had proved very successful in Middlesbrough;

- Mental Health Awareness campaign – ‘What’s Up’.

Jo Dawson provided background information in the context of specialised CAMHS. One of the challenges facing Middlesbrough was that 4,500 (approximately) under 18 year olds had some form of mental health issue not all of which required specialised services.

Particular challenges for Middlesbrough related to social deprivation, feelings of isolation, family breakdowns, parental factors and eating disorders, which were more prevalent in the area.

#### Areas for Development:

- More systematic approach to identification and support for children and young people;
- ADHD ( new NICE guidelines) a greater emphasis on parenting strategy;
- Autism – development of a MAAT in line with the National Autism plan;
- Substance Misuse – more joined up activity including appropriate training;
- Development of ‘acute cases’ services to respond quicker to families in crisis an improved multi-agency approach was required;
- DSH and Mental Health protocols and pathways in schools;
- Attachment Disorder – multi agency assessment and treatment with pathways into Specialist Services;
- BME population, greater targeting of such communities – investment in roles;
- Transitions to adult services – investment in roles;
- Greater links between CAMHS and LD Services;

#### Next Steps:

- Developing services to strengthen families;
- CAMHS training for schools alongside roll out of SEAL;
- Greater use of outcome measures to demonstrate efficiency and value for money;
- Workforce development on multi –agency basis;
- Development of a tier 2 multi-agency response for low level counselling with strong links to specialist services;
- Audit and mapping of workforce to include skills and capacity;
- An agreed set of minimum standards for every practitioner;
- Thorough investigation of funding streams and joint commissioning;
- User and carer feedback.

Members sought clarification on a number of areas including: -

- a) it was acknowledged that generating self-confidence in children was a very important aspect and that there were many ways to develop this such as SEAL as previously mentioned;
- b) acknowledgement of the need for the development of a tier 2 multi-agency response for low level counselling with strong links with specialised services in recognition of a current gap in services;
- c) an enhanced multi-agency approach with pooled budgets and less reliance on just the use of the referral system was a key development for the future;
- d) it was agreed that despite various legislation and new joint working arrangements the need for a changed culture in reducing the stigma attached to mental health issues would inevitably involve much work and take a significant period of time;
- e) given that over the last ten years improvements had been made in terms of accessing services and legislation had ensured that there was joint working the Panel was keen to identify as to what could be done to seek further improvements in Middlesbrough;
- f) it was recognised that evidence was not yet available as to how measures put in place in earlier stages had provided successful;

g) the need to build on current initiatives and strengthen family settings was reiterated.

It was noted that comments had been sought from the Youth Council further details from which were awaited.

**AGREED** as follows: -

1. That the Children's Trust representatives be thanked for the information provided which would be incorporated into the overall review.
2. That further information be provided on:-
  - a) clarification of resources and commissioning arrangements;
  - b) current measures to stimulate the market to provide services required.