

<b>DECISION-MAKER:</b>	<b>HEALTH AND WELLBEING BOARD</b>		
<b>SUBJECT:</b>	HEADSTART MODEL		
<b>DATE OF DECISION:</b>	27 JANUARY 2016		
<b>REPORT OF:</b>	HEADSTART MANAGER		
<b><u>CONTACT DETAILS</u></b>			
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<b>STATEMENT OF CONFIDENTIALITY</b>			
None.			

### **BRIEF SUMMARY**

HeadStart is a BIG Lottery funded programme. It is a multi-agency project that aims to improve the mental health and emotional wellbeing of 10-16 year olds who are at risk of developing mental health problems.

It has 3 phases: 1) development (complete), 2) pilot delivery (current) and 3) a large bid for up to £10m over 5 years (submission due 26 February 2016). Southampton is 1 of 12 HeadStart areas in England. Only those currently delivering phase 2 are eligible to bid for stage 3. This presents a significant opportunity for the City, with a focus on early intervention.

The Phase 3 of HeadStart aims to achieve:

- Socially significant improvement of the mental wellbeing of at-risk young people.
- Reduction in the onset of diagnosable mental health disorders.
- 'Positive transitions', such as reduced engagement in 'risky' behaviour e.g. Substance abuse, self-harm.
- Improved employability.
- Outcomes embedded within local systems.

### **RECOMMENDATIONS:**

The Health and Wellbeing Board is asked to:

- (i) Note and comment on the HeadStart Strategy.
- (ii) Note that the delivery of a sustainable model for children and young people's wellbeing relies on partners to be engaged and involved in the development and implementation of the HeadStart Strategy.

### **REASONS FOR REPORT RECOMMENDATIONS**

1. The Health and Wellbeing Board has a significant interest in the successful implementation and delivery of the HeadStart Strategy. Its key principles and proposed outcomes support the Health and Wellbeing Strategy priority of 'Best Start in Life'. In addition, the universal support model will help reduce pressure on acute health services in the future whilst signposting those who need more specialist support.

## **ALTERNATIVE OPTIONS CONSIDERED AND REJECTED**

2. None.

## **DETAIL (Including consultation carried out)**

### **BACKGROUND**

3. HeadStart Phase 3 aims to build on the learning from this pilot year where we have delivered 9 projects or activities, mostly in schools, to improve young people's resilience. Current activities include Emotional First Aid, mindfulness, LINX (behaviour programme), school counselling, media mentors, young carers and green spaces, community champions, leaders programme, primary to secondary school transition projects. However phase 3 is significantly more ambitious and will establish a whole system change for children and young people, focused on schools, families, communities and online/digital issues. If successful HeadStart 3 will provide a substantial investment in prevention and early interventions in school and community settings that will directly benefit young people and help to stem the flow of referrals for both higher – tier CAMH's and Children's Safeguarding services.
4. A robust Phase 3 development and strategy is crucial to achieving success in this programme and key activities have been taking place over the last quarter. The programme moving forward will be led by the Integrated Commissioning Unit but with strong links to the Children and Families Services. Corporate links also include support from Communications, Cross-Service Analysts, Strategy Team, Education and Public Health.
5. Phase 3 will also contribute towards other key strategies and plans e.g. prevention and early intervention strategy. Reporting structures include reporting to 0 – 19 Commissioning Group, the Integration Board and Health & Well-being Board. The proposed new model will be presented to Cabinet for approval on 19 February 2016.

### **DEVELOPMENT OF THE PHASE THREE MODEL**

6. The phase 3 development model, that will form the core of the strategy to improve the mental well-being of 10-16 years, is attached at Appendix 1. The model includes the following key elements:
7. Mission Statement:  
A clear communication of what the programme is meant to achieve and how it is going to achieve that has been developed by the partnership and led by one of our HeadStart apprentices. This statement of intent ensures a common understanding across the stakeholders and drives the decision-making.
8. Vision:  
'HeadStart Southampton will increase happiness and mental well-being for

children in Southampton. Communities, families and schools will work together to help children to cope with difficulty, and to thrive in life.'

Our ambition is that children and young people;

- Feel happy and supported and thrive;
- Are empowered to make good life choices;
- Have a sense of belonging;
- Are confident and ambitious and can pursue their aspirations;

And

- Everyone in Southampton can talk supportively about mental health;
- Communities, schools, parents and children and young people work seamlessly to give children and young people the support they need.

9. The delivery model is still being refined further but currently includes three core elements:

- *Universal* - 3 locality teams providing training and capacity building in the workforce. They will help to form a Community of Practice where those working with children and young people are able to share ideas and best practice, and work together to increase opportunities and wellbeing for young people. The locality teams will also be the people 'on the ground' co-located in schools. They will be increasing young people's involvement and supporting identified children and families through the activity elements.
- *Universal Plus* - Safe places to be and safe places to talk (which includes the digital world). This will consist of 1:1 counselling in school, community and online. A trusted adult delivering activities but also signposting children and families to activities provided within the community. Commissioning of activities driven by what young people want. Peer to peer mentor support. Primary to secondary school transition support.
- *Universal Partnership Plus* - More targeted help for children, young people and families who are at risk (for example those living with domestic abuse at home or those who are persistently absent from school or at risk of exclusion). A weekly integrated Early Help/Families Matter/HeadStart locality meeting will act as the single point of access to appoint a lead professional and 'Team around the Family', undertake universal help assessment and deliver evidence based parenting programmes.

The model has been developed following analysis of key information within the city's Joint Strategic Needs Assessment. Details of the key issues and needs identified are attached in Appendix 2.

### **KEY CONSULTATIONS AND AUDITS**

10. Phase 3 development is utilising a Theory of Change methodology supported by the Big Lottery via Deloitte and Young Minds 'support and development' consultants. Two 'decision-making' workshops have been held on 13 and 30 November with members of the 0-19 Strategy Group and other key decision-makers. An additional stakeholder event was held on 25 November with existing and potential providers and other interested parties (32 participants) which sense checked our developing model and generated further ideas.

11. A Children and Young People's Engagement and Participation sub group has been established with support from a Young Minds consultant. HeadStart 'took charge' of the city's second re-launched Youth Forum event on 7 December and 45 young people from 8 schools and 1 college attended. No Limits, Saints Community and the Council ran mental well-being workshops on key issues of bullying, primary to secondary transition and healthy lifestyles. Further work to test the child's journey through the model will be undertaken by the HeadStart young people's 'shadow board', supported by the Council's newly appointed Participation Worker. This will include a robust phase of co-production with young people to further refine the model and provide a model for co-production moving forwards.
12. An education focused workshop was held on 8 January 2016 with school leaders to test the model with case studies, to clarify the mechanisms to be used and to ensure the right children receive the right intervention at the right time within the programme and how this will relate and add value to the wider 'early help' system. This will ensure clear entry and exit routes and step-up / step-down processes to meet and manage demand during the programme.

### **IMPROVEMENT OUTCOMES**

13. The overall expected outcomes from the HeadStart programme are:
  - Right time, right person, right place;
  - Young people are better able to be engaged in activities they enjoy & learn from;
  - Quality assured and consistently held to account by young people;
  - Children have channels through which they can express themselves and feel heard;
  - Professionals share good practice and ethos.

This will lead to:

- Increased school attendance and attainment;
- Increased well-being, self-esteem and empathy;
- Reduced risky behaviour, reduced bad behaviour;
- Less children feel isolated;
- Community of practice established and further developed. YP involvement strong.

Therefore children:

- Feel happy and supported and thrive;
- Are empowered to make good life choices;
- Have a sense of belonging and interact positively with each other;
- Are confident and ambitious and can pursue their aspirations;

And:

- Everyone in Southampton can talk supportively about mental health (it is destigmatised);
- Communities, schools, parents & children work together to give children the support they need.

## KEY MESSAGES FOR THE HEALTH AND WELLBEING BOARD

14. There is already clear synergy across the strategic, service and commissioning plans covering the ongoing transformation of services for children and families in Southampton with the HeadStart programme. The 2015-25 Southampton Connect City Strategic Plan, the 2014-17 Southampton City Council Strategic Plan and the City's Health and Wellbeing Strategy all highlight as priorities the wellbeing of young people and families in a City that provides a positive place for our children and young people to grow up safe, healthy, achieving well, making choices that allow them to face their future prospects with confidence.
15. Our HeadStart proposals will compliment and align with the wider service offer across a range of current activity areas of change. The Health and Wellbeing Strategy 2016-2021 currently under development will reference the critical role we see for creating the environment in our city in which many more of our children get their needs for extra help met early; but where the most vulnerable that still require intensive support get all that they need. We have a good understanding of our population needs, improving schools and colleges, a growing economy and a number of innovative services providers.
16. Our CAMHs transformation (Future in Mind) proposals are well developed, our Prevention and Early Intervention Strategy for children and families align well with our Better Care proposals and our commissioning of a range of services – Southampton Healthy Ambition, Families Matters/Early Help, School Attendance Action Plan and Domestic Violence are better aligned than they have been. Integrated Commissioning arrangements across health and social care are well placed to maintain this strong strategic alignment of our efforts. A number of common issues or themes have or are emerging.
17. The issues are based on stakeholder feedback/discussion, “what works” as interventions in these areas and commonalities across the programme aims and activities. The issues are noted here to ensure joined-up approaches and wider linkages across strategic activity. The issues include:
  - Domestic violence and its impact on children, young people and parenting capacity including in some families familial violence and/or angry, aggressive behaviour in schools.
  - Parenting Programmes that build capacity for more of our families to cope, and help their children to cope with challenging circumstances.
  - Development of behaviour management approaches from universal services upwards that are founded upon Restorative Practice / Restorative Justice principles and models.
  - Prevention and Early Intervention service offers that include earlier identification of CYP and families “at risk” of problems emerging.
  - A better defined vision for the role of Universal Services in wider child & family well-being.

## RESOURCE IMPLICATIONS

### Capital/Revenue

6. The HeadStart programme provides the city with a significant invest to save opportunity of up to £10M over 5 years and will be delivered with no additional cost to the LSCB. HeadStart phase 3 if successful will result in a

substantial boost in the early help available to young people in a variety of settings; school, family, community and in the ever-increasing digital realm which will increase the city's safeguarding capacity. It will add value but not duplicate existing provision and be an inter-dependent programme as part of the wider early help and safeguarding system.

**Property/Other**

7. None.

**LEGAL IMPLICATIONS**

**Statutory power to undertake proposals in the report:**

8. None.

**Other Legal Implications:**

9. None.

**POLICY FRAMEWORK IMPLICATIONS**

10. None.

**KEY DECISION?** No

<b>WARDS/COMMUNITIES AFFECTED:</b>	All
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**SUPPORTING DOCUMENTATION**

**Appendices**

1.	HeadStart Model
2.	Key issues and needs for children and young people's wellbeing

**Documents In Members' Rooms**

1.	

**Equality Impact Assessment**

Do the implications/subject of the report require an Equality Impact Assessment (EIA) to be carried out.	No
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**Other Background Documents**

**Equality Impact Assessment and Other Background documents available for inspection at:**

Title of Background Paper(s)

Relevant Paragraph of the Access to Information Procedure Rules / Schedule 12A allowing document to be Exempt/Confidential (if applicable)

1.		
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