

Supporting young people's emotional wellbeing in Hammersmith & Fulham - during lockdown and beyond

**Young people's experiences, our services and plans going
forward**

Impact of COVID-19 on Children and Young Peoples mental health

Impact of COVID-19 on Children and Young Peoples mental health – Beginning of lockdown vs Summer 2020

National data* suggests a shift towards the edges: **9% more** Children and Young People rating their MH as much worse, a slight increase in those reporting an improvement (from 7% to 11%) and a reduction in 'no difference' (9% > 5%).

Results from July 2020:

Previous results from March 2020

32% agreed that it has made their mental health much worse
51% agreed it had made their mental health a bit worse
9% agreed it had made no difference to their mental health
6% agreed that their mental health had become a bit better
1% agreed that their mental health had become much better

41% agreed it had made their mental health much worse

40% agreed it had made their mental health a bit worse

5% agreed it had made no difference to their mental health

8% agreed that their mental health had become a bit better

3% agreed that their mental health had become much better

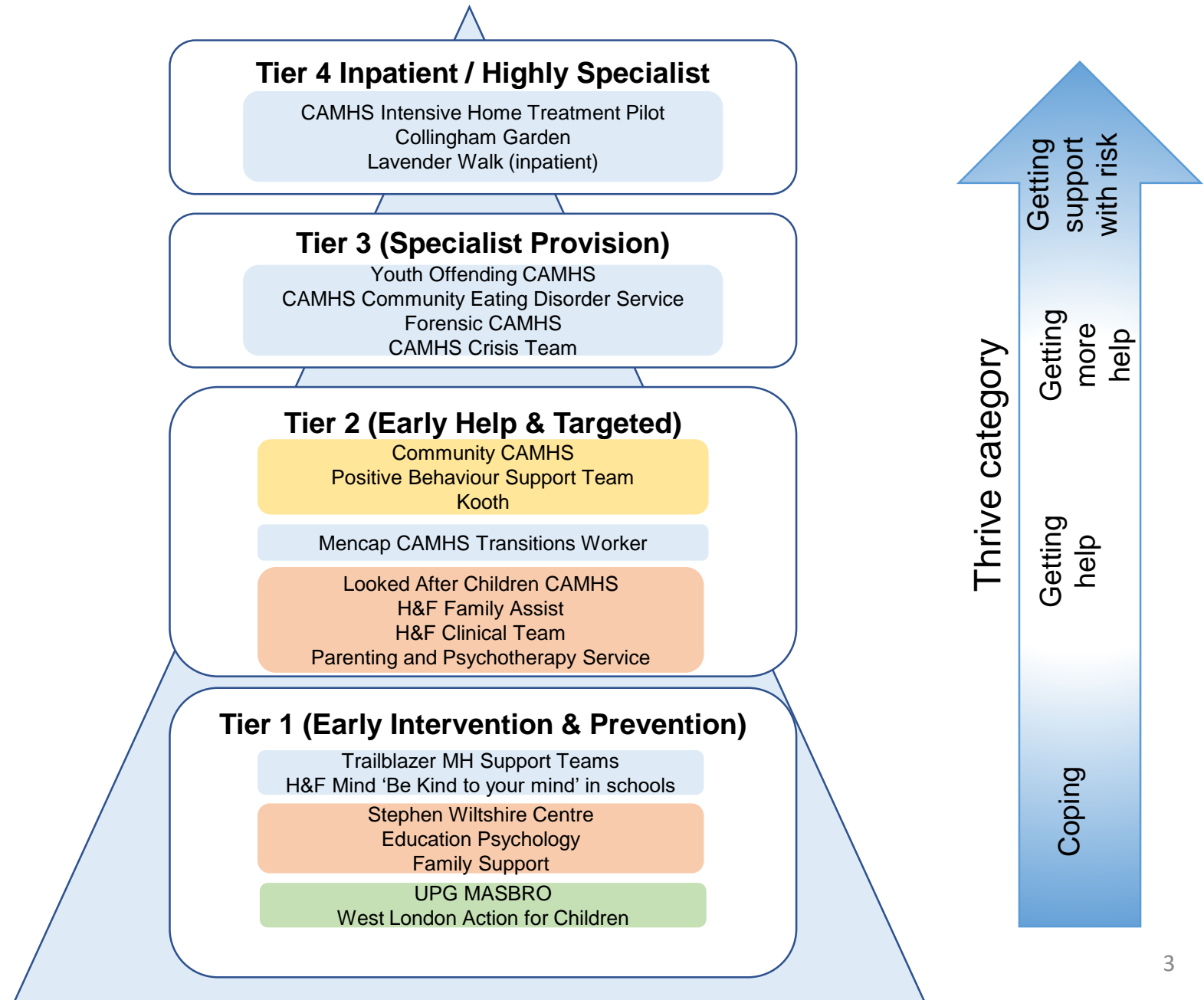
*Source: Young Minds, July 2020. (2,036 young people aged 13-25 who sought mental health support took part, including 1,081 CYP who had accessed MH support in Jan – March.)

Services supporting young people's emotional wellbeing and mental health during and beyond COVID

The diagram details the emotional wellbeing support services available across Hammersmith & Fulham which are represented using a colour code to indicate how these services are funded.

Key:

- CCG NHS/Commissioned
- Joint Commissioned
- Local Authority
- Community grants



Mind:

Trailblazer MH Support Teams – Team have been trained to provide targeted interventions in schools for young people presenting with anxiety or early signs of trauma. YouTube style mental health and emotional Wellbeing online channel went live on 13th July. <https://www.my-mind.tv>

H&F ‘Be Kind to your mind’ programme, commissioned by some secondary schools is continuing.

Stephen Wiltshire Centre's Integrated Keyworker Service: has remained open to provide services for young people with complex needs and will reopen with a full offer as school return to full opening. Integrated key worker service has continued to support young people and families throughout the pandemic.

Education Psychology: continued to work with schools in delivering psychological support to young people and staff. Extensive training provided on a range of topics e.g. welcoming pupils back to school and loss, grief and bereavement. The training has been accompanied by a range of guidance documentation for school with links to resources. Provided a framework for developing a policy following critical incident in school.

CLCH school nurses have completed mental health training and can assess children and if there are concerns will escalate these to other support services.

Family Support: provided counselling for young people, webinars and ‘brain in hand’ app, sharing the science training and have introduced a virtual centre including a channel, AlbyTV, that featured wellbeing activities.⁴

Community CAMHS: shifted to a telehealth model to continue to provide early help and targeted services to children and young people (0-18).

Kooth: an online text-based counselling service for adolescents delivered via an app, Kooth increased service capacity to complement the need for an expanded virtual offer.

Looked After Children CAMHS: shifted to a telehealth model, and RAG-rated cases, cross referencing against **H&F's Looked After Children (LAC) Team** and working with the **Clinical Team** on LAC and Leaving Care Managers review conversations.

H&F Family Assist work to reduce the number of children and young people entering care, providing crisis intervention and family mediation. Their CAMHS & AMP practitioner has provided consultations to young people on their Mental Health during COVID.

Parenting and Psychotherapy Service shifted to time-limited behavioural and counselling interventions and skills building in response to emerging needs as a result of COVID19 and lock-down.

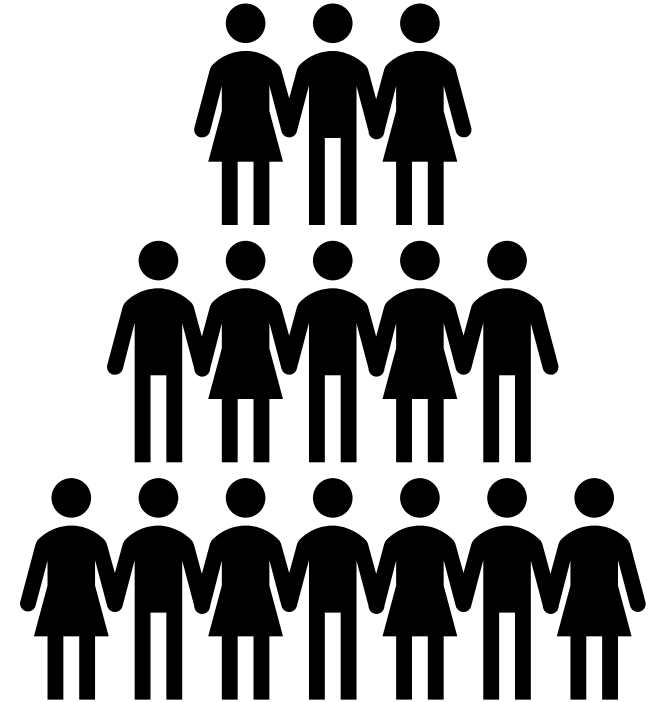
Positive Behaviour Support Team – In development, beginning October 2020, a joint-commissioned multi-disciplinary behavioral support service for children and young people with Learning Disabilities and/or Autism who are at risk of Tier 4 hospital admission or residential placement.

Tier 3 and 4 – Getting more help and Getting support with risk

- *These are primarily CCG / NHS England commissioned services.*
- Throughout the pandemic the service prioritised Tier 3 urgent referrals into the service; managing those young persons deemed most at risk
- CAMHS are continued to see and assess children, reviewing all children and prioritising which children should be seen face to face and which via the telephone/virtually.
- Maintained critical contact points – main telephone lines and out of hours support for young people and parents presenting with a range of issues from anxiety to bereavement.
- The Alliance team worked to facilitate remote working. Priority Tier 2 escalated worrying cases as needed to their Tier 3 colleagues, who in turn discussed with the CAMHS Alliance team if crisis management/support was required to avoid Tier 4 admission.
- DAWS/Turning Point provide support for young people self-medicating for substances, also support with mental health.

The Youth Council have been producing:

- 'Youth focused' comms on COVID 19
- Information on social distancing
- Big focus on well-being and 'surviving isolation'
- They are about to produce their 5th edition
- Videos illustrating top tips for coping during COVID19
- Learning shared with Head Teachers



- “We’re losing so many social connections – It’s still so much harder to try and interact with someone, it’s not the same and that’s really important for mental health”
- “There’s a lot that happens in schools that we mostly took for granted, even small things like chatting in the corridor”
- “The beginning of lockdown was fine but once we got into it having no routine has been really difficult”
- “...anxiety about the future and anxiety about the present...having exams cancelled was so stressful” (H&F’s Youth Council, <https://youtu.be/hG0ySDmTZqo>)

Although not COVID related, the Young Hammersmith & Fulham Foundation have produced a report on community provision to support the mental health of children and young people of the African diaspora.

Findings included the need for greater: **awareness of, diversity within,** and **collaboration between** the large number of emotional wellbeing support services within Hammersmith & Fulham.

Targeted focus on:

- Delivering the DfE **Wellbeing for Education Return programme**. This will be delivered via twilight sessions by the Educational Psychology service.
- **Emotional literacy training programme** for Teaching Assistants (ELSA) will be available for schools
- Schools will be introduced and supported to deliver the **Recovery Curriculum** via the SENCO networks targeting:
 - leadership and management
 - core curriculum
 - safeguarding and safety
 - personal development
 - teaching and learning
- Supporting **schools** to develop plans for blended learning in the event of a second wave, reflecting lessons learnt from review undertaken on remote and blended learning in H&F schools.
- **MIND** will continue to deliver in 26 schools a cycle education mental health support programme
- **Family Support** providing transitional support to schools and ongoing support to young people and their families. Phase 2 of the transition project for year 7 and year 8 .

Services will be working towards normalising delivery as much possible, supported by necessary modifications such as digital technology and gradually increased face-to-face contacts.

- **Supporting young people adapting** to social distancing and the ‘new normal’ and associated challenges.
- Every H&F school has a **named educational psychologist**, and a **named advisor from the school improvement team** to support emerging emotional wellbeing and mental needs.
- **Adapting working practices and communication systems to meet changing needs:** meeting more frequently to understand the different challenges that families are facing and respond quickly.
- **Co-production with children and young people and families** to further understand their experience of services, and revise and improve mental health pathways.
- A **whole-system review of mental health pathways for young people in H&F** to ensure a jointly commissioned mental health offer that effectively manages their needs by targeting and coordinating appropriate, timely services across the multi-agency partnership.