

**Glasgow City Council****Education, Skills and Early Years City Policy Committee****Report by Executive Director of Education Services and Chief Officer Glasgow City Health and Social Care Partnership****Contacts:****Mike Burns, Assistant Chief Officer, Children's Services****Karen Dyball, Head of Children Services, NE Locality****Barry Syme, City Principal Psychologist****MENTAL HEALTH AND WELLBEING INTEGRATED WORKING IN
GLASGOW'S COMMUNITIES AND SCHOOLS****Purpose of Report:**

To update the Committee on the work being undertaken in schools and communities to support children and young people's mental health and wellbeing.

Recommendations:

The Committee is asked to consider the range of approaches being used and ask the Executive Director and Chief Officer to present further update reports, as appropriate.

Ward No(s):

Citywide: ✓

Local member(s) advised: Yes No consulted: Yes No

1. Background

- 1.1 Glasgow Education Services and Health and Social Care Partnership (HSCP) works closely on an integrated basis with partners to provide a range of services to meet the needs of young people. This report details of a range of services provided by both Education and the HSCP. These services are designed to complement the services provided by Specialist Children's Services (SCS) and the Child and Adolescent Mental Health (CAMHS) service. These services are intended to provide an early intervention approach to prevent young people escalating through services.

2. HSCP Services available to support the mental health of young people in Glasgow

2.1 Networking Team

We are developing a Children and Young People's Networking Team, which will help to direct children, young people, and their families into the range of available tier 1 and 2 mental health supports across Glasgow. The team of Networkers will also help professionals who are looking to identify appropriate supports to support children's mental wellbeing. As well as improving the connectedness of services, this work will also help to build an understanding of the range of neurodiversity needs across the partnership, which will help to ensure that children, young people, and their families are routed to the right service, in line with the philosophy of GIRFEC (Getting It Right for Every Child) and also aligned to the aspirations of *the Promise*.

The Team Leader and 6 Networking Family Support Workers have been recruited for Glasgow and commenced on 1st August 2022. The team will be managed between the Glasgow Parenting Team and Specialist Children's Services and will initially focus supports for preschool children on the Autism assessment waiting lists across Glasgow.

2.2 CAMHS Health Care Support Workers

A team of Health Care Support Workers who sit within the CAMHS team but deliver tier 2 family support to families has been established. This is in response to challenges in the way services have evolved over time, which has meant that more tier 2 level work is now being absorbed by tier 3 services. Clinicians have reported that, over time, tier 3 CAMHS practitioners have attempted to fill the gaps of tier 2 services, resulting in inadequate signposting and use of community supports that help with behavior, sleep, and neurodiversity. The team provides support to families whilst they wait for treatment and assist the CAMH clinicians to progress neurodevelopmental assessments.

2.3 Winter Plan for Social Protection Funding

Direct payments were made to families to support their physical, emotional, and mental wellbeing. This was also supported by Family Nurse Partnership Practitioner's and enabled 4,000 payments of £300 to be issued to families in the community in need with no access to other funds as identified by Health Visitors. Families have positively reported on the impact of the additional finance, which has replicated previous initiatives during the Pandemic by the HSCP.

2.4 Practitioner Training to Support Families with Disabilities

3 days training with 1 day accreditation for 30 practitioners to increase their knowledge and skills in support of children with Disabilities mental Health and wellbeing has been completed in 2022

2.5 Family Activity Budget (FAB) Project

The HSCP has partnered financially with Glasgow Life to deliver the Family Activity Budget Project. This is delivered by Glasgow Life and provides care experienced young people of all ages and their carers/parents, with a budget to use on local sporting and cultural activities to increase their social networks, skills and to improve their mental health and wellbeing.

2.6 Intensive Family Support

Funding has been provided to offer facilitation and support for third sector partners to develop an analysis of the current system of third sector support for families, integrating the learning from the science and practice of implementation in the development and delivery of Tier 1 and 2 mental health services.

The aim of this work is to create alignment within children's services to provide high quality consistent support for children, young people, and their families across all services. The funding has been used continue the partnership with CELCIS to support whole system change within children's services.

CELCIS supported the work with the new third sector providers who will be delivering Intensive Family Services, using an evidence-based approach to develop an effective collaboration, to ensure consistent, high-quality support for families, regardless of the agency/worker allocated.

2.7 Mental Health Recovery and Renewal Fund

The Mental Health and Renewal Fund Phase 1 has provided the opportunity to increase the CAMH workforce to achieve the implementation of the CAMH service specification and enable the clearance of backlogs in waiting lists for CAMHS.

The emerging evidence of the impact of Covid-19 on the mental health and wellbeing of children and young people over the short and longer term has been considered when developing the workforce plan to meet the needs of children and their families. In addition, given the Community Mental Health and Wellbeing investments in tier 1 and tier 2 services, it is becoming evident that the nature of need that requires to be met within community CAMHS teams is increasing in complexity and acuity. It is anticipated that this will continue to change over time as tier 1 and tier 2 services become established. For this reason, the investment has built in flexibility to take cognisance of the impact of the investments being made and the changing needs of children, young people, and their families.

Phase 2 of the Mental Health Recovery and Renewal funding has been utilised to introduce designated clinical leadership for the implementation of the National Neurodevelopmental Specification for Children and Young People. It has the specified aim of establishing capacity to provide access to specialist neurodevelopmental professionals for children. In addition, a multidisciplinary group of specialist neurodevelopmental clinicians will work across CAMHS and Community Pediatrics. Working to ensure a bridge between services will ensure that children and young people with neurodevelopmental difficulties experience more seamless pathways of care. The spending priorities will therefore facilitate implementation of the specification, improving the quality of care received by children, young people, and their families. In addition, clinical capacity will be enhanced, enabling services to meet the high levels of demand for specialist assessment. Performance against this will be measured through number of children on the waiting list; length of wait; number of assessments completed; positive patient experience.

2.8 Youth Health Service (YHS)

Historically the Youth Health Service was delivered in three venues in North West Glasgow, initially launched in Maryhill in 2002. In June 2019, following an external review, the Glasgow City Integrated Joint Board approved the expansion of the YHS across the City to a total of nine services.

Subsequently a Service Manager was appointed, a phased expansion programme developed, and an Implementation Group of statutory and Third Sector organisations established to guide this process. An Equality Impact Assessment was carried out to ensure inclusivity for all young people.

With the initial YHS model informed by youth participation and engagement, the expansion programme and any on-going delivery has at its heart, these core principles. On that basis new services have been informed by peer research to ensure the model, as it expands, responds to the diversity of young people in the city. A set of values were developed this year which demonstrate what young people and their families can expect from the service. The service commits to living out these values in the following ways:

- We will work in such a way that builds and maintains trust with young people
- We will treat everyone fairly and with respect
- We will listen without judgement

The services mission statement articulates its purpose, long-term goals, and the way it will work to achieve these:

"To improve the health and wellbeing of young people in Glasgow City with a focus on early intervention and prevention. To work with young people, their families and partner agencies to provide flexible, holistic support using a youth friendly model, and to help young people achieve their potential."

The annual report 2020-21 demonstrates the achievement the service has made in achieving its goals the city's young people.

3. Third sector grants

We are continuing to distribute grant funding to support community-based organisations specialising in tier 1 and 2 mental health support. This will be subject to a formal application process and monitoring of outcomes delivered for funding issued. As stated, the most effective approach to meeting the needs of young people is on an integrated basis involving all partners, where possible on a preventative basis.

3.1 Mental health support for LGBTQI+ children and young people

In addition to the above we have made further investment in the Third sector support to meet specific needs of children and young people aged 18 – 25, expanding services currently provided.

3.2 Improving mental health support for children, young people, and families within Black and Minority Ethnic communities

We plan to utilise funding to deliver on the recommendations published in the BME scoping report we commissioned to improve approaches to addressing the mental health needs of children, young people, and families from Black and Minority Ethnic communities.

3.3 Mental Health Kinship Care Support

We have expanded the counselling service delivered by Notre Dame Centre for Kinship families to expand post-pandemic support for carers up to March 2023, with a review of the service scheduled at mid-point.

4. Education Services

4.1 Mental Health Support for Children and young people - Secondary School Counselling

The School Counselling contract has been fully implemented and we are seeing a high uptake of the service across schools in the City. This service is contracted to Action for Children (AfC). For Secondary school Counselling there were 1034 referrals across the 30 secondary schools. The main presenting issues are Anxiety/Stress, Family Issues, Loss and Bereavement, Anger and Self Harm. At the time of this report there were 352 young people on the waiting list.

Analysis of the Clinical Outcome Routine Evaluation (CORE) data gathered by Action for Children from pupils across Glasgow over the year shows that there are positive changes in pupil scores pre and post counselling.

- CORE data for 30 schools has been analysed.
- In totals 22 pre and post scores looked at.
- Average pre-score = 20.6; Average post score = 10.9.
- Average of 9.7 positive increase in mental health and wellbeing scores.

Blues Groupwork

As well as offering 1:1 counselling support AfC offer 'Blues Groupwork'. The Blues is an evidence-based programme for young people who are showing depressive tendencies. The six-week programme supports pupils to understand their feelings, the journey to the feeling and the things that they can change to make their feelings more positive. 18 schools currently have Blues practitioners in their school carrying out programs; 11 schools are waiting delivery of sessions offered. Between February – April '22, AfC have delivered a total of 27 Blues groups in Glasgow Secondary Schools, reaching 294 pupils.

The figures below shows cumulative information from first delivery from February 2022 to April 2022. These figures reflect two rounds of Blues delivery as Blues groups run for six weeks and two rounds fall in between of this quarter report. Figures show a marked improvement in depressive tendencies pre and post input.

Average of First CES-D Score	38.4
Average of Last CES-D Score	29.5

CES-D is Centre for epidemiologic studies depression scale.

4.2 Primary School Counselling

Lifelink have been contracted by Glasgow to provide 1:1 counselling support for Primary 6 and Primary 7 pupils across Glasgow. Lifelink have seen a consistently high demand for 1:1 counselling for pupils in Primary 6 and Primary 7 across Glasgow. Figures presented by Lifelink encapsulate the period April 21 – March 22. In this time Lifelink have provided a service to 57 schools and 416 children. A total of 416 children have been seen. Main presenting issues are Anxiety, Anger and Self-esteem.

Lifelink use CORE (Clinical Outcomes in Routine Evaluation 10) to measure pre and post shifts in mental health and wellbeing. Lifelink report that on average pupil CORE scores are seeing an improvement of 6 points between pre and post service. This can be taken to reflect a positive improvement in wellbeing:

- Average pre-score = 13.5; Average post score = 7.5
- Average CORE improvement of 6.0

4.3 Quarriers: Primary School Group Work

Quarriers have been contracted by Glasgow to provide the group work element to the package of counselling supports on offer to Glasgow Primary Schools. Quarriers experienced an influx of referrals to their service in the spring 2022 and are now in the position where they are working at full capacity in terms of linking referrals to staff capacity. Currently Quarriers is working within 16 schools and they are carrying out multiple group work programs, working with 713 pupils. Main reasons for referral are Wellbeing Support, Transitions and Self-esteem.

4.4 Primary School Play Therapy – With Kids

WithKids provide Play therapy in primary schools. They take a holistic approach within a school setting working with pupils, their families and teaching staff. The total number of schools requesting play therapy since the start of the contract has been 19. This has involved requests for 1:1 support for pupils and requests for small group Play Therapy. WithKids are currently working with 53 children. During Quarter 3 the service received new referrals for 21 children and WithKids commenced work with all of them. 14 children in total have now ended therapeutic support.

4.5 Primary Art Therapy – Impact Arts

Impact Arts provide 1:1 Art Therapy and group Art Therapy. The standard length of time for their input is 10 sessions and this applies to 1:1 work and group work. Between Quarter two and Quarter three the number of referrals to Impact Arts has almost doubled from 9 to 19; they currently provide input to 19 schools across Glasgow working with 107 children. Data provided by Impact Arts states that they are providing 14 one to one sessions and eight group Art Therapy sessions.

A detailed report on the progress of the contract framework is available on request from Barry Syme, City Principal Psychologist, Education Services.

4.6 Self-Harm

Self-Harm Awareness – Increasing the number of staff trained in “What’s the Harm”. We are into a 5-year plan to have two “What’s the Harm” Trainers in each secondary school and in the longer term one trainer in each Primary school. We will develop support materials for Primary schools in responding to self-harm.

We are in the process of developing a self-harm training plan for all 19 Residential Children’s Houses in Glasgow, we aim to have a trainer based in each Children’s House.

4.7 Suicide Prevention

We continue to ensure we have Applied Suicide Intervention Skill Technique (ASIST) cover across all Learning Communities. All educational psychologists (44) in Glasgow are ASIST trained. Due to the ongoing demand from schools for ASIST trained staff we are planning on running an Education Services ASIST Course for secondary school teachers in early 2023.

4.8 Eating Disorder Awareness Raising

We are trialing the SPOT (Schools Professionals Online Training) online training course for teaching staff within schools.

[\(https://www.beateatingdisorders.org.uk/training-events/find-training/spot-online-training-for-schools/\)](https://www.beateatingdisorders.org.uk/training-events/find-training/spot-online-training-for-schools/)

This has been developed by the BEATS Eating Disorder Charity and it is free for all professionals. It is an online modular course that provides an introduction on what are eating disorders, how to spot the signs of this condition and how to help the young person seek support. We aim to have all Pastoral care teachers trained in basic eating disorder awareness by June 2023.

4.9 Mental Health Training for Staff

We have just started training 100 staff (Residential Care and Teachers) who are linked to the 19 Children's Houses in Glasgow. The training package is delivered by Place2Be and involves their 12 week Mental Health Lead Training course. This will align the Children's Houses with their local Primary or Secondary school and ensure that there is consistency in the Mental Health support offered across both settings. We aim to adapt the existing School's Mental Health Policy template to suit the Children's Houses so that all young people have access to the same level of mental health support across Glasgow.

4.10 Kooth – Online mental health support for 10–16-year-olds

We have engaged with Kooth, which is a mental health organisation that provides support to young people through an anonymous self-help, community support and professional 1:1 support platform. 60% of user logins occur outside of traditional office hours showing that Children and Young People appreciate the availability of Kooth in the evenings and at weekends. 96% of users say they would recommend Kooth to family and friends. Glasgow HSCP has purchased this support for all our 10–16-year-olds living in Glasgow. We are in the process of a mobilisation exercise to publicise this resource across Education, Health, Social care and Third Sector groups.

With the ongoing digital roll out of iPads within Education we plan to use this platform so that it is available as standard for all 10–16 year-olds to access if needed. We continue to use Togetherall as an online support platform for all 16-24 years olds in Glasgow.

4.11 Emotionally Based School Non Attendance (EBSNA) and REACH Service

Education Services, supported by a multi-agency team (Health, Social Work, University of Glasgow, Autism Resource Centre), is committed to ensuring that children and young people who are showing a profile of need which results in school non-attendance due to emotionally based factors (e.g., anxiety, issues related to Autism and neurodevelopmental profiles of need and other mental health presentations), are planned for.

We have developed guidance to support staff across agencies and services to provide a collaborative response to children and young people who experience Emotionally Based School Non-Attendance (EBSNA). These guidelines focus on the possible reasons for school non-attendance, what staff can do to support young people and list resources and supports available. These multi-agency guidelines are being published at the start of November 2022. To ensure that training in EBSNA is delivered across Glasgow, a Senior Educational Psychologist has been seconded to Glasgow HSCP to oversee the training framework and implementation in schools and with HSCP staff.

As part of the multiagency response, Glasgow HSCP has also commissioned a service to work with young people who have significant non-attendance that is linked to emotional or mental health issues.

The Quarriers REACH (**R**espond-**E**ngage-**A**sk-**C**onnect-**H**ope) Service started in October 2022 and has been commissioned as a pilot for 12 months. Quarriers are a national charity currently delivering more than 100 services across Scotland. This service is funded by the Scottish Government through tier 1 and tier 2 mental health funding as part of Glasgow's Health and Social Care partnership (HSCP).

The aim of the Quarriers REACH service is to provide targeted support to children and young people, who have chronic non-attendance or are starting to show signs of developing a non-attendance profile, at school and / or to ensure that they are engaged in a positive destination. This may include work, college placements or community engagement or accessing services which will support additional needs.

Quarriers REACH service can provide the following support to Children and Young People and their families:

- REACH will work in partnership with CYP, schools, families, and teams around the CYP to develop individual plans and interventions.
- REACH will work with CYP to support them at points of transition and when they have disengaged from formal education/ school.
- REACH will respond to issues regarding mental and emotional distress and wellbeing.
- REACH will provide one-to-one support.
- REACH will customise interventions to meet the needs and aspirations of individual CYP and their families.
- REACH will work to identify the strengths of the CYP and build on them.
- REACH will work with the schools to make sure the CYP is included and has access to all the support already available within the school.
- REACH will build a relationship with school staff that will support the CYP whether attending the school or attending an out of school learning experience.
- REACH will help the CYP to identify and build school relationships with their peers and staff.
- REACH will connect the CYP into the school community.
- REACH will support carers to help them to understand the day-to-day pressures on the CYP and how to support them to support the CYP on to positive destinations.
- REACH will link with other professionals around the CYP such as Social Work, Health and Educational Psychologists.

It is anticipated that this service will be able to support up to 250 young people a year. There will be a full evaluation of the outcomes for young people who are referred and supported by this service.

4.12 Loss and Bereavement Support

The Loss and Bereavement Toolkit was reviewed in December 2021 and is available in all educational establishments. The toolkit was developed by staff within Glasgow Educational Psychology Service, Glasgow Schools, Health Improvement and the Prince and Princess of Wales Hospice. Recently we have seen several bereavements of staff and pupils within education establishments and we have been able to respond directly to schools in supporting young people and staff.

5. Policy and Resource Implications

Resource Implications:

<i>Financial:</i>	Within existing resources with additional funding from Scottish Government Mental Health Community Funding, School Counselling Funding and Scottish Attainment Fund, as appropriate.
<i>Legal:</i>	N/A
<i>Personnel:</i>	Within existing resources.
<i>Procurement:</i>	In line with Council advice.

Equality and Socio-Economic Impacts:

<i>Does the proposal support the Council's Equality Outcomes 2021-25? Please specify.</i>	Yes Equality Outcome 7. Glasgow's Improvement Challenge (Literacy and Numeracy) has resulted in improved attainment.
<i>What are the potential equality impacts as a result of this report?</i>	Young people should have improved health and wellbeing.
<i>Please highlight if the policy/proposal will help address socio-economic disadvantage.</i>	While the approaches will not help to address socio-economic disadvantage there is a strong link between poverty and poor mental health.

Climate Impacts:

*Does the proposal support any Climate Plan actions?
Please specify:* No

What are the potential climate impacts as a result of this proposal? None

Will the proposal contribute to Glasgow's net zero carbon target? No

Privacy and Data Protection Impacts: There are no significant impacts.

6. Recommendations

- 6.1 The Committee is asked to consider the range of approaches being used and asks the Executive Director and Chief Officer, HSCP to present further update reports, as appropriate.