

LONDON HEALTH BOARD

Date of meeting:	18 December 2018
Agenda item:	4b
Title:	Mental Health in Schools
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Status:	For noting, discussion and endorsement
Classification	Public

1. Purpose of this paper

- 1.1 This Paper updates the London Health Board on the progress of the mental health in schools project.

2. Recommendations

- 2.1 The Board are invited to:
- Note the progress of the project, and endorse key points and actions highlighted in section 3;
 - Discuss how the recommendations should be overseen to enable them to progress (it is suggested implementation of these recommendations should be overseen by the Healthy London Partnership Children and Young People's Transformation Board).

3. Key points and actions

- 3.1 The Board are asked to note and endorse the following:
- 1) The baseline mapping has identified large variation in the range of mental health support and services available to children and young people (CYP) in schools. This shows that while there is a considerable range of activity within schools there remain significant issues of variability across and within Boroughs.
 - 2) It is recommended that Clinical Commissioning Groups and Local Authorities use this baseline mapping in their local area as a starting point and work collaboratively to develop the mental health support services available to CYP in their local schools and colleges. This process should be overseen through Health and Wellbeing Boards.
 - 3) The [self-assessment tool](#) developed by Healthy London Partnership is available to assist with this. By using this, Clinical Commissioning Groups, Local Authorities (including Public Health) and school forums should work together to understand need and to clarify commissioning responsibilities for services to CYP at schools and colleges. Providers from NHS and voluntary sector organisations should be engaged in this work. A [commissioning](#)

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[responsibilities grid](#) has been developed by Healthy London Partnership to assist with this.

- 4) Commissioning guidance for schools should be developed to assist them in implementing mental health support in schools. This should include information on how to evaluate services. A working group of commissioners and school leads should be convened through Healthy London Partnership to draw up this guidance.
- 5) The key messages from young people about what they would like from a mental health service in schools (within the Young Minds Amplified report) should be endorsed and circulated widely to schools.
- 6) The London Health Board may wish to consider requesting that the Strategic Partnership Board consider the use of transformation funding to support further innovation on supporting emotional wellbeing and mental health in schools and colleges.
- 7) The implementation of these recommendations should be overseen by the Healthy London Partnership Children and Young People's Transformation Board.
- 8) As interventions are evaluated, this information should be shared across London. The Mental Health in Schools online toolkit should be maintained and updated as a method of sharing information.

4. Context

- 4.1 This paper follows previous discussion at the London Health Board on 18th April 2018. The agreed recommendations are listed in Appendix A. A project manager was appointed to take forward the recommendations under the joint governance of the Greater London Authority and Healthy London Partnership. The project has reported to the Healthy London Partnership Children and Young People's Transformation Board. Deliverables for the project were agreed and progress against each is described below:

Deliverable 1 Support a survey of services for CYP in schools (through local authorities, CCGs and Mental Health Trusts) to support better understanding of current provision across London

Progress A survey and mapping exercise was undertaken from May to August 2018. This was undertaken across the three key organisations engaged in local transformation planning:

- Clinical Commissioning Groups (CCGs)
- Local Authorities, (through Directors of Children's Services)
- NHS Mental Health Provider Trusts

The survey format was different for each of these organisations to reflect their distinct roles. Responses were received from 27 out of 33 local authority areas, a return rate of

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82%. The extent and detail included means that there is a significant advance in the information available on what activity is taking place within schools.

Key Findings

- In the majority of areas that submitted a response, there is evidence of a considerable range of activity to support emotional wellbeing and mental health within schools.
- The nature of this activity varies considerably between boroughs. There are a wide range of initiatives, sometimes within the same geographical area.
- There is a variation in the level of knowledge and awareness of services provided and commissioned by schools within the CCG and Local Authority
- The commissioning arrangements remain complex, particularly at the lower ranges of intervention
- Many initiatives are at early stages in their evaluation of effectiveness
- There is limited data about the numbers of CYP who are currently accessing services through schools and colleges

The full report is attached as Appendix A. A more detailed description of the services are contained within Appendix B. The recommendations of the mapping exercise are included in the recommendations in Section 3 of this report.

Deliverable 2 Develop a key line of enquiry (KLOE) for assurance of Local Transformation Plans (LTPs) within London. LTPs are the partnership documents prepared by each CCG to outline the agreed steps to improve local CYP mental health services provision. The LTP is approved through the relevant local Health and Wellbeing Board.

Progress The national NHS England mental health team updates the KLOEs to assure the robustness of LTPs every year. An additional KLOE on mental health support in schools was agreed nationally so it was agreed an additional one for London was no longer needed.

As part of the support offered to CCGs for the annual LTP refresh process, HLP supported two workshops on mental health support in schools to commissioners.

Deliverable 3 Develop a self-assessment tool for CCGs to measure their progress in developing services through the Local Transformation Plan and their oversight through Health and Wellbeing Boards.

Progress The template for the mapping exercise was designed in consultation with a small group of CCG commissioners and is intended to be used as a [self-assessment tool](#) for CCGs in conjunction with partners.

Deliverable 4 Develop an online toolkit, which will be a best practice guide for school leaders, governing bodies and commissioners in health and local authorities

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Progress A professional reference group was established to provide consultation on the development of the toolkit. The group included senior school staff, voluntary agency representatives, educational psychologists, CCG commissioners and local authority education staff. The toolkit builds on existing materials available to schools and commissioners as well as outlining some of the new initiatives taking place across London.

The [toolkit](#) is now live on Healthy London Partnership website and a link is available through the Healthy Schools London website.

Deliverable 5 Investigate the availability of suitable apps for use by CYP and whether these can be promoted to assist CYP's understanding of mental health issues.

Progress [Good Thinking](#) is London's digital mental health and well-being service based on a partnership between local authorities and the NHS. It uses social media marketing to reach people searching for terms which may indicate they have common mental health problems (of which 18% of the population including CYP go undiagnosed). Following a brief assessment, it directs them to a selection of personalised digital tools to support their mental well-being. The service is currently available for adults aged 18 and over. It will shortly be expanding to 16 – 18 year olds via targeted social media marketing. Future plans include extending the service to 13 – 16 year olds.

NHS Go is a free health app designed for young people by young Londoners. NHS Go takes validated content directly from NHS Choices. It is organised using topics and articles that appeal to young people. Its most popular sections are on mental and sexual health. <https://nhsgo.uk/>

The toolkit gives information on other digital sources of information and help for young people.

Letters from the mayor of London have been sent to all London schools advising them of mental health support information on NHSGo and that Good Thinking, London's digital mental well-being service will be extending its service to 16 – 17 year olds in early 2019. A similar letter from Professor Oliver Shanley, regional chief nurse, has been sent to all providers of school nursing services across London

Deliverable 6 Hold an event through the Greater London Authority to launch and publicise the toolkit.

Progress Colleagues are working on agreeing a date to hold this event in early 2019

Listening to the views of young people

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4.2 The HLP mental health implementation group agreed to commission [Young Minds](#) to undertake a consultation exercise regarding what support young people want to be able to access in schools. The exercise involved a review of any existing consultations that had taken place with young people regarding the support they feel would be most helpful within schools. A consultation event was held in July 2018 with young people from across London refining these messages. This [report](#) is also available to the Board. The young people provided ten key messages, summarised below:

- Every pupil knows who is responsible for and can help with mental health issues
- Every adult in the school offers a good first response if I say or show I am struggling with my mental health
- Bullying is dealt with effectively
- Empower us to understand and take a role in caring for our mental health
- Extra support for pupils that are struggling
- Emotional and practical support during busy, stressful times
- A place to go on hard days
- Signposting to support in our area and beyond
- Pupil involvement in making the school more mentally healthy
- Recognising us as individuals

Mental Health First Aid Training

4.3 The Youth Mental Health First Aid Schools Programme launched on 13 August 2018. It is a collaboration between Thrive LDN and [Mental Health First Aid England](#), supported by funding from the Mayor of London through the [Young Londoners Fund](#). It aims to ensure every state-funded primary and secondary school, sixth form and further education college in London has access to a Youth Mental Health First Aider by 2021. It will mean every London school has access to a dedicated member of staff with appropriate mental health training to support both themselves and their pupils.

National Context

4.4 There is widespread agreement regarding the need to improve mental health services for CYP and that this should be a key priority for the NHS, local authorities and schools. At the time of writing, the details of the NHS Long Term Plan, which will set out the agreed priorities for spending on the additional 3.4% annual budget uplift for the NHS over the next 10 years are being prepared. It is anticipated that spending on mental health services, and those for CYP in particular, will be one of the main priorities for additional investment.

4.5 There are a continued set of priorities to improve child mental health services in addition to those related to schools, including:

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- Improving access rates to mental health services for CYP
 - Increasing services related to eating disorders
 - Better arrangements for CYP experiencing a mental health crisis
 - Ensuring better local commissioning of hospital beds to keep CYP closer to home and reduce the length of their stay
- 4.6 The Government published its response to the consultation on the Green Paper [Transforming Children and Young People's Mental Health](#) in July 2018. This described continued commitment to:
- A designated senior lead for mental health in all schools to oversee the approach to mental health and wellbeing
 - Funding for mental health support teams, supervised by CAMHS staff, to provide extra capacity for early intervention and on-going help across groups of schools and colleges.
 - Piloting a 4-week waiting time target for NHS CAMHS services
- 4.7 CCGs who had met the qualifying criteria set out in the response were invited to make expressions of interest in becoming trailblazer sites for developing mental health support teams (MHSTs), and for becoming pilot sites for the 4 week waiting period. Trailblazer sites will be funded to provide services across a proportion of schools within their area. The timescale for teams to become fully operational in trailblazer sites is December 2019. Healthy London Partnership has been funded to provide support to the Trailblazer sites in London to ensure effective implementation and share learning. This will include ensuring learning is spread at an early stage to the large number of schools and colleges which do not have a pilot MHST.
- 4.8 At the time of writing, the trailblazer sites are still awaiting announcement. A verbal update will be provided to the Board.
- 4.9 It is important to note that the MHSTs are designed to augment the existing arrangements provided by and for schools, not to replace them. Whole school approaches such as those currently identified in the Mapping Exercise will remain vital in all schools, including those with a linked MHST. It is recommended that the London Health Board requests consideration of the use of Transformation Funding through the Strategic Partnership Board to encourage further innovation across London in whole school approaches.
- 4.10 In November 2018, the Department of Education updated its Guidance: [Mental Health and Behaviour in Schools](#). This document gives further advice to schools on their responsibilities regarding the support children require with their mental health and should continue to support efforts to reduce the current variation in the experience of pupils.

Prevalence of mental health issues in CYP

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- 4.11 The Office of National Statistics is due to publish its latest estimates of the prevalence of mental health issues amongst children and young people in November 2018. It is widely expected that this will be an increase on previous estimates.

Ofsted and Care Quality Commission

- 4.12 Ofsted are currently reviewing the inspection framework for schools and this is due for publication in 2019, which will then set out the expectations for schools regarding emotional wellbeing of pupils. Discussions are taking place between Ofsted and the Care Quality Commission regarding the inspection arrangements for mental health support teams.

5. Next steps

- 5.1 Improvements to mental health support for children and young people, including that provided within education settings, are expected to be a priority for all partner organisations over the next decade. The Healthy London Partnership Children and Young People's Transformation Board brings together partner agencies to plan and oversee improvements in children's Health. It is recommended that the Transformation Board is the appropriate body to continue to give oversight to this work.

Appendices:

Appendix A - London Health Board on 18th April 2018 agreed recommendations

Appendix B – Mental Health in Schools Project - Mapping Exercise Overview Report:
<https://www.healthylondon.org/wp-content/uploads/2018/11/Mental-Health-Support-in-Schools-Mapping-Exercise-Report.pdf>

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Appendix A

London Health Board 18 April 2018 agreed recommendations

- a) Acknowledge the **cross-system collaborative approach** required of all partners to improve mental health and wellbeing in schools in the context of complex commissioning arrangements and rising levels of need. As part of further collaboration, support for Health and Wellbeing Boards should be considered to enable them to map and identify gaps in emotional and mental health support across schools, Local Authorities and Clinical Commissioning Groups (CCGs)
- b) Support the approach of **sharing effective models through a best practice guide** available to Health and Wellbeing Boards (HWB) and schools and a launch event to present it to (HWB) chairs
- c) Support the **inclusion of mental health provision in schools** as part of the **assurance process for Local Transformation Plans (LTPs) for CAMHS** by NHS England in October 2018. Ask HWBs to support understanding of the local baseline school provision to inform the refresh of LTPs
- d) Agree that the GLA should explore with Ofsted the role of inspection in delivering improvements to the mental health of children in schools in line with best practice
- e) Consider the **best possible options for London regarding trailblazer applications** following publication of the Mental Health in Schools Green Paper. **Provide support and information at an appropriate scale to those areas making applications**
- f) **Convene a steering group to oversee delivery of the recommendations** under the umbrella of Thrive LDN. Board members are asked to give their views on whether this is the appropriate framework for effective delivery and make recommendations for membership.