

**Name of meeting:** Cabinet  
**Date:** Tuesday 15<sup>th</sup> December 2020  
**Title of report:** Colne Valley Place Partnership – proposal to provide responsive mental health and wellbeing interventions for young people and families

**Purpose of report:**

To consider allocating funding of £101,000 from the Place Partnership mental health themed budget to provide a responsive mental health intervention, including counselling, service for young people and families and to deliver a Therapeutic Forest School Pilot in the Golcar, Lindley and Colne Valley Wards.

<b>Key Decision - Is it likely to result in spending or saving £250k or more, or to have a significant effect on two or more electoral wards?</b>	No
<b>Key Decision - Is it in the <u>Council's Forward Plan (key decisions and private reports)</u>?</b>	No
<b>The Decision - Is it eligible for call in by Scrutiny?</b>	<b>Yes</b>
<b>Date signed off by <u>Strategic Director</u> &amp; name</b>	Rachel Spencer- Henshall – 30/11/2020
<b>Is it also signed off by the Service Director for Finance?</b>	Eamonn Croston – 30/11/2020
<b>Is it also signed off by the Service Director for Legal Governance and Commissioning?</b>	John Chapman – 02/12/2020
<b>Cabinet member <u>portfolio</u></b>	Cllr Cathy Scott, Housing and Democracy

**Electoral wards affected:** Colne Valley, Golcar and Lindley

**Ward councillors consulted:**

Councillors Rob Walker, Donna Bellamy, Lesley Warner, Anthony Smith, Cahal Burke, Richard Eastwood, Andrew Marchington, Christine Iredale, Richard Murgatroyd.

**Public or private:** Public

**Has GDPR been considered?** Yes

## 1. Summary

A budget of £1m in total has been allocated by the Council to the 7 Place Partnerships in Kirklees for mental health and well-being initiatives that build local community capacity and resilience.

Councillors in the Colne Valley Place Partnership led by Cllr Rob Walker (Lindley, Golcar and Colne Valley) are focusing their mental health theme work on improving mental health outcomes for children, young people, and families.

Evidence from the Year 9 well-being survey carried out in 2013/14 shows that 24% of young people in the Colne Valley experience low happiness, 40% worry most days and on average have a SWEMWBS score of 22 (the Short Warwick-Edinburgh Scale, which measures someone's mental wellbeing). Amongst the worst scores in Kirklees in these areas.

From ongoing engagement starting in February 2020, with local young people and professionals who work with young people such as GP's and school staff, we know that existing mental health provision in Kirklees feels too far away from the Colne Valley Place Partnership area to be effective for local young people and the waiting lists for an intervention are often too long to avoid issues becoming exacerbated and compounded.

Anecdotal information gleaned by Ward Councillors from local communities, services and schools is that since the start of covid-19 there has been an increase in the need for early intervention and support among families and young people across Kirklees, which has increased the demand placed on existing services and further increased the length of waiting lists with existing provision.

### 1.1 Counselling Support for Young People - £98,000

#### Pilot Study -

In July 2020 Cabinet funded (following recommendations from the Colne Valley Place Partnership) a pilot of a locally based mental health intervention service, that included a counselling offer, for young people (aged 11-18) from within the Place Partnership area that worked closely with local schools and other service. This service provided early, evidence-based interventions to young people whose need was higher than that which could be responded to by a school SENCO or wellbeing lead but lower than what would qualify for a specialist intervention from CAMHS. 30 young people received support through the pilot which lasted for 2 months and cost £19,200.

Throughout the duration of the pilot, consistent and continuous learning took place. It became clear very early on that school staff often needed support when making referrals into the service, which the service provider was able to recognise and respond to by visiting schools to support referrals. The service provider also received requests from local schools to provide interventions for younger children, older young people and families, they were again able to be flexible and meet this need.

#### Evaluation of the Pilot -

This included monitoring data collected by the service provider and evaluation undertaken directly with local schools and other appropriate services through conversation and a questionnaire.

We have received 14 detailed responses, 12 of which have come from our local schools with the other 2 coming from West Yorkshire Police and a Council colleague.

The feedback is positive and shows that this offer was appreciated because support was available for young people near immediately, through a simple referral process to locally based provision, that addresses the gap between needing a specialist intervention and the mild cases that can be dealt with by school wellbeing leads.

Feedback from local schools included quotes -

*"A responsive counselling service is vital to prevent young people getting to crisis point."*

*"What we need is to be able to access appropriate support and counselling for children in a timely manner."*

*“Referrals can be made to Thriving Kirklees, but they are an already overstretched resource.*

All but 1 school indicated that they saw a need for a service similar to the pilot scheme to continue. The school that didn't indicate an ongoing need for the pilot scheme is in receipt of MHST Trailblazer support, so already has access to increased mental health support and did state that they saw a need for family counselling.

The monitoring information provided by the service provider shows a marked decrease in anxiety levels amongst the young people who received interventions based against the CORE (Clinical Outcomes in Routine Evaluation) sessional monitoring tool used to assess outcomes.

Feedback on the pilot scheme has also taken place with a range of mental health professionals, including Public Health and Children's Commissioning Colleagues as well as the service provider and Northorpe Hall.

## **Proposal -**

The Colne Valley Place Partnership Councillors want to respond to the learning from the pilot scheme and fund a locally delivered, responsive mental health intervention service that is able to replicate the pilot offer with the inclusion of interventions being available for all school aged young people (5 - 21) and families, that will include a 1 – 1 talk therapy offer.

This will provide local young people with mental health support when they need it, in the places they feel comfortable and will support young people and families getting early help with issues, to prevent them escalating into requiring more specialist interventions.

The aims, objectives and key outcomes of this service will be:

- For young people and families who are referred to the service, the development of emotional resilience and coping strategies to manage emotional and stressful circumstances. Including but not limited to:
  - enhance their coping skills and support networks
  - improve their overall mental and physical wellbeing
  - increase their self-esteem, confidence and motivation
  - be satisfied with their experience of using the service
- A reduction in referrals of young people from the Place Partnership area to the CAHMS service during the 12 months.
- Improved knowledge and understanding of the nature and picture of local need, including greater understanding of how to work with schools to improve wellbeing – with the learning being shareable with other support services existent in Kirklees.

This proposal is seeking funding to put a contract for this service out to tender.

### **1.2 Therapeutic Forest School Pilot - £3,000**

The Colne Valley Place Partnership Councillors are also looking to fund a pilot project of the Be More Outdoors – Therapeutic Forest School Sessions for local young people and their parents/carers.

This proposal seeks to provide an outdoor play based project for children of primary school age (*and by association, supporting adults*) experiencing anxiety or stress, loneliness and isolation, to help them get outside and enjoy the proven benefits of being in nature.

The project will be based on the Forest Schools approach of improving self-esteem, self-worth, confidence and communication skills through participant lead experiences.

The following links provide further evidence of the benefit of this approach:

[MIND - 'The green agenda for mental health'](#)

[Forest Schools Association - What is the Forest School approach?](#)

Be More Outdoors, is a forest school programme based in Slaithwaite that has been running child and family led outdoor provision for the past ten years and has much anecdotal and qualitative evidence that their work does have positive impact on outcomes relating to increasing confidence and skills through being outdoors.

The therapeutic aspect of the programme would be led by a specialised clinical psychologist who can provide informed therapy with families and has experience of delivering therapy with children and their carers/families who have experienced attachment disruption. This clinical psychologist also runs a local Autism and ADHD service and can therefore combine approaches to suit family and child needs when working within the forest school setting.

There will be opportunities for parents to address concerns direct to the clinical psychologist and for there to be time put aside to address parenting difficulties in a group conversation whilst the children are playing.

## **2. Information required to take a decision**

Place Partnerships have been allocated a total budget of £1M to improve mental health outcomes using data, intelligence and insight gathered through stakeholder engagement, to propose interventions that will lead to better outcomes. Place Partnerships refer recommendations to Cabinet on how this budget will be spent.

### **2.1 Counselling Support for Young People**

Costings of £98,000 for the year are based on the cost of the pilot scheme.

### **2.2 Therapeutic Forest School Pilot**

Costings of £3,000 for the 6 weekly sessions based on the following: -

Sessions will run weekly and be by referral only through schools and Community Hub coordinators and be free to attend. Up to 10 young people and their parent/carer will attend 6 weekly sessions that will take place on the weekend.

Be More Outdoors is committed to finding further funding to offer this support to children and families who need it in the future.

The cost of each session is £410. This totals £2460 as the cost for the 6 weekly sessions.

The Colne Valley Place Partnership Councilors would like to fund this project, plus £540 to account for any potential transport costs that may be accrued as a result of ensuring all families can access the sessions (once referred) regardless of income.

## **3 Implications for the Council**

- **Working with People**

Schools, GPs and professionals shared the experiences of local young people and families in the 3 wards during the engagement and conversations with ward councillors. These have informed the agreed outcomes and priorities, and the proposals put forward.

- **Working with Partners**

The place partnership has worked collaboratively with the 2 school hubs across the 3 wards: Colne Valley and Aspire and Salendine Nook. Emotional health and well-being are a priority and there have been ongoing discussions including at the hub meetings. Representatives on the school hubs include local GPs, frontline staff in services, community organisations and ward councillors.

Ongoing discussions with Children's Commissioning leads about the project, including discussions about how best to shape the tender and how the service will link with the existing Kirklees provision.

- **Place Based Working**

Cllr Rob Walker, Colne Valley Place Partnership lead member has worked with ward councillors and local discussions have taken place with communities, services and partners to share data and intelligence in order to better understand local needs and opportunities which has been used to shape and put forward this proposal.

- **Climate Change and Air Quality**

No change

- **Improving outcomes for children**

This proposal impacts on the Kirklees shared outcomes:

- Ensuring children have the best start in life, by ensuring the schools and families are better equipped with the tools they need to support the children's emotional and mental wellbeing.
- Helping people in Kirklees to live well, by supporting families to maintain or improve their emotional and mental wellbeing.
- Helping people to be independent by providing them with the tools they need to build personal resilience and take control of their own lives.
- Encouraging people in Kirklees to have aspirations and ambitions, by providing them with greater personal resilience, confidence and self-belief.

- **Other (e.g. Legal/Financial or Human Resources)**

The legal power for grants is section 1 of the Localism Act 2011 (general Power of Competence). Also, the council must when providing grants comply with Financial Procedure Rules contained in the Council's Constitution and in particular FPR 20.7 to 20.13.

Place partnerships have been allocated a total budget of £1M to improve mental health outcomes and £400K to tackle domestic abuse. This proposal is seeking funding to support a local mental health initiative which will impact positively on local residents, families and communities as well as reduce the waiting lists for exiting Kirklees wide provision.

#### **Do you need an Integrated Impact Assessment (IIA)?**

Yes, one will be undertaken.

#### **4 Consultees and their opinions**

Conversations between ward councillors, front line services, schools, GPs, and community organisations informed the desired outcomes and priorities for improving mental health and well-being among children and families.

All 9 ward councillors, schools in the place partnership area, Children's Commissioners and Public Health colleagues have shaped and been consulted on the specific proposals in this report and these proposals are welcomed. Stewart Horn and Dianna Lowe in Children's Commissioning have confirmed that they would be willing to provide the contract management and quality assurance for this service, and support in writing the tender.

Martin Dearnley, Head of Risk Corporate and Corporate Procurement and Commissioning has advised on the approach to take when commissioning activity with the place partnership funding.

Stacey Gilman, Strategic Category Manager (Adults, Children's and Public Health) has advised that CPR's state that all procurement spend between £25k and the EU threshold (currently £189,330 for supplies and services) must be advertised and a competitive procurement exercise carried out.

## **5 Next steps and timelines**

### **5.1 Counselling Support for Young People**

Subject to funding being agreed by Cabinet a procurement exercise to commission a host organisation for the mental health interventions project will be undertaken over the next 6 weeks with a view to appointing a contractor in January 2021. The contractor will begin delivery as soon as they are able to, hopefully as soon as February 2021.

Evaluation of success over the course of the year will inform sustainability of the project past the point of the Place Partnership funding being exhausted.

### **5.2 Therapeutic Forest School Pilot**

Subject to funding being agreed by Cabinet for the Therapeutic Forest School Pilot the local School Hub Coordinators will liaise with local schools to identify 10 young people to take part in the pilot. Delivery of the forest schools' sessions will begin in January 2021. Monitoring information and evaluation will be collected.

## **6 Officer recommendations and reasons**

### **6.1 Counselling Support for Young People**

Cabinet is asked to consider approving the spend of £98,000 from the Place Partnership mental health theme allocation to increase the access young people and families within the Place Partnership area have to mental health interventions

### **6.2 Therapeutic Forest School Pilot**

As well as consider approving the spend of £3000 from the same budget to fund the Be More Outdoors Therapeutic Forest School Sessions pilot scheme.

### **Total amount sought - £101,000**

Reasons for the recommendation – to meet Colne Valley place partnership's agreed outcomes to improve mental health outcomes for local young people. Including the development of emotional resilience and coping strategies to manage emotional and stressful circumstances. Including but not limited to:

- enhance their coping skills and support networks
- improve their overall mental and physical wellbeing
- increase their self-esteem, confidence and motivation

## **7 Cabinet Portfolio Holder's recommendations**

The Cabinet Portfolio Holder, Councillor Cathy Scott, supports the recommendations in this report and would ask Cabinet to approve funding of £101,000 from the Place Partnership mental health theme budget as outlined in section 6 of this report.

Reasons for the recommendation – to meet Colne Valley place partnership's agreed outcomes to improve mental health outcomes for local young people. Including the development of emotional resilience and coping strategies to manage emotional and stressful circumstances. Including but not limited to:

- enhance their coping skills and support networks
- improve their overall mental and physical wellbeing
- increase their self-esteem, confidence and motivation

## **8 Contact officer**

Luc Bride, Active Citizens & Places Officer, email [luc.bride@kirklees.gov.uk](mailto:luc.bride@kirklees.gov.uk) Tel 01484 221000

## **9 Background Papers and History of Decisions**

Annual Council 22<sup>nd</sup> May 2019 – item 7 Ward and Place Partnerships – establishment of place Partnerships

Cabinet meeting 13<sup>th</sup> July – Colne Valley Place Partnership – Mental Health Initiatives – Summer 2020 Evaluation Questionnaires available on Request.

Service Provider Monitoring Information available on Request

## **10 Service Director responsible**

Rachel Spencer- Henshall, Strategic Director Corporate Strategy, Commissioning & Public Health