

Schools Mental Health Programme – Report of the Children and Young People’s Overview and Scrutiny Sub-Board

Report to Cabinet on 17 April 2024

Background

1. The Children and Young People’s Overview and Scrutiny Sub-Board met on 19 February 2024 and The Cabinet Member for Children’s Services – Councillor Bye outlined the submitted report which provided an update on the school mental health programme and responded to the following:
 - how long was the funding guarantee to support the programme and what measures were place if the funding was withdrawn;
 - not all schools were able to join the programme, what was the reason for this and how were schools selected;
 - interventions were crucial to prevent children needing to be referred to formal Child and Adolescent Mental Health Services (CAMHS), what circumstances would a child not be accepted and what happens to those children (a written response would be provided to the Sub-Board);
 - were one to ones held in school outside of core time;
 - would it be possible for all schools to be covered by the programme and what timescale could this be achieved;
 - was there data from participants to measure if the programme was working;
 - what was the overall school population and how did the programme ensure it was supporting the most children;
 - what was the difference between settings and schools;
 - were the workshops held within schools and were other schools able to access these workshops; and
 - were other approaches used in addition to cognitive behaviour therapy (CBT).

Members acknowledged the positive work being supported through the school mental health programme and welcomed the impact this was having such as children talking about becoming mental health ambassadors in schools to help their peers and providing resources and videos that could be used across all schools.

2. The Sub-Board reflected and debated the information provided to them, both in writing and orally and formed the following recommendation to the Cabinet. On being put to the vote, the motion was declared carried unanimously.
3. That the Cabinet be recommended to request the Director of Children's Services to promote the work in schools around mental health programmes and support to families and carers.