



KRSCP

Mental Wellbeing Summary

Seb Birch and the Local Learning Review Subgroup

Introduction

Following some tragic local deaths by suicide and instances of self-harm, the Local Learning Review Subgroup wished to commission a themed review of mental wellbeing. This themed report has been summarised at a time of competing pressures from the Covid 19 pandemic. The findings particularly rely on feedback from children and young people with whom Seb Birch, a Mental Health Nurse from South West London St George's Mental Health NHS Trust met in 2019, and a multi-agency Professional Review Group which met during 2019, chaired by Chris Robson, LSCB Chair.

What is going well?

All children and young people involved in this review displayed an inspirational outlook and wished to improve support for their friends and generations to come. Some of the young people involved in focus groups recommended a model of student Mental Health Ambassadors in Schools and Colleges.

All staff working with children and young people showed dedicated commitment and care.

Many Schools have developed innovative ways of working and supporting emotional health from a preventive perspective, including from the SWL CCG Trailblazer pilot Programme in both boroughs- this could be developed with best practice recommendations for PSHE (Personal, Social, Health and Economic education).

We have developed a local mental health training pathway and there is an ongoing offer of Suicide Prevention and Youth Mental Health First Aid training. There was good feedback for the SPA (Single Point of Access), which manages referrals.

From a strategic viewpoint, there is a tested online counselling service for young people, Kooth, commissioned by the CCG; we now have Community Action plans in case of suicide clusters prepared in both boroughs, and good responses by the Public Health teams when concerns arise. The CCG Emotional Wellbeing Board is now joint across both boroughs as are some key leads such as the CCG. Mental Health is a priority for the Children's Partnership and there is ongoing work across the five CCG boroughs as part of the CAMHS transformation plan.

What are we worried about?

We have high numbers locally of risky behaviour for young people, including self-harm and substance use. We can see rises year on year of presentations to A&E with self-harming behaviour and referrals to CAMHS (Child and Adolescent Mental Health Services) at Tiers 2 and 3.

Children and young people talked about shame and stigma in disclosing mental health concerns and anxiety, and how responses from professionals varied. Some of the Young



Carers expressed that they would be worried about their parents knowing their levels of anxiety. Exams and academic pressure were big concerns, and we can see how this correlates to rises in referrals and presentations.

Many members of multi-agency staff expressed professional anxiety in working with children and young people in significant distress and with self-harm and suicidal thoughts and behaviour. At times, they felt they were managing the anxious expectations of children, families and other professionals.

Staff members worried about contagion and doing the wrong thing. Some staff had professional supervision, and some did not. Suicide Prevention and Mental Health First Aid training have been offered locally and we wish to continue this offer. Some schools have cluster models of professional supervision and we wish to encourage supervision more broadly across the boroughs. We know that School Nurses could be engaged more in Schools and information of concern shared regularly and formally with them by Schools.

Grey Areas

Sharing of safeguarding information at times of transition between schools and to colleges required clarification and development. Some professionals identified anxieties at transition points between year groups within schools.

Older young people felt that they needed a better understanding of support post 18 years of age at all Tiers in the system and specific LGBTQI support.

Whilst there is a wealth of support information available sometimes it is hard to choose resources to use.

What needs to happen next?

We recognise a very diverse local landscape between free, state and independent schools, and we seek to make some common recommendations for multi-agency practice in Richmond and Kingston. We would suggest consideration is given to these recommendations:

Exploration of Dialectical Behavioural Therapy (DBT) being available at all Tiers of emotional health support;

Supervision of staff working with children and young people – we are particularly thinking of school staff;

Kingston and Richmond Emotional Wellbeing Board includes the voice of children and young people;

Development of a mental health pathway of care with details of all local support avenues, including online, with the refreshed Early Help strategy, including transitions between educational establishments and to support young people post 18 years of age;

CCG consideration of the Sutton model of a CAMHS Triage Nurse to support those awaiting CAMHS Tier 3 appointments and to provide advice for multi-agency staff involved;

Support and training for staff and volunteers who work with children and young people to increase their confidence in working with situations of emotional distress and self-harm;

The development of a Mental Health Strategy for Partners, again like the Sutton model.



KRSCP Local Learning Review Subgroup

13th October 2020

KRSCP Strategic Leadership Group

2nd November 2020

Background information

We are delighted to be able to include feedback from children and young people whom Seb Birch met with in focus groups, including their pictures here:

<https://kingstonandrichmondsafeguardingchildrenpartnership.org.uk/about-krscp/child-safeguarding-practice-reviews-110.php>

Kind regards,

We wish to thank:

A primary school in Richmond, two Colleges, Young Carers, Young People receiving Tier 3 CAMHS support, a Secondary School in Richmond and Kingston; School staff in the schools above, Hospital A&E Nurses, and School Nurses in Kingston and Richmond. The Review Group and their Chair, Chris Robson, which met in 2019.

We recognise the limitations of the report, being prepared when Early Help Services were being reviewed locally and that it is without a literature review.

Terms of Reference

This Learning and Improvement Case Review was instigated by Richmond and Kingston LSCB (Local Safeguarding Children Board) under the auspices of Working Together 2018.

Decision to hold the Review

The LSCB Chair, Chris Robson decided on 5th December 2018 that a themed Learning and Improvement Case Review should be held in respect of emotional health and wellbeing following concerns for significant instances of self-harm for young people in LB Richmond and RB Kingston, and the tragic deaths by suicide of young people connected to our boroughs. The National Panel has agreed this decision on 19th December 2018.

It was deemed that the case review was necessary because:

- Local children have died and suffered significant harm;
- Agencies had a significant history of involvement with the families. (Working Together 2018)



Key issues and questions this case raises:

The purpose of this Case Review is to establish learning for practitioners about how to work with children and young people at risk of self-harm and suicide, and also how to aid the transition for these young people to adult mental health services, if appropriate. We recognise that early help support is crucial in helping to build a foundation of resilience, which would probably begin in primary school.

To maximise learning, the young people's daily life experiences and welfare are at the centre of the review. The review will consider the scoping exercise, and literature review and develop its learning with the help of the Review Panel, through individual practitioner and group interviews, views of local CAMHS cases, including offering involvement to young people and family members, if appropriate.

1 - Review of local suicides, discussion with stakeholders, such as CAMHS, School Nursing, Schools and Colleges, Emotional Health Service, AfC, about their ideas for reducing the risk;

2 - Learning from other boroughs and counties;

3 – Discussion with young people who have been through a suicide attempt and are now better – what do they think would have helped at the time;

4 – Literature review of research on various topics – suicide and influences of social media, suicide in adolescents, suicide clusters and suicide prevention in adolescents.

The Review will identify how the learning will be acted upon by agencies and within which timescales, in order to improve safeguarding practice in the boroughs, and other local authority areas involved, and provide learning for interventions, particularly for vulnerable young children before they transition to secondary education and to Adult Mental Health Services.

Reviewer

The Reviewer, Sebastian Birch, CAMHS Nurse will report to the LSCB SCR Subgroup and ultimately to the Main Board. Seb works in SWLStG, which gives access to case information across the local five boroughs, including in addition LBs Wandsworth, Sutton and Merton. Using a systems' model, the reviewers will work with the Review Panel to scrutinise the learning, feedback from the practitioners, young people and family members, develop findings and emerging learning and draft the overview report.

The overview report

The LSCB overview report will be prepared following collation of learning, young people, family and practitioner meetings.



Kingston and Richmond
Safeguarding Children Partnership

Organisations identified so far, to be involved in the Review:

Schools and Colleges

Malden Oaks Pupil Referral Unit

CAMHS SWLStG

CLCH School Nursing, Richmond

Your Healthcare School Nursing, Kingston

Emotional Health Service, AfC

Public Health Kingston and Richmond