

Subject:	Mental Health Support Team update report: Schools Wellbeing Service		
Date of Meeting:	Monday 2nd March 2020		
Report of:	Executive Director for Families, Children & Learning		
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Ward(s) affected:	(All Wards);		

FOR GENERAL RELEASE/ NOT FOR PUBLICATION**1. PURPOSE OF REPORT AND POLICY CONTEXT**

- 1.1 The purpose of this report is to update the committee on the progress with establishing the Mental Health Support Team in Schools.

2. RECOMMENDATIONS:

- 2.1 That the Committee note the progress with the implementation of the Mental Health Support Team in primary schools in Brighton and Hove.

3. CONTEXT/ BACKGROUND INFORMATION

- 3.1 The Brighton & Hove Inclusion Support Service: Schools Wellbeing Service (BHISS SWS) was established in 2017 with funding from Brighton & Hove City Council's Families Children & Learning Directorate (FCL), Public Health (PH) and Brighton & Hove's Clinical Commissioning Group (CCG)
- 3.2 The BHISS SWS works as part of a system of support for children and young people in Brighton and Hove; this includes Specialist Child & Adolescent Mental Health Services (CAMHS) and Community Wellbeing Service (CWS).
- 3.3 BHISS SWS has 10 FTE Primary Mental Health Workers (PMHWs) embedded within all Secondary Schools and Colleges and linked to Primary Schools, providing mild to moderate mental health interventions (1:1 and groups) as well as Whole School Approaches for pupils, staff and parents/carers.
- 3.4 A Sussex wide review of mental health and wellbeing services has recently taken place. This has been coordinated by the Sussex CCGs and undertaken in partnership with the three Local Authorities and with local providers. The review

is independently chaired and has taken a collective look at demand, capacity, outcomes and experiences of children's mental health services and wellbeing support across Sussex. The final report will shortly be available and will be presented at the Health and Wellbeing Board and the Children, Young People and Skills Committee.

Emotional Mental Health & Well-being (EMHWB) partnership with schools

- 3.5 Public Health Schools Programme, Personal Social Health Education (PSHE) Service and Brighton & Hove Inclusion Support Service (BHISS): Educational Psychologists, Specialist Teachers & Practitioners for Social Emotional Mental Health and Primary Mental Health Workers (BHISS SWS) all work together with schools, families and children and young people to deliver a comprehensive Social Emotional and Mental Health offer to ensure school staff can access training and support to respond to the needs of children and young people's social emotional and mental health (SEMH) needs.
- 3.6 There is a comprehensive menu of training available to schools teams that equip them to respond directly to poor mental health and low self-esteem. This includes: Mental Health First Aid, Attachment Aware and Emotion Coaching, Self-Harm including suicidal ideation, bereavement support and trauma informed practice.
- 3.7 In September 2018 the FCL Directorate published the city-wide 'Developing an Attachment Aware Behaviour Regulation Policy Guidance' for our schools. https://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/Behaviour%20Regulation%20Policy%20Guidance%20-%20Sep%2018_1.pdf
- 3.8 To specifically address the emotional mental health and well-being needs of our children & young people and their families through our schools, BHISS SWS are able to provide specialist support for the following types of issues:
 - anxiety
 - conduct behaviour
 - life event
 - bereavement
 - depression / low mood
 - self-harm
 - suicidal ideation
 - Autism Spectrum Condition (ASC)
 - Attention Deficit Hyperactivity Disorder (ADHD)

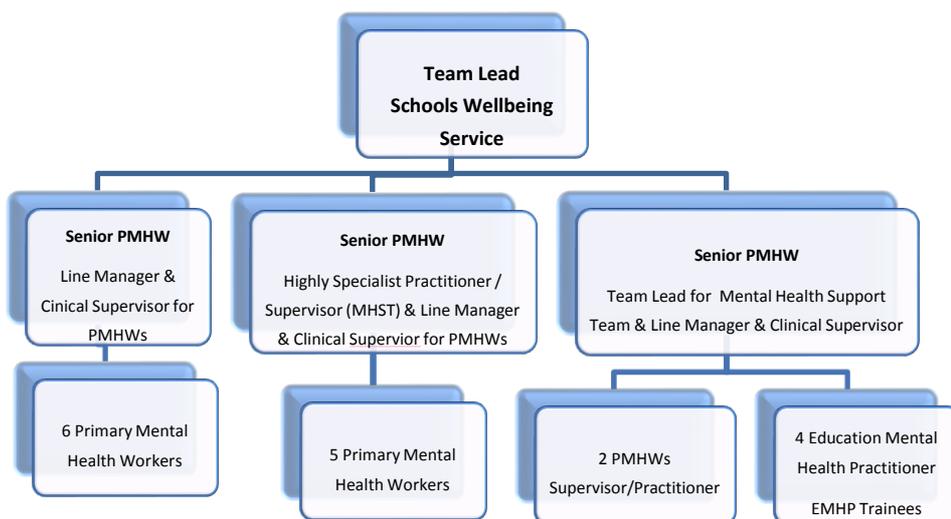
- 3.9 BHISS SWS adopts a 50:50 delivery model to divide their time between direct evidence-based interventions for individual and small groups of young people and systemic whole-school/college work to improve staff resilience and deliver training and workshops for staff and parents/carers.
- 3.10 The systemic work includes:
- school-based triage
 - staff reflective space
 - staff consultation
 - staff training / workshops
 - parent consultation
 - parent training / workshops
 - assemblies / year group work
- 3.11 With additional Council funding received in 2018 support was extended to Post 16 education provisions (6th form and FE Colleges) in Brighton & Hove City. Each school based 6th form has an increased allocation of half day a week additional PMHW time. Each stand-alone 6th form college has an allocated one and a half days per week PMHW time plus half day per week Educational Psychologist (EP) time.
- 3.12 All colleges have worked with their PMHW and EP to identify key and current needs of staff and students. PMHWs are offering a menu of staff consultation, training, reflective practice and student group work.
- 3.13 BHISS SWS carefully monitor and utilise joint funding from the Council (FCL and PH) and CCG to provide a consistent offer across all our local primary schools. Primary schools are allocated 3 days per year (half-day per half term) and are utilising their PMHW allocated time well and employing a mix of staff consultation, reflective practice, parent consultation and training. There is also some direct work with primary-aged children and their families. Schools prefer to work individually with their link PMHW and are also encouraged to collaborate across their partnerships with staff training.
- 3.14 We are also working with primary school SENCO cluster groups to reflect on provision to ensure this meets the changing needs of our communities. There is a variety of other provision in schools which has been individually provided by a school through direct employment of staff or commissioned from local providers to deliver counselling or other therapeutic support for children or supervision and support for staff. BHISS SWS is also developing a city-wide offer in collaboration with other local partners to improve our prevention and early intervention offer.
- 3.15 In response to community needs, we are establishing stronger links and focused activities with Family Practitioners in FCL. BHISS SWS have also been developing our offer during school holiday periods of two weeks or more to have PMHW provision to include a telephone consultation line for parents/carers. This does not replace current provision of the Specialist CAMHS duty line.

- 3.16 Central to the work across schools is participation. Increasing numbers of schools are developing Mental Health Champions who provide a wide range of support to challenge stigma and support peers to be confident to access services. These secondary school young people are also linked with primary feeder schools to support transition.
- 3.17 There is growing evidence that directs emotional health and wellbeing improvement to consider the wider determinants of health. Schools have also begun to link children and young people who present with low level emotional health issues to sports and physical activities available within the school and communities.
- 3.18 In primary schools there is a trial of the use of theatre productions that provide children, staff and parents with increased understanding and a joint language to talk about parental depression. This has also been linked with Healthy Choice award that links physical activity and breakfast clubs. There are pathways being developed from universal and targeted health messaging in school and specialist support attached to healthy weight offer.
- 3.19 School Nursing services provide direct on-site health drop-ins and a texting service, CHATHEALTH. This service is seeing links developed with the texting response and school nursing service being able to provide one-to-one support.

Mental Health Support Team: Wave 1

- 3.20 Brighton and Hove is implementing a Mental Health Support Team as part of Wave 1 of the national model. This additional team will enhance the current support for schools, in particular the support available for primary schools as well as pupils who are not attending school and those who are vulnerable.
- 3.21 Implementing a MHST is enabling the BHISS SWS to address gaps identified:
- a) Insufficient mental health and emotional wellbeing resource and support in primary schools, so not providing a universal offer;
 - b) Insufficient capacity within the service to provide assessment and treatment within people's home, especially for those pupils on roll and not attending school, so providing a flexible offer; and
 - c) Being able to address specific needs to more vulnerable pupils such as Black and Minority Ethnic, Lesbian Gay Bisexual Transgender Queer or Questioning and deprivation.
- 3.22 The MHST is established as a second team within the BHISS School Wellbeing Service. This consists of four Education Mental Health Practitioner trainees employed by FCL and training at the University of Sussex. Training will be completed in October 2020.

- 3.23 MHST also includes four supervisors (PMHWs); one highly specialist therapist (Senior PMHW); and a MHST Team Lead (Senior PMHW). All staff have been appointed from within BHISS SWS staffing. This has created progression and professional development opportunities through training to be supervisors with the University of Sussex. An additional PMHW has been appointed for the MHST and two PMHWs for SWS to backfill. In order to fulfil all reporting requirements a part time team administrator has been appointed and there is support from a data analyst. The whole team has been operational from January 2020.
- 3.24 Clinical Supervision is provided for EMHPs through the University of Sussex and PMHW Supervisors; Senior PMHWs provide clinical supervision for PMHWs and Specialist CAMHS practitioners provide clinical supervision for Senior PMHWs.
- 3.25 See *BHISS SWS & MHST structure chart* below for the line management provided across the two teams.



- 3.26 The focus of the MHST is on schools in areas of deprivation, learning from schools that are modelling good practice, improving persistent school non-attendance, reducing exclusion and a focus on ‘Hidden Children’.
- 3.27 The partnerships involved in the MHST include: The Brighton City Partnership for Education’ & ‘Deans Partnership, The Central Hub (Social, Emotional and Mental Health Special School and PRU) and St. Luke’s Primary School.
- 3.28 Appropriate and timely responses for our service users: *‘right place – first time’* is fundamental to our work. The expected outcomes and benefits are:
- A reduction in referrals to Specialist CAMHS (earlier intervention; improving outcomes);
 - An integrated triage with shared risk management, decision-making tools and pathways across a Thrive-informed system;
 - An increase in direct interventions in education environments (from 1,000 interventions to 1,200 in 2019/20 and 1,500 in 2020/21); and
 - An increase in direct work with vulnerable pupils allowing interventions to take place outside education settings.

- 3.29 The implementation of the MHST is progressing in line with the agreed delivery programme. All schools within the clusters identified are engaged within the MHST programme at different levels.
- 3.30 The 10 schools self-identified as having capacity to support a trainee EMHP are as follows:
- City Whitehawk Academy
 - Elm Grove Primary
 - Fairlight Primary
 - Hertford Infant
 - Hertford Junior
 - Middle Street Primary
 - Patcham Junior
 - St Luke's CE Primary
 - St Marks CE Primary
 - St Mary Magdalen RC Primary
- 3.31 Each school has one day of direct intervention time from an EMHP and one with a PMHW directly linked to the MHST. The work of the MHST will roll out to impact the whole cluster in which the school belongs.
- 3.32 All schools from the initial schools identified attended a MHST Launch Event. This was followed up by visits to cluster meetings by the Team Lead to further explain the requirements and the offer. The primary schools listed above self-selected because they fulfilled requirements of and reported they were able to accommodate a Trainee EMHP, through the provision of a room and available time.
- 3.33 As a result of self-selection in meeting the requirements, we have a range of schools with mixed intakes including disadvantaged, EAL (English as an Additional Language) and SEND (Special Educational Needs & Disability). Reaching disadvantaged, EAL and SEND young people and families is a focus for MHST and we are in a fortunate position of being able to offer additional training through Brighton & Hove Inclusion Support Service (BHISS) around differentiation and accessibility, which will mean EMHP Trainees will have additional skills and a greater confidence when delivering interventions.
- 3.34 As we have only recently commenced delivery in January 2020 we do not have the data to provide information about how MHST links to disadvantaged groups through the cohort receiving the MHST service.
- 3.35 We are also looking to provide more cross-agency working to strengthen our work with the young people, i.e. through Family Support and Ethnic Minority Achievement Service (EMAS).
- 3.36 The 2 Secondary schools included to receive MHST involvement for specific work are:
- Patcham High School
 - Brighton Aldridge Community Academy
- 3.37 We are also planning enhanced support at the SEMH Hub through an additional Primary Mental Health Worker within the Mental Health Support Team.

- 3.38 To provide greater flexibility to adapt services to the changing needs of our population, we have adopted a blended model between SWS and MHST and this has enabled for a greater sharing of skills and allowed for a more versatile offer to schools and families.
- 3.39 Links with the Department for Education (DfE) provides structure for measuring impact on both a local and national level. This promotes a whole system approach across Education, Health & Social Care. DfE is working with us to ensure a national approach to delivering mental health services within schools and colleges; which is a huge step towards advancing mental health equality for children, young people, and their families and carers.

4. **COMMUNITY ENGAGEMENT & CONSULTATION**

- 4.1 We continue engagement with all schools to promote mental health awareness with Headteacher/Principal and Special Educational Needs Co-ordinator (SENCo) Meetings. MHST schools receive individual communications about the arrangements and the offer for their schools.
- 4.2 Engagement with wider stakeholders continues to embed the model as Schools Wellbeing Service fits within a wider children and young people’s mental health system.

6. **CONCLUSION**

- 6.1 That the Committee note the update on the Schools Wellbeing Service and the Mental Health Support Team developments.

7. **FINANCIAL & OTHER IMPLICATIONS:**

Financial Implications:

- 7.1 Brighton and Hove CCG, Families, Children and Learning Directorate and Public Health within the Local Authority jointly fund the Schools Wellbeing Service. The Trailblazer will provide additional funding to the Service. The table below outlines the financial arrangements.

B&H Schools Wellbeing Service & Trailblazer Finances				
Year	2019/20	2020/21	2021/22	2022/23
B&H CCG	212,000	212,000	212,000	212,000
BHCC FCL & Public Health	358,000	358,000	358,000	358,000
Health Education England	90,546	67,626	-	-
Trailblazer funding via CCG*	138,014	303,084	357,000	357,000
Total	798,560	940,710	927,000	927,000

*Includes £20k non-recurrent project support in 19/20.

- 7.2 Both the CCG and the Local Authority understand that ongoing funding for this (from September 2020) will be the responsibility of local commissioners. The

CCG has agreed to fund this from September 2020. If a further MHST was implemented in August/ September 2020; further funding would have to be found from September 2021.

Finance Officer Consulted: Steve Williams

Date: 22.01.2020

Legal Implications:

There are no legal implications arising from this report.

Lawyer Consulted: Serena Kynaston

Date: 22.01.2020

Equalities Implications:

- 7.3 This development will provide an enhanced offer; therefore children and young people, families and children's workforce will receive an increase in service access and delivery.

Sustainability Implications:

- 7.4 This development is funded through the NHS Health Education England and will be funded and commissioned locally through the Clinical Commissioning Group and delivered through Families Children & Learning Directorate's Schools Wellbeing Service (SWS) in Brighton & Hove Inclusion Support Service (BHISS).

Any Other Significant Implications:

- 7.5 None known at this time.