

Children, Young People and Families Scrutiny Panel 29 March 2017

Report title	HeadStart Phase 3–Building Resilience and Preventing Self Harm	
Cabinet member with lead responsibility	Councillor Val Gibson Children and Young People	
Wards affected	All	
Accountable director	Emma Bennett, Children and Young People	
Originating service	Children and Young People	
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Report to be/has been considered by	People Leadership Team 27 February 2017	

Recommendations for noting:

The Panel is asked to note:

1. The development and progress of Wolverhampton HeadStart Phase 3.
2. The contribution that Wolverhampton HeadStart Phase 3 makes towards building the resilience of children and young people and to reducing the incidence of self-harm in children and young people.

1.0 Purpose

- 1.1 To note the development and progress of Wolverhampton HeadStart Phase 3.
- 1.2 To consider the contribution that Wolverhampton HeadStart Phase 3 makes towards building the resilience of children and young people and to reducing the incidence of self-harm in children and young people.

2.0 Background

- 2.1 Both nationally and locally the agenda for children's and young people's mental health and wellbeing has been recognised as being an extremely important social and health issue. At a national level the Government's priority to transform children and young people's mental health and wellbeing support started with the 'Future in Mind' report which was published in March 2015. The emphasis of this report was on transforming acute mental health services, improved collaboration across all stakeholders and early intervention to improve young people's mental health and wellbeing.
- 2.2 In January 2017 the Prime Minister made a series of further commitments to ensure that children and young people get the support that they need. These included:
 - Mental health first aid training for secondary schools,
 - A major thematic review of children and adolescent mental health services across the country, led by the Care Quality Commission,
 - A forthcoming Green Paper on Children and Young People's Mental Health.
- 2.3 Locally support for children and young people's mental health and wellbeing has been seen as a significant priority over the last few years. This has included a range of specific actions:
 - Wolverhampton HeadStart Programme,
 - Developing a revised Children and Young People's Mental Health and Wellbeing Strategy across health and social care,
 - Including from April 2017 Children's Mental Health services within the Better Care Fund arrangements,
 - Public Health developments to the Healthy Schools Programme,
 - Public Health revisions to school nursing and health visiting services.

3.0 HeadStart Progress

- 3.1 On 20 July 2016 Cabinet noted Wolverhampton's successful application for HeadStart Phase 3 Programme funding from Big Lottery of £9.5 million over the next five years.
- 3.2 This follows on from stage one and two, 2014 to 2016, which saw £900,000 of Big Lottery funding used for test and learn pilot programmes focussing on emotional

wellbeing and positive mental health. Some of the key findings from the resilience programmes in schools included:

- Pupils were better able to deal with challenges they face and there was a tangible improvement in terms of pupil behaviour.
- There was a noticeable increase in the capacity of pupils to draw on resources/strategies that support and sustain well-being and resilience.
- Pupils reported significant personal gains from the programs: improved social relationships, capability to manage friendships more effectively, ability to manage personal behaviour and positive impact upon academic learning and achievement.
- Within the Main Significant Change (MSC) research was improved pupil behaviour and ability to deal with the challenges they may face. Other MSC included: increased confidence, improved decision-making skills, increase in self-esteem and improved stress management and reflective skills.

3.3 The Wolverhampton HeadStart Programme is subject to a number of progress reviews with Big Lottery each year. These include monthly meetings with our Big Lottery Relationship Manager, a more formal quarterly review meeting with our Big Lottery Relationship Manager and the Big Lottery HeadStart Programme Manager and an in depth Annual Review meeting with both of the above and a representative from the Big Lottery All England Panel. For 2016-17 this Annual Review meeting took place on 13 February.

3.4 Overall the feedback from our Big Lottery sponsors was extremely positive about progress to date. There was a recognition that the programme was still in the initial set up phase and that performance monitoring against the outcome measures would commence from 1 April 2017. The programme was strongly encouraged to learn from the lessons learnt from phase 2 of the programme including strengthening engagement with and procurement from the voluntary sector.

3.5 Big Lottery highlighted the following as the key strengths of the programme:

- The digital work stream,
- Young people engagement,
- Building the voluntary sector consortium.

Wolverhampton HeadStart was encouraged to take a national lead across the six HeadStart programmes on these aspects of the programme so that others could learn from the good progress that we are making.

3.6 The HeadStart Programme has five key aims:

- A socially significant improvement in the mental wellbeing of at risk young people,
- A reduction in the onset of diagnosable mental health disorders,
- Improved engagement in school and improved academic attainment,
- Reduced engagement in 'risky' behaviour including:
 - Substance abuse

- Criminality (crime and anti-social behaviour and youth violence and theft as indicated by our needs assessment)
- Teenage pregnancy (and sexually transmitted infections),
- Improved employability.

Each of these aims contributes to the building of resilience in children and young people and the prevention of self-harm. Specific interventions as a result of the programme will include:

- A universal digital programme to develop safety awareness in the use of digital technologies including social media,
- Work force development programmes to improve mental health awareness amongst all staff working with children and young people,
- Development of 'a place to go' programmes and activities outside of school aimed at hard to reach and vulnerable children and young people,
- Resilience training for children and young people in school,
- Anti-stigma campaigns to increase awareness of and acceptance of mental health issues,
- Engagement of children and young people in the development of the HeadStart programme including the development of a young person's Shadow Board, use of HeadStart Ambassadors, Peer Mentoring Programmes and Anti-Bullying Campaigns,
- The development of four HeadStart Resource centres that will link with schools and communities to promote HeadStart initiatives,
- The appointment of CAMHs (Children and Adolescent Mental Health) NHS link workers to improve liaison between schools and NHS mental health services.

Each of these programmes of interventions will be rolled out as part of the detailed project plan over the five year programme 2016-17 – 2020-21.

3.7 The programme will be subject to rigorous evaluation at both a national and local level to determine the success or otherwise of the interventions so that lessons can be learnt as to what works well:

- The national evaluation, which begins in March 2017, will collect both qualitative and quantitative data. The qualitative strand will follow two cohorts of young people (year seven and year nine) in HeadStart schools through the life of the programme. This methodology consists of a validated survey which will record self-reported data in the areas of wellbeing, mental health, resilience, perceived stress and emotional intelligence. The qualitative aspect will collect data through snapshot interviews and focus groups with randomly selected young people and longitudinal interviews and focus groups with a constant group of young people.
- The local evaluation will be delivered in a similar way to the national. A qualitative survey will collect data from two cohorts of children, year six and year seven (carried out in an alternative academic year to the national) asking young people to self-report using a validated survey in areas of; self-efficacy, resilience, personal

strengths and competencies and quality of life. A qualitative study focusing on impact on children and schools will take place alongside longitudinal video case studies with young people requiring targeted support and a co-constructed area study measuring resilience within the community.

- At a local level we will also be conducting a quality assurance evaluation to ensure our programmes are delivered well and are contributing towards outcomes through measuring at set of sub scales; self-regulation, coping with stress, family relationships, relationships within the community, participation in community life, participation in school life, peer relationships, problem solving skills, empathy and having goals and aspirations.
- Further into the programme, HeadStart will work with Performance and Insight colleagues to link data in areas including health, education, social care and the police to profile HeadStart areas and schools. This will give us findings as to whether HeadStart programmes within our target geography compared to the rest of the city are having an impact on outcomes.
- All of our evaluation design, delivery, analysis and reporting will be done in line with appropriate data sharing agreements and consent in place beforehand.

These lessons will also help to ensure the continuity of the programme beyond its five year grant funding.

4.0 Financial implications

- 4.1 The HeadStart Programme will be funded from the awarded Big Lottery Grant of £9.5 million over the five year live time of the programme.
[GS/14032017/T]

5.0 Legal implications

- 5.1 There are no significant legal implications.
[TS/15032017/R]

6.0 Equalities implications

- 6.1 The HeadStart equality analysis shows that there are no adverse impacts arising from the programme, and that HeadStart could assist in eliminating discrimination, advancing equality and fostering good relations amongst people belonging to a protected characteristic. The HeadStart Phase 3 programme specifically targets groups of young people for whom evidence suggests that they are at risk of developing common mental health issues. These groups are:

- Those identifying as lesbian, gay, bisexual, transsexual and questioning
- Those who have a family member with a history of mental health issues
- Those who are young carers
- Those at risk from or involved in crime / gangs / youth violence

- New Arrivals and / or ROMA
- Black, Asian or other Minority Ethnic Groups
- Those who have / are witnessing domestic violence
- Those with learning disabilities / difficulties

6.2 HeadStart Wolverhampton has an Equalities Group, including members of the Equalities Team, and this Group acts as a critical friend to the Programme Manager and the HeadStart Partnership Board. The Group was involved in determining the Phase 3 geographical areas, target population and the above groups. On-going equality monitoring and analysis will be undertaken on young people, their families and carers involved in Phase 3 HeadStart.

7.0 Environmental implications

7.1 There are no significant environmental implications.

8.0 Human resources implications

8.1 A number of new council posts have been recruited to in order to fulfil the tasks contained in the Phase 3 Programme. These posts will all be funded from the Big Lottery Grant. Standard council Human Resources policies and procedures have been followed.

9.0 Corporate landlord implications

9.1 Each of the four geographical areas will have a HeadStart team located in the community to act as a focal point through which mental wellbeing, prevention and early intervention resources can be accessed and developed. The teams will utilise, extend and develop existing community assets within each geographical area by providing office space for HeadStart.

The first of these is the Bob Jones centre covering area D; All Saints, Blakenhall, Parkfields and Ettingshall, which will commence activities before Easter, and an open market and selection process is underway to identify the remaining three satellite sites:

- Area A: Low Hill, Scotlands and Bushbury South
- Area B: Springfield, Heath Town, Park Village and Old Heath/Eastfield
- Area C: Bilston East

10.0 Schedule of background papers

- 4 July 2016 Cabinet Resources Panel HeadStart Phase 3
- 5 July 2016 Cabinet HeadStart Phase 3