

## PEOPLE & COMMUNITIES COMMITTEE

WEDNESDAY 8<sup>th</sup> JANUARY 2020

### SUPPORT FOR YOUNG PEOPLE WITH EMERGING MENTAL HEALTH, EMOTIONAL OR WELLBEING ISSUES

#### 1. PURPOSE OF THE REPORT

- 1.1 To receive details on the SHIFT project which provides support for young people with emerging mental health, emotional or wellbeing issues.

#### 2. BACKGROUND

- 2.1 Abergavenny Town Council has within its action plan the priority (revised by People & Communities Committee):

Children & Young People

***Ensure young people with emerging mental health issues have access to and are offered appropriate services***

- 2.2 To progress this action, the Town Clerk has had discussions with MCC Youth Manager, SHIFT project manager and youth workers, to better understand the offer in Abergavenny.
- 2.3 The Town Council has also received a presentation by Marcia Burford who runs the Lifeboat Project which provides mental health support for adults. Marcia was seeking to undertake a piece of work to identify mental health support for young people on the premise that there was a gap in service provision.

#### 3. FINDINGS

Counselling in KHS

- 3.1 Face to face counselling is provided at KHS and currently there is a three month waiting list. School based counselling is a statutory obligation and the service offered in KHS is above the statutory requirement

SHIFT Project

- 3.2 The SHIFT project commenced in June 2019 following a successful bid to WG for just under £54,000 for mental health support and youth homelessness. Currently the funding is for 2019/20 only but there are positive indications for continuation of the funding in 2020/21. The mental health funding covers a contribution towards the project co-ordinator and two workers who cover the county which is split into north and south.
- 3.3 The project offers early intervention support to young people aged 11-18 years in a school or community-based setting. As a result of discussions with young people, the Youth Service found that more non-clinical support would be welcomed for young

people. SHIFT workers sit on weekly panel meetings and take referrals from GP's, CAMHS, Primary Care, Schools, Social Workers etc. The full list of organisations represented at the Early Referral meetings are detailed in Appendix 1.

- 3.4 SHIFT offers 1:1 sessions for an hour a week for between 6-8 weeks (in School or the Community) and they also delivering small peer support groups in some schools/areas.
- 3.5 At the initial meeting Youth Workers assess (using a measuring tool) where the Young People feels they at in term of their emotional wellbeing, school/home life, relationships, physical health, confidence and engaging with learning. They work together to set small realistic goals. This support is non-clinical, its carried out with a Youth Worker, using Youth Work approaches; listening, supporting, mentoring, advocating and signposting.
- 3.6 The worker covering the north area, works 1.5 days in Abergavenny and 1.5 days in Monmouth.
- 3.7 Since the commencement of the project in June, 23 young people from the Abergavenny area have been referred to the project. 7 out of the 23 either chose not to engage with the programme or accessed another service. 16 young people are engaging during the 1.5 days spent in Abergavenny. 6 young girls have formed a peer support group organised and delivered by the SHIFT worker which is proving beneficial and frees up the SHIFT worker for more 1:1 referrals.
- 3.8.1 There is currently a 4-5 week waiting list.

#### **4. PROPOSAL**

- 4.1 There is capacity in the staffing to increase support in Abergavenny. The annual costs of doing so would be:
  - Half a day would cost £4,095.52
  - Full day would cost £8,191.04
- 4.2 For an extra half a day, the project could see *22 young people for 6 weeks (figures to be confirmed)*
- 4.3 The increase in staffing could commence in 2019/20 or commence in the new financial year 2020/21.
- 4.4 The cost would come out of the Projects Fund in 2019/20 or in 2020/21 the People & Communities budget line Implementation of the Action Plan.

#### **5. NEXT STEPS**

- 5.1 To agree a way forward. The Project Co-ordinator or Youth Services Manager could be invited to attend the next People & Communities Committee Meeting.

## ***The Monmouthshire Early Help Panel (Single Point of Access for Children's Emotional Wellbeing)***

### ***What is the Monmouthshire Early Help Panel?***

The SPACE-Wellbeing panel is a meeting from which professionals and families can seek early intervention and support for children's mental health and emotional wellbeing.

The panel aims to make sure that families get the right service, first time, at the right time, and that services work in a joined-up way. Requests for support may be allocated to service to provide direct support to children and their families. Sometimes, requests for support will be allocated for 'support in'. This means that specialist clinical staff who are part of the panel will link up with childcare professionals who are already working with the child to offer them support and guidance.

### ***Who is part of Monmouthshire Early Help Panel?***

The membership of the panel In Monmouthshire is:

- Aneurin Bevan University Health Board  
Primary Care Mental Health Support  
Service
- Families First – Building Strong  
Families
- Face 2 Face Therapy Services
- Changing Minds Project
- The Acorn Project
- Flying Start
- Home Start
- Inspire
  
- Housing
- Youth Service
- Young Carers
- Education
- Specialist CAMHS (routine referrals)
- Community Psychology
- Peer Support
- Community Family Intervention
- Housing
- Women's Aid
- ISCAN

### *How do I Request Support?*

- Professionals or families can request support from the Monmouthshire Early Help Panel
- Informed consent **must** have been gained from a person with parental responsibility, and/or the young person where appropriate. Consent may be given verbally
- To access the Monmouthshire Early Help Panel the request for support form should be completed. This can be accessed by contacting the Early Help Co-ordinator, Emily Lavender on 01633 644152 Completed forms should be sent to [Earlyhelppanel@monmouthshire.gov.uk](mailto:Earlyhelppanel@monmouthshire.gov.uk)
- Information on the form will be stored on the Local Authority database and used for the purpose of providing services to children, young people and their families.
- If you have any queries please contact the Monmouthshire Early Help Co-ordinator, Emily Lavender on 01633 644152