

Response to FoI Request NN-ICB/22/089

- i) educational or awareness raising activities relating to mental health or emotional/psychological wellbeing, or
- ii) suicide prevention activities aimed at people under 18 that you fund in Nottinghamshire.

The Tomorrow Project

- The focus of the activity, i.e., mental health awareness raising or suicide prevention
 - Suicide prevention
- The type of activity
 - Up to 12 weeks of suicide resolution intervention, including practical support following an individual assessment
- The intended outcome for the activity
 - Reduction in suicidal thoughts and planning
 - Increased feelings in positivity about relationships, daily activities and the future
 - Reduced self-harm severity and frequency
 - Increased ability in tolerating stress and thoughts
 - Improvements in PHQ and GAD scores
- The audience for the activity
 - Residents of all-ages living in Nottingham and Nottinghamshire who are experiencing suicidal ideation and at risk of crisis
- The structure of the activity, i.e., is it one-off or over several sessions
 - Determined depending on client need, up to 12 weeks of suicide resolution intervention
- How many hours does the activity last in total?
 - As above, this is determined based on client need at assessment
- Who delivers the activity?
 - The Tomorrow Project
- The number of times the activity is expected to be delivered in a 12-month period
 - ICB does not hold this data - Refer to provider
- The number of times the activity has been delivered in the most recent reporting period (quarter or year)
 - During Q2 there were 321 sessions provided
- The number of people aged under 18 that can access the activity in a 12-month period
 - ICB does not hold this data - Refer to provider
- The number of people aged under 18 that access the activity in the most recent reporting period (quarter or year)

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- 20 people aged 17 and under accessed the service in quarter 2

Mental Health Support Teams in Schools

- The focus of the activity, i.e., mental health awareness raising or suicide prevention
 - Mental Health Awareness Raising
 - Workshop activity on a range of areas including managing anxiety, body image, exam stress, managing change, transition from primary to secondary school, transition from secondary school to post-16, low mood, sleep and understanding behaviour.
- The intended outcome for the activity
 - Better mental health and wellbeing amongst children and young people with improved quality of life for them and their families and carers, including better functioning in all aspects of life and greater continuity in education, leading to better educational outcomes
 - and improved long-term job prospects
 - A reduction in mental health problems extending into adulthood, leading to a reduction in
 - the associated financial and social costs of mental health care across the lifespan
 - Education settings feel better equipped and supported to provide support to children and
 - young people to look after their own mental health and encourage children and young people to seek help if required, gaining a better understanding of their mental health and wellbeing needs
 - A more positive experience for children and young people and parents and carers with improved knowledge and confidence in dealing with mental health issues
- The audience for the activity
 - Children and Young People aged 5 -18 who attend a school or college covered by an MHST
 - Parents and carers of children and young people who attend MHST schools
 - School Staff working in MHST schools
- The structure of the activity, i.e., is it one-off or over several sessions
 - Variable, depending on the needs of the pupils in the schools. Some workshops are one-off, whilst others may take place over a number of sessions.
- How many hours does the activity last in total?
 - As above
- Who delivers the activity?
 - Mental Health Support Teams in Schools
- The number of times the activity is expected to be delivered in a 12-month period
 - ICB does not hold this data – refer to provider

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- The number of times the activity has been delivered in the most recent reporting period (quarter or year)
 - ICB does not hold this data – refer to provider
 - The number of people aged under 18 that can access the activity in a 12-month period
ICB does not hold this data
 - ICB does not hold this data – refer to provider
 - The number of people aged under 18 that access the activity in the most recent reporting period (quarter or year)
 - ICB does not hold this data – refer to provider

Be U Notts

- The focus of the activity, i.e., mental health awareness raising or suicide prevention
 - Mental Health Awareness Raising is predominantly offered through group provision, although it should be noted that group sessions will also offer a level of therapeutic support. The service also offers mental health training to professionals such as GPs, teachers and Healthy Family Teams.
- The intended outcome for the activity
 - Better mental health and wellbeing amongst children and young people with improved
 - Quality of life for them and their families and carers
 - An awareness of where to go for further support
 - A more positive experience for children and young people and parents and carers with
 - Improved knowledge and confidence in dealing with mental health issues
- The audience for the activity
 - Young people aged 0-25
- The structure of the activity, i.e., is it one-off or over several sessions
 - Variable, depending on the needs of the child/ young person
- How many hours does the activity last in total?
 - Variable, depending on the needs of the child/young person
- Who delivers the activity?
 - Be U Notts
- The number of times the activity is expected to be delivered in a 12-month period
 - Group work with children and young people - 66 sessions annually
 - Training to professionals – 500 sessions annually

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The number of times the activity has been delivered in the most recent reporting period (quarter or year)

- Group work with children and young people - 21 sessions delivered total in Q1 and Q2 2022/23
 - Training to professionals – 1 training session has taken place during 2022/23 to date, this is due to Be U Notts being a new service and have been mobilising their training offer. The full training offer is available from November 2022.
- The number of people aged under 18 that can access the activity in a 12-month period
 - ICB does not hold this data – refer to provider
 - The number of people aged under 18 that access the activity in the most recent reporting period (quarter or year)
 - ICB does not hold this data – refer to provider

Talk zone Counselling and Mental Health Service

- The focus of the activity, i.e., mental health awareness raising or suicide prevention
 - Mental health awareness and intervention
- The type of activity
 - Up to 12 weeks of one-to-one counselling or mental health intervention, including practical support following an individual assessment.
 - Weekly group support
- The intended outcome for the activity
 - Increased opportunities to build resilience levels and develop coping strategies - resulting in children and young people being able to manage their mental health and reduce the impact this had on their aspirations, educational attainment levels and ability to thrive
 - Increased self-esteem and self confidence
 - Increased knowledge and understanding of mental health issues and how these can be effectively managed
 - Reduced anxiety and depression
 - Reduced isolation and loneliness
 - Increased emotional wellbeing
 - Reduced risk of self-harm
 - Reduced risk of suicide
 - Reduced numbers of children and young people developing long term mental health problems within later life

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- Reduced numbers of adults within the community dependent on long term support in adulthood
 - Reduced risks of incidents reaching crisis point and the need for A&E/UEC attendance
 - Reduced waiting time in A&E for both Acute and Mental Health Liaison for children and young people
 - Prevention of children and young people entering the mental health system through accessing community counselling sessions.
 - Improvements in PHQ GAD and Clinical Outcomes in Routine Evaluations (C.O.R.E) scores
- The audience for the activity
 - Children and young people aged 11-25 in the Bassetlaw area who are experiencing ill mental health
 - The structure of the activity, i.e., is it one-off or over several sessions
 - Determined depending on individual needs. Service offers weekly group support and up to 12 weeks of one-to-one intervention
 - How many hours does the activity last in total?
 - As above, this is determined based on individual needs at assessment. One-to-one sessions are delivered for 50 minutes per session. Group sessions are 1 hour per week
 - Who delivers the activity?
 - Talk zone Counselling and Mental Health Service under the umbrella organisation of The Centre Place
 - The number of times the activity is expected to be delivered in a 12-month period
 - The service specification does not include a target number of delivered sessions within a 12-month period. This is dependent on referral rates and workforce. Refer to provider.
 - The number of times the activity has been delivered in the most recent reporting period (quarter or year)
 - The service reports activity on a bimonthly basis. The most recent report for August/September shows 87 sessions delivered in standard operating hours and 173 sessions delivered in extended access (evenings and weekends) for a total of 260 sessions.
 - The number of people aged under 18 that can access the activity in a 12-month period
 - There are no targets relating to the number of people aged under 18 that can access the service in a year.
 - The number of people aged under 18 that access the activity in the most recent reporting period (quarter or year)
 - As above the service reports activity on a bimonthly basis. For August/September there were 145 under 18s accessing these services.

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LGBT+ Service Nottinghamshire

- The focus of the activity, i.e., mental health awareness raising or suicide prevention
 - Mental Health Awareness Raising
- The type of activity
 - Training for educational providers
 - LGBT+ training and consultancy services for professionals across the private, public and VCSE sector
 - LGBT+, Trans/ gender diverse and parents and carer support groups. These include workshop activity on a range of areas including sexual orientation, gender identity, hate crime, LGBT+ rights, managing anxiety, body image, exam stress, managing change and wellbeing.
 - Up to 12 weeks of one-to-one intervention, including practical support following an individual assessment.
 - Refer to provider.
- The intended outcome for the activity
 - Empower LGBT+ children and young people and support with building reliance and enable young people to achieve positive outcomes to ensure the identified support needs are met.
 - Increase the aspirations of LGBT+ children and young people
 - Support LGBT+ children and young people in removing barriers to education and employment
 - Support the physiological needs of LGBT+ children and young people so they can focus on fulfilling their potential
 - Reduce the isolation of LGBT+ children and young people
 - Increased knowledge and understanding of mental health issues and how these can be effectively managed
 - Reduced anxiety and depression
 - Reduced isolation and loneliness
 - Increased emotional wellbeing
 - Reduced risk of self-harm
 - Reduced risk of suicide
 - Ensure that issues affecting LGBT+ young people are communicated when involved in influencing local strategies and developments.
 - Raise awareness of issues affecting LGBT+ children and young people
 - Deliver and actively engage in various forums, boards and local advisory groups to form effective working partnerships.
 - Ensure that issues affecting LGBT+ children and young people are communicated when involved in influencing local strategies and developments.
 - Run user-led steering groups
 - Support education providers to that tackle homophobic, biphobic and transphobic bullying in schools

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- Increase awareness of LGBT+ communities, increased risks of mental health issues, self-harm and suicide and health inequalities experienced.
 - The audience for the activity
 - Children and young People aged 11 -25 who identify as LGBT+ (lesbian, gay, bisexual, trans and any other sexual orientation), or may be questioning their sexual orientation or gender identity.
 - Parents and careers of LGBT+ children and young people
 - Educational settings
 - Professionals across the private, public and VCSE sector
 - The structure of the activity, i.e. is it one-off or over several sessions
 - Variable, depending on the needs of users of the services.
 - Up to 12 weeks of one-to-one intervention, including practical support following an individual assessment.
 - Weekly LGBT+ support groups and workshops, some of these are one-off, whilst others may take place over a number of sessions.
 - Monthly parent and carer support group
 - Training and consultancy available upon request
 - How many hours does the activity last in total?
 - Determined depending on individual needs.
 - One to one session are 50 minutes per week
 - Group sessions are 2-3 hours per session
 - Training sessions determined based on need
 - Who delivers the activity?
 - LGBT+ Service Nottinghamshire under the umbrella organisation of The Centre Place
 - The number of times the activity is expected to be delivered in a 12-month period
 - The service specification states expected activity as '50 one to one support sessions per year 100 group support session per year', however recent reporting evidences higher access rates
 - The number of times the activity has been delivered in the most recent reporting period (quarter or year)
 - The service reports activity on a bimonthly basis 2. For August/September 33 one-to-one sessions and 18 group sessions were provided.

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- The number of people aged under 18 that can access the activity in a 12-month period ICB does not hold this data
 - **There are no targets relating to the number of people aged under 18 that can access the service in a year.**
 - The number of people aged under 18 that access the activity in the most recent reporting period (quarter or year)
 - **The service reports activity on a bimonthly basis 2. For August/September 83 under 18s accessed these services.**