

Divisions Affected – ALL

OXFORDSHIRE HEALTH AND WELLBEING BOARD

1 December 2022

**CHILDREN AND YOUNG PEOPLE'S EMOTIONAL WELLBEING
PROMOTION AND MENTAL ILL HEALTH PREVENTION STRATEGY –
Action Plan**

**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:**

Note the on-going work to deliver on the Children and Young People's Emotional Wellbeing Promotion and Mental Ill Health Prevention Strategy Action Plan – Appendix 1 and the timescales for publication of the Strategy.

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 the developing action plan of the Oxfordshire's Children and Young People's Emotional Wellbeing Promotion and Mental Ill Health Prevention Strategy.
4. This report follows on from a previous report presented at the 7 July 2022 Health and Wellbeing Board meeting that shared the draft strategy and progress made to date and next steps.
5. Since July 2022 the service has consulted on the strategy with partner organisations, children and young people and parents and carers. Amendments are currently being incorporated into the final version of the strategy. The strategy along with the Action Plan will be published on Oxfordshire County Council's public website.

Overview of the strategy

6. 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.

7. 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 and in response to a local gap and needs analysis.
8. 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.
9. 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.
10. The vision, aims and objectives are summarised below.

11. **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.

12. **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

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

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

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.

14. **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

15. **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

16. 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 Action Plan

17. We have taken a partnership approach to the development of the action plan (appendix 1) to deliver on the aims and objectives within the strategy ensuring we make best use of public resources and working within set budgets across the system.
18. Leads have been assigned to each workstream within the strategy who will create working sub-groups to report back to the Emotional Mental Health and Wellbeing Board on progress and for decisions.

19. Since December 2021 a series of stakeholder engagement events have taken place that have continued to steer the development of the strategy and action plan:
- 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 to feed into the action plan
 - 22 November 2022 – agree the action plan at the Emotional Mental Health and Wellbeing Board, chaired by Kevin Gordon, Corporate Director for Children’s Services.

Next steps

20. 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 which means bi-monthly, alongside other key system partnerships and will report progress to the Joint Commissioning Executive and Health and Wellbeing Board.
21. The strategy will be published on Oxfordshire County Council website and shared to stakeholders and system partners including parents, carers and children and young people.

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

Activity	Timeline
Finalise the action plan and deliverables for the strategy	November 2022 - complete
Publish strategy on OCC website	January 2023
Develop evaluation and impact measures	January 2023
Deliver actions in the strategy including starting procurement activity	From January 2023
Implementation and mobilisation of new services	From March 2023
Review impact and progress against priorities	Six monthly and on an annual basis

Corporate Policies and Priorities

23. 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

24. The creation of new services (if required) will be funded by existing revenue budgets, grants and accessing new funding streams that system partners particularly voluntary sector organisations are able to access. There is a risk that workstreams within the action may not be deliverable if the funding is not available however the workstream leads are utilising existing resources and applying for grants and new revenue income streams where possible to facilitate the service requirements.

Legal Implications

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

Staff Implications

26. There are no additional staffing implications at this stage.

Equality & Inclusion Implications

27. 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

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

Risk Management

29. 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

30. 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 consultation on the strategy with system partners and user groups took place throughout August 2022.

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CORPORATE DIRECTOR FOR CHILDREN'S SERVICES

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ANSAF AZHAR
CORPORATE DIRECTOR FOR PUBLIC HEALTH

Appendix: Appendix 1: Oxfordshire Children and Young People's Emotional Wellbeing and Mental Ill Health Prevention Strategy Action Plan.

Background papers: Oxfordshire Children and Young People's Emotional Wellbeing and Mental Ill Health Prevention Strategy

Other Documents: Report to the 7 July 2022 meeting of the Oxfordshire Health and Wellbeing Board – 'Children and Young People

Emotional Wellbeing and Mental Health – draft strategy available [here](#).

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23 November 2022

Appendix 1

Emotional Mental Health and Wellbeing Strategy - Year 1 action plan

Project	Key milestones	Lead(s) and stakeholders	Strategy objectives and aims
Family and learning support programme(s)	<p>Scope out existing offer across Oxfordshire (OCC, CAMHS, voluntary sector, Education, Health Visitors & School health Nurses), identify gaps and linkages into the Family Hub development – ensure relevant websites are up to date - <i>Family information service & Local Offer, Youth in Mind Guide and publicise to Parents and Carers.</i> – by January 2023</p> <p>Identify workforce of who will deliver the programmes in the system (if not already commissioned) by March 2023</p> <p>Purchase and/or coordinate existing training for agreed training programmes, including a digital offer to create a mix of in person and online offer - by July 2023</p> <p>Evaluate impact of training programmes and consider options for year 2 - July 2024</p>	<p>Lead – SW Commissioning Team</p> <p>Involving: OxPCF OCC Public Health Children’s Social Care Voluntary / community sector lead CAMHS</p>	<p>Aim 1: Provide early help and create supportive environments</p>
Training programme(s) for	Map out existing Mental Health training for CYP workforce, understand the take up	OCC Public Health - lead	Aim 2: Develop a confident workforce

<p>children and young people workforce</p>	<p>and what additional support the workforce requires- by January 2023.</p> <p>Work with system partners to identify the workforce and their training needs to best support CYP wellbeing and mental health (including general mental health awareness, suicide prevention, and trauma and adversity including children who are neurodivergent) - by April 2023</p> <p>PH will commission resource to map the training available and to deliver the training to the workforce - all age - by January 2023</p>	<p>Involving:</p> <p>SEND Health (DCO) CAMHS SW Commissioning</p>	
<p>Digital offer</p>	<p>Explore digital offer(s) that best meet the needs of local children and young people, including learning from BOB partners who have commissioned a digital service link up with potential BOB wide commissioning decisions – by January 2023</p> <p>Create a test group of CYP to test out short listed apps to feed into a recommended approach - January – April 2023.</p> <p>Secure funding required for recommended approach - DFE grant potentially if criteria is met</p>	<p>Start Well commissioning – lead</p> <p>Involving: CAMHS, GP BOB lead for MH. Social Care OXPCF</p>	<p>Aim 1: Provide early help and create supportive environments</p>

Directory of services	Evaluate options including using the SEND local offer, Family Information Service, family hubs, and potential for including within digital solutions? <i>(potentially could be funded by DfE Return to Education Wellbeing fund)</i> by January 2023	Start Well commissioning – lead Involving: CAMHS, GP BOB lead for MH. Social Care OXPCF SEND	Aim 1: Provide early help and create supportive environments Aim 4: Improving access
Whole-school wellbeing and resilience programme	Develop a approach and agreed delivery mechanism between all system partners working in wellbeing and health in schools to develop a coordinated offer Create investment options using grants and maximising revenue budgets already providing funding Need to ensure CYP who are not accessing school provision (emotional school based avoidance and electively home educated) are supported / have access By April 2023	OCC Education- Lead Involving: Early Help SW Commissioning MHST's CAMHS Educational Psychologists OXPCF	Aim 1: Provide early help and create supportive environments
Develop system performance dashboard	To create a system wide (including statutory services and the voluntary sector) to measure and evaluate the effectiveness of the strategy and to understand if the system partnership is delivering against the aims and objectives of the strategy. By February 2023	SW Commissioning – Lead Involving All CYP Mental Health and Emotional Wellbeing Project Board members	All aims

	Agree three system flow metrics to monitor at each EMH&WB board – by January 2023	OCC and ICB Data Teams	
16-25 transition service(s)	Evaluation of the mental wealth academy and evidence of impact of the service in meeting needs earlier to prevent crises and escalation of needs into health, education and social care statutory services Identify joint funding across Health and OCC for 16-25 service(s) by December 2022	Start Well Commissioning – Lead Involving: CAMHS Vol/Community Sector Public Health	Aim 3: Ensure positive transitions for 16-25 year olds
Wider determinants of health	Address Inequalities, Prevention Concordat, e.g., access to Green Spaces, cost of living crisis Warm places, welfare schemes and council tax support agreed as council seeks to help local people this winter (oxfordshire.gov.uk)	OCC Public Health - Lead Involving Broader OCC partners	Aim 1: Provide early help and create supportive environments