

# Health and Wellbeing Board

3 May 2023

## Mental Health and Wellbeing of Infants, Children, and Young People Joint Strategic Needs Assessment

### Recommendations

That the Health and Wellbeing Board:

1. Notes and endorses the findings and recommendations arising from the Mental Health and Wellbeing of Infants, Children, and Young People Joint Strategic Needs Assessment (JSNA);
2. Approves the publication of the Mental Health and Wellbeing of Infants, Children, and Young People JSNA and the development of an associated action plan that will be owned and delivered by the Children and Young People's Partnership; and
3. Notes the role of the Children and Young People's Partnership, as an informal sub-group of the Health & Wellbeing Board, in overseeing the delivery of the recommendations from this JSNA and promote the group accordingly to ensure the right stakeholders are involved to deliver action based on the JSNA recommendations.

### 1. Executive Summary

- 1.1 The Mental Health and Wellbeing of Infants, Children, and Young People JSNA is the final Needs Assessment in the work programme approved by the Health and Wellbeing Board on 7 July 2021.
- 1.2 The JSNA seeks to analyse the current and future wellbeing needs of the local population to inform the commissioning of health, wellbeing, and care services. The JSNA aims to establish a shared, evidence-based consensus on the key local priorities across health and care by bringing together key partners and stakeholders from across the system to provide insight and interpretation to inform decision making. This intelligence supports and enables the prioritisation of resources and the redesign and commissioning of services that will improve outcomes for Warwickshire's residents.
- 1.3 The Mental Health and Wellbeing of Infants, Children, and Young People JSNA has been timed to support the recommissioning of the Warwickshire children and young people commissioned service due in 2024.

- 1.4 This JSNA also aligns with all three priorities from the Health and Wellbeing Strategy; to help our children and young people have the best start in life, to help people improve their mental health and wellbeing, particularly around prevention and early intervention in our communities, and to reduce inequalities in health outcomes and the wider determinants of health.
- 1.5 The Mental Health and Wellbeing of Infants, Children, and Young People JSNA makes the following overall recommendations:
- There are a wide range of factors that impact children and young people's mental health and wellbeing. All partners and organisations in Warwickshire have a role to play in improving the mental health and wellbeing of our children and young people. In order to prevent poor mental health outcomes, all services and practitioners involved with children and young people need to consider how they can positively affect children and young people's mental health.
  - The prevalence of mental health conditions has increased in recent years. Twinned with an expected increase in the population aged 0–25 years, it is reasonable to assume the prevalence of mental health conditions is likely to rise. As a result, the evidence and recommendations from this JSNA should be used to inform any future commissioning activity related to children and young people's mental health and wellbeing; including the issues around meeting capacity and demand.
  - There is a strong relationship between physical and mental health, with the millennium cohort study finding that high BMI at a young age was a predictor for poorer mental health later, and vice-versa. Services need to approach physical and mental health together in a holistic way to ensure the best outcomes for children and young people.
  - In order to improve mental health and wellbeing, a focus on protective factors and what improves the mental health of this age group is crucial. Considering proactive ways to strengthen mental health and wellbeing and intervene early to prevent worsening ill health is as important as identifying risk factors.
  - The national Mental Health of Children and Young People survey found that in 2022, 36.8% of children aged 11-16 years self-reported experiencing loneliness. We must strengthen social support and support networks around children.
  - From our mapping of engagement with children and young people in Warwickshire, they said that social stigma still exists around mental health, this needs to be addressed.
- 1.6 The recommendations from the JSNA will be translated into actions the delivery of which will be overseen by the Children and Young People's Partnership as an informal sub-group of the Health & Wellbeing Board. The

sub-group will report back to the Healthy and Wellbeing Board.

## 2. Financial Implications

2.1 No financial implications arise directly from this report. All work required to deliver on the recommendations will be met from within existing approved budgets.

## 3. Environmental Implications

3.1 None.

## Appendices

Appendix 1 – Mental Health and Wellbeing of Infants, Children, and Young People  
JSNA

## Background Papers

No background papers.

|                    | <b>Name</b>  | <b>Contact Information</b>   |
|--------------------|--|--|
| Report Author      | Michael Maddocks,<br>Duncan Vernon,                                  | michaelmaddocks@warwickshire.gov.uk<br>duncanvernon@warwickshire.gov.uk                |
| Assistant Director | Shade Agboola –<br>Director of Public<br>Health                      | <a href="mailto:shadeagboola@warwickshire.gov.uk">shadeagboola@warwickshire.gov.uk</a> |
| Strategic Director | Nigel Minns<br>Strategic Director for<br>People                      | <a href="mailto:nigelminns@warwickshire.gov.uk">nigelminns@warwickshire.gov.uk</a>     |
| Portfolio Holder   | Cllr Bell<br>Portfolio Holder for<br>Adult Social Care<br>and Health | <a href="mailto:margaretbell@warwickshire.gov.uk">margaretbell@warwickshire.gov.uk</a> |

The report was circulated to the following members prior to publication:

Local Member(s): None

Other members: Councillors Bell, Drew, Golby, Holland, and Rolfe