

Thematic JSNA: Emotional health & wellbeing for Children & Young People

- Request from- the Children and Young Peoples board.
- Lead-Specialty Registrar in Public Health reporting to a Consultant in Public Health.
- Collation of information about:
 - Children & young people (CYP) from birth, across key transitional development stages up to adulthood; 0-25 years
 - Their emotional, mental health &, their wellbeing
 - The influence of contextual factors on CYP's mental & emotional wellbeing e.g. child poverty, educational attainment, housing quality
 - Prevalence of emotional & mental health needs for CYP including diagnosable disorders via national & GM data
 - Access & utilisation of key support & treatment services for CYP including child & adolescent mental health services (CAMHS)
 - Hospital admission data for mental health presentations & self harm
 - Engagement work via Bolton Together focussing on emotional health & wellbeing in 3 groups : black & ethnically diverse young people, LGBT+ and young people with SEND
 - Impact of COVID-19 on children & young people
 - Recommendations for the future
- **Impact:**
 - Further updates on recent engagement work with CYP and the results of Bolton's Wellbeing Conversation
 - Will be a resource for informing strategy development for emotional health & wellbeing, as well as for planning and commissioning of such services
- Recommendations are to be signed off by the Children & Young People's Board in October 2021

Thematic JSNA: Emotional health & wellbeing for Children & Young People

Recommendations

1. Services working with children and young people in Bolton to take an ACE and trauma-informed approach, informed by the Bolton ACE prevalence study and recommendations
2. Embed a system-wide single outcomes framework for CYP when it is developed.
3. Services to put mental health and wellbeing at the heart of all strategy and policy to improve population mental health.
4. Where possible health services to collect and share data which can be disaggregated by age to provide a detailed picture of need. This is particularly relevant at the age of transition to adult mental health services, to help identify particular needs at this age stage.
5. Explore reasons behind lower male engagement with wellbeing and higher level CAMHS services and take steps to increase access.
6. Explore reasons behind lower referrals of black and ethnically diverse young people to CAMHS and take steps to increase access.
7. Services to share best practice on ensuring children and young people are kept safe and visible during any future lockdowns to ensure any mental health needs are identified.
8. Take forward the recommendations of Bolton's Together's engagement with children and young people focused on the impact of COVID-19 on their emotional wellbeing.