

HEALTH AND WELLBEING BOARD			
Report Title	Making Sense of Mental Health 2018-2019		
Contributor	Folake Segun, Chief Executive Community Waves (Healthwatch Lewisham)	Item No.	5
Class	Part 1 (Open)	Date:	11 July 2019

1. Purpose

- 1.1. To provide the Health and Wellbeing Board with outcome of engagement carried out by Healthwatch Lewisham with children and young people regarding their knowledge of mental health, their experiences and opinions on the services available to them.

2. Recommendations

- 2.1. Members of the Health and Wellbeing Board are asked to:
- Note the engagement, outcomes and recommendations of the report, and
 - consider how this information complements their own organisational data, and how it might influence their strategies.

3. Policy Context

- 3.1. In 2012 the Health and Social Care Act received Royal Assent. From April 2013, local authorities were required to commission a local Healthwatch organisation.
- 3.2. The Lewisham Corporate Strategy 2018 – 2022 has as one of its commitments that ‘all health and social care services are robust, responsive & working collectively to support communities and individuals’. Healthwatch Lewisham supports the Council to deliver its commitment to local people.
- 3.3. Healthwatch Lewisham also supports the Council’s commitment to improving the health and wellbeing of Lewisham citizens and contributes to the following key objectives of ‘*Shaping our Future – Lewisham’s Sustainable Community Strategy*’:
- Healthy, active and enjoyable – where people can actively participate in maintaining and improving their health and wellbeing.
 - Empowered and responsible – where people can be actively involved in their local area and contribute to supportive communities.

4. Background

- 4.1 Community Waves, was awarded the contract to deliver Healthwatch Lewisham in February 2015 and again in February 2016. The current contract commenced 1st April 2016.
- 4.2 Healthwatch is a voice for children, young people and adults in health and social care living in Lewisham. Anyone, young or old can speak to us about their experiences of health or social care services and tell us what was good and what was not good. Healthwatch then ensures that service providers and commissioners hear this feedback to make changes to their services.
- 4.3 Healthwatch Lewisham is part of the regulatory and scrutiny function of health and social care.
- 4.4 It forms part of a national network of Local Healthwatch. The network includes Healthwatch England which sits as a committee of the CQC. All Healthwatch Lewisham reports are shared with Healthwatch England and are used by the CQC to inform their work in hospitals, adult social care and primary care services.
- 4.5 As set out in statute, the Local Healthwatch is expected to:
- i. Gather views and understand the experience of people who use services, carers and the wide community.
 - ii. Obtain people's views about their needs for, and experience of local care services and make those views known to those involved in the commissioning, provision and scrutiny of health and care services.
 - iii. Promote and support the involvement of local people in the monitoring, commissioning and provision of local care services.
 - iv. Make recommendations to Healthwatch England to advise the Care Quality Commission (CQC) to carry out special reviews or investigations into areas of concern (or, if the circumstances justify it to go direct to the CQC with their recommendations, for example if urgent action were required by the CQC).
 - v. Provide information and signposting to services and support for making informed choices.
 - vi. Make people's views and experiences known to HW England (and to other HW organisations) and provide a steer to help it carry out its role as national champion.
 - vii. Gather the views and understanding the experiences of patients and the public.

5. Making Sense of Mental Health 2019

5.1. Children and Young People's mental health and wellbeing is a national and local priority. From September to December 2018 we carried out a survey asking children and young people about their mental health knowledge, experiences and their opinions on the services available to them.

5.2. By working with schools, youth groups and organisations we sought to hear directly from young people. Five hundred and eleven (511) children and young people from 5 schools and three organisations contributed to this work. Those engaged were from:

- Bonus Pastor Catholic College
- Trinity Secondary School
- Lucas Vale Primary School
- Forster Park Primary School
- Launcelot Primary School
- Lewisham Young Advisors
- The Metro Charity (LGBT+ group for CYP)
- Young Lewisham Project (CYP not in mainstream school)

5.3 Key Findings:

- In their services, children and young people value options, continuity, respect for privacy, good listening and those services that are readily available.
- 31% of those who took part felt they had experienced anxiety in their lives, and one in four felt they had experienced depression.
- The top 5 mental health concerns reported were exam stress, school pressure, stress (in general), not being listened to and sleeping difficulties.
- One in five of the children and young people we engaged, when asked what they would do if they experienced mental health issues said they would do nothing, or block it out. Children and young people were four times more likely to speak to their teacher than to a counsellor if they were experiencing poor mental health. They were most likely to speak to a family member or a friend.
- One in four believed they had experienced depressions and 31% anxiety.
- 13% of those engaged had used counselling services.

5.4 Key Recommendations

5.4.1 Stronger support within schools. CYP told HWL that two of their concerns were exam stress and pressure at school. They were also four times more like to speak to their teachers than a counsellor. **Where they are not already receiving it**, CYP would like further school-based support for mental health, including:

- General education on mental health and wellbeing, including resilience techniques e.g. the Five Ways to Wellbeing (NHS recommended steps to improve mental wellbeing).
- Further support from schools/staff:
 - Having a designated teacher/staff member to speak to
 - Being asked how they are feeling
 - Early identification of ill mental health symptoms
 - Signposting to services, including the pathways. Self-referral services such as Kooth were valued by CYP.
- A forum between schools, parents and professions to strengthen community support, create continuity and share good practice. CYP told HWL they were most like to speak to family or friends about ill-mental health, indicating the importance of support for parents. PTA meetings may serve as an appropriate forum.
- Support from their peers from an elected/trained representative
- In Lewisham's Mental Health and Emotional Wellbeing Strategy, a commitment to meeting waiting time standards for CAMHS has been made. CYP agree that this commitment should be met as a priority.
- Particular difficulties faced by particular groups must be considered in the design of services e.g. it was found that female CYP were twice more likely to have experienced self-harm.
- CYP told HWL they valued honesty, privacy, being listened to and trust in their mental health support system. These values should be embedded in conversations surrounding mental health, including setting expectations for services available.

5.4.2 Many of our findings were also reflected in the outcomes of the two local CYP mental health reviews. These were the member-led review led by Councillor Holland in December 2018 and the NHS Improvement-led review of January 2019.

5.4.3 Our findings were presented in partnership with the CYP Mental Health Commissioners at the most recent meeting of the Children and Young People Strategic Partnership Board. Our data has influenced the Commissioners' Improvement Plans for Mental Health and Emotional Wellbeing Services for Children and Young People in Lewisham.

6. Financial implications

6.1 There are no specific financial implications arising from this report.

7. Legal implications

- 7.1. The Health and Social Care Act 2012 requires local authorities to have a local Healthwatch service.

8. Crime and Disorder Implications

- 8.1 As noted in Lewisham Council's May 2019 report, 'A public health approach to violence reduction', more than half of CYP living in cities have experienced some form of community violence. Youths exposed to violence may have emotional, social and cognitive problems.

9. Equalities Implications

- 9.1 Through the work of Healthwatch and our targeted engagement with communities and groups that are often harder to reach or seldom heard we assist in influencing the reduction of inequalities in health and social care.

10. Environmental Implications

- 10.1. There are no environmental implications.

11. Conclusion

- 11.1 Further updates on our work and reports produced will be presented as appropriate to the Health and Wellbeing Board.