



Early
Help

Delivering systems change to improve outcomes for children, young people and families

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Enabling children and young people to have positive mental health and wellbeing, thrive in 'their communities' and to 'bounce back' from life's challenges





Children and young people are confident to discuss feelings/worries with a trusted adult and support their peers.

Children and young people are able to find and access support when and where they need it

Parents confidently and appropriately support their children and young people with emotional health and wellbeing.

Everyone working with children and young people can identify emotional health issues early and provide effective support to young people and their families

Quick access to effective targeted interventions which reduce the need for specialist/ clinical services.



Coproduction with young people





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Other coproduction partners



- Hull Young Peoples Parliament
- Parents
- Schools (academies)
- Early Help services
- Health services
- VCS



Universal

- Citywide approach to PSHE
- Implementing and embedding a whole organisational approach
- Multi-agency Training
- Young people led campaigns
- www.howareyoufeeling.org.uk
- Turn2US
- Playrangers

- Jigsaw PSHE - 41,580 children and young people per annum through timetabled Jigsaw PSHE lessons to promote positive mental health across primary and secondary schools.
- Workforce development and training - 385 members of staff per annum trained in mental health across a range of organisations including Schools, Youth Service, Social Care, Health, Early Help and Voluntary and Community Sector
- HAYF website – 7907 unique visitors and 15,800 site views per quarter
- Schools and community organisations working to achieve the HSH Mark of Excellence (whole organisation approach)
- Range of Campaigns on issues such as bullying, transition, exam stress, online safety and suicide prevention.
- Turn 2 Us drop ins in secondary schools have provided brief interventions to 4202 young people aged 11-16
- Play Rangers supported 1300 young people aged 10-16 during the school holidays.



Targeted/Early Help services



For Children and young people:

- Young Peoples peer mentoring
- School based and community based group work
- Counselling
- Emotional resilience coaching

For Parents and Carers

- Parents peer mentoring
- Group work for parents
- Support for parents with children with additional needs





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Reach – Targeted/Early Help

Early
Help

Overall the services have provided interventions to 1538 Young People. These include:

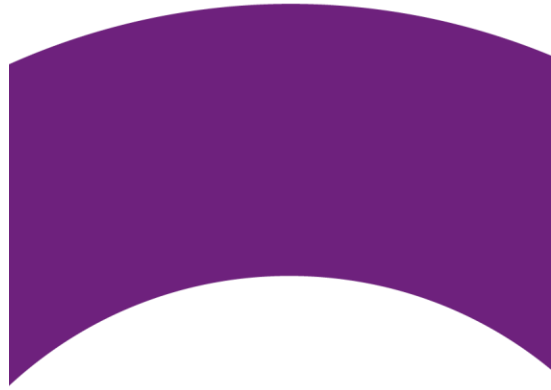
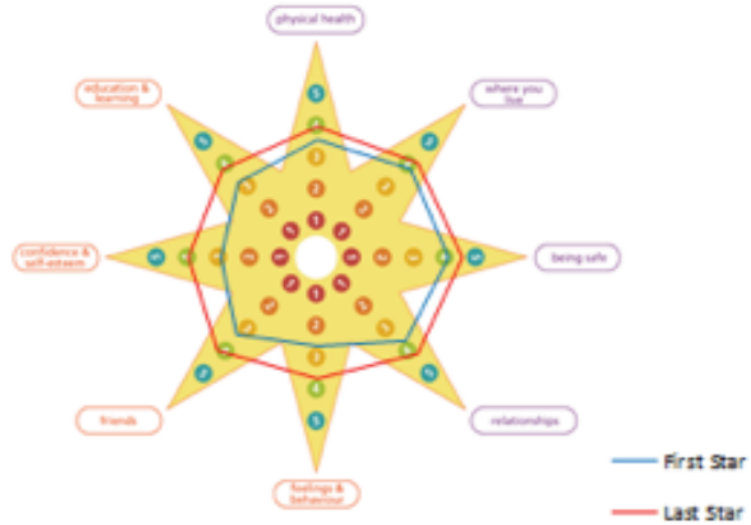
- 252 young people aged 10-16 have been supported by a Young Person Peer Mentor.
- 729 young people aged 11-16 have been supported through Young People's Group Work in schools.
- 88 young people aged 10-16 have been supported through Young People's Group Work in the community.
- 295 young people aged 10-16 have been supported through Young People's Counselling.
- 174 young people aged 10-16 have been supported through Young People's Emotional Resilience Coaches





My Star

	First	Last	Move
Physical Health	3.81	4.25	0.44
Where you live	4.07	4.35	0.29
Being safe	4.05	4.45	0.40
Relationships	3.80	4.38	0.58
Feelings and behaviour	2.79	3.92	1.13
Friends	3.50	4.28	0.78
Confidence and self-esteem	2.90	3.94	1.04
Education and learning	3.43	4.09	0.65





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Presenting issues- Targeted/Early Help

Early
Help

The main presenting issues for young people include:

- Emotional regulation
- Anxiety and stress
- Bereavement/separation/loss
- Body issues/self-image
- Boundaries and behaviour
- Bullying
- Confidence and self esteem
- Depression/low mood/withdrawn
- Domestic violence/abuse
- Family relationships/family breakdown
- Feelings/emotional difficulties
- Peer networks/relationships/social isolation
- Risk-taking behaviour
- Self Harm
- Transition
- Engagement in school/attendance
- Trauma



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Reach – Targeted/Early Help



Overall the services have provided interventions to 685 Parents and carers including:

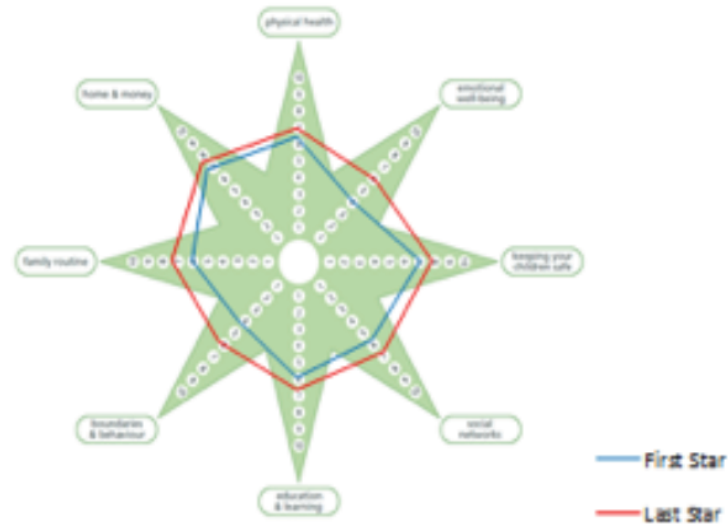
- 195 parents have received one to one support from a Parent Peer Mentor
- 253 parents have received one to one or Group Work.
- 237 parents of young people with additional needs have received one to one or Group Work support.





Family Star

	First	Last	Move
Physical Health	7.16	7.74	0.58
Emotional well-being	4.85	6.66	1.82
Keeping your children safe	7.34	8.10	0.76
Social networks	6.37	7.42	1.05
Education and learning	6.75	7.46	0.71
Boundaries and behaviour	4.89	6.64	1.75
Family routine	6.20	7.39	1.19
Home and money	7.53	8.03	0.50





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Presenting issues– Targeted/Early Help

Early
Help

The main presenting issues for parents include:

- Parents emotional difficulties
- Family relationships/family breakdown
- Parenting skills
- Family support
- General support
- Coping strategies
- Parents mental health
- Understanding ASD



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Impact – Targeted/Early Help



Service user showing an **improvement in presenting issue**



Service user showing **improved confidence**



Service user showing **improved resilience**



Service user showing **improved peer networks**



Service user showing **stronger family networks**



Service user has at least **one additional protective factor**



Service user would **recommend to friends & family**



Keys to Success

- Ongoing coproduction with Children and Young People, Parents and partners.
- Ongoing test and learn cycle - adapting to meet need
- Core team to support policy, practice, coproduction and comms and marketing
- HeadStart checklist – one referral form, one consent form
- Good links with contact point (camhs front door)
- Evidencing impact - One performance framework, Outcome star
- Equality impact assessments
- Diversity in delivery – range of interventions and partners with the skills to deliver this
- Take time to build relationships and have key partners as ambassadors for the programme
- Help partners achieve their own goals
- Ongoing sustainability planning

- Time – This is a long term strategy and results take time
- Changing leadership in partnership organisations
- Balancing consistency with flexibility and adaptability
- Cynicism
- Academisation
- Don't underestimate levels of need (national prevalence data)
- Being Brave - Don't just celebrate successes also share the learning when things don't work
- Don't give up. If at first you are told no gather evidence to get a yes.

- Working together to support partners and respond to need
- www.howareyoufeeling.org.uk/coronavirus-resources
- Life after Covid lesson pshe lesson plans
- Adapting training delivery/additional training to address need
- Additional resources to support transition
- Adapting services to ensure continuity of care e.g. online, walk and talk etc.
- Regular consultation and engagement with young people and parents and carers e.g. surveys
- Recovery and restoration planning



Any Questions?

For more information please visit:

<https://www.howareyoufeeling.org.uk/headstart-hull>