

**EMOTIONAL WELLBEING AND MENTAL HEALTH FRAMEWORK FOR ALL  
CHILDREN AND YOUNG PEOPLE IN DARLINGTON**

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**SUMMARY REPORT****Purpose of the Report**

1. To report on the work of the Emotional Wellbeing and Mental Health Strategy Group
2. To inform the Children and Young People Scrutiny Committee about 'Promoting the emotional health of children and young people: Guidance for Children's Trust partnerships, including how to deliver NI 50 – Emotional Health of Children (DCSF-January 2010)

**Summary**

3. The Emotional Wellbeing and Mental Health Framework for all Children and Young People in Darlington has been developed through the Strategy Group, following wide ranging consultation. It was launched in September 2010 and is now available on the Children's Trust Board web site.
4. The Strategy group has developed an action plan from further consultations undertaken at the launch event.
5. The Framework and action plan are in line with non statutory guidance on promoting the emotional health of children and young people provided for Children's Trust partnerships by the DCSF in January 2010
6. In March 2010, the Children's Trust Board accepted the recommendation that the Strategy Group should continue to forward the Framework and the action plan

**Recommendation(s)**

7. It is recommended that:-
  - (a) The Children's and Young People Scrutiny Committee supports the further development of the Emotional Wellbeing and Mental Health Framework for all children and Young People in Darlington through the Emotional Wellbeing and Mental Health Strategy Group

**Murray Rose,**  
**Director of Children's Services**

## Background Papers

Emotional Wellbeing and Mental Health Framework for all Children and Young People in Darlington available on *Darlington Children's Trust web site* which can be accessed through the Children's Services web page

Promoting the emotional health of children and young people: Guidance for Children's Trust partnerships, including how to deliver NI 50' (DCSF-January 2010)

<http://www.dcsf.gov.uk/everychildmatters/resources-and-practice/IG00639/>

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S17 Crime and Disorder	A Child or Young persons emotional health may impact on their behaviour and could link to crime and disorder
Health and Well Being	Good Emotional Health and Well being will have a positive effect on the overall health of all children
Sustainability	This Action Plan has no impact on sustainability
Diversity	This Framework covers all groups of Children and Young people in Darlington
Wards Affected	All Wards
Groups Affected	Children and Young People
Budget and Policy Framework	There is no direct impact on the Budget and Policy Framework
Efficiency	There are no implications for efficiency
Key Decision	This is not a key decision
Urgent Decision	This is not an urgent decision
One Darlington: Perfectly Placed	The Emotional Health and Wellbeing Framework has links with both the Healthy Darlington and the Aspiring Darlington themes through "Encouraging people to adopt healthy lifestyle choices, including diet, physical exercise and activities that support mental health and well being" and through Early intervention and preventative working to "ensure that children, young people and their families can easily access the services they require to meet learning, health and benefits needs; making early interventions to address behaviour issues and provide behaviour support services"

## MAIN REPORT

### Information and Analysis

8. In Darlington, the Strategy Group for 'Emotional well-being and mental health for all children and young people in Darlington' was established in July 2008 with representatives from health, social care, education and the voluntary sector. This Strategy group has links with and receives regular updates from relevant activities and interventions currently in place in Darlington, including Healthy Schools, Social and Emotional Aspects of Learning (SEAL), Anti-Bullying, Parenting and CAMHS Operational Groups. Following wide ranging consultation, the Strategy Group developed a reference framework for everyone working with children and young people, which was launched at a very successful event in September 2009. The framework and the presentations from the launch event are available on the Children's Trust website. The Framework has also been recognised as an example of good practice by the National CAMHS Support Service.
9. The Strategy Group has analysed responses to the consultation workshops which took place at the launch event and developed an action plan. The key areas for this action plan are
  - Further developing awareness and understanding of emotional wellbeing and mental health through the development of the integrated teams and partnership working.
  - Developing a child and young person friendly version of the Framework
  - Continuing to collect information and data on the work being undertaken across all agencies to support emotional wellbeing and mental health
  - Linking with commissioners to ensure maintenance of current good practice and quality assurance and further development to promote emotional wellbeing and mental health
  - Reviewing the Framework and organising a further event to celebrate and promote work around emotional wellbeing and mental health
10. In January 2010, non statutory guidance was issued 'Promoting the emotional health of children and young people: guidance for Children's Trusts partnerships including how to deliver NI 50' (DCSF-January 2010). This guidance emphasises the importance of the emotional health of children and young people to the wellbeing and future prospects of individuals and communities. It sets out to assist senior managers with leadership or commissioning responsibilities in developing a strategic approach to promoting emotional health. It recommends that Children's Trust work with their partners and the local strategic partnership to
  - Provide leadership around the issue of emotional health using appropriate partnership structures with representatives from relevant local authority, primary care trust (PCT), mental health trust and voluntary sector services
  - Provide a coherent vision for children and young people's emotional health that parents, managers and frontline staff can understand, commit to and be part of.
  - Develop a strategic approach to commissioning emotional health services
  - Produce a prioritised action plan to deliver significant progress by 2011
11. The work in developing and publicising the Framework for **Emotional well-being and mental health for all children and young people in Darlington** and the action plan are in line with the this Guidance. The Framework identifies seven key areas (maternal mental health, positive parenting, physical, creative, recreational activities and space, whole school/setting approaches, high quality education and training, targeted support and specialist intervention for those at risk and community programmes to support access and equality) which are similar to those presented as an overview for directors of children's services and PCT children's leads in the DCSF Guidance. This DCSF guidance emphasises that 'Promoting emotional health requires a cross-cutting, strategic approach to ensure that a

wide range of activity is co-ordinated and focused on shared aims and outcomes'. The Framework developed in Darlington underpins such an approach.

### **Outcome of Consultation**

12. On 19th March 2010, The Children's Trust Board accepted the recommendation that Strategy Group should continue to development of the Framework for emotional wellbeing and mental health for all children and young people in Darlington through the implementation of the action plan and provide a regular report to the Children's Trust Board.

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Charmian Hobbs  
Principal Educational Psychologist  
Chair of Strategy Group