

ANGUS COUNCIL

CHILDREN AND LEARNING COMMITTEE – 14 FEBRUARY 2023

GRANT FUNDING - CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

REPORT BY KATHRYN LINDSAY, DIRECTOR CHILDREN, FAMILIES AND JUSTICE AND  
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**ABSTRACT**

As part of the commitment to improve mental health and wellbeing, Scottish Government has made grant funding available to deliver a mental health and wellbeing programme for children and young people aged 5-26. The grants support the Scottish [Community Mental Health and Wellbeing Supports and Services Framework](#) (hereon referred to as the Framework), to meet the aim that 'every child and young person in Scotland will be able to access local community services which support and improve their mental health and emotional wellbeing'. This report seeks approval from Angus Children and Learning Committee for the Angus programme.

**1. RECOMMENDATIONS**

It is recommended that the Children and Learning Committee:

- (i) Note the content of the report and the progress towards developing and supporting community based mental health and wellbeing services for young people aged 5-26
- (ii) Note the spend for the Children and Young People Mental Health and Wellbeing Programme for 2021/22
- (iii) Approve the spending plan for the Children and Young People Mental Health and Wellbeing Programme for 2022/23
- (iv) Accept the grant allocation for 2023/24 and delegate authority to the Depute Chief Executive to decide how the grant allocation is spent; and
- (v) Direct that a report is brought to a future Children and Learning Committee on the spending plans for 2023/24 agreed by the Depute Chief Executive in accordance with recommendation (iv) above, and to advise Members of the outcomes achieved from year 1 and year 2 of the programme.

**2. ALIGNMENT TO THE COUNCIL PLAN**

2.1 This report contributes to the following local outcomes from the Angus Community Plan 2017-2030:

- Children are given the best start in life
- Physical, mental and emotional health and wellbeing is improved
- There are more opportunities for people to achieve success

2.2 It aligns to the following Children's Services Plans/Strategies:

- [Tayside Plan for Children, Young People and Families](#) 2021 - 2023
- [Connected Tayside](#); Emotional Health and Wellbeing Strategy

### **3. BACKGROUND**

- 3.1 Reference is made to Children and Learning Committee of 18 May 2021, report [No 145/21](#) where Committee was provided with information on a range of grants including the Mental Health and Wellbeing Grant, and approved the initial programme plan.
- 3.2 [The Framework](#) sets out a clear broad approach for the support that children and young people should be able to access for their mental health and emotional wellbeing within their community.
- 3.3 Guidance for local authorities was issued and used to develop the Angus plan. Supports available to children and young people aged 5-26yrs should be highly flexible, personalised and adaptive to need and the changing circumstances of the child, young person or family/carer. Support should be compassionate, empathetic and kind, and take account of the evidence from stakeholders of what works.
- 3.4 The grant is intended to support the following:
- Continuity in provision – wherever appropriate, getting support from professionals that young people know and trust, who should be enabled to be confident in addressing mental wellbeing.
  - Confidential services for those who choose them, for example not within their school or immediate community
  - Relation-based practice, which enables support to be provided and change achieved through one-to-one professional relationships
  - Self-referral services that are as accessible as possible. Consideration should be given to age and stage appropriate language, neurodevelopmental conditions and learning disabilities. Self-referral must also support other means of access e.g. through an advocate
  - Peer support networks, including support groups, peer led programmes, and facilitated peer to peer support
  - Support for advocates or supports to attend with a child or young person.
- 3.5 Scottish Government is supporting The Framework with funding intended to resource additionality and to deliver more sustainable, effective and easily accessible community supports and services to address mental and emotional wellbeing. The fund cannot be used for continuation of existing supports and services. Nor should it be used to address mental illness and other needs that may be more appropriately met through Child and Adolescent Mental Health Services [CAMHS](#).
- 3.6 A short life working group with representation from partners across a range of third sector agencies, alongside a wider multi-agency consultation event held in January 2021 by Angus Integrated Children's Service, identified key priorities and issues for children and young people which have informed the Angus plan. Work has thereafter taken place to procure relevant services in line with guidance.
- 3.7 The Angus plan is reported 6-monthly to both Scottish Government and to the Angus Integrated Children's Services Group.

### **4. CURRENT POSITION**

- 4.1 Further to our local needs assessment, including feedback from children and young people given through service feedback and evaluations, data analysis and consultation with professionals, the plan has been developed to focus on services in the following areas:
- Digital support tools for young people and parent/carers
  - Direct service for primary age children
  - Direct service for secondary age children
  - Development of a Transforming Services Fund – providing funding support to third sector services to extend, innovate and deliver
  - Clinical Psychology and counselling support to support continuity of care for care experienced children and young people (various providers)
  - Recovery from domestic abuse impacts and keeping families Safe and Together

4.2 For the period 2021/22 and 2022/23, the total funding allocation for Angus is £610,000. For 2023/24, the total funding allocation for Angus is £324,000. The 2023/24 award was notified on 13 January 2023 and a full programme can now be considered.

4.3 The current Angus programme is funded as follows:

Service	21/22	22/23	23/24 (indicative costs only)
<b>Aberlour Primary Support Service</b> (5-12)	N/A – procurement process being undertaken	110,000	110,000
<b>Hillcrest Peer Support</b> (12- young adults)	23,000	54,000 (38,000 plus 16,000 to meet additional demand)	TBD
<b>Penumbra Peer Support</b> (12- young adults)	22,000	53,000 (37,000 plus 16,000 to meet additional demand)	TBD
<b>CEDAR</b> (domestic abuse recovery)	N/A – procurement process being undertaken	29,000	29,000
<b>CAMHS Recovery Portal</b>	N/A	6,000 (one off)	N/A
<b>Clinical Psychology and counselling</b> - supports for Care Experienced children	6,000	15,000	TBD
<b>Togetherall</b> (extension of service to 18-26)	6,000	6,000	6,000
<b>Transforming Services</b> – TSI support for MH&W fund	100,000	140,000	TBD
<b>Care Experienced Engagement Team</b> – specific work on MH & Wellbeing	20,000	N/A (funded via another funding stream)	N/A (funded via another funding stream)
<b>Costs</b> - Management and finance	N/A	20,000	TBD
Total for Period	177,000	433,000	N/A
<b>TOTAL SPEND for 21/22 &amp; 22/23</b>	<b>£610,000</b>		

4.4 The programme above enables a range of supports to be available across the age range 5-26. The supports meet the criteria, are flexible, available in the community and support whole family approaches and builds capacity within communities. A short summary of the range of services is provided.

#### 4.5 **Aberlour**

Aberlour, in partnership with The Mental Health Foundation and Angus Council, will provide a Primary Years Wellbeing Support Service to children in Angus commencing in January 2023. Initially the service will focus on children enrolled in primary schools in Forfar and then Arbroath. Support will be provided for between 8 and 12 weeks in each school during which the service will deliver group wellbeing sessions and individual supports for young people identified by the school. Through The Mental Health Foundation, the service will provide training to teachers and school staff to build capacity to support them to provide ongoing wellbeing support to children. The service will also explore the development of peer mentor groups so that wellbeing support can be continued longer-term.

#### 4.6 **Peer Mentoring Service – Hillcrest and Penumbra**

The Angus Peer Support service divided into the north and south of the locality area with two service providers Hillcrest Futures and Penumbra. The Peer Mentoring Service has been available to young people of secondary school age across the Angus since December 2021. Prior to this, an adult Peer Mentoring Service was available for those aged 16 and over and the success of that model has been used to roll out support to a wider age range of young people including those in transition from children to adult support services. The service has been well received with 172 children accessing the service in the first six months (January 2022 to June 2022). Alongside the individual support sessions offered to young people, the Peer Mentoring Service has delivered wellbeing workshops in schools. Teaching staff have been supportive in promoting the service and the feedback from staff, young people and parents has been very positive. The service provides early intervention offering an initial screening appointment then three follow up appointments.

As a result of the demand on the service and positive feedback from children, young people, parents and professionals, we increased the funding to extend the capacity of the service, decreasing waiting times between appointments and allowing the service to offer more flexibility (increase) in the number of support sessions which can be offered to young people where it is assessed that doing so would better support their mental health and wellbeing.

#### 4.7 **CEDAR**

CEDAR is an evidenced based programme delivered by Angus Women's Aid, providing a groupwork programme for children and young people who have experienced domestic abuse. Following conclusion of procurement process, we commissioned the service from Women's Aid who have secured a further 50% match funding. The service became operational in January 2023 with the first groupwork programme about to commence.

#### 4.8 **Digital Supports**

##### **CAMHS (Tayside) digital portal**

Working with CAMHS and other local authorities across Tayside, we have supported the development of an engaging, restricted access portal resource bank that will give parents and carers helpful tools to access before, after and during any treatment. Access to the resource is available for families from the point that a neuro-developmental assessment is made, ensuring access to immediate relevant support materials.

##### **Togetherall (16 – 24 years)**

Togetherall is a service commissioned across Tayside to provide safe, anonymous online support. The platform offers a choice of safe therapeutic services, including online self-help courses and resources. This means anyone who may be struggling with mental health, distress or anxiety can get support 24/7.

#### 4.9 **Transforming Services Third Sector Interface (TSI) Fund**

In partnership with Voluntary Action Angus (VAA) funding is available to third sector agencies to support them to extend and innovate in line with the criteria in the Framework.

#### 4.10 **Clinical Psychology and Counselling Support**

Funding was used to test tailored supports for children experiencing anxiety, stress and complex trauma. To date, we have used two providers to deliver these services, an independent Clinical Psychologist and New Solutions.

A Clinical Psychologist is commissioned to provide support in Angus, mainly to social workers working directly with foster carers to promote mental health in young people, attachment and prevent placement breakdown. A chartered Clinical Psychologist provides sessions for adults supporting care experienced young people to better equip them to respond to and support children with complex emotional needs. The need for this service was highlighted by our care experienced young people and supports our commitment to the [Angus Promise](#).

The project is a 'test of change', evaluating the efficacy of the approach and the impact on looked after children and young people. Outcome measures include how the support and intervention advised by the Clinical Psychologist have contributed to stable relationships, improved understanding and management of trauma, and prevention of placement breakdown.

Separately, specific counselling and Play Therapy is being provided by New Solutions to a small number of children to support their recovery from trauma.

## **5. PROPOSALS**

It is proposed that the Children and Learning Committee:

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- (iii) Approve the spending plan for the Children and Young People Mental Health and Wellbeing Programme for 2022/23
- (iv) Accept the grant allocation for 2023/24 and delegate decision making to the Depute Chief Executive
- (v) Direct that a report is brought to a future Children and Learning Committee on the spending plans for 2023/24 grant and to advise Members of the outcomes achieved from year 1 and year 2 of the programme.

## **6. FINANCIAL IMPLICATIONS**

The costs of implementing the above proposed plans for 2021/22 and 2022/23 can be met from the related ringfenced grant allocations totalling £610,00. There are no other costs arising from these proposals.

## **7. EQUALITY IMPACT ASSESSMENT**

An Equality Impact Assessment has been carried out and is attached.

## **8. CONSULTATION**

Consultation on the proposals has taken place with a range of stakeholders as part of the Community Planning Partnership's Integrated Children's Services arrangements and was developed through engagement with stakeholders, including using feedback from children and young people across Angus. The Directors of Angus Council have been consulted as part of the preparation of this report.

**NOTE:** No background papers, as detailed by Section 50D of the Local Government (Scotland) Act 1973 (other than any containing confidential or exempt information) were relied on to a material extent in preparing the above report.

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List of Appendices:  
Equality Impact Assessment



## Equality Impact/Fairer Scotland Duty Assessment

### Name of Proposal

Funding to support children, young people and families

Is this only a **screening** Equality Impact Assessment No

If you have answered No to the above, please indicate the following:

Is this a full Equality Impact Assessment Yes

Is this a Fairer Scotland Duty Assessment No

(i)Lead Directorate/Service:

Joint lead across Children, Families and Justice/ Education and Lifelong Learning

(ii)Are there any **relevant** statutory requirements affecting this proposal? If so, please describe.

Coronavirus (Scotland) Act 2020

(iii)What is the aim of the proposal?

To provide an update on local plans for spend of Scottish Government grants for the following Mental Health and Wellbeing Plan.

(iv) Is it a review of e.g. an existing budget saving, report, strategy, policy, service review, procedure or function? Yes

Review of proposal made to Children and Learning Committee of 18 May 2021, report No 145/21

### Which people does your proposal involve or have consequences for?

Please indicate all which apply:

Employees No

Job Applicants No

Service users Yes

Members of the public            No

**List evidence/data/research used in this assessment:**

**Internal data** (e.g. satisfaction surveys; equality monitoring data; complaints).

Service reporting – each service will provide outcome reports quarterly or 6 monthly in line with the terms of their grant agreement/contract.

**Internal consultation** (e.g. with staff, trade unions and any other services affected).

Angus Head Teachers  
Community Planning Partners  
Care experienced Children and young people

**External data** (e.g. Census, equality reports, equality evidence finder, performance reports, research, available statistics)

Child Health Data Analysis Report (NHS Tayside)

**External consultation** (e.g. partner organisations, national organisations, community groups, other councils.

Integrated Children's Services Group  
Angus Mental Health and Wellbeing Network  
Tayside Collaborative  
Tayside Children and Adolescent Mental Health Service (CAMHS)

Other - Scottish Government data and Information

**Evidence Gaps.**

Are there any gaps in the equality information you currently hold?            No

**Are there potential differential impacts on protected characteristic groups?**

Please complete for each group, including details of the potential impact on those affected.

**Age – Impact Positive**

The extension of a range of mental health supports and services for 5-26yr olds (including care experienced) will enable the right support, at the right time for those who have been most impacted by the pandemic.

**Disability - Impact Positive**

The provision of services will offer early intervention and support for children awaiting assessment in relation to neurodevelopmental issues as well as children with lower level needs so will be based on needs of individuals. Access to digital support for young people experiencing emotional and wellbeing difficulties during lockdown.

**Gender reassignment - Impact Positive**

Extending support to children and young people across Angus will ensure support is more accessible to any child that requires it service will not discriminate on gender.

Marriage and Civil Partnership- **Impact** Neutral

While the services are aimed at young people and children, care experienced up to 26y of age will be eligible they will not be disadvantaged if they are in any form of a partnership and will be able to access support if required.

Pregnancy/Maternity- **Impact** Neutral

As above service not restricted by individual being a parent or pregnant

Race - (includes Gypsy Travellers) - **Impact** Positive

Services can be accessed by any child with a need, as schools are a key agency for identifying young people who require a service it will be important to identify children with limited attendance at school or home educated to ensure information and support to access services is available

Religion or Belief - **Impact** Positive

The provision of early intervention services will not be limited by religion or belief and accessible to children of all religions and beliefs

Sex - **Impact** Positive

No limitations on access to support for children based on sex, the Domestic Abuse (DA) Support is restricted to women and their children impacted by DA so excludes males who perpetrate violence against women and children so provides a safe space for them to access support.

Sexual orientation - **Impact** Positive

No discrimination against children/young people dependant on sexual orientation. Information available shows young people struggling with their gender and sexual orientation have been supported to improve their mental health and wellbeing

**Consultation with any of the groups potentially affected**

- Consultation with Care Experienced Young People (Mental Health and Wellbeing Support)
- Consultation with Young People via Tayside Collaborative
- Angus Results of Young Scot Covid Survey 2020 (300 young people from Angus)

If you have not consulted with any group potentially affected, how have you ensured that you can make an informed decision about mitigating action of any negative impact (Step 9)? - N/A

**What mitigating steps will be taken to remove or reduce potentially negative impacts?** - N/A

**If a potentially negative impact has been identified, please state below the justification.** - N/A

**In what way does this proposal contribute to any or all of the public sector equality duty to:** eliminate unlawful discrimination; advance equality of opportunity; and foster good relations between people of different protected characteristics?



By ensuring that young people who require early help and support with emotional health and wellbeing can access this from a variety of different fora and are not further disadvantaged by rurality or service criteria, thus ensuring the right help is available at the right time.

**Is there any action which could be taken to advance equalities in relation to this proposal?**

Ensure information on services is made widely available to ensure reach cover all children and families including e.g., children home educated as schools are key agency for signposting to early intervention and support services.

**What arrangements will be put in place to monitor and review the Equality Impact/Fairer Scotland Duty Assessment?**

Regular reporting on the use of funds and delivery of services remains in place for the duration of the grant funding.

**Where will this Equality Impact/Fairer Scotland Duty Assessment be published?**

Online alongside committee relevant papers.

**Sign off and Authorisation.**

Prepared by: Kirsty Lee & Audrey Osborne, Service Leaders

Reviewed by: Karen Ross, Snr Practitioner (Equalities service rep)

Approved by: Kathryn Lindsay, Director Children, Families and Justice - 09/01/2023