

# Emotional Behavioural Difficulties Regional Sub Group

Wednesday 19 February 2020  
Action Planning

Based on analysis from EBD/Children with Disability Survey 2016; CAMHS/Youth Justice Work 2019; Locality Planning Groups Feedback 19/20; Family Support Hubs 2019



# Issues affecting young people:-

**NI Family support Hubs** Referrals Year ending March 19 total referrals **7,137:-**

EBD support for primary school children	= <b>1,899(27%)</b>	Parent supp = <b>1,298(18%)</b>
EBD support for post primary school children	= <b>850(12%)</b>	Youth activities = <b>354(5%)</b>
Counselling Services for children & young people	= <b>711(10%)</b>	Financial Supp = <b>313(4%)</b>
One to one support for young people	= <b>651 (9%)</b>	<b>Total</b> = <b>1,965(28%)</b>
EBD support for parents	= <b>578 (8%)</b>	
EBD support for pre-school children	= <b>483 (7%)</b>	
<b>Total</b>	= <b>5,172(72%)</b>	

## Locality Planning Groups:-

- More complex mental health needs – (EA Education Welfare)
- Unable to meet complex mental health needs – (Oasis Youth)
- Rise in Social Anxiety amongst young people – (Sport co-ordinator ABC Council)
- Families willing to access support but inability to attend appointments due to transport issues (as CAMHS who don't offer home visits) – (EA Education Welfare)
- Increasing demand for 2 year old programme for children with early indications of ASD (SureStart)
- Parents highlighting that children & young people's mobile usage and screen time is a major source of stress for them-children still taking risks online and relationships breaking down in the home as a result (SureStart and Others)
- Children with anxiety and co-parenting as a result of separation are emerging need. (BCM)
- Anxiety in young primary school aged children, bullying and peer pressure in local schools. (EA Education Welfare)



# Issues affecting young people cont'd:-

- Emerging needs: drugs, alcohol, addictions, homelessness & social isolation. (Clanrye Group)
- Exam stress is an ongoing need, per feedback from young people. (EA Youth Service)
- Recent referrals primarily linked to emotional regulation and seeing online safety affecting children as young as P6/7, as well as social anxiety associated with mobile phone usage. (CAPS / NIACRO)
- Reduced timetables across Schools in relation to EBD issues (CYPSP Survey 2019)

## Resource for Emotional & Mental Health & Wellbeing

- Work commenced on gathering information on all services for children & young people regarding emotional and mental health and wellbeing. Work continuing.

## Our Journey Through Disability

As a result of the event recommendations, the Children & Young People's Strategy Team have amended the CYP Strategy to include the following statement in Red:

- “5.10 It is also important that the Strategy and any action taken to improve the well-being of children and young people take account of their stage of development and age, recognising that the needs of young children are very different from teenagers, and vice versa. **It is important to recognise that actions and services should take into account children and young people's varying levels of development, abilities and need rather than simply their chronological age.** An important aspect of this principle is the need for children's and adult services to work together to ensure flexibility in respect of young people transitioning into adult life or adult services, so that this is managed effectively with a focus on supporting the young person.”



# Barriers/Challenges

- Lack of data in relation to children with a disability requiring emotional well being support.
- Young people can be reluctant to involve parents/carers
- Services remain under-resourced – particularly for ASD/ADHD and could benefit from more research to bring up to date with current thinking
- Waiting lists
- Identifying Gaps
- Measuring outcomes
- Negative attitudes towards CAMHS
- Lack of parental support into CAMHS
- Accessing the GP for a referral is a barrier
- Lack of understanding of CAMHS and a stigma of attending mental health service
- Young People have Chaotic lifestyles
- Lack of understanding of referral processes into CAMHS





# Gaps

## Performance Measure 6: Main Presenting Reasons Unmet - 2018/19

### Unmet Need:

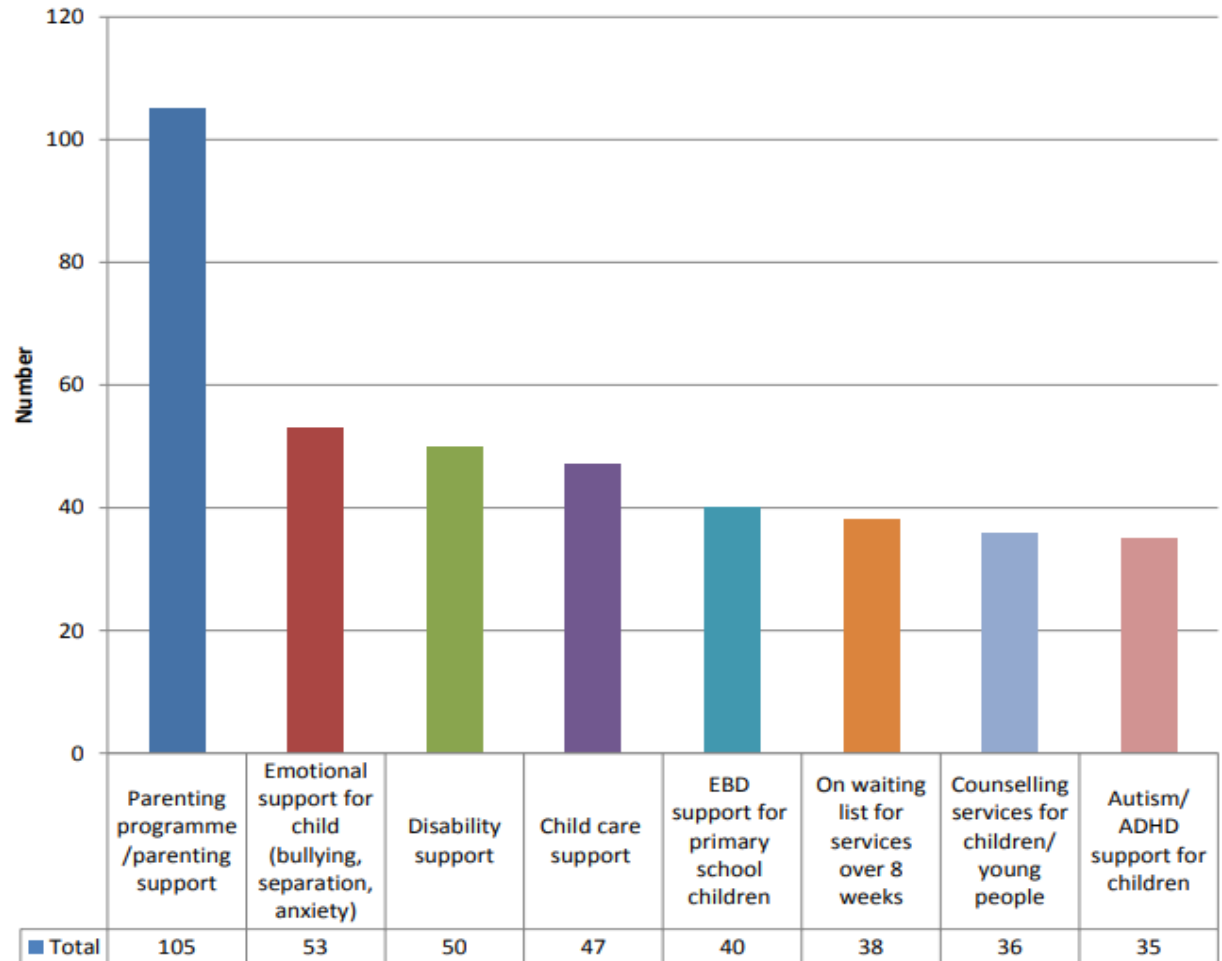
Requests for Parenting Programmes /support was the highest unmet need in 2018/19.

This was the second highest presenting reason for referrals.

This was followed by Emotional support for child (bullying, separation, anxiety) and Disability Support.

Childcare support is also an unmet need and EBD support for primary school children.

*Please note: Some families require more than one service which the hubs were unable to meet.*



Source: Family Support Hubs



# Gaps

- To feel that we are listened to and heard and action taken on what we say for our children (Parent)
- Consistency, knowledge, co-ordination filling the gaps (Parent)
- Respect, feeling believed and acknowledged – access to counsellor for whole family (Parent)
- Greater accurate communication and use of PPI and co-production for carers/service users to participate in service developments and holistic pathways (Parent)
- A one stop shop for support – key point of contact to support and signposting (Parent)
- Community Outreach
- Good News stories.



# Recommendations

1. Evaluation of existing services
2. Involving children and young people and parents in designing , improving and developing services
3. Outcomes agreed with children, young people and parents
4. Using outcome tools and evaluation methods
5. Record unmet need as identified by service users to inform future planning
6. More earlier intervention services
7. Listening, recognising different abilities and engaging
8. Social media and other forms of communication for awareness raising
9. Direct contact with Schools
10. Communication and Feedback on service delivery and emerging needs
11. More staff training
12. More integrated care, multi-professional approach rather than working in isolation
13. Counselling services for siblings and family groups
14. More community focus is needed away from clinical settings promoting outreach
15. Dedicated flexible worker
16. Easier referral process into CAMHS
17. Be more aware of parents needs as professionals can assume parents know more about issues affecting their child than they really do.

