

Divisions Affected – ALL

OXFORDSHIRE HEALTH AND WELLBEING BOARD

7 JULY 2022

**CHILDREN AND YOUNG PEOPLE'S EMOTIONAL WELLBEING
PROMOTION AND MENTAL ILL HEALTH PREVENTION STRATEGY -
DRAFT**

**Report by Corporate Director for Children's Services and Corporate
Director for Public Health, Oxfordshire County Council**

RECOMMENDATION

1. The Health and Wellbeing Board is RECOMMENDED to:

Approve the Children and Young People's Emotional Wellbeing Promotion and Mental Ill Health Prevention Strategy, subject to any feedback given during the Health and Wellbeing Board meeting and after fulfilling consultation requirements.

Executive Summary

2. The emotional wellbeing and mental health of children and young people has been selected as a key priority by the Health and Wellbeing Board and Oxfordshire's Joint Commissioning Executive.
3. The main purpose of this report is to present an overview of, seek feedback on and approval of the first full draft of Oxfordshire's Children and Young People's Emotional Wellbeing Promotion and Mental Ill Health Prevention Strategy, including providing an overview of the stakeholder engagement in the development of the strategy.
4. The secondary purpose of the report is to engage the Health and Wellbeing Board in the development of the action plan of the strategy – i.e., the deliverables – that will support working towards the vision, aims, and objectives.
5. This report follows on from a previous one presented at the 16 December 2021 Health and Wellbeing Board meeting that set the strategic approach and provided an overview on the work to date. In that meeting the board endorsed the approach including the importance of applying the prevention principals adopted by the Health and Wellbeing Board in the Oxfordshire Prevention Framework (2019-24) to this area of work.
6. Since December 2021 a series of stakeholder engagement events have taken place that have continued to steer the development of the strategy:

- 18 January 2022 – scoping workshop to identify challenges and opportunities with wide stakeholder group, that generated draft vision, aims and objectives, and opportunity areas
- March 2022 – feedback on draft vision, aims, and objectives with stakeholders
- April to May 2022 – five focus groups with children, young people, and parent/cares to input on vision, aims, objectives, and opportunity areas generated by January workshop
- 19 May 2022 – prioritisation workshop of opportunity areas

Overview of the strategy

7. The strategy focuses on both promoting emotional wellbeing, which can be understood as how people feel and function and deal with the ups and downs of everyday life, and on preventing mental ill health, which is defined clinically and includes depression and anxiety, for example. It aims to take a public health approach to the emotional wellbeing and mental health of children and young people (aged 0 to 25 years old) which includes considering where people live, work, and play – the wider determinants of health – as well as access to services that provide support when needed.
8. The vision, aims, and objectives have been developed with input from a wide range of stakeholders in Oxfordshire including children, young people, parents/carers, and professionals from across the local public sector partnership including NHS, local authority, and voluntary and community sector colleagues (see pages 5 to 7 in the draft strategy), and in response to a local gap and needs analysis.
9. The aims and objectives respond to specific challenges and opportunities in Oxfordshire in the context of increased demand for support for children and young people’s wellbeing and mental health over the past five years, which was compounded by the COVID-19 pandemic. This is also mirrored nationally which shows an increase in prevalence over the last three years where one in six children and young people (5 to 16 year olds) have a probable mental disorder in 2020 compared to one in nine in 2017; additionally one in five 17 to 22 year olds have a probable mental disorder in 2020.¹ Applying this to the Oxfordshire population suggests there are 16,159 children aged 5 to 16 years old and 11,069 children and young people aged 17 to 22 years old with a probable mental disorder in the county.
10. Certain groups have been impacted more than others, such as those with a disability, those from less affluent backgrounds, those who identify as LGBTQI+, young carers, those from ethnic minority backgrounds, and young carers, and as an area we will focus resources to these groups to help tackle key local health inequalities.
11. The vision, aims and objectives are summarised below (further detail can be found in the strategy pages 5 to 7, in appendix 1).

¹ [Mental Health of Children and Young People in England, 2020 - Wave 1 follow up to the 2017 survey](#)

12. **Vision**

All children and young people in Oxfordshire can achieve good mental health and wellbeing with access to the right support at the earliest opportunity when they need it.

13. **Aim 1:** Provide early help and create supportive environments

Objectives:

- Improve the wellbeing and resilience of all children, young people, and families, including focusing on the wider determinants of health
- Targeted support to those with the most need to tackle local health inequalities
- Providing early support to everyone to prevent problems from getting worse

14. **Aim 2:** Develop a confident workforce

Objectives:

- Building capacity and confidence in the workforce to support children, young people, and families' wellbeing and mental health, and create supportive environments that are positive for wellbeing and mental health.
- Better understanding by the workforce of how and where to apply interventions and strategies to meet children and young people's needs and to ensure the workforce understand who to signpost and refer children and young people too to support their wellbeing and mental health.

15. **Aim 3:** Ensure positive transitions

Objectives:

- Building emotional wellbeing and resilience of young people aged 16 to 25 years old, including supporting recovery
- Children and young people have and are prepared for positive transitions between children and adult mental health services

16. **Aim 4:** Improve Access

Objectives:

- Increase the amount of support available across the County to children, young people, and families to promote positive wellbeing and support mental health problems
- Increase the range of options to include a mix of face-to-face, telephone, and digital support
- Support is easy to access via a single integrated pathway
- Children and young people get directed to the right place at the right time

17. We will measure impact by:

- using the Office for Health Improvement and Disparities' (OHID) [Children and Young People's Mental Health and Wellbeing Profiling Tool](#),

- developing a new set of system key performance indicators, that track outcomes, spend, referral pathways, service outputs, and inequalities data
- asking children and young people, by using qualitative evaluation methods such as storytelling, case studies, and 'mystery shopping'.

Developing the strategy




18. We have taken a partnership approach to the development of this strategy working with children, young people, and parents/carers, and closely with key stakeholders across the public sector partnership from the NHS (including commissioners and providers), local authority (including county and district councils), and the voluntary and community sector.
19. Since December 2021 a series of stakeholder engagement events have taken place that have continued to steer the development of the strategy:
 - 18 January 2022 – scoping workshop to identify challenges and opportunities with wide stakeholder group that generated draft vision, aims and objectives, and longlist of opportunity areas
 - March 2022 – feedback on draft vision, aims, and objectives with stakeholders
 - April to May 2022 – five focus groups with children, young people, and parent/cares to input on vision, aims, objectives, and opportunity areas generated by January workshop
 - 19 May 2022 – prioritisation workshop of opportunity areas
20. Further detail on the content and outputs of the engagement events can be found in pages 22 to 28 in the strategy in annex 1.









List of opportunity areas shortlisted

21. A summary of the opportunity areas considered to be taken forward in the strategy are listed below. For some of these areas further work is required on the detail of the project or intervention, including costs, target groups, and timelines. This will happen in the next phase of 'action planning' (see next steps section below). As well as the proposed interventions below, other system actions such as access to green spaces will be considered in the development of the plan.

22. **Figure 1: longlist of opportunity areas, overall score from prioritisation exercise and commentary**

Key

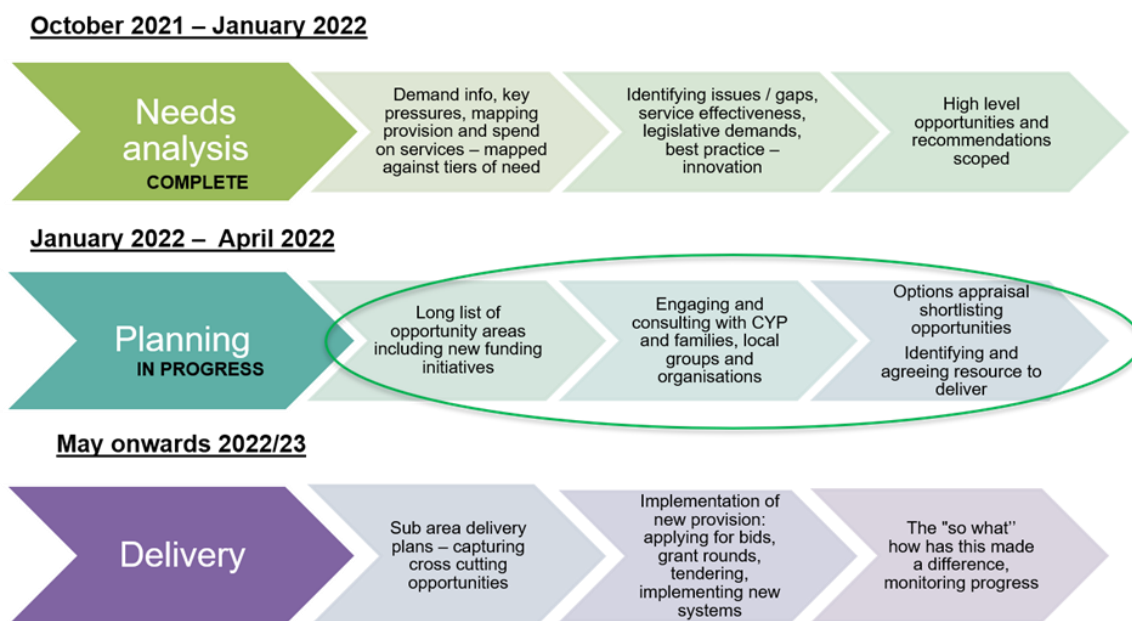
Funding agreed and option prioritised to be taken forward	
Funding not yet agreed, option prioritised to be taken forward	
Funding not agreed, option not prioritised to be taken forward at this stage	

Number	Option	Overall score	Option taken forward?	Commentary
1	Digital platform		Yes	<ul style="list-style-type: none"> Need further evaluation on the product we wish to purchase/recommend/endorse – Digital evaluation conducted by OHFT Need to secure funding
2	Enhanced integrated Single Point of Access (SPA)		No	<ul style="list-style-type: none"> Felt this needs to be wider than just a CAMHS SPA Needs to be looked wider across all CYP services e.g. Family Hub (Early Help)
3	Interactive directory of services		No	<ul style="list-style-type: none"> This needs to be part of the Local Offer work across CSC, ASC, Health and SEND so the directory across all CYP services is in one place
4	Whole-school wellbeing and resilience programme		Merge with option 7	<ul style="list-style-type: none"> Felt this has overlaps with MHST's and school in reach, health visitors, lots of duplication Could form part of the training with workforce
5	16-25 transition service(s)		Yes	<ul style="list-style-type: none"> Could be joined up with option 8 Need to source funding from April 2023
6	Family learning and support programme(s)		Yes	<ul style="list-style-type: none"> Need to understand how this fits in with existing parenting programme delivered by the SENDS team to understand what is lacking Possible research study with NIHR
7	Training programme(s) for children and young people workforce		Yes	<ul style="list-style-type: none"> Need to map out the existing training offer, take up, engage with schools about the Impact and delivery Overlaps with VRU possibly Need to be specific about training – Trauma informed etc
8	Young person's preventative mental health and wellbeing support – community Youth Offer		Yes	<ul style="list-style-type: none"> Funding assigned Possibly look at a joint service with option 5 Need to agree next steps

Next steps

23. The action plan and implementation of the strategy will be overseen by the Oxfordshire Children and Young People's Emotional Wellbeing and Mental Health Board, alongside other key system partnerships and will report progress to the Joint Commissioning Executive and Health and Wellbeing Board.
24. The planning phase is nearing completion and system partners, children and young people and parents and carers have made recommendations to short list options to take forward to business case stage to implement the strategy and address the gaps in the system (see original key milestone plan in figure 2 below).

25. **Figure 2:** original key milestone project plan



26. The next phase will be the delivery/implementation of the strategy, and the table below shows the indicative next steps.

27. **Table 1:** Oxfordshire Children and Young People’s Emotional Wellbeing and Mental Ill Health Prevention strategy implementation and delivery plan

Activity	Timeline
Present the draft strategy at the Health and Wellbeing board	7 July 2022
Informal consultation of the draft strategy	August 2022
Publish strategy	September 2022
Finalise the action plan and deliverables for the strategy	Mid-August 2022
Create business cases for the opportunities to be taken forward	End of August 2022
Identify funding source for opportunities and final decision making	August – September 2022
Develop evaluation and impact measures	September 2022
Deliver actions in the strategy including starting procurement activity	From September 2022
Implementation and mobilisation of new services	From December 2022-23
Review impact and progress against priorities	Six monthly and on an annual basis

Corporate Policies and Priorities

28. The strategy will support on delivering a number of objectives and strategic priorities outlined in Oxfordshire's Strategic Plan 2022 – 2025, as well as supporting the overall vision to lead positive change by working in partnership to make Oxfordshire a greener, fairer, and healthier county. These include:
- Tackle health inequalities in Oxfordshire
 - Prioritise the health and wellbeing of residents
 - Create opportunities for children and young people to reach their full potential

Financial Implications

29. There are no new financial implications at this stage. However, the next stage of planning will include identifying viable resources and funding streams from across the public sector partnership to support the delivery of the strategy whilst achieving value for money.

Comments checked by: Stephen Rowles, Assistant Finance Business Partner,
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Legal Implications

30. There are no specific legal implications at this stage.

Comments checked by: Lindy Stephens, Principal Childcare Solicitor,
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Staff Implications

31. There are no additional staffing implications at this stage. As above, the next stage of planning will include identifying resources and funding streams from across the public sector partnership to support the delivery of the strategy.

Equality & Inclusion Implications

32. The subject of the report – the draft Oxfordshire Children and Young People's Emotional Wellbeing and Mental Ill Health Prevention Strategy – outlines key local health inequalities and these have been considered throughout the planning of the strategy. The delivery of the strategy will target resources at children and young people who need it most considering protected characteristics such as age, sex, sexual orientation, gender reassignment, race, and religion or belief. We will continue to work with children and young people in the design and delivery of the strategy.

Sustainability Implications

33. Sustainability implications will be considered during the action planning phase of the strategy.

Risk Management

34. Risk management will be considered during the action planning phase of the strategy. Risks to consider are finances, workforce, and the capacity to deliver to agreed timescales.

Consultations

35. Engagement with the main beneficiaries of the subject of the report, children and young people, and parents/carers, took place during the development of the strategy and a summary of the activity and their input can be found in pages 22 to 28 in annex 1.

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&

ANSAF AZHAR
CORPORATE DIRECTOR FOR PUBLIC HEALTH

Annex: Annex 1: Oxfordshire Children and Young People's Emotional Wellbeing and Mental Ill Health Prevention Strategy – DRAFT

Background papers: Nil

Other Documents: Report to the 16 December 2021 meeting of the Oxfordshire Health and Wellbeing Board – 'Children and Young People Emotional Wellbeing and Mental Health – Strategic Approach' available [here](#).

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