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| CITY OF WOLVERHAMPTON COUNCIL | Cabinet 19 February 2020 |
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| Report title | Helping our Children and Young People to be Healthier and Happier – The Lessons Learnt from Headstart | | |
| Decision designation | AMBER | | |
| Cabinet member with lead responsibility | Councillor John Reynolds Children and Young People | | |
| Key decision | Yes | | |
| In forward plan | Yes | | |
| Wards affected | All Wards | | |
| Accountable Director | Emma Bennett, Director of Children's Services | | |
| Originating service | Children's Services | | |
| Accountable employee | Andrew Wolverson | Head of Service - Improvements | |
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| Report to be/has been considered by | Children and Young People Leadership Team Strategic Executive Board Scrutiny Board | 6 February 2020 | 15 October 2019 |

Recommendation for decision:

The Cabinet is recommended to:

1. Endorse the learning from Headstart into future planning of wellbeing services for children and young people.

Recommendation for noting

The Cabinet is asked to note:

1. This item was considered as pre-decision scrutiny on 15 October 2019 Children and Young People Scrutiny Panel and will therefore not be available to call in once a decision is made by Cabinet.

1.0 Purpose

- 1.1 #YES sets out three key themes that young people and families said were important to them; Being healthy, being connected and being you.
- 1.2 Wolverhampton have been part of a Lottery Funded programme to test and learn from a range of interventions that support improved resilience and emotional well-being. This report sets out how this learning will be embedded within the future offer for children, young people and their families.

2.0 Background

- 2.1 City of Wolverhampton Council is the lead partner for HeadStart Wolverhampton, one of six partnerships across the country to receive National Lottery funding to run a series of test and learn programmes in developing new ways of supporting children and young people aged 10 to 16 and their families with emotional mental health and wellbeing.
- 2.2 HeadStart is a wide-ranging programme, offering different ways to support mental and emotional wellbeing. Children and young people are integral to the programme, working with us on its design, governance, delivery and evaluation.

3.0 HeadStart Fundamentals

- A five-year program from 2016 to 2021
- 9.5 million invested
- Over 13,000 young people have accessed Headstart support
- 700 parents and carers have accessed support
- 75 community organisations involved in the design and delivery and have generated an income of £195,000
- Managed by multi-stakeholder partnerships led by the City of Wolverhampton Council
- Young people (aged 10-16) are at the heart; schools' parents and communities also play a key role
- Using a test and learn approach to generate evidence to inform future policy and practice
- Ongoing evaluation to collect an evidence of impacts and what works

4.0 What we learnt?

- 4.1 Over the past three years seven secondary schools and two special schools have taken part in the Wellbeing Measurement Framework (WMF) survey conducted across all the national HeadStart areas. Data from these surveys has help understand the emotional health of young people at these schools in relation to the national picture.

- The findings from the 2018-2019 Strengths and Difficulties Questionnaire (SDQ) survey has shown that there are comparable proportions of young people with emotional, behavioural and attention difficulties in Wolverhampton and nationally.
- Overall young people in Wolverhampton report less emotional and attention difficulties compared to the National HeadStart average, but higher levels of behaviour problems and less inclined to help others.
- This fits with the other surveys that showed less understanding of empathy in Wolverhampton along with young people feeling less of a sense of connection to their communities.
- Pupils show higher than average levels of difficulties with peers, suggesting that on average they are less able to interact successfully with peers than other.
- In the local evaluation, primary children felt more resilient than secondary children, with girls being more resilient than boys
- Among the secondary children, girls were both less resilient than the norm and less resilient than boys.

What the surveys are telling us

Wellbeing measurement framework (WMF)

Mental health and wellbeing

| Emotional difficulties | Behavioural difficulties | Difficulties with peers | Attention difficulties | Positive wellbeing |
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Emotional strengths and skills

| Managing emotions | Problem solving | Coping with stress | Goal setting | Empathy | Helping others |
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Support network

| Family support | Community support | School support | Peer support | Participation in community | Participation in home & school |
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5.0 Utilising the HeadStart learning ‘Learn and Embed’

- 5.1 The learn and embed phase is aligned to #YES as well as other key strategies such as the local Child and Adolescent Mental Health plan, Children, Young People and Families plan and Wolverhampton for Everyone.
- 5.2 Key highlights include:
- Being You; enhancing the co-production offer across the City through the commitment made in the recently launched #YES.
 - Being Healthy; developing an emotional and mental well-being toolkit based on the modules delivered within Headstart schools and making this available to all schools across the City.
 - Being Connected. Working with the current partnership groups to establish them as consortiums to take forward the fantastic community work that has been started through Headstart and integrating this with the vision for Wolverhampton for Everyone.
 - Developing a professional development framework available to the whole workforce to enable them to offer effective support to children and young people.
 - Ensuring that we continue to understand the needs of children and young people by integrating the well-being measurement framework within the Health-Related Behaviours survey to give a longitudinal understanding of emotional wellbeing in the City.

6.0 Helping our Children and Young People to be Healthier and Happier - HeadStart Learn and Embed proposals

| Theme | Learn and Embed |
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| Being You | Co-production <ul style="list-style-type: none">• Current youth groups involved in co-production include the Youth Council, Children in Care Council, Care leavers forum, BSafe and HeadStart ambassadors. The aspiration is to broaden co-production across the city as part of #YES• Within #YES, a Youth Partnership Board will be established to oversee the implementation. This puts young people at the heart of the strategy, giving them a strategic position to drive forward the strategy's ambitions. The Board will be made up of young people and will be aligned to the Strengthening Families Board.• The strategy also proposes to establish a participation hub; a central location for co-production, providing physical space for young people to work from. |

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| Being Connected | <p>Communities</p> <p>As HeadStart made a commitment to establish a presence within the four target geographical areas so that young people and their families, schools and communities could access support and information. Those areas are:</p> <p>Area A - Low Hill, Bushbury South and the Scotlands Area B - Heath Town, Old Heath/Eastfield, Park Village, Springfield Area C - Bilston East Area D - All Saints, Blakenhall, Parkfields and Ettingshall</p> <ul style="list-style-type: none">• 3 new consortiums are being developed in 3 of the HeadStart areas and they are being peer supported by the successful WV10 consortium in Low Hill. 1 of the 3 being developed have signed their consortium agreement and already secured £50,000 funding to continue their work• Early discussions have taken place to embed the work as part of Public Health's place-based approach. The intention is to commission HeadStart community groups to work with Public Health, where learning from HeadStart grass root communities will be utilised in implementing a place-based approach. |
| | <p>Schools</p> <ul style="list-style-type: none">• HeadStart have developed a wellbeing toolkit, encompassing all the lessons learnt over the life of the programme. HeadStart programmes, including Wellbeing Toolkit, HEROs+ and HYPE, cover all the aspects required for the Mental Wellbeing strand of the Health Education legislation. In addition, elements of other strands, in both Relationship and Health Education are covered including: Respectful Relationships, Being Safe, Caring Friendships, Online relationships, Internet Safety and Harms and Physical Health and fitness• Learning from the school offer will be cascaded to all schools in Wolverhampton, this includes a showcase of the impact, and the wellbeing toolkit given to all schools. Going forward, non HeadStart schools will be offered consultancy support.• Black Country and West Birmingham Sustainability and Transformation Plan (BCWB STP) has been successful in its application to become a trailblazer for Mental Health Support teams in Schools. 100% of CYP in BCWB STP will have access to emotional wellbeing and mental health services by 2024. This will be achieved by developing mental health support teams in schools and colleges (MHSTs) across all localities. The teams will provide whole school/education setting types of approaches to ensure that CYP have knowledge of how to access services |

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| | <p>when they most need it. School Support Coordinators will provide support to the schools and the team in developing a whole school approach.</p> |
| | <p>Online Support</p> <ul style="list-style-type: none">• HeadStart procured a dedicated website, HeadStart FM am online platform to promote services of HeadStart and provide wellbeing resources. During the early stages of HeadStart the website attracted a number of views.• Of the 11,000 visits to the site only 3184 were Wolverhampton residents. Usage of the website was higher during school holidays due to people wanting to find out about activities. #YES will be promoting activities through WV Holiday Squad.• Views of the podcasts were low.• The online resources were accessed, but over the years this has declined. The low numbers can be attributed to KOOTH an online counselling service commissioned by the Clinical Commissioning Group (CCG). Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Wolverhampton CCG have committed to continued funding of KOOTH |
| <p>Being Healthy and Happy</p> | <p>Emotional Wellbeing Service</p> <ul style="list-style-type: none">• HeadStart contributed towards funding a Citywide emotional wellbeing service. The service supports young people from birth to 18th birthday and up to 25 years old for young people with disabilities and care leavers who are residing in Wolverhampton, that are experiencing mild to moderate emotional mental health and wellbeing concerns.• A review is currently underway which will inform commissioning intentions and consider funding post HeadStart. <p>Places to go</p> <ul style="list-style-type: none">• The 'places to go' commission was to provide localised activities for children, young people and families. Over 2500 young people have taken part in activities.• #YES commits to a localised place approach, where young people are at the heart of the strategy. Building on the success of commissioned activities and the summer activities, #YES will continue to ensure there is well coordinated, well communicated young people led activities throughout the year.• It is proposed that young people will have a budget to commission the activities that they want. |

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| | <p>Parenting</p> <ul style="list-style-type: none">• HeadStart commissioned organisations to deliver parenting support. The aim was to use a range of creative and inclusive activities as the hook to engage with parents/carers to develop solution-focussed approaches to their own needs and the needs of their young people, with a focus on resilience and mental wellbeing.• This work will be incorporated a part of the Early Help Plan. Parenting is a priority within the City's Early Help Plan. The ambition is<ul style="list-style-type: none">✓ Parents and carers will be able and confident to provide boundaries and routines for children and young people.✓ Families will be safe, function well, and provide a good and stable environment for children, young people, parents and carers.✓ Families will have good social and emotional health and development. |
| Workforce Development | <ul style="list-style-type: none">• Workforce is a priority within the Child and Adolescent Mental Health Services (CAMHS) transformation plan with HeadStart being a key driver in supporting staff and a Universal/universal plus level.• The HeadStart phase 3 bid refers to building a confident, accessible and responsive workforce for Young People with staff who share a common language and common approaches through a transformed system of cross-disciplinary, multi-agency and multi-layered services.• Post HeadStart, the workforce strand will continue to be addressed through the CAMHS transformation plan. |
| Data Wellbeing Measurement Framework | <ul style="list-style-type: none">• At HeadStart we have been able to use what we have learnt from the WMF in different ways. One of these is using the results to help develop new interventions to be run in school and to also improve existing programmes to tackle areas of concern highlighted by the WMF report. The new Wellbeing Toolkit has been developed using feedback from existing interventions run in schools alongside information from the WMF reports that highlight where Wolverhampton schools have struggled in comparison to the national averages from other HeadStart areas.• Going forward we only have two more years of the WMF survey to conduct and receive reports from. To continue the positive work, the WMF has done in terms of helping our schools, we are looking to incorporate parts of the WMF that the schools have found most useful in the city's Health and Related Behaviour |

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| | <p>Survey (HRBS). This survey is conducted every two years with year 2, 4, 6, 8 and 10 pupils in schools across the city. As mental health of young people has become a more pressing issue over recent years the HRBS is looking to find out more about the mental wellbeing and resilience of young people in the city.</p> <ul style="list-style-type: none">• It looks likely that the Strengths and Difficulties Questionnaire (SDQ) and Trait Emotional Intelligence Questionnaire (TEIQue) will be used going forward in the HRBS as these measures have shown results that schools have found the most useful when looking at the WMF reports. |
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7.0 Evaluation of alternative options

- 7.1 Options were considered in relation to the National Lotteries requirement that learn and embed is based on the evidence from the test and learn of the HeadStart programme. The evidence from national surveys, local surveys, community feedback, young people feedback and stakeholder feedback has determined the priorities.

8.0 Reasons for decision(s)

- 8.1 The decision has been based on evidence of what works in relation to improving wellbeing and resilience in young people. The National Lottery funding requires local area to have a learn and embed plan based on the test and learn of the programme. Budgets have been realigned to reflect the plan

9.0 Financial implications

- 9.1 The Council was awarded a grant of £9.5 million from the National Lottery to cover the period of 2016 to 2021 for the Headstart programme.
[JB/07022020/C]

10.0 Legal implications

- 10.1 There are no legal implications associated with this report
[TS/06022020/R]

11.0 Equalities implications

- 11.1 The programme is subject to an equality impact assessment and an equalities group has been established to ensure compliance and consideration to all protected characteristics with an emphasis on identified vulnerable groups; young carers, BAME, those at risk of gangs/crime, those witnessing domestic violence, family history of mental ill health, LGBT, Roma and new arrivals.

12.0 Climate Change and Environmental implications

- 12.1 In the implementation, consideration will be given to climate change and environmental implications.

13.0 Health and Wellbeing Implications

- 13.1 HeadStart Programme is a test and learn programme in developing new ways of supporting children and young people aged 10-16 and their families with emotional mental health and wellbeing.

14.0 Human resources implications

- 14.1 There will be Human resource implications with the implementation of plan. As we move in the 'learn and embed phase, the programme will be undergoing a service design to reflect the final phase of the programme.

15.0 Corporate landlord implications

- 15.1 As part of the service re-design the current base at Bob Jones will be reviewed. Any saving from this will be reinvested back into the community via the consortiums.

16.0 Schedule of background papers

- 16.1 None

17.0 Appendices

- 17.1 Appendix 1 – HeadStart Learn and Embed Plan