

Education, Children and Families Committee

10am, Tuesday, 24 August 2021

Distribution of Scottish Government Community Mental Health Funds

Executive/routine
Wards
Council Commitments

1. Recommendations

- 1.1 The Education, Children and Families Committee is asked to:
 - 1.1.1 Note the actions taken since March 2021 to monitor the grant funding (£335k) to voluntary and third sector organisations under the Urgency Procedure paragraph 4.1 of the Committee Terms of Reference and Delegated Functions.
 - 1.1.2 Note the completion of the procurement process to fund future work in four locality lots and a fifth city wide lot in July 2021. (£1.343m per annum)

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Distribution of Scottish Government Community Mental Health Funds

2. Executive Summary

- 2.1 This report details how the local authority has monitored the Scottish Government Community Mental Health Funds allocated to City of Edinburgh Council for the financial year 20/21 (£335,000).
- 2.2 This report is also to advise Committee of the action taken to award the full year funding on locality and citywide basis in July 2021.
- 2.3 It is considered that the mental health of many children and young people has deteriorated over the series of lockdowns. Research to quantify this is ongoing across Scotland and in the UK. Referrals for support continued throughout lockdown particularly for Barnardo's/Children First Family Support. It is expected that emerging from lockdown we are in a good position to begin to meet this need..
- 2.4 The funds should assist local children's services and community planning partnerships with the commissioning and establishment of new local community mental health and wellbeing supports or services or the development of existing supports and services, in line with the Scottish Government framework.

3. Background

- 3.1 The Scottish Government has identified that the mental health and wellbeing of children and young people is an area that requires strategic local approaches to ensure needs are identified and supported appropriately at the earliest opportunity. To enable the commissioning and the provision of such services, the Scottish Government is providing funds to every local authority to be directed towards community mental health for 5 to 24-year olds (26 if care experienced).
- 3.2 The funds have come to Edinburgh in two stages. Funds for January to March 2021 equated to £335,000; subsequent funds for the financial year 2021 to 2022 are estimated at £1,343,000. The Scottish Government is committed to sustaining this funding year on year.

- 3.3 It is the view of the collaborative implementation group that funding allocations should be spent strategically to effectively meet the needs of children and young people. It is anticipated that this will be through both locality and citywide approaches.

4. Main report

- 4.1 Psychological Services are leading the collaborative implementation group looking at how to effectively distribute the funds allocated to Edinburgh for the purposes set out in the Scottish Government Framework¹. The group includes EVOC, LAYC, Psychological Services, the Health and Wellbeing Team and CAMHS.
- 4.2 The implementation group has looked at local data to inform the identification of local gaps and strategic opportunities. Locality briefings were organised to share information on the funds with all our partners.
- 4.3 As the funds came to Edinburgh in two stages, the implementation group recommended two phases to the distribution of the local funds.
- 4.4 Phase one focused on 'Enhancing and Extending'. The funding allocated from January to March (£335,000) enabled services to implement immediate changes to provide more of what we already do well. Organisations submitted proposals based on what they already do, the impact and the evidence of demand on services between March and August 2021 is provided as a separate Appendix to this report.. This data is provided on a template that has been agreed by the implementation group and is based on the Scottish Government guidance.
- 4.5 Phase two from August 2021 will focus on 'Collaborating and Connecting' to meet the Scottish Government aim to provide 'Seamless pathways of support'. We have funded proposals that join up and connect supports available at a locality and city-wide level that allows stakeholders, children, young people and their families to identify and access appropriate supports quickly, building on our established GIRFEC framework.
- 4.6 The implementation group acknowledges that the two instalments of the funding stream are closely linked together.
- 4.7 EVOC helpfully agreed to administer phase one, to allow the funds to be spent within the necessary time constraints and to allow all organisations demonstrating effective practice to be eligible. EVOC align to our corporate guiding principles and for an agreed administrative fee have worked in partnership to reach the desired outcome of successful and transparent grant distribution. The cost, which is deemed fair for the requirement, is covered by the Scottish Government funding. Full details of the proposed grant process, open to all applicants and not restricted to those already on council frameworks, were appended to the March Committee report.

¹ <https://www.gov.scot/publications/mental-health-scotlands-transition-recovery/pages/1/>

From the first evaluation (March-June 2021) of the Phase 1 funds:

- 4.7.1 334 children and young people accessed the additional supports for mental health / distress and reports indicate positive experience of services and good impact on mental health and wellbeing
- 4.7.2 It is estimated at least a third of children and young people accessing supports are felt to be in At Risk groups e.g. Care Experienced, Black or Person of Colour, EAL.
- 4.7.3 Children and young people being supported are experiencing a wide range of mental health and wellbeing concerns.
- 4.7.4 195 parents / carers have linked with supports
- 4.7.5 Further detail is given in the Scottish Government return in Appendix 1

4.8 Phase two has been completed via a procurement exercise, ensuring transparency, equal treatment, openness and proportionality. The procurement process was open to all applicants.

4.9 **Urgency Procedure**

Details of the Urgency Procedure process were given in the March 2021 report to committee.

5. **Next Steps**

- 5.1 Timeline and main steps of phase one were detailed in the Guidance on Funding in the March 2021 report to Committee (appendix 1).
- 5.2 As agreed by the parties in the Grant Agreement, the funds were released in two instalments. The administrative fee (£5,836.30) was paid to EVOC by the end of February. The rest of the funding (£330k) was transferred to EVOC to cover all successful awards, by the end of March 2021.
- 5.3 To ensure ongoing performance monitoring, EVOC gathered and collated monthly impact data on all successful grants using an agreed common reporting format (appendix 1). Impact data on all community mental health funds (including school counsellors) are submitted to the Scottish Government by Psychological Services on a 6-monthly basis.

6. **Financial impact**

- 6.1 The business case for this implementation has been agreed by Scottish Government as a national priority. This is also an area identified as a local priority in our Children's Partnership Plan and our locality data.
- 6.2 The budget is coming to the local authority direct from Scottish Government, which has committed to maintaining it over time.

- 6.3 There are no revenue or capital costs associated with the report
- 6.4 There will be no income generated or income savings through this project.
- 6.5 The financial risk that City of Edinburgh council would lose the funding allocated for January to March 2021 has been mitigated through the agreement outlined in the main report.
- 6.6 There were no procurement costs associated with awarding these short-term grants.

7. Stakeholder/Community Impact

- 7.1 An implementation group is in place including EVOC, LAYC, Psychological Services, the Health and Wellbeing Team and CAMHS. We have communicated and consulted with stakeholders through four locality briefings.
- 7.2 The views of children, young people and their families have been gathered through a number of consultation exercises.
- 7.3 Elected Members, the Scottish Government and various other interested parties have been kept apprised of all developments throughout.
- 7.4 The impact on the community will be to provide support more efficiently and locally specifically in relation to mental health for children and young people.
- 7.5 With the aim of providing early co-ordinated supports locally, it is hoped that travel to access services will be reduced therefore having a positive impact on carbon reduction.

8. Background reading/external references

- 8.1 Scottish Government Community Mental Health and Wellbeing Supports and Services Framework.
- 8.2 Phase one funding paperwork.

9. Appendices

- 9.1 Appendix 1 Evaluation of Phase 1 projects

Appendix 1

Children and Young People's Mental Health Report

(Combining *School Counselling* and *Children and Young Peoples Mental Health and Wellbeing Supports and Services Framework*)

Please report for the period January – June 2021

Please provide the following information and return to CYPCommunityMentalHealth@gov.scot (cc Hannah.Axon@cosla.gov.uk) by 7th of July. If you have any questions, please contact us.

Local Authority:

School Counselling

The data provided below will inform on use of the access to counsellors in schools service as well as the outcomes for children and young people accessing counselling through schools.

Access and Outcomes	
Total Number of children accessing counsellors	614
Number accessing in person provision	304
Number accessing provision virtually	11 <u>237 had a mix of virtual and in person</u>
Number of female pupils accessing provision	436
Number of male pupils accessing provision	235
Additional Information Counsellors are still getting used to reporting back their numbers. I am not clear why they don't add up exactly across different areas however all the data indicates that somewhere between 600 and 700 pupils benefited from counselling in Edinburgh through our new counselling strategy enabled by the funds. I have used the breakdown by stage as the most accurate figure for January to June. I think the additional numbers by gender breakdown might be to do with our reporting cycle in 3 month blocks and some young people starting in one term and continuing into another. I think the difference between the counselling total overall and the combined total for virtual, in person and mixed is due to some children not getting 1:1 counselling but receiving group work from the counsellor. I will need to review our reporting template to make it clearer next year and reduce bureaucracy.	
Stage specific data (Jan to June)	P5 x 3
Number of children in P6	25
Number of children in P7	71
Number of children in S1	56
Number of children in S2	88

Number of children in S3	120
Number of children in S4	107
Number of children in S5	87
Number of children in S6	57
Number of children who have reported an improved outcome following access to a counsellor <i>By an appointed counsellor using a Young Person Clinical outcomes in Routine Evaluation (YP-CORE) or a Strengths and Difficulties Questionnaire (SDQ) or another measure</i>	449 – this is likely to be an underestimate. Due to the initial guidance we had asked them to report specifically on improvements in relation to mental health and wellbeing (265) and distress (184)

Referrals In	
Numbers of form of Referral	
Self-referral	58
School Staff	418
Social Services	1
GP	0
School Nurse	0
Health Professional	0
Other	Parents 27

Onward Referrals	
Number of Onward Referrals	
CAMHS	12, support to go to GP additional 14
Child Protection	6 passed concerns on to SW, additional, 14 wellbeing concerns and child protection concerns shared through school system
Other Service	1 drug supports, 1 sexual health supports, 4 other, 3 to counsellor in another CEC school.

Mental Health and Wellbeing issues reported by children and young people			
Exam (school) Stress	183	Self-Harm	109
Trauma	141	Depression	138
Bereavement	66	Anxiety	322
Gender Identity	33	Emotional/Behavioural Difficulties	308 (161 impacting behaviour, 147 other)
Substance Use	13	Body Image	77
Other:	<i>Eating issues / disorder</i> 59 Relationships 190 Self-esteem 227 Sexuality 56 Suicidal thoughts 87 Parental separation 114 Family life 235		

Please complete either question a or b below	
a) Number of counsellors in post	17 FTE for the majority of 2020-21 (21 counsellors currently in post) 4 have left during the year and 3 about to start in August.
b) Number of hours counselling is being provided	This is 612 hours per week and working approx. 45 weeks a year. However they will not be delivering counselling at all times as preparation and planning time is required. I estimate 60% of time is delivery of counselling e.g. 16 524 hours a year or 367 hours a week. We are however getting feedback that demand also drops during the summer holidays with many YP happy to break from counselling.

If there is any additional information that you would wish to report please provide it here. This may include particular themes, patterns, or information not able to be captured above.

Any Additional Information/Comments/Reflections
<p>As mentioned at a recent counselling co-ordinator forum I think training specifically on counselling children and young people with additional support needs would be of value nationally.</p> <p>I had set up a recording format before SG finalised theirs - I wanted quarterly reporting to ensure people kept on top of things. Counsellors are still getting used to the reporting format and I have much more data on demographics. In the mental health areas it would be useful to know if we just want counsellors to report 1 to 3 primary areas of concern or all the areas affecting each YP as many have complex needs.</p> <p>As we have appointed school counsellors direct to schools most requests for counselling (referrals) come via school staff. I therefore think other areas are an under estimate e.g. some self-referrals may not have been counted as they came via pupil support.</p> <p>I would also suggest that we try to move away from medicalised language for school counsellors e.g. I would prefer request for service rather than referral. I feel this is less stigmatising</p>

Children and Young Peoples Mental Health and Wellbeing Supports and Services Framework

Questions below refer solely to services specifically supported by the Community Mental Health and Wellbeing Supports and Services Framework funding and covers services provided through this funding from January - June 2021 per grant letters issued on 27th October 2020.

If you have combined this fund with other funding please estimate the difference *this* funding has made.

An unwillingness or inability of a service user to provide any of the data below should not impact their access to services. If a young person has not provided all data requested, please include them in the total where appropriate.

Total number of children and young people accessing new and enhanced community based services	
Total number of children & young people accessing supports	334
Gender specific data	male 201 female 171
Stage Specific data	Primary 147 Secondary 184 post school 31 parent/carer 195
Optional – any other information you wish to share	We have tried to get services to only report on 'additionality' e.g. paid for by the funds however this is quite tricky and may be a reason why the overall total is different to the combined gender / sector totals.

Emotional Distress Services	
Number of service users accessing emotional distress services	123
Number of service users who have reported an improved outcome following access to emotional distress services	123 (total number improved exceeded total number accessing so figure adjusted down)
Please ensure Q9 in your original plans details how these outcomes have been measured.	

Positive Mental Health and Wellbeing Services	
Number of service users accessing positive mental health and wellbeing services	345
Numbers of service users who have reported an improved outcome following access to accessing positive mental health and wellbeing services	300
Please ensure Q9 in your original plans details how these outcomes have been measured.	

Referrals In	
Self-referral	45
School Staff	65
Social Services	21
GP, School Nurse, Health Professional	18
Other	Parent / carer 114 Internal 12 Third sector 29

Onward Referrals	
CAMHS	4 (plus 1 to GP)
Child Protection	5 (plus 3 SW)
School Counselling	3 explicitly school counselling (total 10 counselling / therapy)
Other	Church 1 Housing 1 Third sector 17 Clothes bank 1 School 1 Other 1

Mental Health and Wellbeing issues reported by children and young people			
Exam /school related Stress	146	Self-Harm	47
Trauma	121	Depression	163
Bereavement	80	Anxiety	215
Gender Identity	16	Emotional/Behavioural Difficulties	204
Substance Use	22		
Other:	Eating disorder or issues 38, Family life 213, sexuality 14, suicidal thoughts 38, Relationships 95, body image 41, parental separation 55, Self-esteem 169 (other issues commented on once or more - loneliness / isolation, deaf identity, parental mental health / substance use, domestic violence, transition, young carer, family imprisonment, Tourette's, issues related to ASN)		

Optional

It would be helpful if you can provide the following informational where available.

At Risk* Groups	
Number of At Risk service users accessing emotional distress services	108
Number of At Risk service users accessing positive mental health and wellbeing services	277
Number of At Risk service users who have reported an improved outcome following access to emotional distress services	91
Number of At Risk service users who have reported an improved outcome following access to accessing positive mental health and wellbeing services	169
Optional - Comments	

Notes:

*By *At Risk* we mean those at higher risk of mental health issues which may include LGBT+ young people, deaf communities, young parents and carers, children and young people with learning disabilities, or complex needs, care leavers etc. Note this list is not exhaustive, if you have identified a group of young people as specifically in need of support locally please provide further details below.

Any Additional Information/Comments/Reflections

We plan to work with organisations to improve the quality of our data reporting over time and increase internal consistency.

Due to the nature of the data being sought there is likely to be double counting in certain areas e.g. some YP might be considered to be accessing wellbeing supports and support for distress.

Data Usage

Collation of the local authority reports will be utilised by Scottish and Local Government to understand progress towards the aims for Scotland's children and young people's Joint Delivery Board. Aggregate data may be published.

First Phase of the funding

- Big Hearts Community Trust
- Canongate Youth
- Citadel Youth Centre
- Collaborative Partnership: City of Edinburgh Council, LAYC, NHS
- Cyrenians
- Deaf Action
- Firsthand Lothian
- Granton Youth
- Multi-Cultural Family Base
- NHS Lothian Psychology Adding Value: Epilepsy Screening (PAVES)
- NHS Lothian Training in Psychological Skills-Early Intervention for Children (TIPS-EIC)
- One Parent Families Scotland / Family Journeys
- Richmond's Hope
- Safe Families
- SCOREscotland
- Space & the Broomhouse Centre
- Stepping Stones / Circle
- Tailor Ed Foundation

- The Junction North East
- The Speech Language Communication Company
- The Yard
- Wester Hailes Youth Agency
- With Kids
- YMCA / Pilmeny Development Project

Please note more detail of what each project is addressing and the funding provided is available on the EVOC Website, link as follows-

<https://www.evoc.org.uk/wordpress/wp-content/media/2021/04/Mental-Health-Phase-One-Funding-Report.pdf>

[Community Mental Health & Wellbeing Phase One Funding Report - EVOC](#)

Community Mental Health & Wellbeing Phase One Funding Report 1. Background
Scottish Government announced funding in September 2020 for councils to meet the following

www.evoc.org.uk