



## Young People and Mental Health

- 1.1 Members have previously had a broad discussion on young people and mental health and this involved Erin Docherty, Senior Nurse Lead, Forward Thinking Birmingham; Joanne Thurston, Chief Operating Officer and Karen Hansford, Head of Universal Children's Services 5-19, Birmingham Community Healthcare NHS Foundation Trust, attending the 5th September 2018 committee meeting.
- 1.2 At the 14<sup>th</sup> November 2018 committee meeting, Amanda Daniels, Principal Educational Psychologist, Birmingham City Council attended and the discussion included:
- The Mental Health and Behaviour in Schools DfE publication, which talks about the need for a whole school approach to mental health and makes reference to the role of Educational Psychologists.
  - The workforce needing support and they use the analogy of "putting your oxygen mask on first" so staff are in a good place to support the children they are looking after.
  - The service is hoping to develop a trauma informed model behaviour policy for Birmingham schools. This has come out of work that has been going on nationally, for instance, school exclusions can be damaging to a child who has experienced rejection in the past. They would like the backing of Councillors to promote this.
  - Most schools are very good at using the service and other services, such as the Communication Autism Team and the Pupil and Schools Support Service.
- 1.3 Members also visited Pause as part of the evidence gathering session on the 14<sup>th</sup> November 2018. Pause is Forward Thinking Birmingham's city centre drop-in service, run by The Children's Society and based in Digbeth. Here Members met with Leroy McConnell, Mental Health, Youth Work/Participation Lead, volunteers and staff who took Members on a tour around the centre. The discussion included:
- Pause currently has a pop up version of the service running from The University of Birmingham and sometimes has a pop-up service running from the Lighthouse Young People's Centre in Aston.
  - Measuring the effectiveness of the service - people come back and say 'thank you'.
  - The need to promote the service and this is being looked at.
  - Approximately 10,000 individuals visited Pause in 2017 and 8% - 10% had an onward referral.
- 1.4 As Members are interested in discussing work that is being undertaken regarding mental health in schools, Anna Robinson, BEP Mental Health/Emotional Wellbeing Lead and Sarah Finch Assistant Head, Colmers Secondary School and Sixth Form have been invited to attend today's Committee meeting.