



# COMMUNITY PLANNING WEST DUNBARTONSHIRE

**Report by the Chief Education Officer**

**Management Group : 3 February 2022**

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## **Subject: Nurtured DIG Update**

### **1. Purpose**

1.1 The purpose of this report is to:

- update members on the work of the Nurtured Delivery and Improvement Group (DIG).

### **2. Recommendations**

2.1 CPWD is asked to:

- note progress and focus of work responding to and reflecting challenges of COVID19 by the Nurtured DIG.

### **3. Background**

3.1 Through multi-agency planning, the Nurtured DIG aims to ensure:

- all WDC children have the best start in life and are ready to succeed;
- families are supported in accessing education, learning and attainment opportunities and
- ensure improved life chances for all children, young people and families.

3.2 The Nurtured DIG aims reflect the ambitions of WDC's Integrated Children's Services Plan 2021-23. (App.1)

3.3 In response to COVID19 partners have re-aligned priorities and support addressing challenges faced by children, young people and their families at this time.

3.4 Since March 2020 all Nurtured DIG engagement has been remote with a focus on supporting the wellbeing of our stakeholders.

3.5 All partners have faced significant challenges in service delivery throughout the pandemic. Its impact on our children, young people and families will continue to influence our planning and focus for time to come. We know

through experience and consultation that more families are in need of help to mitigate against the impact of poverty, that the emotional well-being of our children and young people and those who care for them has been impacted and that the repercussions on child development, attainment and achievement will continue to become more evident over time. Therefore, our plans and priorities will remain agile to address these issues.

- 3.6** Our Plan embeds the principles of Getting It Right for Every Child and ensures the United Nations Convention of Children's Rights is central to the development of our supports, services and engagement with all stakeholders.

#### **4. Main Issues**

- 4.1** Health Services have ensured all care experienced children and young people (CYP), including those looked after at home and in kinship care have access to appropriate medical, dental and mental health care via the Looked after Children (LAC) and Young People Health Service. A Steering Group has been established to ensure regular review and planning of progress. An example being planning for a LAC nurse to attend Social Work team meetings to further increase awareness of LAC health service and referral procedures. Reasons for non- referrals are being audited via Carefirst and inputting is improving. Feedback from CYP is being explored in terms of a title to replace the term ' LAC nurse'.

An effective client mapping list established during the pandemic ensured a rapid way to identify children most at risk cross referencing with Social Work.

- 4.2** Work continues across all services and partners to improve our approaches to early identification of neglect. This ensures all vulnerable children remain a priority and that multi- agency meetings and care planning meetings are prioritised and informed by the Team Around The Child (TATC). All supervision sessions ensure standards of care are maintained. A cycle of multi-agency auditing is due to commence; ensuring robust Quality Assurance processes which inform improvement.

We have supported and developed staff confidence in the use of chronologies and the continuing development of methodology and practice in respect of multi-agency chronology building. These sessions ensured consistency in approach and understanding from staff.

- 4.3** A priority of Children and Young People's Mental Health Community Supports and Services group is to establish a new service for young people experiencing emotional distress with the aim of "ask once get help fast". The new service 'West Dunbartonshire Distress Brief Intervention Associate Programme for young people aged 16yrs to 24yrs (26yrs for care experienced young people)' is specifically aimed at supporting young people who are experiencing 'emotional distress' and not requiring clinical interventions. Further mental health and wellbeing supports established include:

- A Blended approach to access counselling which offers face to face/on-line/remote and available 24hrs per day and 365 days per year via a range of providers;
- 14 schools' counsellors in post across our Secondary Schools;
- 12 staff completing the COSCA Accredited Counselling Skills Course;
- Additional funding has enabled a Child and Adolescent Therapist to be employed by CAMHS to focus support purely on WDC children and young people;
- The TogetherAll mental health support app which has been made available to all young people 12-24 in WDC. It is moderated by trained professionals and clinicians who assess mental health risk and signpost to appropriate supports. Uptake has been low and most young people accessing have been between the ages of 16 and 24;
- Staff trained in mindfulness delivering in 2 secondary schools ;
- Season for Growth groups in all schools for pupils who have experienced change and loss. This programme has been revised and adapted to support and address the challenges of the Pandemic;
- A further 2 educational psychologists and 6 teachers have now been trained in the delivery of LIAM (Let's introduce anxiety management), a CBT informed approach to supporting children and young people. This intervention is now being offered to a small group of pupils with coaching in the approach being delivered by the Early Intervention TIPS Project;
- Psychological service continue to build capacity in schools to support resilience and mental health of pupils using a range of evidence based approaches including Solihull and Nurture and Paths ( Promoting alternative thinking Skills );
- Working as part of the CPWD Self-Harm Sub Group 3 educational psychologists have been trained in the delivery of what's the harm, with consideration now being given to the role out of this training to staff in secondary schools using a cascade training model.

**4.5** School nursing service continues to offer a limited emotional wellbeing service to Young People. A Webprolo survey is being designed to encourage service user feedback. Data will be used to support service improvement. There has been an increase in referrals to support children experiencing anxiety. The team have been trained in the delivery of Let's Introduce Anxiety Management (LIAM), a Cognitive Behaviour Therapy (CBT) approach, supporting those with elevated levels of distress who do not meet CAMHS criteria. This has been successfully delivered virtually and will move to face to face delivery in time.

**4.6** It is recognised that the gap in dental health inequalities is widening as a result of the pandemic, with increased numbers of emergency care referrals. As such, we continue to work as collaboratively and pro-actively as possible to

address and support good oral health habits where we can; whilst giving due cognisance to the pandemic.

As part of the Covid recovery service plan, Dental health input to families will be increased for a period of time to try and re-establish contact. Educational Services will continue to work in partnership with the National Dental Inspection Programme and Childsmile Programme Leaders. Whilst tooth brushing programmes have still to re-commence, in schools, plans are in place to undertake the National Dental Inspection Programme and The National Fluoride Varnishing Programme. All Early Years children and all P1 and 2 children were provided with new toothbrushes and toothpaste to add to Christmas gift bags etc. with extra provided for siblings. At local level all partners are encouraged to promote and share toothbrush resources with families they support.

- 4.7** Work by Glasgow University who were commissioned by West Dunbartonshire Health & Social Care Partnership on behalf of the wider community planning partners is underway as detailed below.

Phase 1 of [CYP Community Mental Health Supports & Services Review](#) complete.

Phase 2 - Engagement with CYP & their families is underway. This work will explore their experiences of accessing mental health support, mental health information, and their understanding of the resources within the local area. To guide and evaluate the review, a steering group of young people will participate in a series of exercises including focus groups.

2020/21 funding- 11 short term projects completed.

Total of 390 individuals were involved with projects - 28 parents and carers, 67 staff and 295 children and young people with a further 111 CYP to benefit over the course of the next 12 months.

- 4.8** Developing a Mental Health First Aid Ambassador Programme has started with a delivery group established which meets monthly. The membership of the group includes the National Distress Brief Intervention (DBI) Programme Lead, National DBI Service Manager, Police Scotland, Scottish Fire and Rescue, representation from Mental Health Services, Primary Care, Health Improvement, Specialist Children's Service, LAAC Services, Education, Learning and Attainment. The delivery group is co-chaired by West Dunbartonshire HSCP and Scottish Association for Mental Health (SAMH). SAMH has been commissioned as the third sector partner who will provide the person-centred support for each referral. Ongoing work will identify key frontline services who will support referrals into the programme.

- 4.9** The completion of phase 1 of Planet Youth in Scotland (previously known as the Icelandic Prevention Model) is progressing well. The survey was administered (phase 1) at the end of October 2021 with approximately 200 S3 pupils participating within Clydebanks High School. The analysis of the survey findings is expected to be shared early in the New Year. The interventions (phase 2) will be determined through action planning

with local stakeholders, designed to address any areas highlighted by the findings.

- 4.10** Plans to implement the national Trauma Training Plan are well underway. This is as part of the six elements of the Scottish Government's Trauma-Informed Approach to Scotland's COVID-19 Recovery, Renewal and Transformation via a reformed ACEs/Trauma Reference Network and aligns with WDC's commitment to the Wave Trust 70/30 campaign. Over 60 people accessed an online ACEs Documentary in November 2021 to develop awareness and skills in understanding and supporting Adverse Childhood Experiences. In addition Resilience Hubs were held in June and December covering healing and trauma, developing the knowledge and skills of the workforce.
- 4.10** HSCP Children's Services have continued to up-scale some activities as restrictions have eased. Priority continues to focus on the most vulnerable families and child protection activity. Contact between looked after children and their families continues to use a blended model. Regular meetings of the Violence Against Women Partnership and MARAC have continued. The increased number of Initial Referral Discussions (IRD's) remains resource intensive. A short life multi-agency working group has been established to respond to increasing numbers of on-line sexual abuse reports.
- 4.11** There has continued to be a multi-agency focus, involving a range of partners and young people to review reporting formats for children's hearings. This work includes development of an assessment format in collaboration with panel members, SW, education, health and SCRA. Parents, carers, children and YP are being consulted as an integral part of the process. This work will provide more relevant and inclusive reports to children's hearings where significant decisions in respect of the arrangements for the care of children and young people are agreed.
- 4.12** All children and young people returned to educational settings following the Christmas break. Educational Psychologists are planning with a range of partners to ensure a most suitable programme of transition for those due to start and leave school in the new session. We will work to ensure that the most appropriate placements to meet the range of needs of our children and young people are in place. This is in line with COVID restrictions whilst recognising the significance of the transition period on a child's life.

The Early Years expansion plan has ensured that all eligible two year olds and all 3-5 year olds now have access to 35 hours of free early learning and childcare giving children across West Dunbartonshire the best start in learning. This also supports our Child Poverty Report. To alleviate holiday hunger, free School Meal entitlement alternative payment was provided to all eligible Early Years, P1-3 and P4-S6 children over the Christmas holiday period.

**4.13** Community partners such as Y-Sort-it and the Champions Board continue to work and engage with stakeholders adapting their practice to reflect current restrictions. Focus has been on ensuring the wellbeing and continuing engagement of the most vulnerable and those most at risk of missing out such as those in Kinship care and Young Carers.

**4.14** Working 4U continues to address the underlying causes and symptoms of poverty. Activities centre on delivery of specialist services (Work, Learn, Money) with support for families, children and young people reflected in their contribution to the local child poverty action report. Recent key activities have included the development of youth outreach delivering diversionary activities and programmes for young people across the council.

**4.15** A range of partners from Educational Services, Working 4U, Y-Sort-it and local organisations have piloted a new Engaging Learners Pathway. This aims to support those young people most at risk of dis-engaging with mainstream secondary education with a view to improving outcomes for them. The Youth Connections element of the pathway which is led by the Youth Alliance, focuses on three key areas of a young person's life:

- School life – Increased learning opportunities and attainment;
- Home life – Work, Learn, Money support offered to family members through Working4U's Family Opportunity Hubs; and
- Community life – Support to access community based provision.

The programme targets young people in S3-S6, and provides a tailored programme of intervention, in collaboration with community partners to redesign engagement opportunities. The partnership will continue to focus on reducing the poverty related attainment gap for those young people, families and communities with greatest need. Lockdown has been particularly difficult for pupils from disadvantaged backgrounds and the involvement of the local Youth work sector will assist with the challenge. Youth Connections offers an opportunity to help support the wider family through our Family Opportunity Hubs. It will also let us address the key drivers of poverty outlined within the local Child Poverty Action Plan, supporting young people and their families to maximise opportunities available to them; reduce cost and maximise their income. To date, 32 young people have been referred onto the programme.

- 20 Young People have been referred by the Education Interrupted Learners, of which 10 are participating in a group work programme.
- 12 disengaged Young people have been referred and are all currently participating in one to one mentoring.

## **5. People Implications**

**5.1** There are no people implications as a result of this report. However, it is essential that partners re-align resource allocation and priorities to meet the needs of children, young people and families at this time.

## **6. Financial Implications**

**6.1** There are no direct financial implications for Community Planning West Dunbartonshire resulting from this report. All activities related to the implementation of these interventions are contained within service Budgets.

## **7. Risk Analysis**

**7.1** If the Council is unable to ensure positive outcomes for children, we will not be meeting their needs (Children and Young People Act 2014) (Equalities Act 2010).

**7.2** If the Council is unable to meet the needs of children, young people and families this could result in reputational damage.

## **8. Equalities Impact Assessment (EIA)**

**8.1** The revised supports and guidance enhance the quality of the service provided to all children, young people and families, therefore it can be seen to have a positive impact in terms of the equalities

## **9. Consultation**

**9.1** Legal Services and the Section 95 Officer have been consulted in relation to the content of this report.

## **10. Strategic Assessment**

**10.1** This report reflects the Council's aspiration to reduce inequalities for the people of West Dunbartonshire.

**Person to Contact:** Claire Cusick Senior Education Officer

**Appendix** Appendix 1 – WDC Integrated Children's Services Plan 2021-23

**Background Papers:** None

**Wards Affected:** All