

<b>This report is public</b>	
<b>Mental Health Provision for Young People</b>	
<b>Committee</b>	Executive
<b>Date of Committee</b>	4 November 2024
<b>Portfolio Holder presenting the report</b>	Portfolio Holder for Healthy Communities Councillor Rob Pattenden
<b>Date Portfolio Holder agreed report</b>	24 October 2024
<b>Report of</b>	Assistant Director Wellbeing and Housing, Nicola Riley

## Purpose of report

To provide options in response to the motion agreed at the July Council 2024:

*“This council resolves to ask the Executive to increase spending on the mental health initiatives currently in place within the Chief Executive’s directorate to be funded by an allocation from the Policy Contingency budget.”*

## 1. Recommendations

The Executive resolves:

- 1.1 To endorse an extension to the existing provision within current resourcing levels available through the Physical Activity and Mental Health provision the Wellbeing team currently deliver in schools and for families.
- 1.2 To agree a fund of £3500 to support research and evidence gathering to assess what the needs are for increased mental health provision for young people in Cherwell, the role of partners and consider the funding routes to secure it.

## 2. Executive Summary

- 2.1 A range of options have been framed to respond to the agreed motion from Full Council in July 2024 identified in the report as Options 1-4
- 2.2 Beginning to deliver increased provision in this academic year within current budgets and resources would be a proactive and positive step. There is no base budget to deliver options 1-3 in this financial year
- 2.3 Additional consultation will need to be funded, with the aim of identifying needs, methods and partners to improve outcomes for children in Cherwell.
- 2.4 Consultation with partners in Education, PCAMHS, Public Health and the integrated Care Board will be essential to quantify needs and sustainable solutions.

## Implications & Impact Assessments

Implications	Commentary			
<b>Finance</b>	<p>There is no base budget to deliver the enhanced mental health provision</p> <p>There would not be an option to stop or reduce provision within the Youth Activator service due to the need to deliver programmes that have service level and external funding agreements in place.</p> <p>If members feel Option 1, 2 or 3 is required £22, 809 or £45,618 would need to be approved from the Policy Contingency Budget</p> <p>If the recommended Option 4 is approved £3,500 would need to be approved from Policy Contingency Budget</p> <p>Michael Furness, S151 Officer 15<sup>th</sup> October 2024</p>			
<b>Legal</b>	<p>Any service provision delivered through a charity needs to comply with the Council’s Contract Procedure Rules.</p> <p>Shiraz Sheikh Assistant Director Law and Governance 15<sup>th</sup> October 2024</p>			
<b>Risk Management</b>	<p>Risks related to any potential Mental Health programme from the options outlined will be managed through the service operational risk register.</p> <p>Celia Prado–Teeling, Performance Team Leader, 15<sup>th</sup> October 2024</p>			
<b>Impact Assessments</b>	Positive	Neutral	Negative	Commentary
<b>Equality Impact</b>	X			<p>All potential options are in line with our Equalities, Diversity and Inclusion framework, seeking to ensure that young people who are experiencing difficulties because of mental health pressures can be enabled to help manage their mental health</p> <p>Celia Prado-Teeling, Performance Team Leader, 15 October 2024</p>
<b>A</b> Are there any aspects of the proposed decision, including how it is delivered or accessed, that could impact on inequality?		X		

<b>B</b> Will the proposed decision have an impact upon the lives of people with protected characteristics, including employees and service users?		X		
<b>Climate &amp; Environmental Impact</b>				N/A
<b>ICT &amp; Digital Impact</b>				N/A N/A
<b>Data Impact</b>				N/A
<b>Procurement &amp; subsidy</b>				N/A
<b>Council Priorities</b>	<p>Healthy, resilient and engaged communities.</p> <p>The provision for young people to help manage their mental health and causes of health inequalities.</p>			
Human Resources	N/A			
<b>Property</b>	N/A			
<b>Consultation &amp; Engagement</b>	Will engage with young people, schools and Oxfordshire Mind to continue to review impact of the Mental Health programme for young people.			

## Supporting Information

### 3. Background

- 3.1 In Oxfordshire, mental health issues among young people have been rising, mirroring national trends. Recent data highlights a significant increase in school pupils requiring support for social, emotional, and mental health needs. There has also been a notable rise in the number of persistent absentees from secondary schools, which can be linked to mental health concerns.
- 3.2 Nationally, the prevalence of mental health concerns among young people is increasing. In 2023 in Oxfordshire, around 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder. This was 20.3% of 8- to 16-year-olds, 23.3% of 17- to 19-year-olds and 21.7% of 20 to 25 year olds. (JSNA)

- 3.3 In the Academic year 2022/23 there was a total of 3,830 school pupils in Oxfordshire supported with a primary need of social, emotional and mental health (JSNA)
- 3.4 University of Oxford conducted research for Year 7 – Year 13 where there were over 30,000 respondents. Of these respondents 18% often feel lonely, 1 in 3 have problems with sleep and 1 in 4 often/ always feel sad or empty (Oxwell Survey)
- 3.5 Currently as part of the successful Youth Activator programme in Schools the team deliver a Physical Activity and Mental Wellbeing programme in primary schools. The aim of the programme is to introduce young people to the importance of understanding and dealing with their emotions and physical activity activities.
- 3.6 The programme focuses on primary school transition years 5 & 6 focusing on different elements of Mental Health such as Stress, Anxiety, Goal Setting, Self Esteem, Anger and Resilience. In 2023 / 24 academic year the programme was in 28 schools which combining physical activity and elements of mental health, offering strategies and ways to manage mental wellbeing.
- 3.7 Below are some statistics highlighting the impact that the programme has had along with feedback from students and teachers
- 79% commented that their wellbeing had improved after being on the course (combination of a little better and a lot better)
  - 79% would recommend course to peers
  - 92% had a good or amazing experience on course
- “So many of the children have said how great it has been to talk about their feelings and to know that others feel the same as them” Teacher*
- “The children enjoyed the Youth Activator sessions – they enjoyed the challenge of the circuit training. The mental health sessions were well paced and engaging, with a good mixture of talking and listening” Teacher*
- “I enjoyed it because it taught me how to be more kind and it taught me how to be more fit” Student*
- 3.8 You Move is a programme focused on delivering physical activity provision with a focus on families who access free school meals and may need extra support which the Wellbeing also deliver.
- 3.9 The programme captures data at baseline when families join and then throughout the programme to demonstrate impact and need. Out of the 1870 school aged children on You Move in Cherwell 27% of these young people reported a Mental Health concern which again showcases the need.
- 3.10 Between registration on You Move and six month 42% of children reported an improvement in their happiness and wellbeing highlighting the impact of an intervention linked to young people, physical activity and mental wellbeing.

## 4. Details

4.1 The current Mental Health and Physical Activity programme is delivered by the Youth Activator programme in schools as detailed above which is combining physical activity with mental health themes.

All the options below would follow a tender process and be open to organisations that deliver mental health provision to apply.

4.2 All options would enhance provision being offered with the recommended Option 4 increasing physical activity and mental health provision offered by the Wellbeing team through existing programmes along with also conducting research to really determine what the need is locally in Cherwell for mental health provision in young people through partner and resident engagement.

Options 1 – 3 include the below elements.

Six Supported Self-help sessions with children in small groups covering Anxiety / Stress, Anger, Assertiveness, 5 ways to Wellbeing, Low Mood, Sleeping Issues, Mindfulness, Worrying Thoughts and Bereavement.

### Whole school assemblies

Assembly explores what mental health, emotional wellbeing and resilience is and provides a brief focus on coping mechanisms.

### Resilience workshops

Children and young people might then be part of our workshop which is delivered to individual classes. The workshops are open and friendly and equip young people with the skills to help them talk about and deal with their emotions, as well as giving them an understanding of what resilience means and how they can build their own resilience.

### One-to-one support sessions (Supported Self Help)

If a young person meets the criteria for the service, they will be offered a session to talk to a trained professional to explore what is available and what might be helpful. Will also be agreed together when and how frequently further sessions need to be and work up a plan of what is covered. The one-to-one sessions are designed to support young people's understanding of their own mental health and to give them the tools to stay well. There will also be support schools by signposting them to other appropriate services if necessary.

4.2 **Option 1** Children young people Supported Self-Help pilot for 7–11-year-olds attending Primary School Clusters for agreed terms in Banbury, Bicester or Kidlington

1 x Children and Young People Wellbeing Worker

18.5hrs term time only

1-year fixed term contract from September 2025 - July 2026

Cost £22, 809. includes central costs HR, Finance, Safeguarding and Line Management

Potential Benefits – This option would be increase specialist support for primary School children on a small scale.

Potential Disbenefits - We currently do not understand fully what the need is for additional specialist support for young people in Cherwell and this option would only cater for a very small number of children aged 7 – 11 years old Option 4 would provide this initial research information

#### 4.2 **Option 2** Children Young People offer for Secondary Schools Banbury, Bicester or Kidlington

1 x Children and Young People Wellbeing Worker

18.5 hrs term time only

1-year fixed term contract from September 2025 - July 2026

Cost £22,809. includes central costs, HR, Finance, Safeguarding and Line Management

Potential Benefits - This option would increase specialist support for Secondary School children on a small scale.

Potential Disbenefits – We currently do not understand fully what the need is for additional specialist support for young people in Cherwell and this option would only cater for a very small number of children aged 11 – 16 years old. Option 4 would provide this initial research information

#### 4.3 **Option 3** Combination of Primary School Cluster and Secondary School offer in Banbury, Bicester or Kidlington

2 x Children and Young People Wellbeing Workers

2 x 18.5 hrs term time only

2 x 1-year fixed term contract from September 2025 - July 2026

Cost £45,618 includes central costs, HR, Finance, Safeguarding and Line Management

Potential benefits – This option would be to increase specialist support for both Primary School and Secondary School children on a small scale.

Potential Disbenefits – We currently do not understand fully what the need is for additional specialist support for young people in Cherwell and this option would only cater for a very small number of children aged 7 – 16 years old. Option 4 would provide this initial research information

**4.4 Option 4 Recommended Option.** Increase the Physical Activity and Mental Health provision that the Youth Activators within the Wellbeing team currently deliver. Visit an additional eight schools and deliver an additional forty-eight sessions between December 2024 and April 2025. In addition, deliver five blocks and thirty family sessions as part of the You Move programme to families who are part of You Move programme.

Conduct research project including partner engagement with Public Health, PCAHMS, Education, residents and other stakeholders to assess what the needs are for increased mental health provision for young people in Cherwell and the investment required going forward.

Cost

- Additional eight Schools access six week sessions (additional 48 sessions) £2,661 (Found within Wellbeing Budget )
- Additional five lots of six-week blocks delivered for families on the You Move programme £1,663 (Found within Wellbeing Budget )
- Research & Stakeholder Engagement £3,500 Would need to be found from Policy Contingency

## **5. Alternative Options and Reasons for Rejection**

5.1 Commissioning specialist support in options 1 – 3 was rejected due to currently not fully understanding what the needs and requirements are for young people around mental health in Cherwell and the investment required.

If the recommended Option 4 is approved, this would allow for an evidence base to be developed that looked at the needs of children ascertain what would be required and be sustainable in the longer term around Mental Health support, partner involvement and the scale of investment required. Option 4 would also provide increased provision for children and families while the research was being conducted

## **6 Conclusion and Reasons for Recommendations**

6.1 The recommended option would be for Option 4 As detailed above if agreed there would need to be £3500 funding for the research to be conducted from Policy Contingency budget.

6.2 Option 4 would enable the council to conduct research through stakeholders and residents to better understand the needs around what mental health provision for young people in Cherwell is needed and investment required going forward.

6.3 Option 4 Would also provide increased provision for young people and families through the Wellbeing team while the research was being conducted

## Decision Information

<b>Key Decision</b>	Yes
<b>Subject to Call in</b>	Yes
<b>If not, why not subject to call in</b>	
<b>Ward(s) Affected</b>	All wards

## Document Information

<b>Appendices</b>	
<b>Appendix 1</b>	
<b>Appendix 2</b>	
<b>Background Papers</b>	
<b>Reference Papers</b>	
<b>Report Author</b>	Tom Gubbins
<b>Report Author contact details</b>	<a href="mailto:Tom.gubbins@cherwell-dc.gov.uk">Tom.gubbins@cherwell-dc.gov.uk</a>