

**DERBYSHIRE COUNTY COUNCIL
IMPROVEMENT AND SCRUTINY COMMITTEE – HEALTH**

28 November 2016

Report of the Director of Legal Services

Review of Children's Mental Health Services – Scoping Report

1. Purpose of the Report

To inform Members of the scope of review of Children's Mental Health Services in Derbyshire.

2 Information

The subject of children's and young people's mental health has been raised a number of times, nationally, over recent years. The impact on children's emotional wellbeing by issues such as bullying, pressure of school and academic achievement, complex home lives and perceptions of self-image have often been documented by the media and national bodies.

There is an increasing number of opportunities and choices for young people to access education and training and for them to socialise more widely and experience the world about them. However, these opportunities can also bring additional pressures, whether from making the right choices in respect of education and training pathways, social perceptions and feeling of self-worth and peer pressure.

The strong influence of social media platforms on young people's lives, whilst opening up many opportunities for social and learning opportunities, can also have an adverse effect on a young person's sense of worth and social standing. The choices available to young people often have to be made in the glare of social scrutiny and there is an increasing pressure of conforming to particular standards. Even the number of "friends" a young person has is measured by social platforms such as "Facebook".

Against this background, many young people suffer at some point from anxiety or depression, whether for a short or long period, and some will need support from specialist services.

As with adults who need mental health support services, young people will most benefit from swift access to appropriate support and treatment. The pathways available to young people who need mental health services should be easy to access for both themselves and their parents and carers.

This review will examine the services available across the county to young people with different levels of need for mental health services and support. It will explore the routes to access services and establish where there are any areas for improving the experience of young people when they need help.

Information will be drawn from a number of sources including;

- Children and young people
- Parents
- Healthwatch Derbyshire
- Derbyshire Children and Adolescents Mental Health Services (CAMHS)
- GPs
- Commissioners of CAMHS

The outcomes of the review and its recommendations will be presented to the Council's Cabinet and shared with key stakeholders to bring about any identified improvements.

The Committee is requested to agree this review and appoint a working group of Members to undertake the work.

3. Considerations

In preparing this report the relevance of the following factors has been considered: financial, human relations, legal and human rights, prevention of crime and disorder, equality and diversity, environmental, health, property and transport considerations.

4. Officer's Recommendations

The Committee is requested to;

- (1) Agree the scope of the review of Children's Mental Health and;
- (2) Appoint Members of the Committee to the review working group.

John McElvaney
Director of Legal Services