

Supporting children and young people's mental health and wellbeing during COVID-19

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Department
for Education



Public Health
England

COVID-19 and the current context

- The department's second annual '**State of the Nation: Children and Young People's Wellbeing**' report was published on 10 October – World Mental Health Day. This year, the report focuses on publicly available data to provide an initial understanding of children and young people's experiences associated with wellbeing during the coronavirus (Covid-19) pandemic.
- The findings in the report show that **many elements of wellbeing have remained stable**. However, there have been **impacts in a range of areas**, including friendships, worries about the future and personal finance; as well as **differential impacts for some groups**.
- Attendance at school, in a properly supportive environment, will be a key part in supporting recovery. To support the return to a full high-quality education programme, we have put in place a range of measures, including our new **£8m Wellbeing for Education Return** project.
- The impacts of the pandemic and its associated measures are likely to be long lasting, and issues will continue to be picked up throughout the school year. That is why Wellbeing for Education Return will offer **ongoing support for schools until March 2021**.
- There is also likely to be an **impact in the longer term on conditions requiring specialist support**. We remain committed to our joint green paper delivery programme with DHSC and NHSE, including introducing new mental health support teams for all schools and colleges, providing training for senior mental health leads in schools and colleges, and testing approaches to faster access to NHS specialist support. In addition the [NHS Long Term Plan](#) builds on [Future in Mind](#) and [The Five Year Forward View](#) to continue the expansion of evidence-based, outcome-focussed CYPMH services.



Pandemic response

- Relevant NHS funded services remained open throughout and all **NHS Mental Health Trusts have provided 24/7 open access telephone lines for all ages**. NHS England and Improvement has [published advice](#) for children and young people and their parents and carers.
- [Every Mind Matters](#), with [campaign](#) and other guidance and resources by Public Health England, the [NHS MindEd](#) for professionals and [DfE](#) for schools and other education settings.
- Government provided **over £9 million to mental health charities**, a further **£34m to support work to safeguard vulnerable children** including children with disabilities, in the early years, those who are critically ill and care leavers and **£8m from the Adoption Support Fund** to offer emergency support, including online counselling, to families.
- **£1 billion Covid “catch-up” package** with £650 million shared across early years, schools and 16-19 providers over the 2020/21 academic year.
- A July [webinar](#) for schools/FE and early launch of the mental wellbeing RSHE teacher training [module](#).
- DfE, in collaboration with NHS England and Public Health England, hosted a [webinar](#) for local system leaders to support strengthening of local partnerships to support children and young people’s mental health as they return to education settings.



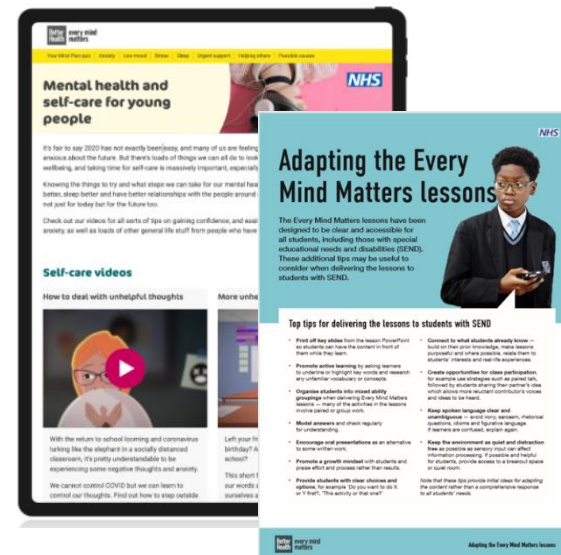
Better Health: Every Mind Matters CYP campaign

Development and delivery

On 8 September, PHE launched a new campaign burst to support children and young people's mental wellbeing and improve mental health literacy:

- Aimed at parents, carers, teachers and young people
- Engaging through key social channels and a new digital hub
- Developed and delivered in partnership with the NHS and leading mental health and children's charities, including CYPMHC
- Provides NHS-approved advice and signposts resources and support available through trusted charity partners.
- PHE's Schoolzone offers new / refreshed mental health content for teachers.

Charity partners were (and are!) key to developing the campaign approach, advising on their experiences, youth perspective and how to support at-risk groups, as well as providing us with high-quality content to signpost and amplifying our messaging.



Impact

Youth engagement will be evaluated via a bespoke YouGov panel tracker, alongside analysis of website and content engagement. Parental engagement will be captured in the Better Health continuous tracker. These are yet to report, but we have some early data on engagement:

Youth activity	Parents activity	Schools activity
<ul style="list-style-type: none"> • Snapchat influencers delivered 1.5m engagements (150% above 900k forecast) • Snapchat lenses reached 975k unique users, with double average playtime. 	<ul style="list-style-type: none"> • 93k visits to web hub • Search CTR of 14% (planned 9%) • Facebook CTR of 0.54% (planned 0.1%) 	<ul style="list-style-type: none"> • 4,988 downloads of wellbeing lesson plans vs 3,000 target

<https://www.nhs.uk/oneyou/every-mind-matters/> <https://campaignresources.phe.gov.uk/resources>

PHE real time surveillance Covid/mental health

A near to real time surveillance report about population mental health and wellbeing in England during the COVID-19 pandemic.

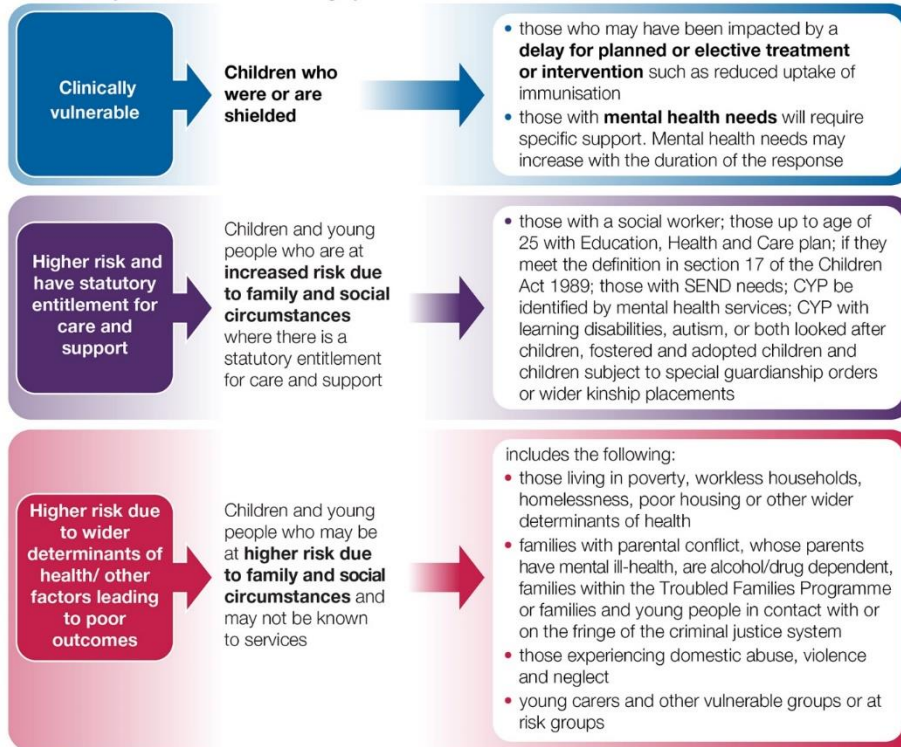
It includes updated indicators from multiple sources and summarises important findings from ongoing surveys information to inform policy, planning and commissioning in health and social care.

Format is presented as a series of short HTML reports to allow the user to go straight to the sections of the work they are most interested in.

Includes here a link to children and young people report

COVID-19 and vulnerability

Children may be in more than one category



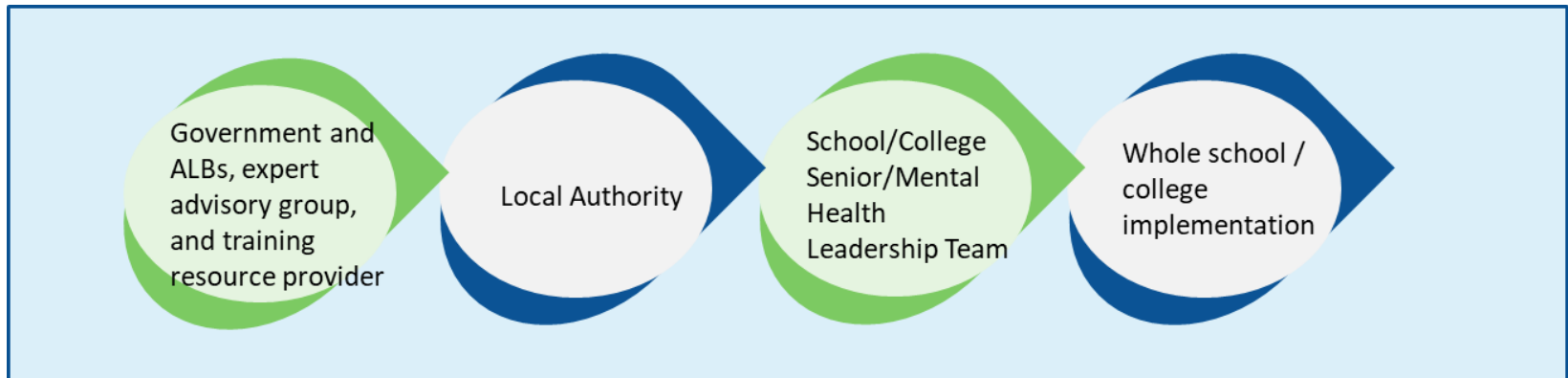
No child left behind - a public health informed approach to improving outcomes for vulnerable children

No child left behind - understanding and quantifying vulnerability

A vulnerabilities narrative report for each upper tier local authority gives an overview of relevant local data on risk and protective factors for children and young people to inform local planning and prioritisation

Wellbeing for Education Return

- [Wellbeing for Education Return](#) is a new **£8m package of training and resources intended to support education staff** respond to the impact of COVID-19 and lockdown.
- It includes:
 - new, **national training materials** developed for education staff
 - **funding for Local Authorities** to identify local experts to tailor the training to the local context with partners, deliver it into schools and FE providers during the 2020 autumn term, and to provide advice and support through the spring term.
- It is now integrated into **the wider Green Paper implementation programme**, and complementary to mental health becoming compulsory in the curriculum through Relationships, Sex and Health Education



Green Paper: MHST Delivery

Mental Health Support Teams have adapted their services to continue supporting children and young people remotely during the pandemic.

All providers have been encouraged to consider **delivering care digitally** to maintain continuity of care and make best use of resources.

Where teams are not yet fully operational, DfE have worked with partners in NHSE and Health Education England to ensure that **training for new Educational Mental Health Practitioners (EMHPs)** can continue, including placements in schools.

Some examples of adapted services from MHSTs:

- A **school support line** acting as a triage with appropriate calls being sent through to EMHPs
- A **clinician-led peer support group for teaching staff**
- A **text-messaging service** operated by **senior staff and qualified Children's Welfare Practitioners**, with EMHPs shadowing
- A virtual **peer mentoring** scheme for Y7s and Y6s
- **Webinars to specifically support parents with primary school-aged children**, and online groups for various cohorts
- A **virtual summer course targeting anxiety**
- Use of **podcasts** to reach out to children and young people, raising the profile of the MH offer and providing signposts
- A **COVID-19 resource pack for professionals and families**, with an offer of calls to go through these resources with families

Green Paper: Link Programme

- **The Link Programme aims to help local areas improve joint working between professionals in local NHS mental health services and schools and colleges.**
- **The programme has been adapted for online delivery during the pandemic.**
- **Sessions are tailored to meet the needs of local areas, sharing the latest position on support available and adapted referral routes, best practice, and assisting education settings plan for transition as they re-open.**
- **Adapted to be delivered remotely** to improve communications and plan for frontline delivery of services to CYP.

Green Paper: Senior mental health leads

- Government has **prioritised** providing **bespoke training and support** to meet the immediate challenges that all schools and colleges will face during the pandemic.
- We are reviewing how to provide training for senior leads in schools and colleges to help them lead a sustainable whole setting approach to wellbeing and mental health, **building on the wider recovery offer**.
- In the interim, leads in schools and FE will want to take advantage of Wellbeing for Education **Return training and consider their whole school / college approach** to supporting students in the **pandemic**.
- *This autumn DfE is carrying out work to review current needs and the best way of delivering senior mental health lead training for schools and colleges. We would welcome your input to this and if you're happy to be contacted then please forward your details to jennifer.ferris@education.gov.uk and Jack.Gascoyne@education.gov.uk*



Green Paper: 4 Week Wait pilots



The Green Paper created a commitment to pilot access and waiting time standards for specialist children and young people's mental health services.

12 pilots across England are working with NHS England and Improvement to define access and waiting times in the context of CYPMH, and test what it takes to achieve and maintain a four week waiting time.

We will use the learning from the pilots to inform any future ambition.

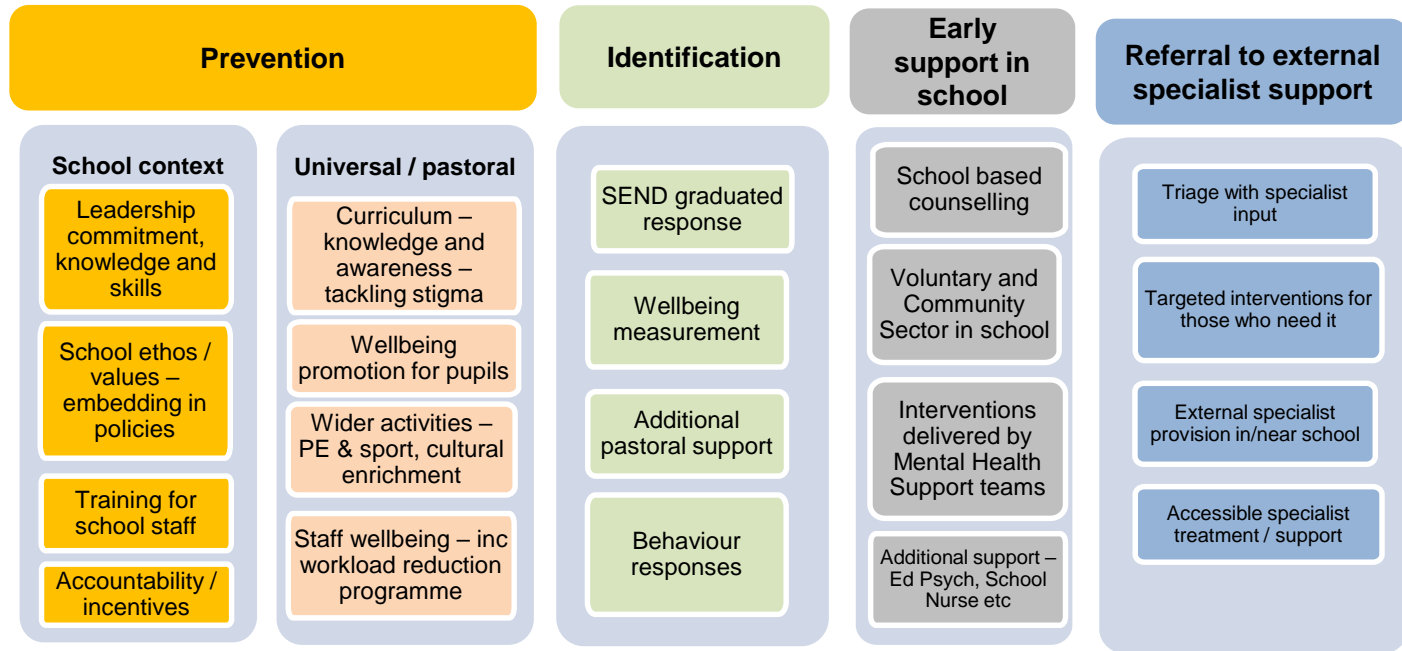
Delivering through the pandemic:

- Pilot sites remain committed to the programme
- The pandemic has increased the need for use of video, digital and online resources to provide care remotely, and many of the pilots were well placed to accelerate or enhance the use of digital tools for the delivery of support and treatment.

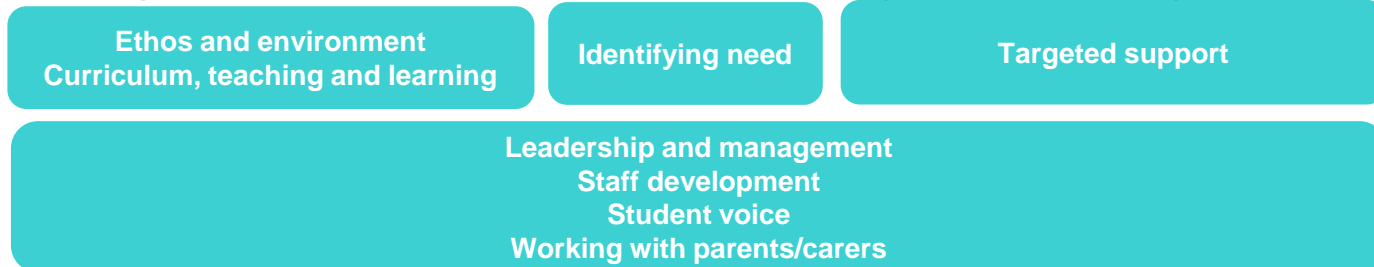
Next Steps

- Over the next six months NHS E/I will continue working with pilot sites and beyond to build consensus regarding the definition of an access and waiting time standard for CYPMH.
- This will include seeking the views of service users, parents and carers and consideration of outcomes.
- Furthermore, work will develop an understanding of the resource implications of implementation and how this will interact with issues of equality and health inequality.

Whole school approach to mental health and wellbeing



PHE's eight principles to promote emotional health and wellbeing in schools and colleges:



CYP Mental Health Outcomes: conceptual framework

Mental Health				
Mental Wellbeing		Mental Health Problems		
Vulnerability				
Vulnerable Populations		Traumatic Childhood Events		
Risk and Protective Factors				
Individual	Family and Relationships	Learning Environment	Community	Structural
Services				

Risk and protective factors across domains and sub-domains

Individual	Family and Relationships	Learning Environment	Community	Structural
General Health	Family Relationships	Engagement with Learning	Inclusion	Deprivation
Communication Difficulties	Family Circumstances	Educational Environment	Participation	Discrimination/ Equality
Healthy Living	Parental Health	School Culture	Social Networks	Housing
Psychological Factors	Peer and Friend Relationships		Physical Environment	Finance
			Safety	

Questions?



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