



Gateshead's Children and Young People's Mental Health and Emotional Wellbeing, Local Transformation Plan 2023-2024

**Better health
and wellbeing for all...**

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Glossary

Table 1 Glossary of definitions

ADHD - Attention Deficit and Hyperactivity Disorder	JSNA - Joint Strategic Needs Assessment
ARMS – At Risk Mental State	LA – Local Authority
ASD - Autistic Spectrum Disorder	LAC – Looked After Children
BME - Black and Minority Ethnic	MH – Mental Health
CAMHS – Children & Adolescent Mental Health Service	MHLDA – Mental Health Learning Disability and Autism
CHIMAT – Child and Maternal Health	NENC – North East North Cumbria
CNTW – Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust	NEETS – Not in Employment, Education or Training
CP – Children Protection	NENC ICB – North East North Cumbria Integrated Care Board
CYP – Children and Young People	NENC ICS – North East North Cumbria Integrated Care System
CYPS – Children & Young People's Service	NHS – National Health Service
DNA – Did Not Attend	NHSE – National Health Service England
ED – Eating Disorders	NICE - National Institute of Clinical Excellence
CEDS – Community Eating Disorder Service	PHE – Public Health England
EHCP - Education, Health and Care Plans	SENCO - Special Educational Needs Coordinator
EIP - Early Intervention in Psychosis	SEND – Special Educational Needs and Disability
EMHP - Education Mental Health Practitioner	SPA - Single Point of Access
FT – Foundation Trust	VCS – Voluntary Community Sector
GPs – General Practitioner's	VCSE - VCS – Voluntary Community Sector Enterprise
GTT- Gateshead Talking Therapies	
ICS – Integrated Care System	
ICB – Integrated Care Board	

Acknowledgements

To all our children, young people, parents, carers, families and professionals who engaged with us during our listening, engagement and co-production phases.

To all of the organisations and groups who helped us make such a success of the listening and engagement to ensure we heard from our communities in order to develop an effective sustainable model that meets their needs. This includes the stakeholders involved in the delivering the priorities for 2022/2023 and supporting us to develop the 2023/2024 update (see table.....)

To the Gateshead Health and Wellbeing Board who have approved this updated plan and continue to support the system to action our transformation priorities.

To accompany the review, a summary of the action plan is included at Appendix 1. This is an iterative plan and is updated regularly by the system transformation group.

The refreshed document will be published on the North East and North Cumbria Integrated Care Board and Local Authority websites by 30 September 2023, in line with the requirements set out by NHS England.

1. Introduction

- 1.1 This document sets out the 2023-24 Children and Young People's Mental Health and Emotional Wellbeing Transformation Plan for Gateshead, in line with the national ambition and principles set out in 'Future in Mind – Promoting, protecting and improving our children and young people's mental health and wellbeing'.¹
- 1.2 A requirement of Future in Mind is for areas to develop a local plan focused on improving access to help and support when needed and improve how children and young people's mental health services are organised, commissioned and provided.
- 1.3 The 2017 Green Paper 'Transforming Children and Young People's Mental Health Provision'² and subsequent 2018 refresh 'Government Response to the Consultation on Transforming Children and Young People's Mental Health Provision: a Green Paper and Next Steps' set out a clear direction of travel which focussed 'a far more joined up approach to mental health support, not just across health and education but also other services – a multi-agency approach focused on collectively understanding and meeting the needs of children and young people in an area' (p.14).
- 1.4 The Gateshead system partners have been working together with our communities and stakeholders to understand and plan what needs to happen locally to transform the emotional wellbeing and mental health provision for children and young people and their families across Gateshead.
- 1.5 Our Transformation Plan is a living document and sets out our commitment to ensure that children and young people and their families, and professionals working in the field, are at the heart of the transformation, by ensuring the views and experiences of those who are in receipt of support or may use services and, those who deliver them were listened to and respected. This plan describes what we have achieved over the last few years and identifies actions which are ongoing in their implementation (See Appendix 1 Action Plan).
- 1.6 The Covid-19 pandemic continues to impact on the delivery of our system wide transformation and as a system we are still working together to understand the

¹ Department of Health NHS England (2015) *Future in Mind – Promoting, protecting and improving our children and young people's mental health and wellbeing* [Future in mind - Promoting, protecting and improving our children and young people's mental health and wellbeing \(publishing.service.gov.uk\)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/728892/future-in-mind-promoting-protecting-and-improving-our-children-and-young-peoples-mental-health-and-wellbeing.pdf)

² Department of Health and Social care, Department of Education (2018) Government Response to the Consultation on Transforming Children and Young People's Mental Health Provision: a Green Paper and Next Steps https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/728892/government-response-to-consultation-on-transforming-children-and-young-peoples-mental-health.pdf

lasting effects the pandemic has had on our communities. We will endeavour to demonstrate the opportunities that have been realised from the pandemic as well as the increased demand we continue to recognise in Gateshead particularly for children and young people's mental health and emotional wellbeing services that have resulted from this life-changing event.

2. What is the Children and Young People's Mental Health and Emotional Wellbeing Transformation Plan?

2.1 The Transformation Plan provides a framework to improve the emotional wellbeing and mental health of all children and young people across Gateshead. The aim of the plan is to make it easier for children, young people, parents and carers to access help and support when needed and to improve mental health services for children and young people.

2.2 The plan sets out a shared vision, high level objectives, and an action plan which takes into consideration specific areas of focus for Gateshead system.

2.3 Successful implementation of the plan will result in:

- An improvement in the emotional wellbeing and mental health of all children and young people
- A multi-agency approach to working in partnership, promoting a trauma informed approach to the mental health needs of all children and young people, providing early intervention and meeting the needs of children and young people with established or complex problems
- All children, young people and their families will have access to local mental health care based upon the best available evidence and provided by staff with an appropriate range of skills and competencies.

This plan has been developed by a multi-agency group. The providers and stakeholders involved in the development of the plan are listed in table

2.4 Action plans have been informed by the available health needs assessment and reflect the Gateshead Joint Strategic Needs Assessments³ and Health and Wellbeing Strategy⁴.

³ [Headline data - Gateshead JSNA](#)

⁴ [Health and Wellbeing Strategy 2020.pdf \(gatesheadjsna.org.uk\)](#)

3. Our Vision

The national ambition is to

Enable every child and young person with mental health needs to achieve their goals and life potential

In Gateshead we are committed to the following vision and collective approach to supporting our children and young people

We will improve the mental health and emotional wellbeing of children, young people and families, who will thrive through access to the right support at the right time in the right place

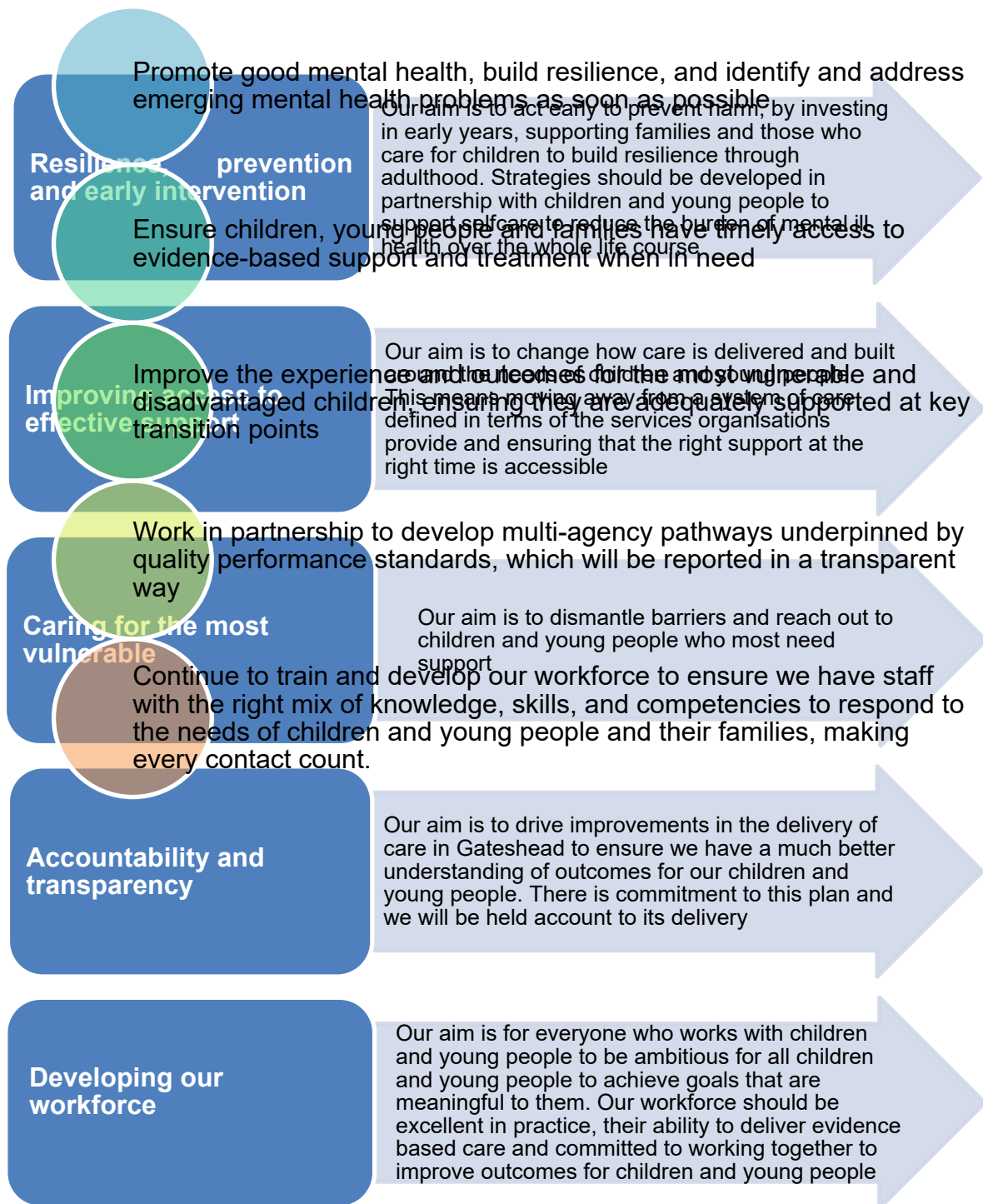
The corner stones of achieving our vision are



How are we going to achieve our vision?

- 3.1 The Gateshead Local Transformation Plan has been developed to bring about a clear coordinated change across to the whole system pathway to enable better support for children and young people, realising the local vision.
- 3.2 A whole system approach to improvement has been adopted. This means health organisations, local councils, schools, youth justice and the voluntary sector working together with children, young people and their families.
- 3.3 Fundamental to the plan, is partnership working and aligned commissioning processes, to foster integrated and timely services from prevention through to intensive specialist care. Investing in prevention and early intervention is a strong principle of the work for Gateshead, as if we cannot intervene early problems become harder, and more costly, to address.

3.4 The plan is based on the five themes within Future in Mind. The aims for each theme are described below:



3.5 In keeping with the above Future in Mind, we want to:

- 3.6 Shifting our approach to pre-empt or respond quickly to emotional wellbeing concerns instead of focus on treating the consequences will improve the mental health and emotional wellbeing of our children and young people in Gateshead. To do this we need a cultural shift, and a flexible and responsive workforce.
- 3.7 Access to a variety of types of support and therapy should be easy to access 'Easy in' and when appropriate should be easy to leave 'Easy out' in a planned and controlled way to prevent relapse. Such provision should always be 'recovery focused', positively supporting children and young people to get back to 'normal' life and live the best lives that they can.
- 3.8 Within this context the needs of children and young people and families are at the heart of what we do and provide, not the needs of services. When someone is referred, we expect 'No bounce' by this we mean that individuals should not be bounced from service to service. There should be a shared care and joint planning approach whereby the original referrer always keeps the child or young person in mind and in sight, ensuring everything is going to plan and supporting that recovery focused model of care.
- 3.9 Our work will be underpinned by and aligned to the i-Thrive Model (The AFC– Tavistock Model for CAMHS) which removes the emphasis from services and re-focuses support to the needs of the child or young person.

The Thrive model also ensures a more flexible, multi-agency response across the whole system that reflects our collaborative approach.

¹ Thrive, The AFC-CAMHS,



Tavistock Model for November 2014.

4. National

Context

- 4.1 In June 2022 the Government developed a research briefing called Support for children and young people's mental health (England)⁵ This document gives a full history of previous government policies on children and young people's mental health and highlights the data collection that was updated in 2020 from the original collection for the Children and Young People's Mental Health Green Paper (December 2017). A summary of the 2020 data collection is in **section**.
- 4.2 The NHS Long Term Plan (2019)⁶ set out key priorities for the NHS in England over 10 years. The plan continued The Five Year Forward View for Mental Health to improve access to mental health treatment for 70,000 more children and young people.

Further national commitments set out in the Plan include:

- Funding for children and young people's mental health services will grow faster than both overall NHS funding and total mental health spending.

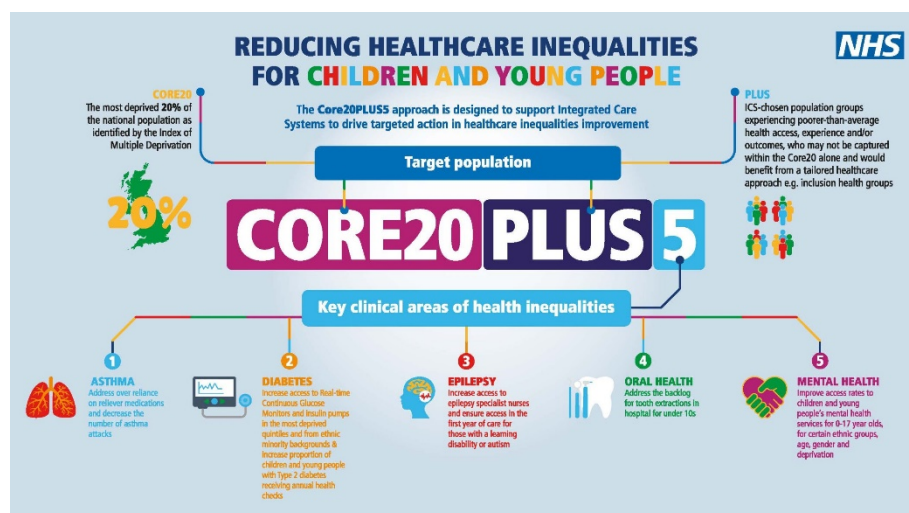
⁵<https://researchbriefings.files.parliament.uk/documents/CBP-7196/CBP-7196.pdf>

⁶ <https://www.longtermplan.nhs.uk/>

- By 2023/24, at least 345,000 additional children and young people (up to age 25) will be able to access mental health support through NHS services or school or college-based Mental Health Support Teams.
- Extra investment over the next 5 years to meet waiting time standards for children and young people's eating disorder services.
- Children and young people experiencing a mental health crisis will be able to access the support they need with a single point of access through NHS 111, providing accessible crisis care 24 hours a day, seven days a week.
- The NHS will work with schools, parents and local councils to embed school and college-based mental health support for children and young people. Mental Health Support Teams will be rolled out to between one-fifth and a quarter of the country by the end of 2023.
- The current 0-18-years' service model will be expanded to create a comprehensive offer for 0–25-year-olds spanning mental health services for children, young people and adults.
- Access will be improved for perinatal mental health services; including expanding the remit of the community teams to support mothers up till their infant is 2 years old, improve access to psychological therapies and improve support to partners.

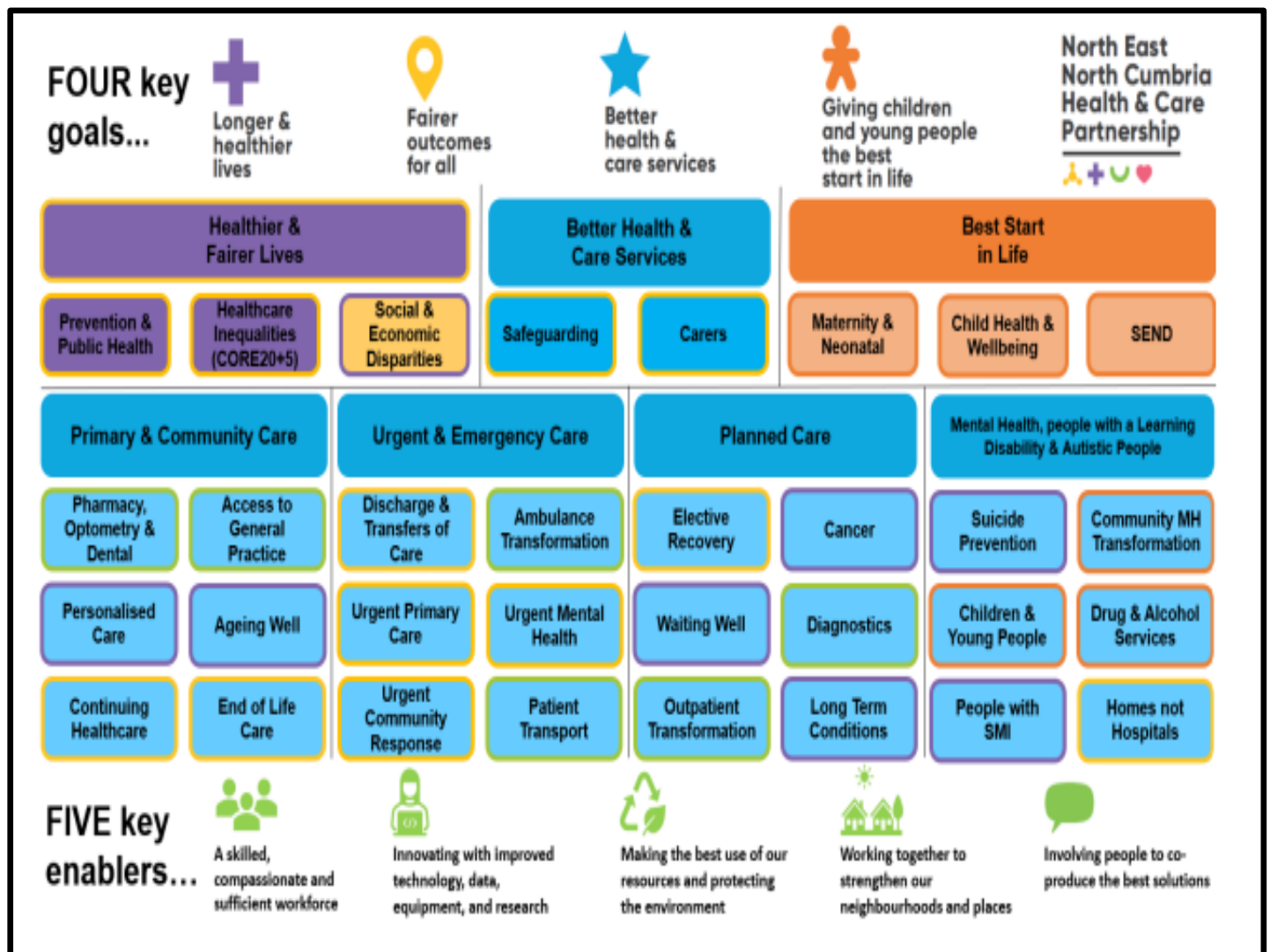
4.3 **Core20PLUS5** is a national NHS England approach to support the reduction of health inequalities at both national and system level. The approach defines a target population cohort and identifies '5' focus clinical areas requiring accelerated improvement.

The approach, which initially focussed on healthcare inequalities experienced by adults, has now been adapted to apply to children and young people—the information below outlines the Core20PLUS5 approach for children and young people. See infographic for the children and young people priorities.



5. Alignment to System Transformation of Children and Young People's Mental Health

The integrated Care Board has set out four key goals in the Integrated Care Partnership strategy 'Better health and wellbeing for all'(2022)⁷



⁷ [final-nenc-integrated-care-strategy-16-december-2022.pdf \(northeastnorthcumbria.nhs.uk\)](https://www.northeastnorthcumbria.nhs.uk/~/media/16-december-2022-integrated-care-strategy-final.pdf)

For children and young people's mental health and emotional wellbeing the objectives focus on access to services closer to home, reducing unnecessary delays and providing specialist mental health care based on the needs of our children and young people in the North East and North Cumbria. The following is a summary of the forward plan objectives:

Objectives

- Coverage of mental health support teams for schools as national funding / workforce development allows.
- Work in partnership to deliver new models of care.
- Commission early-intervention "getting help" services particularly those with reach into underserved communities.
- Seamless working between primary care, paediatric inpatient units, and mental health providers to improve the eating disorder pathways.
- Crisis/intensive home treatment teams to minimise inpatient admissions, but where necessary, beds as near to home as possible.
- Increase access to perinatal services and move towards offering 2-year support across as investment and workforce challenges allow.

6. Local Context

6.1 The Gateshead Health and Wellbeing Strategy sets a focus for good jobs, homes, health and friends. The Strategy sets out six key policy objectives. They build upon the key priorities set out in the work of Sir Michael Marmot to reduce health inequalities.

They are evidence based and include a focus on those crucial determinants of health.

They provide the building blocks we all need to live longer, healthier lives. As such, action is needed in each of these areas to support a place based, whole system approach.

No single organisation, service or team can deliver these alone, but we all have a role to play in supporting their delivery.

Give every child the best start in life

Enable all children, young people and adults to maximise their capabilities and have control over their lives

Create fair employment and good work for all

Ensure a healthy standard of living for all

Create and develop healthy and sustainable places and communities

Strengthen the role and impact of ill health prevention.

It may be that a service may take a lead for a specific policy objective, driving it forward, whilst considering their impact and contribution to other areas. This local transformation plan is recognised as a key strategy to deliver the best start in life priority.

6.2 The children and young people's mental health and emotional wellbeing local transformation plan is complimented and compliments a range of system wide strategies for children, young people and their families.

6.3 Below shows a range of the strategies available for further information on the local offer and local authority website.

Gateshead Place Plan	Health and Wellbeing Strategy	ICB forward plan (in development)	Learning Skills Strategy	Physical Activity Strategy 2022-2032
Early Help Strategy	Multi-Agency Safeguarding Arrangements Children & Young People	SEND strategy	Attendance Strategy 2020-2025	Gateshead Youth Justice Strategic Plan
Anti-bullying strategy 2020-2025	Emotionally Based School Avoidance Strategy 2020-2025	Gateshead Accessibility strategy 2021-2024	Children & Young People in Care and Care Leavers Strategy 2019-2022	Elective Home Education Strategy 2020-2025

6.4 Development of Family Hubs

The key objective in the development of Family Hubs⁸ is to join up and enhance services delivered through transformed family hubs in local authority areas, ensuring all parents and carers can access the support they need when they need it.



The Family Hub and Start for Life online offer was launched in March 2023 and can be accessed via this link: [Gateshead Family Hubs - Gateshead Council](#)

There are six Family Hubs operating in Gateshead at Deckham, Felling, Blaydon/Winlaton, Chowdene, Birtley, Harras Bank and Teams to provide an all-age menu of support alongside help for families with dependent children. Further sites are under consideration.

⁸ [Family Hubs and Start for Life programme - GOV.UK \(www.gov.uk\)](#)

Maternity services are co-located at three Hub sites, with plans to extend this arrangement further, while a trial of birth registrations at the Blaydon Hub will be piloted in 2023/24.

Up to seven VCS providers will be funded to develop their family support offer in our communities of highest need and to align these with the Hub network, providing more support across the funded, thematic areas of parenting, infant feeding, perinatal mental health and parent-infant relationships and the home learning environment.

6.5 **Integrated neighbourhood teams**

Next steps for integrating primary care: Fuller stocktake report (2022)⁹⁹ set out plans to support the development of integrated neighbourhood teams which is a priority for Gateshead. In summary;

- Systems should support primary care to build on the primary care network (PCN) structure by coming together with other health and care providers within a local community to develop integrated neighbourhood teams at the 30,000-50,000-population level. This will help to realign services and workforce to communities and drive a shift to a more holistic approach to care
- This means putting in place the appropriate infrastructure and support needed to build these multi-disciplinary teams, so they can proactively tailor care to meet the needs of particular communities and individuals in their local population, with a particular focus on the most deprived 20 per cent of their population (Core20PLUS5).

⁹⁹ [NHS England » Next steps for integrating primary care: Fuller stocktake report](#)

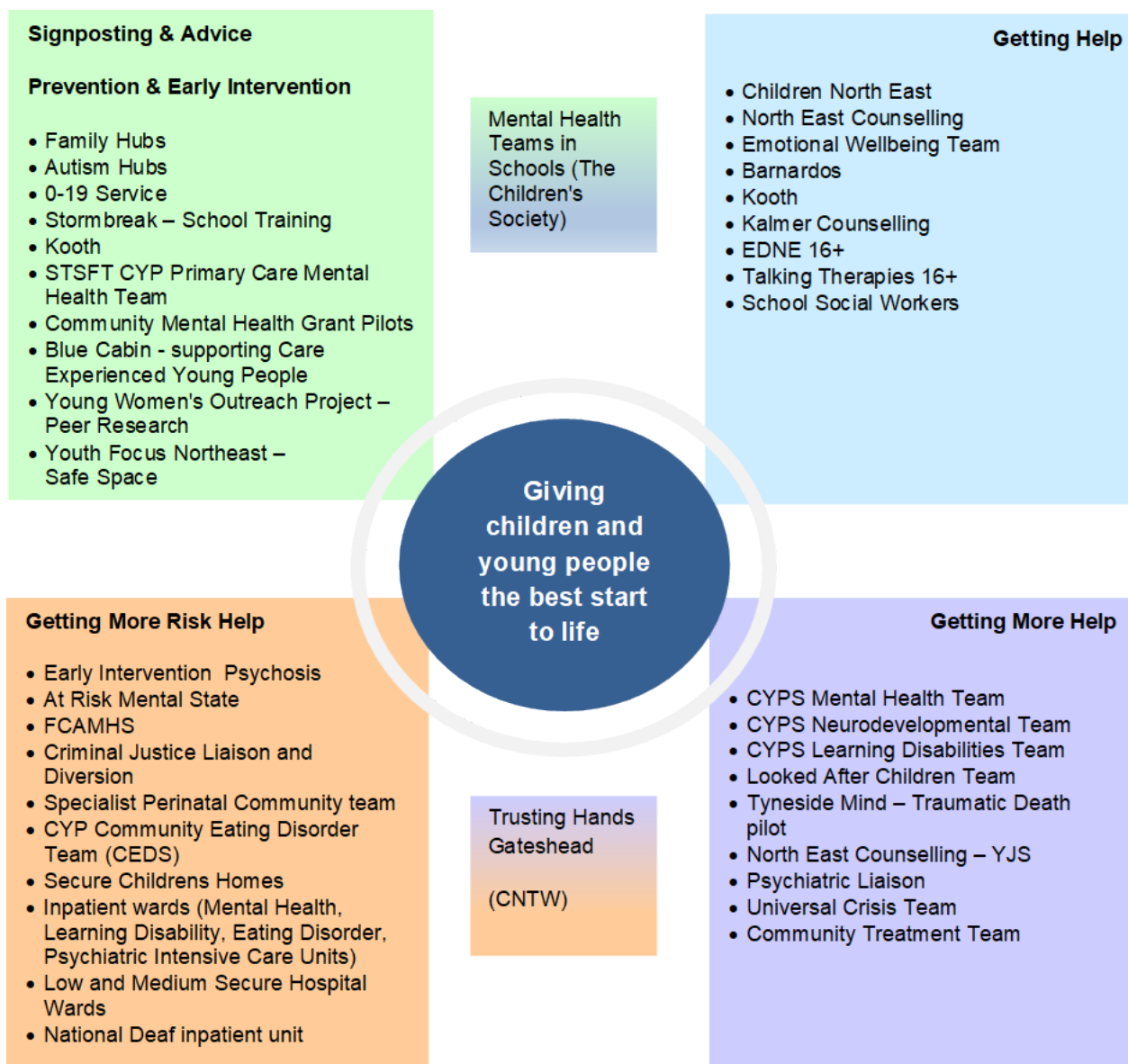
The below image presents the vision of integrated neighbourhood teams in three offers



7. Currently Commissioned Services

- 7.1 Whilst the local authorities and North East and North Cumbria Integrated Care Board provides a range of services for children who are in need, and their families and carers, there is an acknowledgement that the needs of vulnerable children and young people are not always met by mainstream commissioned services. This strategy recognises that for some, services need to be commissioned on an individual basis to meet identified needs via continuing care.
- 7.2 Following agreed mapping of current resources in 2022/2023 update below presents the offer of services in Gateshead for mental health and emotional wellbeing within the i-Thrive framework.

Gateshead I Thrive Model – up to 25 years



The AFC-Tavistock Model for CAMHS, November 2014

8. Finance Update

- 8.1 Our aim is to shift our approach across the whole system to pre-empt or respond quickly to emotional wellbeing concerns instead of treating their consequences and ensure an early intervention and prevention approach is adopted.
- 8.2 Shifting resources will not happen overnight, and as such we needed to resource additional upstream services during the process of change, whilst maintaining safe and accessible provision.
- 8.3 Efforts are being made to establish the level of investment by all local partners commissioning children and young people's mental health services for the

period April 2019 to March 2024 (See table three and four). This will aid local decision making. Additional detail will follow when available.

8.4 Table 2 Actual and Planned expenditure on Children and Young People Mental Health and Emotional Wellbeing services

Key Increases over the last year		Gateshead		
		Summary of increased		
Areas increased year on year	SDF/MHIS	2022/23	2023/24	Notes
Investment SDF: Getting Help	SDF	£163,000		Share of investment
Investment SDF & MHIS:CYP IAPT	SDF & MHIS	£172,000	£336,000	All Gateshead
Investment MHIS: CYP ICTS Crisis	MHIS	£123,060		Share of investment
NR investment MHIS - W List NE Counselling via CNTW	MHIS	£72,800		All Gateshead
CYP ARRS	SDF		£52,000	All Gateshead
Total		£530,860	£388,000	

Table 3 Key increases year on year- Gateshead Value

	Actual expenditure				Plan
	2019/20 Newcastle & Gateshead	2020/21 Newcastle & Gateshead	2021/22 Newcastle & Gateshead	2022/23 Gateshead Place Only	2023/24 Gateshead Place Only
Newcastle Gateshead Clinical Commissioning Group	£9,009,378	£9,342,199	£9,922,159	£4,088,751	£4,129,589
Gateshead Metropolitan Borough Council	£693,200	£686,573			
NHS England	<i>See point 22.3 below</i>				
TOTAL	£9,702,578	£10,028,772			£4,129,589

Please note that from 22.23 Newcastle Gateshead CCG ceased and commissioning services were transferred into the North East & North Cumbria ICB. It must be highlighted that the spend in 22.23 and plan for 23.24 in the above table is an estimated split for Gateshead place of the former contracts.

8.5 It is acknowledged that there are several commissioned services that will contribute to children and young people’s mental health and wellbeing. However, unless commissioned solely for that purpose, they have been excluded from that shown in Table three.

8.6 NHS England are a partner organisation commissioning Specialised Services (Tier 4) for Children and Young People and Health and Justice / Offender Health – CAMHS Secure Children’s Home, Liaison and Diversion. These services are commissioned on a regional basis not at ICB level. The information provided by NHS England is expenditure relating to CAMHS Tier 4 Inpatient and Outpatient services. As these services are commissioned on a case-by-case basis NHS England does not commission on a ICB basis and is not able to provide forward estimates of expenditure at a ICB level.

8.7 Police and Crime Commissioner fund some services in Gateshead through a Supporting Victims Fund which has four key priority victims’ groups:

- Domestic abuse and sexual violence
 - Victims under 18
 - Victims of hate crime
 - Victims with mental health needs and those who are vulnerable due to risk of abuse/harm
- 8.8 NHS England initially provided transformation funding to develop a perinatal mental health service, which commissioners across the North East collaboratively commissioned from March 2019. Newcastle Gateshead CCG have increased investment in this area to ensure the sustainability of the team, meet CCQI standards and allow development to meet Long Term Plan aspirations. This investment will be evaluated in 2022-2023 and further investment may be considered in conjunction with the development of the family hubs and thematic working group focusing on perinatal and maternal mental health.
- 8.9 Funding has been made available in 2023-2024 to support initiatives to reduce waiting times for services in Gateshead.

9 Progress and key highlights on 2022-23 action plan

Area	Progress during 2022-23
Overarching areas	<ul style="list-style-type: none"> • The evaluation of the Single Point of Access has reached the next stage and the model development will continue through 2023/2024 • As a system we have reviewed our children and family governance structures and agreed our strategic system objectives • Two successful children and young people's system events have been held to support the delivery and development of our local transformation plan • Gateshead Youth Justice service had a successful inspection in February 2023 receiving a 'GOOD' rating • A multiagency review of the children and young people's community eating disorders teams across the North East and North Cumbria has been working to align the provision to NICE guidance and national modelling • A task and finish group for Avoidant Restrictive Food Intake Disorder (ARFID) has been established and Gateshead has been involved mapping our provision in this area • We continue to work with Kooth to build an online safe space for our children and young people. All children and young people referred to the Single Point of Access are offered Kooth services • The Teenage resource is being launched • A workforce system induction platform is being established
New models and pilots	<ul style="list-style-type: none"> • The trauma informed care pilot launched as the Trusting Hands service in May 2023 • Our children and young people primary care workforce are all qualified and are being deployed into their communities to support

	<p>early intervention and prevention work from primary care networks linking into the family hubs.</p> <ul style="list-style-type: none"> • Mental Health, Learning Disability and Autism Community grants have been supported in 2022/2023 in Gateshead and some of these projects are specifically targeted at children and young people. • North East Counselling post crisis counselling pilot has been successfully running, the evaluation has commenced, and the service will continue into 2023/2024 • Training was delivered to the Gateshead system to support understanding of the impact of COVID on our children and young people's mental health. • 7 GP practices are supporting the roll out of the GP Kitemark • Our 2022/2023 non-recurrent pilot projects have been delivered and evaluations are being developed. • The Autism in Schools project has been running in Gateshead with an evaluation underway • Two perinatal peer support workers are being recruited in July 2023 as part of the perinatal mental health family hubs development to support peri-natal mental health of new mothers and dads/ male carers
<p>Crisis and Trauma</p>	<ul style="list-style-type: none"> • 24/7 crisis and home treatment support service delivered CNTW • Suicide prevention and post vention support
<p>Learning Disability Autism</p>	<ul style="list-style-type: none"> • The Intensive Positive Behavioural Support for Autism pilot has been running in the North East and North Cumbria and the evaluation of this is currently being developed. • The Keyworking project has been underway across the North East and North Cumbria with the team making progress towards the national targets and standards. • The Learning Disability Annual Health check post cards are being rolled out in schools increasing the awareness of this check and its availability to 14+ age young people. • The Autism hubs have been procured and mobilisation is being developed. • Work has commenced with Twisting Ducks to develop a series of short films for SEND
<p>Education:</p>	<ul style="list-style-type: none"> • RISE (our mental health team in schools) has had a successful year of delivery in 22/23 and has already planned the roll out of the first school term in 2023/2024 academic year. • Gateshead received its area SEND inspection in May 2023. The inspection report identifies a wide range of positive areas of practice across the partnership as well as some areas for improvement. The overall judgement of the Ofsted and CQC inspection team is that children's experiences and outcomes are inconsistent, and improvements are needed over the next three years. • Stormbreak are delivering early intervention through support and training to school staff in utilising movement and physical activity to support emotional wellbeing. They are currently supporting and 15 primary schools in a Gateshead pilot. • 62% of Gateshead schools have taken up the senior mental health leads training.

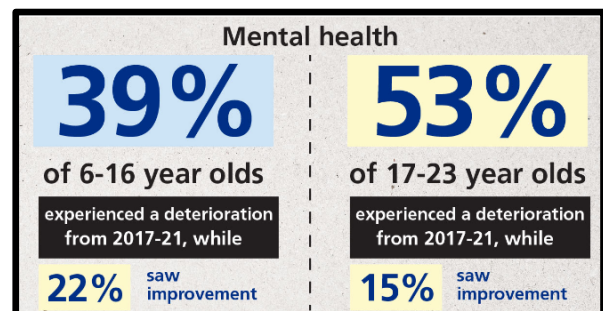
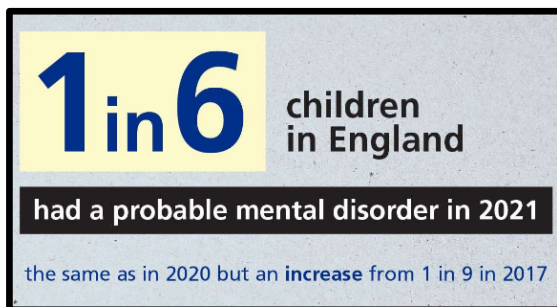
	<ul style="list-style-type: none"> • Step into work and a care academy are being established in Gateshead. • Design of a team around the school linking in to Family Hubs has commenced.
Transitions:	<ul style="list-style-type: none"> • X% of CYP now have a transitions plan from CYP to adult MH services. This has increased from X % 9 95% target.

10 Demand for Children and Young People's Mental Health Services in Gateshead

10.1 What is the data telling us?

The national picture, from a follow up survey published by NHS Digital from 2020 and a prevalence report in 2021 show the following:

10.2 Key findings¹⁰



a probable mental disorder, increasing from one in nine (10.8%) in 2017. The increase was evident in both boys and girls

- The likelihood of a probable mental disorder increased with age with a noticeable difference in gender for the older age group (17 to 22 years); 27.2% of young women and 13.3% of young men were identified as having a probable mental disorder in 2020.

In 2020:

- Among 11- to 16-year-old girls, 63.8% with a probable mental disorder had seen or heard an argument among adults in the household, compared with 46.8% of those unlikely to have a mental disorder. The association was not evident in boys
- Among those aged 5 to 22 years, 58.9% with a probable mental disorder reported having sleep problems. Young people aged 17 to 22 years with

¹⁰ https://files.digital.nhs.uk/AF/AECD6B/mhcyp_2020_rep_v2.pdf

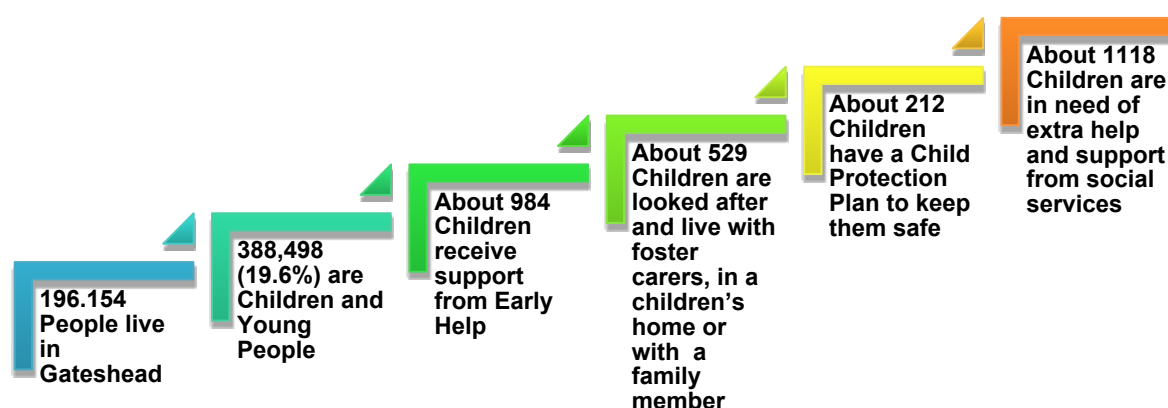
a probable mental disorder were more likely to report sleep problems (69.6%) than those aged 11 to 16 (50.5%) and 5 to 10 (52.5%)

- About six in ten (62.6%) children aged 5 to 16 years with a probable mental disorder had regular support from their school or college, compared with 76.4% of children unlikely to have a mental disorder
- Children aged 5 to 16 years with a probable mental disorder were more than twice as likely to live in a household that had fallen behind with payments (16.3%) than children unlikely to have a mental disorder (6.4%)
- Children and young people with a probable mental disorder were more likely to say that lockdown had made their life worse (54.1% of 11- to 16-year-olds, and 59.0% of 17 to 22 year olds), than those unlikely to have a mental disorder (39.2% and 37.3% respectively)

There has also been the following reported effects in other areas of children and young people's lives;

- Eating problems have increased specifically among those aged 17-19
- Sleep problems are reported across all age groups and generally higher for those with a probable mental health disorder
- Loneliness rates are higher in girls and young women
- Social media impact remains similar from 2017-2021 with 51% of young people agreed they spent more time on social media than they meant to
- Family connectedness and functioning is likely to be lower for children and young people experiencing a mental health disorder
- Children and young people with a mental health disorder were more likely to live in a household that has fallen behind with bills, rent or mortgage payments
- Children and young people with a probable mental disorder were about twice as likely to report that restrictions made their lives much worse, compared with those unlikely to have a mental disorder
- Overall, 11% of six- to 16-year-olds missed more than 15 days of school for any reason during the 2020 Autumn term. Children with a probable mental disorder were twice as likely to have missed this much school (18%) as those unlikely to have a mental disorder (9%)
- There was an increase in the proportion of 6- to 16-year-olds with a laptop or tablet they could work on at home – this rose from 89% in 2020 to 94% in 2021

10.3 Gateshead Demographics



The table below shows the most recent finger tips data set which benchmarks Gateshead regionally and nationally in a wide data set for children and young people's outcomes.

Indicator	Period	Gateshead			Region	England	England		
		Recent Trend	Count	Value	Value	Value	Worst/ Lowest	Range	Best/ Highest
Infant mortality rate	2019 - 21	—	22	3.7	3.5	3.9	7.5		1.2
Child mortality rate (1-17 years)	2018 - 20	—	9	*	10.4	10.3	17.7		6.1
Population vaccination coverage: MMR for one dose (2 years old)	2021/22	➔	-	94.1%	94.5%	89.2%	65.4%		97.7%
Population vaccination coverage: Dtap IPV Hib (2 years old)	2021/22	➔	-	96.7%	96.0%	93.0%	70.6%		99.1%
Children in care immunisations	2022	➔	287	90.0%	86.0%	85.0%	30.0%		100%
School readiness: percentage of children achieving a good level of development at the end of Reception	2021/22	—	-	62.9%	64.1%	65.2%	53.1%		74.4%
Average Attainment 8 score	2021/22	—	91,278	48.3	46.8	48.7	39.2		61.3
Average Attainment 8 score of children in care	2021	—	826	25.0	23.0	23.2	14.2		38.3
16 to 17 year olds not in education, employment or training (NEET) or whose activity is not known	2021	⬇	-	5.0%	5.4%	4.7%	14.7%		1.4%
First time entrants to the youth justice system	2021	⬇	21	118.9	138.8	146.9	446.9		56.3
Children in absolute low income families (under 16s)	2021/22	—	6,695	19.5%	21.2%	15.3%	35.3%		4.2%
Children in relative low income families (under 16s)	2021/22	—	8,335	24.2%	25.8%	19.9%	41.7%		5.4%
Homelessness - households with dependent children owed a duty under the Homelessness Reduction Act	2021/22	—	541	23.9	12.8	14.4	39.3		4.5
Children in care	2022	—	483	125	110	70	218		26
Children killed and seriously injured (KSI) on England's roads	2018 - 20	—	21	20.0	20.9	15.9	55.0		2.6
Low birth weight of term babies	2021	➔	59	3.3%	2.7%	2.8%	5.0%		1.5%

Reception: Prevalence of obesity (including severe obesity)	2021/22	↑	235	12.3%	11.4%	10.1%	14.9%	●	5.4%
Year 6: Prevalence of obesity (including severe obesity)	2021/22	→	570	27.5%	26.6%	23.4%	34.0%	●	12.4%
Percentage of 5 year olds with experience of visually obvious dental decay	2021/22	—	-	30.5%	22.2%	23.7%	46.0%	●	9.7%
Hospital admissions for dental caries (0 to 5 years)	2018/19 - 20/21	—	165	432.1	403.8	220.8	7.5	○	931.3
Under 18s conception rate / 1,000	2021	—	64	20.6	19.8	13.1	31.5	●	2.7
Teenage mothers	2021/22	→	15	0.8%	1.2%	0.6%	2.4%	●	0.0%
Admission episodes for alcohol-specific conditions - Under 18s	2018/19 - 20/21	—	60	50.8	52.0	29.3	83.8	●	7.7
Hospital admissions due to substance misuse (15 to 24 years)	2018/19 - 20/21	—	75	105.2	115.2	81.2	229.4	●	16.9
Smoking status at time of delivery	2021/22	↓	226	11.8%	12.6%	9.1%	21.1%	●	3.1%
Baby's first feed breastmilk	2020/21	—	945	60.4%	63.9%	71.7%	1.3%	●	98.6%
Breastfeeding prevalence at 6-8 weeks after birth - current method	2021/22	↑	755	40.7%	35.7%	49.2%*	-	Insufficient number of values for a spine chart	-
A&E attendances (0 to 4 years)	2021/22	—	9,115	911.0	1,031.6	762.8	2,080.6	●	387.2
Hospital admissions caused by unintentional and deliberate injuries in children (aged 0 to 14 years)	2021/22	—	360	111.4	128.5	84.3	162.2	●	38.8
Hospital admissions caused by unintentional and deliberate injuries in young people (aged 15 to 24 years)	2021/22	—	305	149.3	179.4	118.6	252.2	●	53.3
Hospital admissions for asthma (under 19 years)	2021/22	—	70	172.8	172.3	131.5	438.0	●	47.0
Hospital admissions for mental health conditions (<18 yrs)	2021/22	—	35	90.9	128.6	99.8	355.1	●	33.3
Hospital admissions as a result of self-harm (10-24 years)	2021/22	—	180	566.2	575.0	427.3	1,051.7		

10.4 Include service data from CNTW here

10.5 Mental Health Support Teams in Schools (RISE)

In 2022/23:

- RISE MHST has now delivered into 59 schools
- 13,442 CYP have been reached in the borough

- Of those 437 CYP were supported via 1:1 or small group work
- 398 sessions were delivered via assemblies, class groups and large groups (8-12 in a large group)

The RISE team is reaching a large number of CYP to help build their resilience around events which can happen in their lives that have a negative impact on their mental health and wellbeing.

The RISE team is building trusted relationships with schools and supporting school staff to build a whole school approach around mental health and emotional wellbeing. Including helping to support staff with their emotional wellbeing and parents by giving them the tools to support their children with their mental health.

10.6 What is the system telling us:

In December 2022 Gateshead held a system event around children and young people's mental health. Below is the illustrated notes of this day by Inky thinking.

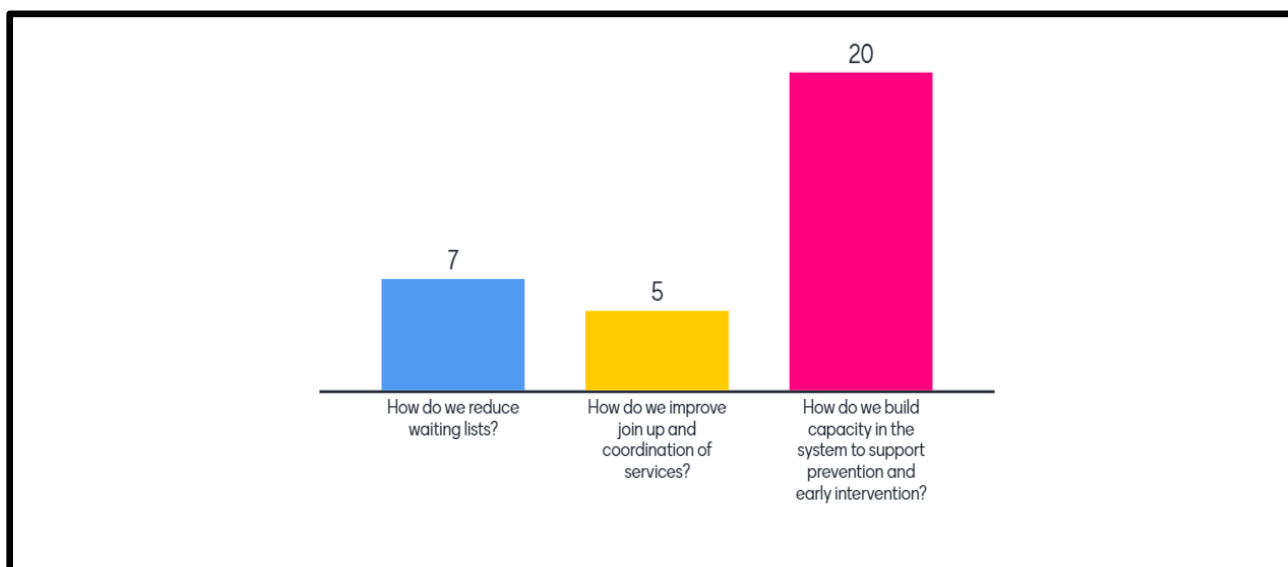
The workshops held around creative solutions yielded the following feedback in summary;

- A shared solution to build capacity and support prevention and early intervention must be developed



- There is a need to balance short term solutions whilst building longer term solutions
- We must be bold and brave about investment and resource planning
- We need to continue integrating our approaches across health, social care and education
- We must support our children and young people to access their community in spaces they want to engage in
- Collectively we need to focus on solutions to share data and intelligence.

The results of our priority poll conducted on the day can be seen below:



The short term identified next steps from the day were to:

1. Understand what information sharing is currently happening in Gateshead and developing a plan to enhance this, including skill sharing across the system
2. Ensuring we have opportunities to share good news stories and case studies that identify positive outcomes and impact
3. Develop and enhance relationships with our local universities

The long term identified next step from the day is to undertake a comprehensive emotional health and wellbeing needs assessment for children and young people in Gateshead. The purpose of this is to identify children and young people's needs across the spectrum from the well-being perspective right thought to the crisis. This will also encompass sharing information on budgets and assessing spend through the spectrum of commissioned services.

In April 2023 Gateshead also held an event to consider system wide children, young people and families priorities. Within the ranked priorities on the day, where all are relevant to this work, the following ones are key for our local transformation plan;



10.7 What are young people and families telling us:

Engaging, consulting and designing with our children, young people, families and communities is integral to all work in Gateshead. Across 2022/2023 there have been several opportunities where we have listened to the people of Gateshead. Below is a highlight summary of these opportunities:

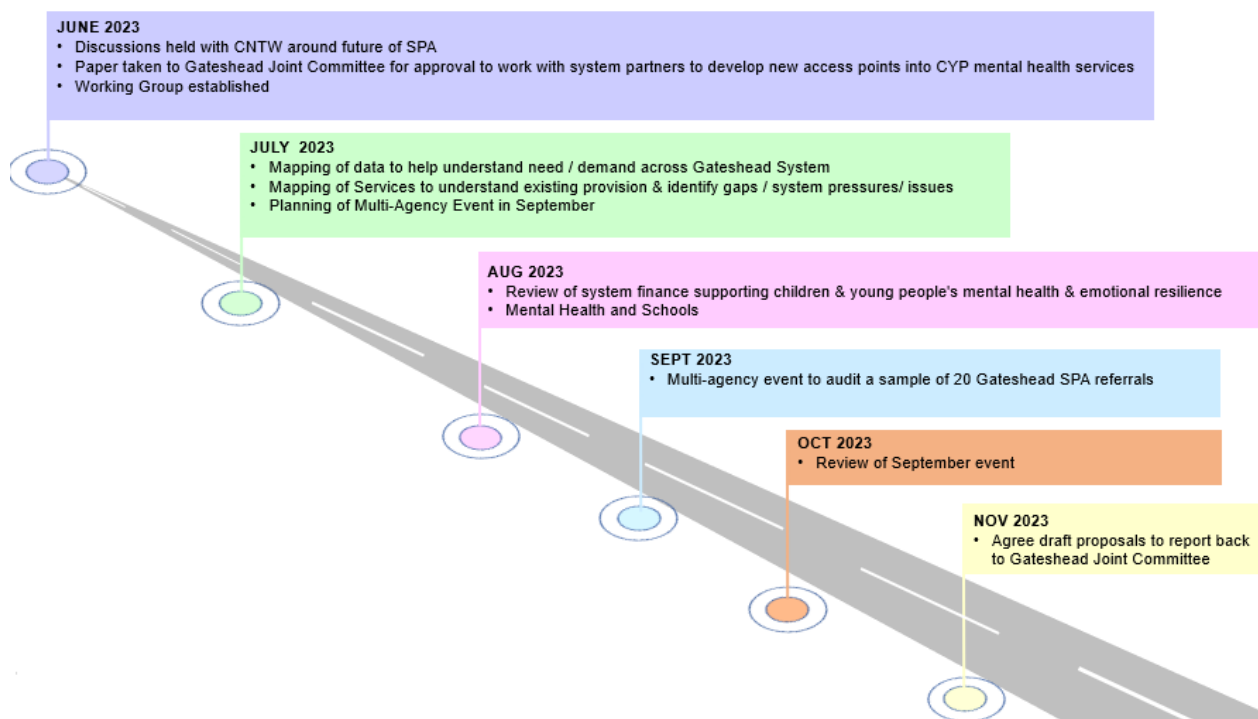
- The Young Women's outreach project has utilised a community grant funding to support young women in Gateshead and seek their views
- Involve North East worked with the Children's society in May 2022 to review our Mental Health in Schools Team (RISE team). The results of this have directly supported RISE to tailor their offer more effectively
- In May 2023 our Teenage resource launched called The Little Book of Useful Stuff, your toolkit for healthy life. Our children and young people played a vital coproduction role in this publication.
- Before our event in December 2022, we sought the views of our children and young people to capture feedback for the event and also ensured children and young people presented at the event and were represented
- Trusting Hands, our new trauma informed service in Gateshead, launch was supported by our children and young people in representation, feedback and presentations. Our children and young people in Gateshead residential settings were the decision makers on the name and branding of the new team
- The children's society delivered a relaunched event of the RISE service in February 2023 with all key stakeholders
- Our engagement forum continues to run and is well attended in Gateshead

- As a system we regularly engage with and seek the support of the Gateshead Youth Assembly, SEND Youth Forum, Parent Carer forum, Young Ambassadors and our newly appointed SEND Young Ambassador

We are committed as a system in our governance processes to continual learning and incremental change being needed to ensure support is flexible and responsive to the changing needs of our children, young people and their families, which can also be impacted on by political, and environmental factors that are out of our control.

10.8 A Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis has been carried out following several consultation exercises with young people and their families during the past 12 months, the outcome of which is displayed below:

Strengths	Weaknesses
<ul style="list-style-type: none"> • Autism hubs are being developed which will provide a greater level of pre and post diagnostic support in Gateshead. • Gateshead has a committed and passionate workforce, and this was recognised in our recent area SEND inspection. • Parents, carers and young people are engaged in strategic improvement work. • Gateshead has a well-established dynamic support register. • Increase in Children and Young Peoples mental health workforce. 	<ul style="list-style-type: none"> • When children and young people are on waiting lists, groups and psychoeducation can at times duplicate others offers in the system. • Families can feel at times like concerns escalate before help can be accessed. • Our children and young people have concerns around engaging in school which can affect their emotional wellbeing, including post COVID catching up with studies pressure. • Our children and young people told us they do speak about their feelings to parents, friends and professionals, however the majority said they found this difficult.
Opportunities	Threats
<ul style="list-style-type: none"> • Ensure our services are based on achievable goals that our children and young people find meaningful. • Ensure the suite of offers can provide choice to our children and young people including where you see a practitioner/worker. • To consider the needs for pre and post support for children and young people with ADHD • Ensure we have safe and engaging spaces in Gateshead where children and young people can share their feelings and thoughts 	<ul style="list-style-type: none"> • Increasing demand is resulting in increasing waiting times. • Children and young people feel that at times support is withdrawn prematurely. • Young people can feel like their autonomy to manage their needs at times is superseded by risk management. • Families in hardship are being asked to travel to appointments which is causing a barrier to our families in need. • Our children, young people and families do not have knowledge about what is locally available to them and the majority we spoke to told us it was hard to find information.



11.2 Mental Health Team in Schools

The RISE Mental Health Support Team programme sits within the Signposting & Advice (Prevention & Early Intervention) and Getting Help provision of Gateshead's i-Thrive model.

The Children's Society (TCS) took over as provider in February 2021 and the team name is RISE. In Gateshead there are two mental health supports teams (MHST). An MHST consists of 4 Educational Mental Health Practitioners (EMHP). The team deliver evidence-based interventions for mild-to-moderate mental health issues to children and young people (CYP); support the senior mental health lead (where established) in each school or college to introduce and develop the whole school or college approach. Also giving timely advice to school and college staff and liaise with mental health services to help children and young people to get the right support and stay in education via their whole school approach model. This includes supporting the parents of CYP who have received support.

Areas for 2023/2024 development:

- Deliver RISE whole school approach model to those remaining schools who haven't received it.
- Continue to engage with our schools located in and attended by our Jewish community.
- Progress parent Cognitive Behavioural Therapy workshops.
- Broaden offer in schools by developing drop-in sessions.
- Work to develop an offer that can link into family hubs.
- Progress an audit tool to support an Ofsted inspection around emotional wellbeing for schools.

- Reach out to the more diverse communities within the borough.

11.3 Access to Psychological Therapies at Community and Primary Care level

Building on the successful training of our primary care network team recruited with Sunderland and South Tyneside NHS Foundation trust the priorities this year are to focus on developing team capacity and relationships across the system to intervene early and help to deliver prevention support in Gateshead. This work will sit alongside the development of family hubs in Gateshead and link into the adult peer support workforce to strengthen our transitions offer and lifespan approach to early intervention in mental health.

11.4 Youth Justice

For context in Gateshead 88% of children in the Youth Justice Service caseload were experiencing emotional wellbeing and mental health difficulties, and those with substance misuse issues made up 58% of the caseload.

Following successful inspection, the system is working together on the identified areas for development. A summary of the key mental health areas is below;

- Ensuring children and young people have access to specialist support for mental health needs and continue to work in partnership around this
- Work together to embed new pathways with the Trusting Hands service to support access to mental health provision as needed
- Work together to ensure more in-depth, routine analysis and data from partners is provided to support decision making.

11.5 Trauma Informed Care and Decision Making

In 2022/2023 Gateshead committed to being a trauma informed system with the delivery objective to launch a trauma informed pilot team linked to the national vanguard programme for the integrated community framework.

Trusting Hands Gateshead launched in May 2023. Children and young people in our residential services supported the co-production of the name and branding of the team.



The delivery of the service is a graduated advice and consultation model, in line with the Thrive framework:

- **Getting advice:** Connected conversations; advice and guidance through consultations.
- **Getting help:** 'Understanding my Story' multiagency formulations; targeted support to primary caregivers; therapeutic parenting programmes.
- **Getting more help:** Liaison meeting with Gateshead CYPS to promote timely access to evidence-based psychological interventions where indicated.
- **Getting risk support:** Contribution to multiagency care and risk planning; providing containment and support to system; liaison with secure/inpatient environments to promote sharing of formulation information.

The service held a launch day in May and the evaluation results shows that those attending understood the remit of the service and trauma informed care, had been supported to consider using trauma informed language in their practice and they have built knowledge regarding the importance of creating safety for self and others in the workplace.

Senior leadership support in the system will be key to embedding this approach and building a trauma informed system.

12 Reducing Inequalities

12.1 Promoting equality and addressing health inequalities is central to this transformation plan.

12.2 This Transformation Plan aims to uphold the principles within Future in Mind which include ensuring those with protective characteristics such as learning disabilities are not excluded.

12.3 Parity of Esteem is the principle by which mental health must be given equal priority to physical health¹¹. It was enshrined in law by the Health and Social Care Act 2012.

12.4 In our society mental health does not receive the same attention as physical health. People with mental health conditions frequently experience stigma and discrimination, not only in the wider community but also from services. This is

¹¹ Centre for Mental Health

exemplified in part by lower treatment rates for mental health conditions and an underfunding of mental healthcare relative to the scale and impact of mental health issues.

12.5 This plan contributes to the NHS ambition to put mental health on a par with physical health, in the following ways:

- **Access to Services;** appropriate waiting times must be established so that children and young people with mental health problems know the maximum waiting time for treatment as individuals with physical health problems do.
- **Parity of Treatments;** many psychological therapies are NICE approved and recommended but the NHS Constitution does not entitle people to them in the same way we are entitled to NICE approved drugs.
- **Access to Crisis Care;** children and young people using mental health services have 24/7 access to a crisis support.

12.6 No plan for mental health or improvements to services will have as much impact without a focus on the wider determinants of health which can negatively impact on a person or family's emotional and physical wellbeing. In addition to the work on Best Start in Life and the development of family hubs across the borough, there are several streams of work that is taking place in support of this plan which includes:

- Development of a new Housing Strategy and Allocations and Lettings Policy.
- A corporate review and procurement of Homelessness Accommodation which includes housing and accommodation for young people over the age of 16 and care leavers, and for those who are experiencing poor mental health.
- A locality-based project in Birtley, bringing together all parts of the system to deliver targeted support with identified inequalities and design new ways of working with people and communities to better meet their needs.
- An Equality Impact Assessment is planned to be delivered on 22/23 to support the implementation of this plan.
- We are undertaking a comprehensive emotional health and wellbeing needs assessment for children and young people in Gateshead.

13 Engagement and Partnership Working

- 13.1 There is a commitment in Gateshead to ensure that people have a say in decisions about their care and in the development of local services. We will involve and consult appropriately with the Gateshead community in decisions concerning service changes. This influences and supports inclusion of the voice of the child, engaging with all communities and using the networks and places people trust e.g. current community groups and networks including specific targeted groups. This produces positive changes in individual service user's experiences and provides a clear point of access to offer feedback

Ensuring:

- Mechanisms to engage with a wide range of people at locality level
 - Provide feedback mechanism to ensure boards are sighted on public/community views
 - Provide a forum for members of the public via the local engagement board
 - Provide opportunities for collaborative working across sectors with an ability to build capacity for participation and engagement.
- 13.2 A whole system approach will be needed to achieve the best outcomes in an efficient and sustainable way. Engagement will continue to take place with health organisations, local councils, schools, youth justice and the voluntary sector working together with children, young people and their families in a variety of ways. As below demonstrates:
- We are committed to listening to the voices of children, young people and families in everything we do, working to create more opportunities for children, young people and families to play an active part in the development of services and ensure their voices are heard during decisions that will affect them. Established working groups with our young people and parent carer forum are in place to actively work together to ensure voices are heard and listened to.
 - Gateshead System believe that the voice, opinions and experiences of children and young people should be at the heart of the development and delivery of our services
 - A system-wide engagement working group is in place to ensure that all the key organisations in Gateshead can work collaboratively, sharing good practice and working together to engage with our children, young people and families. This group includes North East and North Cumbria Integrated Care Board, Gateshead Council and wider health and social care colleagues as well as voluntary sector organisations and the parent carer forum. The group works together on areas like the Local Offer, Special Educational Needs and Disabilities where a particular focus has

been on Improving the uptake of Learning Disability Annual Health Checks in our GP settings and schools, developing an Awareness Calendar across partners to promote emotional mental health and wellbeing, as well as sharing information through a quarterly engagement newsletter. The newsletter outlines projects that are currently being undertaken to ensure that children, young people, their families and carers all remain informed of all work and projects that are relevant to them, and how they can get involved.

- To enhance the system's coproduction and engagement process a SEND ambassador/ Young Mayor post has been recruited too. The role represents and champion the views and needs of those children and young people with additional needs. The Young Ambassador has taken part in the recruitment processes for Children's service roles and is participating in the development of Twisting Ducks film making (see below for more detail on this example).

13.3 Developing the use of Digital Media in Gateshead

The below offers some examples of how digital materials are being produced in Gateshead to support engagement, understanding of access to services and supporting easy routes for feedback to be received.

- Gateshead System supports the SEND Young People's Forum, which is open to all local children and young people with SEND. The group meets monthly and provides [accessible minutes of each meeting, on the Local Offer website.](#)
- The children, young people and families team have been producing digital materials for young people and working with a parent from Gateshead to produce an easy read and video format social story to support young children with autism visiting their GP practice. By accessing the following link (in the digital version of this plan) you can access the social story video:

<https://biteable.com/watch/3921378/fd1b170d087343871055ae210a2f7fea>

Further examples of digital media documents can be accessed in the digital version of this plan:

Video name	Link
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Exploitation video	https://biteable.com/watch/3908197/f61078ae337485eeb66462ffd7e02fe1
Mental Health intro page	https://biteable.com/watch/3794851/0603ed5b1ab66211071df8800e1b8f6d
International Pronouns Day	https://biteable.com/watch/3840792/ffbeac10afbabbcc15bd337d6d5620540
International Knife crime Day	https://biteable.com/watch/3922261/d23529ffcd072063e6bcb3975e3e9358
Transgender Awareness week	https://biteable.com/watch/3787147/205f56407750ef9864b8fda202ed7a07

- Through Summer 2023, Twisting Ducks, a theatre company for young adults with learning disabilities and autism, are working to support the development of three short films that aim to help facilitate young people to communicate what an Education, Health and Care Plan should look like. With the help of our new SEND Young Ambassador who came into post in December 2022, we also worked with young people in Gateshead's special schools to talk to them about their experiences of their annual reviews and how this can be improved. Young people were also involved in leading both the direction and content of the videos.
- The Little Book of Useful Stuff¹², "your toolkit for healthy life" includes mental health information launched in June 2023. This publication links to the Healthier Together website where further information and signposting for support will be available. Scanning the QR codes will take you to your local support page. Healthier Together is a locally developed website, providing relevant and accurate health and wellbeing information for young people. The following link will take you to the online version A paper version is also available in easy read guide and biteable videos. The publication supports the work Gateshead undertake in secondary schools in Year 9 assemblies to promote access to GPs from the age of 14+.



13.4 Summary of communications and engagement highlights and achievements within Children and Young People's Mental Health Services:

¹² [The Little Book of Useful Stuff – a young person's toolkit for a healthy life :: North East and North Cumbria Healthier Together \(nenc-healthiertgether.nhs.uk\)](https://nenc-healthiertgether.nhs.uk)

- Kooth – regular sharing of monthly schedule of posts on social media, as well as ad-hoc generic mental health related posts
- Mental health range of services information (adult and children and young people) appears prominently on Gateshead websites.
- There is a dedicated Children and Young People Mental Health page and a handy links page.
- Gateshead have promoted, through press releases, a range of different Children and Young People's Mental Health initiatives throughout the year, piggybacking on broader mental health aimed at whole-population stories (for example, the Mind helpline).
- From December 2021 to March 2022, Gateshead undertook a digital Mental Health campaign (for all ages) as part of winter service use campaign, which was featured on a number of third-party websites and local media outlets. This provided increased click-through traffic to the relevant pages of our website.
- ICB pages in Gateshead Council News have regularly featured mental health service information including services young people
- Template content recently provided to GP practices in Gateshead, to be used on practice websites, outlining the range of mental health services (including for Children and Young People's Mental Health Services). Similar information will also be sent to partner organisation.
- Children and Young Person Friendly Kite Mark accreditation for GP practices
- From an engagement point of view, the main piece of work we did in the 2022/2023 period was during May 2022, when we tasked Involve NE with contacting schools across Gateshead asking them to provide feedback on the RISE programme. 46 representatives (headteachers, SENDCo, and other professionals) from 39 schools shared their views on the RISE programme, including schools who use alternate mental health provision to the RISE programme, but may use it in the future. Involve North East (INE) continued to support this project by delivering 3 presentations on our findings to key stakeholders between July and October 2022. We then published a report into the work, and both the summary and the full report is on the ICB website here (scroll down to RISE ("Understanding the views and experiences of schools in

Gateshead"), and follow the link:

<https://northeastnorthcumbria.nhs.uk/get-involved/our-work-with-people-and-communities/past-engagement/>

13.5 **Multi-agency engagement groups and projects**

In Gateshead, during the Covid-19 pandemic Gateshead identified a need for a Children, Young People Engagement Working Group. This has members from health, local authority, police, education and the voluntary sector. The purpose of the group is to support new ways of working. To collaborate, develop and link up services and projects in Gateshead. All members of the group have the same interest of making sure the voices of children and young people are heard to further improve services for them in Gateshead. To promote this joint engagement, work an engagement newsletter has been devised that will be distributed across Gateshead on a quarterly basis.

- 13.6 Working closely with partners, we plan to establish clear feedback mechanisms throughout the engagement process, including keeping stakeholders up to date through regular newsletters, utilising social media, and regular contact with the groups involved in this work. Regular attendance at the Gateshead Parent Carer Forum and School Network meetings. Newsletters are produced on a quarterly basis and shared across North East and North Cumbria Integrated Care Board at Gateshead Place.

An example system project was in 2022-2023 Gateshead system commissioned a project with Access 27 theatre company to support our workforce around the effects of COVID 19 on our children and young people's mental health. The performance highlighted key themes from the pandemic in a creative and thought-provoking way. It looked at what it was like to experience lockdown, the effects of not going to school, safeguarding and domestic violence and children in care settings. The project reached 210 participants across Health, Education and Social Care.

Feedback from a local General Practitioner (GP) was – the "digital performance captured wide-ranging impact of the pandemic, powerfully encouraging us to view things from the child or young person's perspective. The resource package also helped to build on that picture, recognising the signs of psychological distress can be far ranging, and seen in physical, cognitive and behavioural symptoms. It prompts us to avoid superficial exploration of symptoms and ensure we are taking into account the wider health and wellbeing of the child or young person".

14 Education

- 14.1 Gateshead is committed to giving children and young people the best start in life. We aim for our children and young people to develop their independence and to become confident and participating adults who lead fulfilling and productive lives.
- 14.2 Our vision that “Children and Families” are at the heart of everything we do, ensuring all children can thrive and reach their full potential and be advantaged by organisations working together.
- 14.3 We focus on the best start in life, particularly during the first critical 1001 days of a child's life (from conception to age 2) as care during this period of rapid growth and brain development has been found to have significant influence on a child's life outcomes.
- 14.4 This provides the most effective way of ensuring people have the best chance of thriving, and living an enjoyable life in good health, is to make sure they have a good start in life, a good education, good health, a warm and loving home, good friends and support networks, access to good quality work and enough income to meet their needs.
- 14.5 This plan acknowledges the progress we have made to date, but also sets out what we intend to do, in partnership, to ensure that all the children and young people of Gateshead, regardless of their background or individual circumstances, can lead happy, successful, fulfilling lives.
- 14.6 Early Years services, including health, education, and social care where appropriate, work together with families to support children throughout their early years so that children start school ready to learn. The Gateshead System is committed to prevention, promoting early identification of difficulties, and early intervention to prevent a progressive requirement for additional support. Increase focus on health and wellbeing, including building resilience, and promoting good mental health, especially in the wake of the Covid-19 pandemic.
- 14.7 A key priority for us to strengthen our support for transitions from one key stage to the next, and into post-16 education, training, employment or adult life, including independent living where desirable and appropriate.

To support this work, we have three key groups in place:

Early Years Sub-group - Leads on the delivery of the key priorities for children 0-4 years across schools, settings and services, ensuring processes and systems are effective.

5- 16 Years Sub-group - Leads on the delivery of key priorities for children 5-16 years across schools and services. It also develops policy and practices in line with the Code of Practice for SEND pupils 5-16 years. It monitors the Accessibility Strategy, progress data from the data sub- group, training for schools, SENCO support and networking.

Post 16 Sub-group - Leads on the delivery of key priorities for young people over 16 years across schools, colleges and services including:

- Quality assurance of post 16 special needs provision
- Preparation for Adulthood and Post 16 Transition
- Promoting mental wellbeing and support for mental ill health in relation to post 16 young people

14.8 A whole school approach to the promotion of mental wellbeing with the collaboration of health and education to deliver trauma informed support. The mental health offer in Gateshead has been increased to meet the demand, and to improve access to support at a range of levels.

14.9 **A key focus during 2022 -2023 is:**

1. Ensuring our Teachers and Education settings have the skills they need to support provide early intervention emotional wellbeing needs for our Children and Young People in Gateshead
2. Transitions across health, education and social care, ensuring that young people are enabled to work towards their own aspirations, and that they are fully prepared to transition to adult services and into adulthood
3. Improving Absenteeism in Schools: Poor attendance at school, whether due to absenteeism or exclusion, leads to multiple social, educational, and lifelong socioeconomic disadvantages. A project will commenced in June 2023 to identify those children and Young People who are persistently absent from school exploring the reasons for absenteeism and the interventions that can be put in place to mitigate
4. Ensuring the communication needs of our children is met in Gateshead with universal and specialist services where appropriate

14.10 **Special Educational Needs and Disabilities (SEND)**

An Area SEND Inspection took place in Gateshead from 5th-26th May 2023. The Inspection was carried out under the new inspection framework and by Inspectors from Ofsted and CQC. The three-week inspection looked at the local area partnership arrangements for children and young people with SEND.

A draft report has been received to highlight findings and a response to the Inspection Team regarding matters of accuracy has been returned. We currently await the final report when we will be able to advise of the outcome and strategic plan to support areas of improvement.

There are robust assurance processes in place to ensure that the needs of our children and young people with SEND are being met and monitored across the System. Annual training programmes are in place to ensure the workforce across Health, Education and Social Care are able to respond to the requirements of the Children and Families Act 2014 collaboratively, delivering to our SENCOs in mainstream and special schools.

Strong relationships between Health, Education, Social Care and our Parent Carer Forum are in place which allows us to develop a shared understanding of the needs of our SEND children and young people being key members of service reviews and co-production to address and improve where required, participation of children, young people and families are key to service development.

There is a dedicated Children, Young People and Families team which includes specialist SEND nurses and a Designated Clinical Officer who support our mainstream and special schools, parent carers and families.

Some of the projects the team support are:

Special School Eye Care Service

- Children with learning disabilities are 28 times more likely to have a sight problem than other children. A third of children attending special schools will need glasses.
- Gateshead was the first authority in the country to sign all its special schools up to the NHS-funded special schools eyecare service.
- Since beginning the service in April 2021 the service has delivered over 5,000 sight tests covering North East & Yorkshire, London and North West. Of the 5,043 tests carried out 92.41% were their first sight test. They have issued 2,154 glasses of which 10.95% was children and young people who had attained glasses for the first time. In Gateshead 33 tests have been completed since April 2022 over 2 of our Special Schools. Of these 33, 17 children received glasses with 11 receiving glasses for the first time.

The service continues to offer eye checks in two of our Special Schools in Gateshead. It was recently confirmed that this contract is to continue in the schools for the next school year 2023-2024.

Developing our asthma/allergy support for primary care and schools

- Asthma is common – about 1 in 10 children and young people in the UK suffer from it. If asthma is mild, the symptoms may not be too much of a problem and, particularly if people take their asthma medications correctly, they can have no symptoms at all. As a result, a lot of people don't worry about asthma or don't take symptoms too seriously.
- The ICB has secured some non-recurrent funding for a pilot in Gateshead to improve the care of children and young people with asthma and allergies who are 'not brought' or do not attend asthma reviews at their GP surgery.
- The team will work with a PCN or group of GP Practices to look at a transformational way of working to undertake Asthma and Allergies Reviews. The plan is to work with schools within the PCN footprint to identify children and young people who require Asthma Reviews and to undertake the review within the school setting as opposed to the child or young person attending the practice.
- Training will be offered to school staff to allow them to support the child/young person should they be having an exacerbation of their symptoms. Alongside these sessions update training could be provided to school staff for a number of long-term conditions and children and young people with medical devices. We currently have the support of a Practice Nurse and Pharmacist who will go into schools to carry out asthma reviews, ensure the child/young person is using their inhaler correctly and offer training and support to school staff. The Beat Asthma Bundle of Care package is supporting this training by offering e-learning modules for these staff but also for responsible staff in Schools to upskill their knowledge and offer confidence when supporting the children/young people.
- The initial pilot has taken place within one of our Primary Schools in Gateshead. 22 children were identified as needing an asthma review, a number had not been seen by the GP practice for over 2 years.
- The children have received a review of their asthma, a personalised asthma action plan was issued for parents and also a copy for school.
- Training and support was given to the children, their parents and also school around supporting the children during exacerbation of asthma symptoms to give them confidence to support the children.

- Excellent feedback has been received from both parents and the children who feel it was much easier to receive the review in school and receive the additional information they needed at the review
- It was also identified during these reviews that some of the children no longer had asthma symptoms and therefore no longer require the use of an inhaler
- Masterclasses have been offered to our schools to further support the training and response to children at times of illness which has upskilled through this training and given them the opportunity to use equipment and ask questions in a much more controlled environment with the appropriate professionals supporting this

Awareness Sessions for Schools

- Good relationships have been developed with Early Years, Mainstream, Special Schools and local Colleges, who have attended an awareness session delivered by our team to support the work for our SEN children and young people. From this we have developed Case Studies to highlight the process of this work which supports our commitment and evidences the importance of our practice. We include the outcomes from these sessions within our case studies and continue to be approached by schools for support, and we are able to co-ordinate and direct appropriately where the support is required.
- Awareness sessions continue to be offered to all settings on an annual basis and have taken place in July 2023. This gave settings the opportunity to gain an update in relation to health support available and discuss any ongoing issues within schools. Schools continue to contact the Designated Clinical Officer on a regular basis for support around training needs, and engaging health professionals to support the health needs in school

To further build emotional resilience and minimise the effects of long term emotional and physical abuse and neglect on children and young people with SEND, we are implementing trauma informed, wrap around service offering support at the earliest opportunity.

15 Transitions

- 15.1 We recognised that transitions for our Children, Young People and Families at all stages of life can be difficult to navigate. As a system we are committed to

ensuring these transition points are as smooth as they can be the right support is accessible to ensure this journey does not feel difficult in Gateshead.

15.2 Our ambitions and principles include:

- An ambition to eliminate transitions wherever possible, and rather provide a needs-led continuity of care based on developmental and individual requirements
- Where transitions are required, begin the process of transition as early as possible, proactively involving all appropriate services for an individual's specific needs
- Taking account of individual circumstances, work proactively across services to identify and agree the most appropriate treatment approaches for young people with co-morbidities, based on individual need rather than diagnosis. This will also agree arrangements to facilitate continuity of care with the same professional as required
- Clear mechanisms to provide appropriate levels of support for families as young people move between services
- Adopt a more systemic, pathway management approach.

15.3 Key areas of focus work in 23/24 include:

RISE transition offer?
Care planning CNTW?

16 Transparency and Governance

16.2 The governance of the Children and Young People work begins at place with a Gateshead Children and Young People Mental Health and Learning Disability and Autism group which meets bi-monthly.

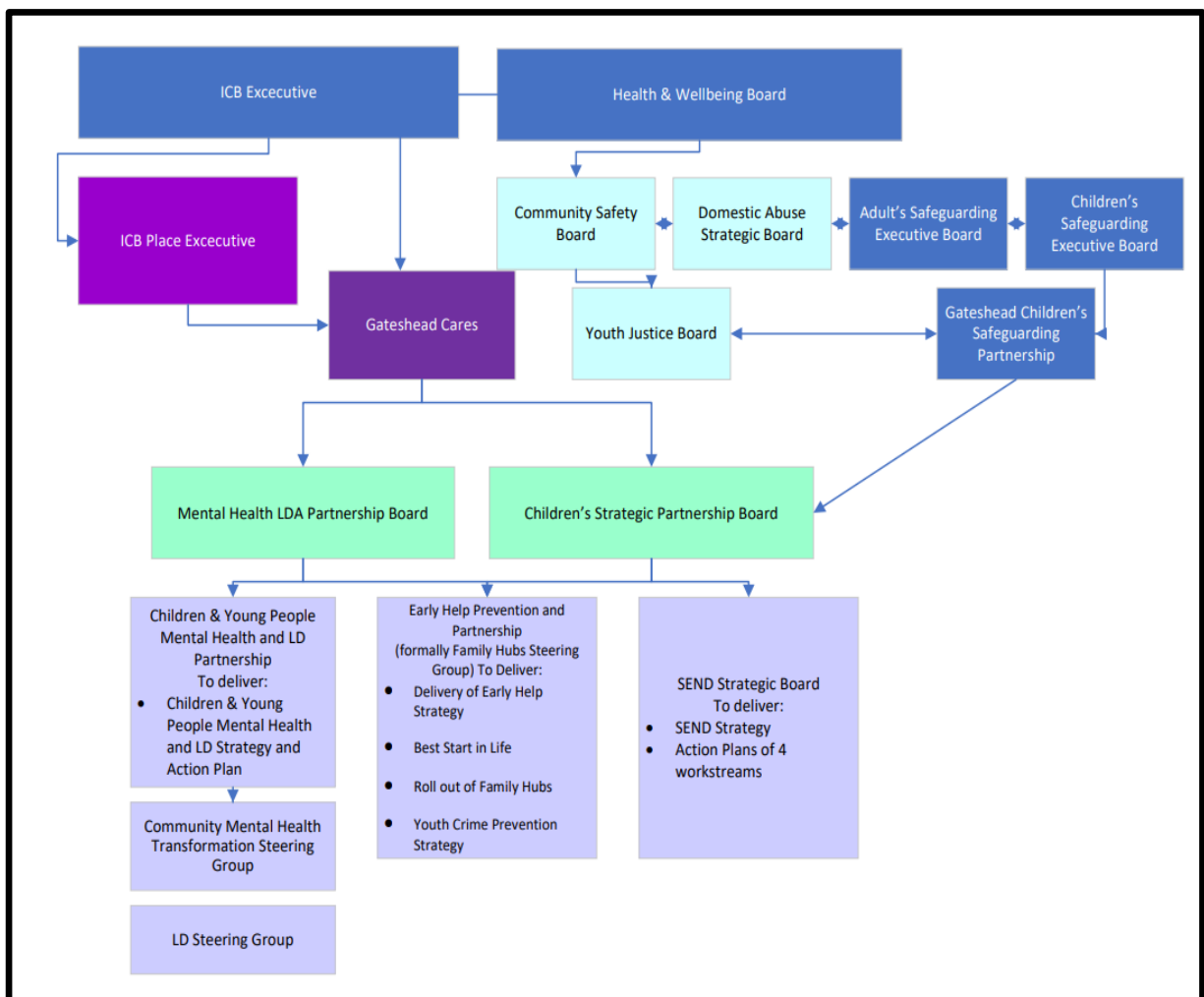
16.3 From the outset we developed a governance framework which was operational at the onset of the transformational work. Good governance is about the processes for making and implementing decisions.

16.4 Our governance structures and frameworks have allowed for access to increased knowledge and operational intelligence, has provided challenge and innovation, and has allowed for strategic leadership and decision making.

16.4.1 Quarterly reports from The Children and Young People's Mental Health & Emotional Wellbeing Local Transformation Plan are presented to the

Gateshead CYP MHLDA partnership groups, Gateshead System Board and Health & wellbeing Board

- 16.5 Having Children and Young People’s Mental Health transformation work as a standing item has helped put children and young people much higher on the agenda.
- 16.6 At the time of publication, we have utilised a partnership approach to agree and refresh with relevant partners such as specialist commissioning, local authorities, local safeguarding boards and local participation groups for children and young people, parents and carers. Terms of Reference can be found at Appendix 2.
- 16.6.1 The plan will continue to be updated and be managed through the governance structures as depicted below in Figure 2, with progress updates to Gateshead Cares System Collaborative Board, and Gateshead Health and Wellbeing Board.



17 Workforce

A multi-agency Gateshead Cares Workforce Partnership has been established and now meet regularly. This groups key priorities are around supporting Recruitment, Retention and Training plans for the whole system. This supports system resilience as workforce is a key element and the Workforce Partnership are working closing to share all our recruitment plans which will support posts and vacancies in all areas.



We have identified the current workforce gaps, and this will be used to support the overall Gateshead workforce plan as part of the local transformation plan.

It has been identified that there is provision in the system which may not be being used to its full potential and that some services have capacity to see more people while other such as crisis teams are stretched.

We need to ensure that there is a sound understanding of all the services in Gateshead and Provider Forums are being set up from September 2022 to March 2023 to discuss key topics/themes to share information on the service available around that key theme so other professionals are aware.

A website will be used to host a page to enable Gateshead residents to be able to access information about local health and wellbeing services near to them.

Plans to work with the 111 team to explore the choices patients are given around low-level mental health and wellbeing provision rather than an onward referral to their GP. We need to support organisations to complete the Directory of Services documents from 111 to ensure all relevant info is available to call handlers about alternative services other than GP or crisis team.

A platform for Gateshead Health and Social Care professionals where all mental health and wellbeing services will be listed to give a comprehensive list of all services available to them.

Gateshead is considering a new staffing model with onward progression to fill gaps in the workforce. We are hoping to use this model in Gateshead to grow and retain our own staff within Gateshead, with a clear workforce career pathway. We are also looking at working together across the system to progress plans on join apprenticeships and placements, so people have an opportunity to work in other areas not only building their skills but giving them an opportunity to identify career prospects through training and development.

We are focusing on ensuring our workforce is culturally competent and Connected Voice – HAREF – are supporting with training. We recognise the need to expand this offer and consider our Jewish population in Gateshead to ensure we meet the needs of all people across Gateshead making access to service as easy as possible.

There will be several other training courses on offer via the online platform including, LD and Autism, Mental Health first aid, SEND awareness and Dementia training. This will again support increasing the knowledge and understand of all staff working in Gateshead again to support people better in Gateshead.

18 Stakeholders involved in the development of the plan 2022/23

Table XX The stakeholders that were engaged with to support the development and implementation of the plan.

NENC ICB – Gateshead place	NHS England – Specialised Commissioning
Kalmer Counselling	Gateshead Council
Barnardo's	Healthwatch Gateshead
The Children’s Society	RECOCO – Recovery College
Mental Health Concern	Sunderland South Tyneside NHS Foundation Trust
Zen Zone - Kooth	Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
North East Counselling	Gateshead Health NHS Foundation Trust

19 Next Steps

19.1 We will continue to use the Gateshead Joint Strategic Needs Assessment (JSNA) to support our work and help us to understand the key issues facing children, young people and families in Gateshead as we continue our transformational journey in the coming months.

The delivery plan below in appendix one details further work which will be delivered through place-based partnerships and will be incorporated into a holistic Children and Young People Strategy in Gateshead, reflecting differences in population, providers and needs at place.

- 19.2 This delivery plan and the new Children and Young People strategies will be reviewed and refreshed as a minimum at least once a year with all system partners, children, young people, families and carers involved in the process; it is a living document that will be updated by the partners as milestones are reached and actions are implemented.