

Title: Highlight Report –Mental Health prevention and early intervention

Wards Affected:

To: Health and Wellbeing Board **On:** 06 July 2017

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1. What has been achieved in the past six months?

1.1 Dartington Social Research Unit (Vanguard project)

South Devon and Torbay CCG commissioned Dartington Social Research Unit to develop an innovative systems thinking approach to identify opportunities and simulations of what a variety of reforms to the system may look like and the impact that they have.

Dartington Social Research Unit has worked with the CCG over the last 12 months to:

- Conduct extensive engagement activities the local child and adult mental health systems
- Map the child and adult mental health systems and build a series of stimulation models to inform system reform efforts
- Undertake a review of relevant system reform literature
- Undertake a comprehensive survey of children's mental health and well-being across the community to inform prevention efforts.

Engagement

Dartington were able to engage with a wide range of professionals working across the local mental health system as well as those who have had experience of using the system, including young people and adults with mental health difficulties and their carers.

Interviews with numerous stakeholders from across the system were conducted and a two day engagement event took place with over 70 people in attendance.

Building the maps

System maps were designed to provide an overview of the structure of the mental health system. The maps highlighted the complexities within the mental health system and the challenges that not only a service user would be faced with but mental health professionals also.

Children Count Survey

The Children Count Well-being survey measures mental health and well-being alongside risk and protective factors in relation to children family life, school, peer groups and community.

The participating schools receive a tailored individual report comparing the profile of need in that school with that of the wider area.

The children count survey collected data from nearly 6,000 children. There is still ongoing analysis of the findings from this report but the preliminary key findings are:

- Higher than average rates of poor mental health (symptoms of anxiety and depression)
- One in four young people worry about their appearance
- Elevated rates of antisocial and disruptive behaviour poor emotional regulation and bullying victimisation
- High rates of substance misuse
- High number of risk factors in the family/home environment that may be associated with risky behaviours
- High premise parental attitudes to substance misuse
- Few difference between the profile of need across Torbay and South Devon

Next steps from the Dartington work:

The final report is currently being reviewed. This conclusive report will aim to provide recommendations based on the work that has been undertaken over the last 12 months and the changes that are required in order to reform the mental health system.

2. What are the blockages?

2.1 Availability of funding to invest in the recommendations of the Dartington work.

3. What is the planned activity for the next six months?

3.1 Dartington Social Research Unit (Vanguard project)

Commissioners to continue to work with Dartington to further refine data from children count survey. Also, continued work with schools to learn from the outcomes of the report with engagement events being arranged.