

Emotional Health and Well-being provisions  
for Children and Young People in Torbay

[TORBAY.GOV.UK](https://www.torbay.gov.uk)



# Emotional Health and Well-Being provisions for Children and Young People in Torbay

- THRIVE stats
- Details of provisions
- Overview
- What was learnt





# THRIVE

1 in 6 CYP aged 5-16 yo will experience a mental health challenge (1)



# Provisions for Thriving



- Individual School Ethos
- PSHE
- GP
- Dentist
- NCMP
- School nursing team



**Thriving** - Around 80% of children are experiencing the normal ups and downs of life and do not need additional support. They may however benefit from prevention and promotion programmes.

- Information
- School-based assemblies
- Campaign days/weeks
- Resources



# Getting Advice

(30% of children)

**Getting Advice** is - signposting, getting access to self-help materials and one-off appointments to gather advice and strategies

- **One-off sessions**
- **Resources for self-support**
- **Community support**





# Provisions for Getting Advice



## CheckPoint



## BECOME.



# Provisions for Getting Help

(60% of children)

Getting Help is -  
requiring access to a  
time limited, goal  
focused, evidence-  
based support with an  
appropriately qualified  
practitioner.

- Variety of services offering support for specific experiences



# Specific Provisions for Getting Help

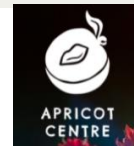
Specialist Type	Service	Provider
Drugs and alcohol Youth homelessness Going missing or returning home (including at risk of) Sexual abuse, exploitation and violence Cared for children (in need of advocate or independent visitor)	CheckPoint	Children's Society
Self-harm	(Pilot programme at Spires College)	Children's Society
Child Sexual Exploitation	Exceed	Barnardo's
Bereavement support	Support	Pete's Dragons
Young Carers	(Tbc)	Torbay Council
EHCP	APS	Sound Communities Apricot Centre YMCA

**CheckPoint**

The Children's Society



**SOUND COMMUNITIES**



**Getting Help** is - requiring access to a time limited, goal focused, evidence-based support with an appropriately qualified practitioner.



# 'Getting Help'

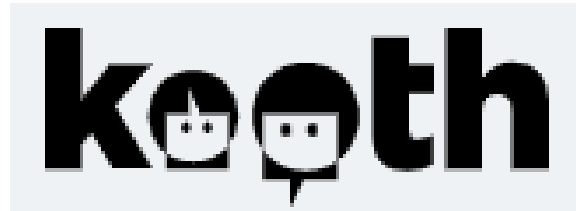
EHWB

Provisions for

CYP needing

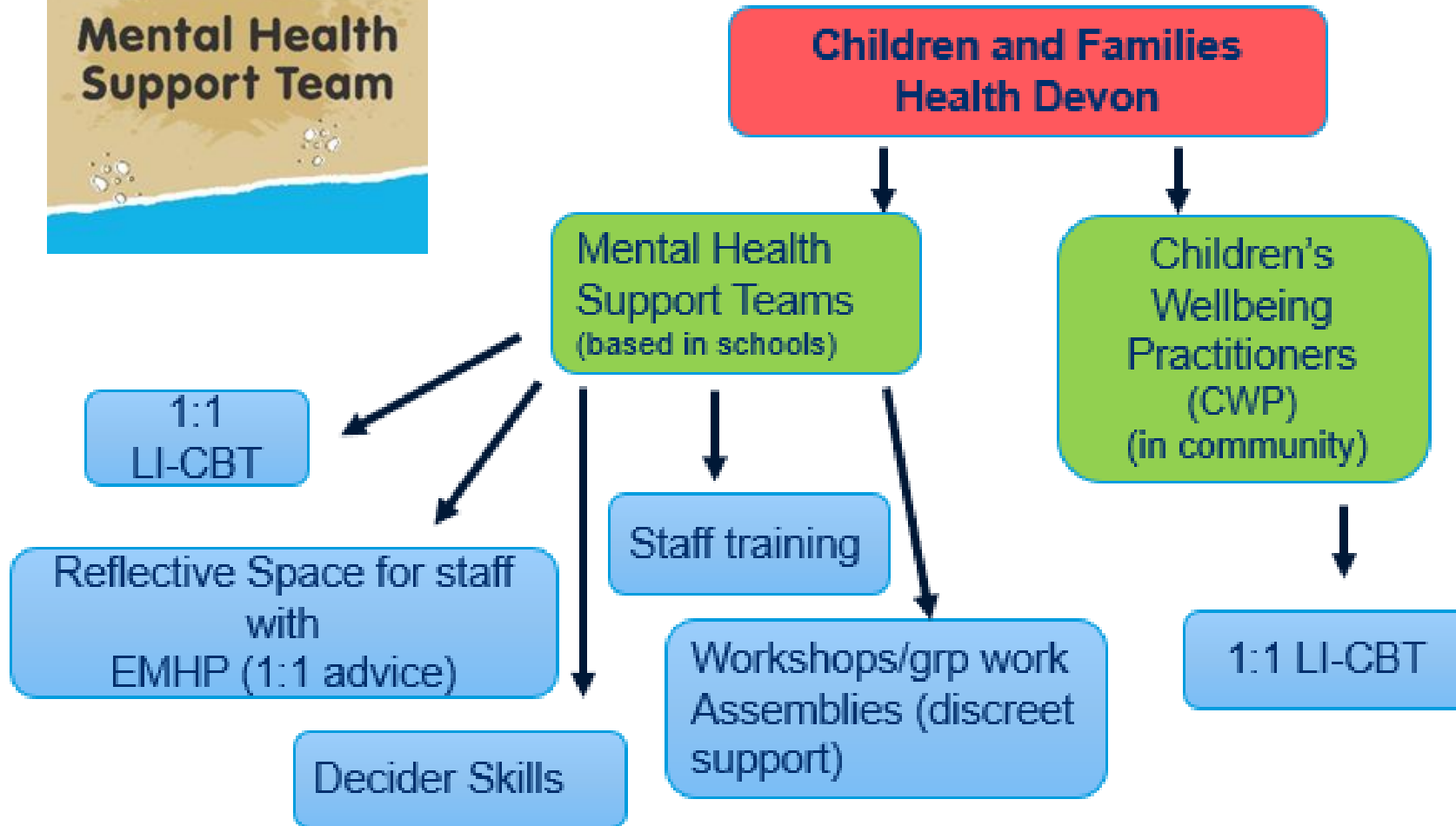
Talking

Therapy





# MHST Insight

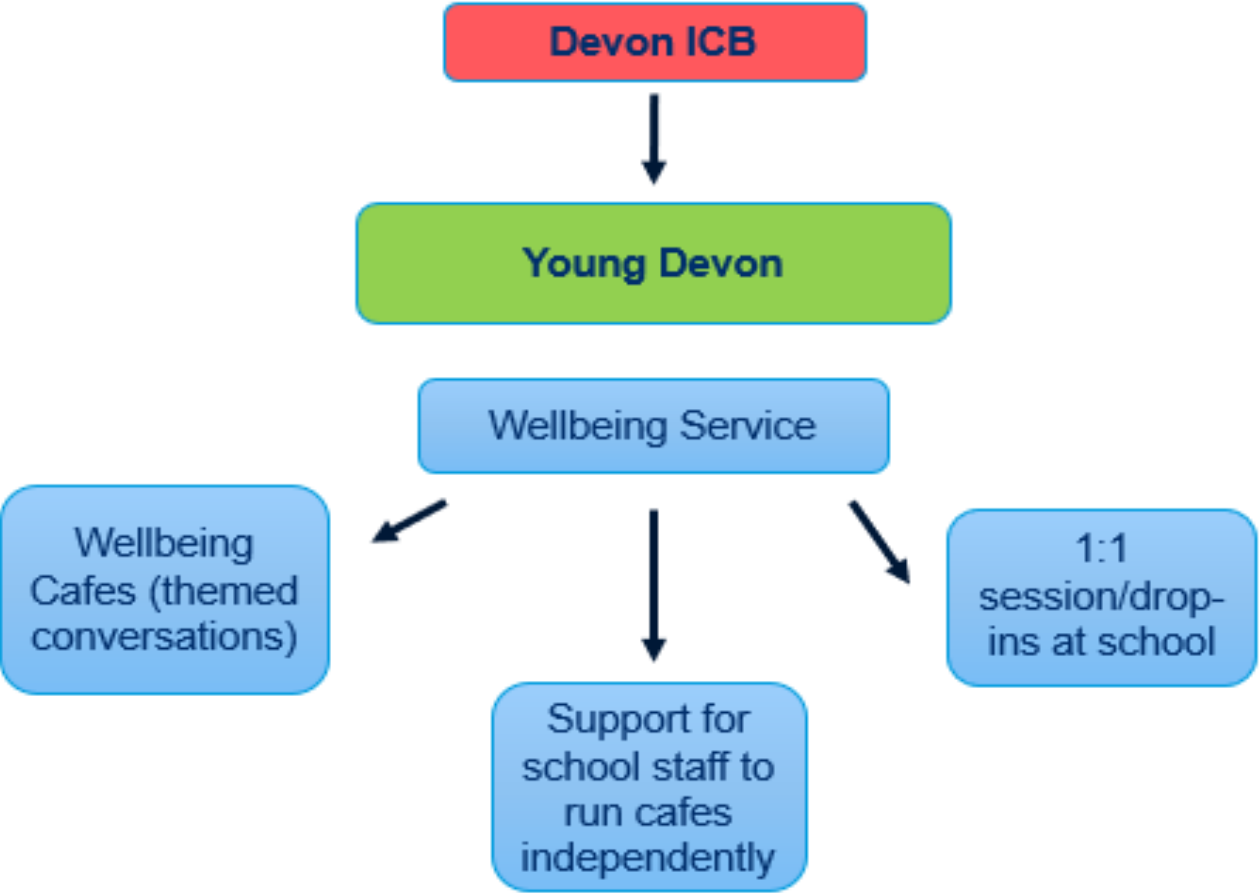


## Overview

- 5-18 yo (24 yo SEND)
- Wait list – target - 4 weeks
- 6-8 intervention sessions
  - 1:1, grp, video, phone call, f2f
- <Moderate support (Li-CBT)
- CWP – 1 location – Annexe
- Several months waiting time
- MHST - based in schools
  - 7/11 Secondary Schools
  - 11/31 Primary
  - 1/4 SEND
- Provisions vary
- Support for CYP, staff, parents



# Young Devon Insight



## Overview

- 11-25 yo
- Based in schools
  - 3/11 secondary schools
  - FE – South Devon College
- 40 - 60 minute sessions
- Drop-in service
- Wait list – varies from school to school
- <Moderate support – (Li-CBT therapist)
- Funding – March 2024



# 43% of schools offering 1:1 Li-CBT in Torbay

## MHST Torbay 1:

### Secondary

Paignton Academy

*Brixham College*

Torquay Boys Grammar

### Primary

Kings Ash Academy

Curledge Street Academy

All Saints Babbacombe CofE Primary School

Roselands Primary School

Oldway Primary School

Shiphay Learning Academy

Torre CofE Academy

Watcombe Primary School

St Marychurch CofE Primary School

## Young Devon:

*Brixham College*

*Torquay Academy*

*South Devon College*

*St Cuthbert Mayne*

## MHST Torbay 2:

### Secondary

Mayfield School (specialist)

The Spires College

*St Cuthbert Mayne School*

*Torquay Academy*

*South Devon College*

### Primary

Furzeham Primary School

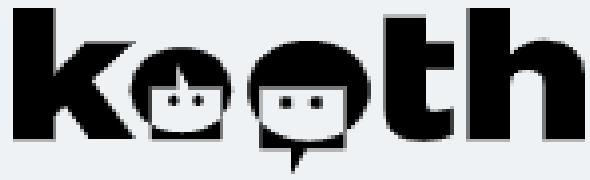
Sherwell Valley Primary School

Homelands Primary School



Those in *italics* have both provisions





# Kooth Insight

Children and Family  
Health Devon

Kooth

Discussion  
Boards

Daily Journals

Webinars

Articles and  
Podcasts

1:1 structured,  
weekly support  
(6 weeks)

1:1 message drop-ins  
(CBT and therapeutic  
service)

Workshops  
(Community and  
school)

## Overview

- 11-24 yo
- Website
- Anonymous
- Chat/message
  - service-user led
- Wait list –
  - 15-60 minutes drop-in
  - <7 weeks - structured 6 week, consistent counsellor
- 1 hour weekly sessions
  - 6 weeks
- <Moderate support - trained CBT therapist
- Available - 12pm-10pm M-F  
6pm - 10pm S+S

# Across Torbay...



## MHST

5-18 (24) yo

Tailored support across schools

43% schools have access

4 week wait - target

## Children's Wellbeing Practitioner

Wait list – several months

1x FTE across Devon

One location in Torbay – Annexe

Requires CAMHS referral



## Young Devon

11-25 yo

Based in 4 education settings

27% secondary schools have access

Funding – March '24

Wait list depends on theme



## Kooth

11-24 yo

Anonymous

Text based (English)

<7 week wait - 6 week structured support

# What did we learn?

- An increasing number of CYP are on waiting lists for support indicating an increase in need with some sectors reporting high level EHWP needs that they are required to support
- Variety of specialist services available for CYP in some areas (e.g. CSE, suicide bereavement)
- Broad spectrum of advice available
- Agencies, children and young people and families aren't always aware of services available
- Few talking therapy provisions outside of CAMHS



Thanks for listening and please add any further information you may have.