

# **Resilience and emotional wellbeing of vulnerable children & young people workshop**

**21 November 2017**

**Workshop report and next steps**

| <b>CONTENTS</b> |                                  | <b>PAGE</b> |
|-----------------|----------------------------------|-------------|
| SECTION 1       | Executive summary and next steps | 3           |
| SECTION 2       | Background and workshop summary  | 4-6         |

## SECTION 1

### Executive summary

This report is a summary of the Champs Public Health Collaborative workshop on resilience and emotional wellbeing of vulnerable children & young people organised in partnership with Directors of Public Health and Directors of Children's Services. The workshop followed on from a joint prioritisation event held March 2017, at which it was decided to work together on self-harm. Subsequent discussions and meetings also highlighted the priority of keeping children out of care.

The workshop was well attended by 122 participants from a wide range of disciplines and organisations. The event included a series of presentations and workshop discussions and include the launch of the new report 'Case for Change: Self-harm in Children and Young People' (Liverpool John Moore's University).

### Next steps

An overarching next step to develop joint actions, both local and shared, to improve outcomes for vulnerable families, children and young people was agreed.

Several specific next steps under the three topic areas were recommended by colleagues at the workshop for consideration by the lead CEO, David Parr, and Directors of Children's Services (DCS) and Directors of Public Health DsPH) namely:

#### **1. ACE – to be led jointly by DCS and DsPH**

- a) Develop a clear and consistent assessment framework for all partners. Early intervention is key starting with the first assessment by midwives and health visitors.
- b) Offer training for staff across all disciplines and create shared vision and approach including police, fire, ambulance, education, health, local authority and voluntary sector.
- c) Evaluate the local ACE pilots and share the learning in a report.

#### **2. Systemic approaches to managing social work/family therapy – to be led by DCS**

- a) Work with the local HEIs to include systemic practice in pre-reg training.
- b) DCS establish a shared set of objectives and consistent ways of working.

#### **3. Self-harm – to be led by DsPH and strategic task group**

- a) Share the new LJMU Case for Change: Self-harm in Children and Young People report widely.
- b) Establish consistent good practice using a sector led improvement approach and benchmarking local areas against national guidelines.
- c) Develop a pathway with clear resources.

## **SECTION 2**

### **Background**

The emotional wellbeing of children and young people is a key priority across Cheshire & Merseyside. The Directors of Public Health have been working together with the Directors of Children's Services on new ways of working to improve emotional wellbeing. A prioritisation event was held in March 2017, at which it was decided to work together on self-harm. An evidence review on self-harm was commissioned collaboratively by the DsPH.

This follow up event focused on the emotional wellbeing of vulnerable young people; considering the recommendations in the report 'Case for Change: Self-harm in Children and Young People' (Liverpool John Moores University) and at approaches to adverse childhood experiences and keeping children out of care through systemic family therapy.

### **Workshop summary**

The workshop was opened by David Parr, Lead Executive for Children and Young People for Liverpool City Region and Chief Executive of Halton Council and Councillor Andy Moorhead, Liverpool City Region Political Lead for Health & Wellbeing & Leader of Knowsley Council.

Presentations followed on Adverse Childhood Experiences (ACEs), Learning Lessons from the Social Work Innovation Programme: what works in preventing children entering care, Self-harm: Case for Change and the H.O.P.E Service.

Then followed a series of workshops which focused on ACE, systemic approaches to managing social work/family therapy and self-harm.

### **The aims of the workshop were:**

1. Enhanced skills and knowledge of preventative approaches for vulnerable children and young people
2. Shared knowledge and understanding of the latest evidence on self-harm in young people
3. Understanding of the impact of adverse childhood experiences on the emotional wellbeing of children and young people
4. Application of systemic family therapy for keeping children out of care
5. Development of joint actions, both local and shared, to improve the outcomes for vulnerable children and young people

## **Summary of presentations**

### **Adverse Childhood Experiences: A public health approach**

Helen Lowey, Consultant in Public Health, Blackburn with Darwen Council gave a presentation on ACEs. This presentation incorporated the latest evidence and case studies including current approaches being implemented in Blackburn with Darwen.

### **Learning the lessons from the Social Work Innovation Programme: what works in preventing children entering care**

Tracey Coffey, Operational Director from Halton Council gave a presentation on learning the lessons from the Social Work Innovation programme. The presentation highlighted the learning from the evaluation of the programme and the key recommendations for improving quality.

### **Self-harm the Case for Change**

Dr Sandra Davies, Director of Public Health from Liverpool Council gave a presentation on self-harm. This presentation gave an overview of the latest evidence contained within the [LJMU report](#) which was published in November 2017. The report describes the scale of self-harm nationally and locally and identifies the risk and protective factors. Recommendations from the evidence base are included on prevention, early intervention and treatment.

### **H.O.P.E Service**

Dr Cecil Kullu, Consultant Psychiatrist & Associate Medical Director for Research, Development & Innovation from Mersey Care NHS Foundation Trust presented an overview of the H.O.P.E. service and the impact of the clients who benefit from this specialised approach.

### **Key recommendations from the speakers**

Each speaker was asked by David Parr to make a key recommendation for participants to consider as they entered the workshop discussions. They included:

- a) Listen better to children and young people
- b) Improve co-production with children and families
- c) Talk more to people and engage better
- d) Improve the psychological conversation

## **Workshop discussion**

Participants were then asked to discuss and consider three key questions in relation to each topic:

1. How can you integrate recommendations from the presentation into your current work?
2. What more could be achieved from joint working by local partners?
3. How might collaboration at a sub-regional level for Cheshire and Merseyside be advantageous for this topic area?

## **Feedback from each of the groups**

Each group was asked to feedback key points in relation to topic they had discussed. These are summarised below:

### **Key points from workshop 1 – ACE**

- Develop a clear and consistent assessment framework across organisations and disciplines. Early intervention key – midwife/HV assessment.
- Offer training for staff across all disciplines and create a shared vision and approach for police, fire, ambulance, education, health, local authority and voluntary sector.
- Evaluation the local pilots and share in an evidence based report.

### **Key points from workshop 2 – Systemic approaches to managing social work/family therapy**

- Work with the local HEIs to include systemic practice in pre-reg training.
- DCS establish a shared set of objectives and consistent ways of working.

### **Key points from workshop 3 - Self harm**

- Share the new LJMU *Case for Change: Self-harm in Children and Young People* report widely.
- Establish consistent good practice using a sector led improvement approach and benchmarking local areas against national guidelines.
- Develop a pathway with clear resources.

## **Summary and close**

Sandra Davies emphasised that there is a need to focus on what we can do better jointly and be more cost effective across the whole system. Sandra thanked the presenters and everyone for attending and said that a summary report was to be produced for Directors of Children's Services and Directors of Public Health for agreement on next steps. Sandra confirmed the self-harm report was available on the Champs website along with copies of all the presentations. Delegates were informed that there is a strategic task group meeting in January 2018 that will review the recommendations in the LJMU self-harm report.

