

Northern Area Outcomes Group Action Planning Workshop

Summary Needs Analysis identifying poor performing
indicators and areas for concern

Jan21



Overarching CYPSP Priorities

- Children's Mental Health and Emotional wellbeing, in particular but not exclusively children in the 5- 10 age groups.
- Early Intervention support for Children with Disabilities and their families.
- Support to children who's wellbeing is being affected by disruption to their schooling.
- Contribution to strategic cross departmental actions in response to food and fuel poverty, as well as locality based service responses.



Full Data reports

- [Northern Ireland Outcome monitoring report](#)
- [How are children and young people doing in NHSCT](#)
- [NHSCT Family Support Hub Report Card](#)
- [LPG Performance Profiles](#)



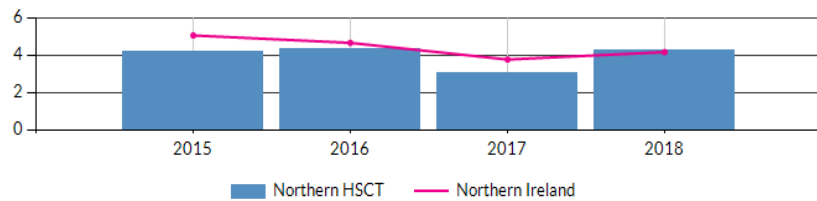
Every child or young person should enjoy the best possible standard of physical health and mental well-being and have access to appropriate health care and support when they need it.



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PHYSICAL AND MENTAL HEALTH

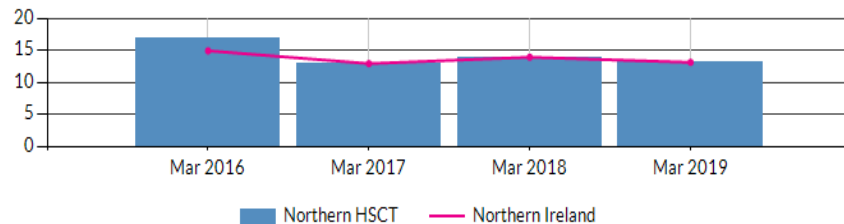
Infant Deaths (Rate per 1000)



	2015	2016	2017	2018
Northern HSCT	4.2	4.4	3.1	4.3
Northern Ireland	5.1	4.7	3.8	4.2

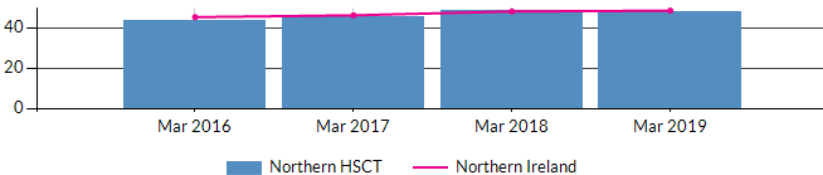
Infant Deaths is measured by the infant mortality rate (IMR), which is the number of deaths of children under one year of age per 1000 live births.

% Mums Smoking during Pregnancy



	Mar 2016	Mar 2017	Mar 2018	Mar 2019
Northern HSCT	17	13	14	13.3
Northern Ireland	15	13	14	13.2

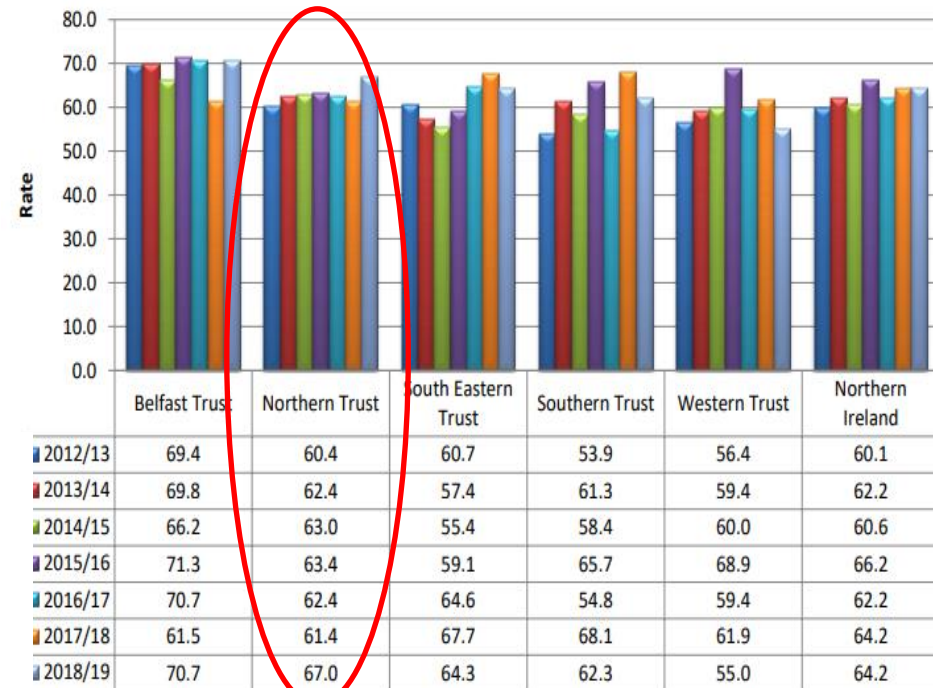
% of Mums Breastfeeding at Discharge



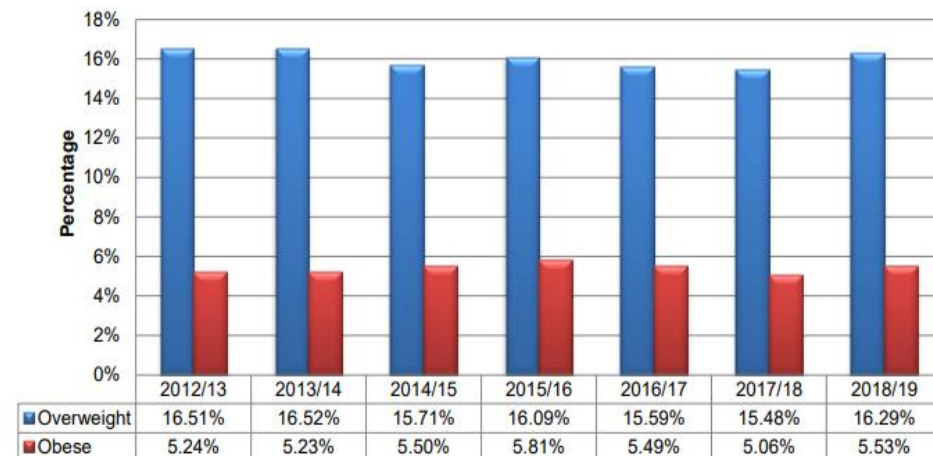
	Mar 2016	Mar 2017	Mar 2018	Mar 2019
Northern HSCT	43.7	45.1	48.2	47.6
Northern Ireland	45.3	46.2	48.1	48.5

There has been significant reliable evidence produced over recent years to show that breastfeeding has important advantages for both infant and mother (UNICEF, Baby Friendly Initiative, 2010). Breastfeeding has been widely acknowledged as the best means of giving infants a healthy start to life. Breast milk is age specific and is produced at the correct temperature and without any need for preparation. It not only provides the correct amount and balance of nutrients for optimal growth and development; it also protects against illness. (Breastfeeding Strategy for Northern Ireland, 1999, reviewed in 2010).

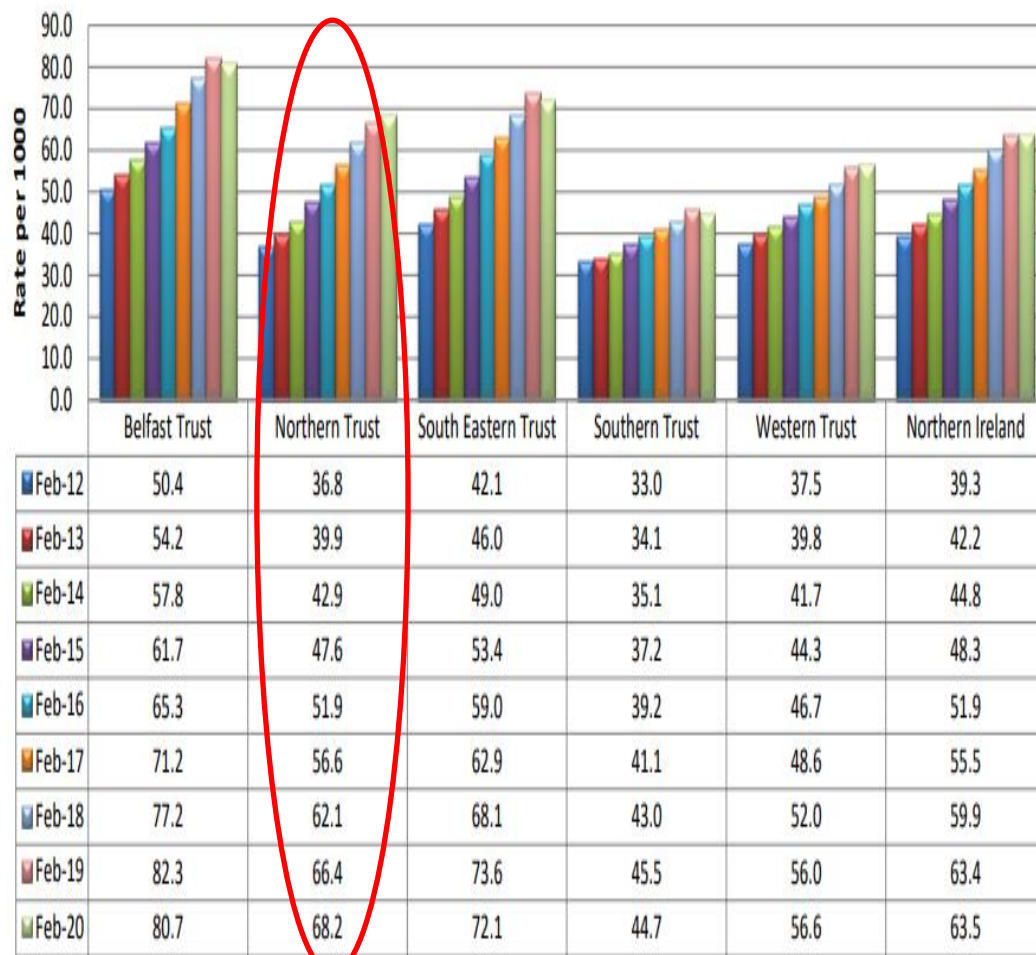
Low Birth Weight Rates (Less than 2500gms Per 1,000 Live Births)



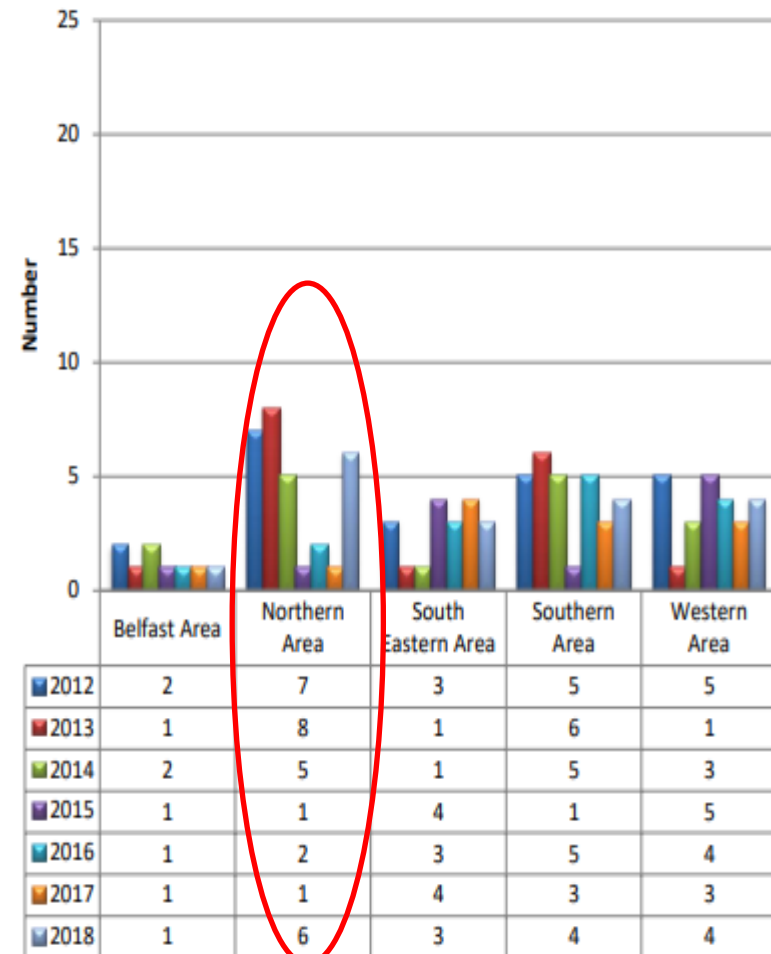
P1 Children in NI who are Overweight or Obese



Children with a Disability (in receipt of DLA 0 – 15 years) Rate per 1000

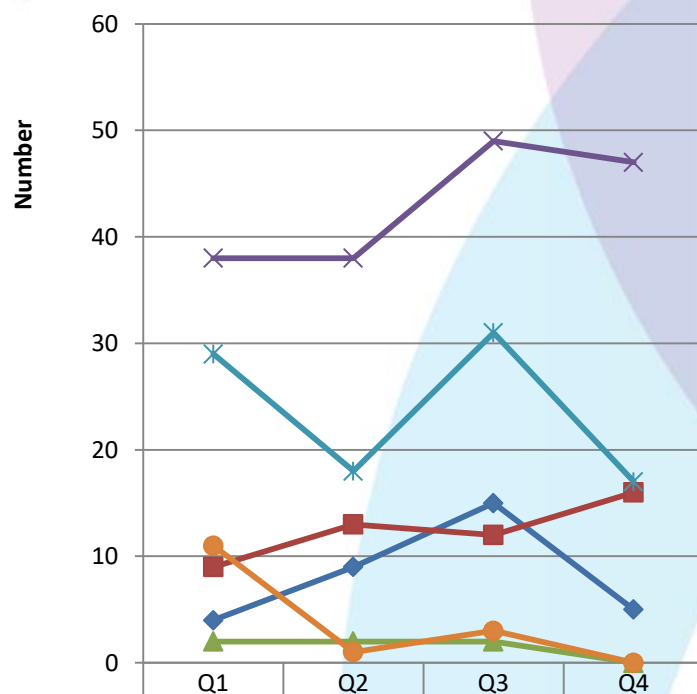


Number of 0-18 Year old Child Deaths by Accident



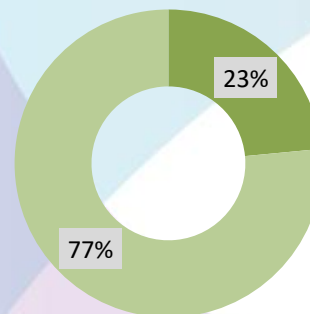
How much did we do? Northern Area Family support Hubs

Performance Measure 3: Children with a Disability Referred - 2019/20

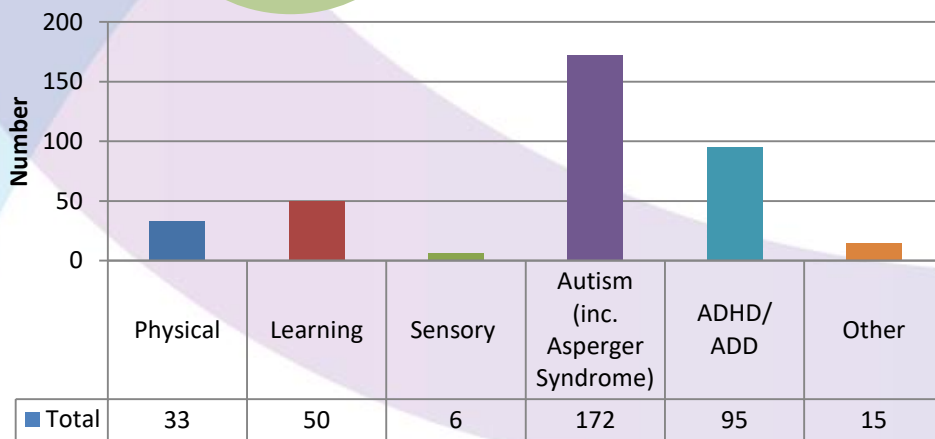


Physical	4	9	15	5
Learning	9	13	12	16
Sensory	2	2	2	0
Autism (including Asperger Syndrome)	38	38	49	47
ADHD/ADD	29	18	31	17
Other (e.g. Acquired Brain Injury) Please specify:	11	1	3	0

Children Referred with a Disability 2019/20



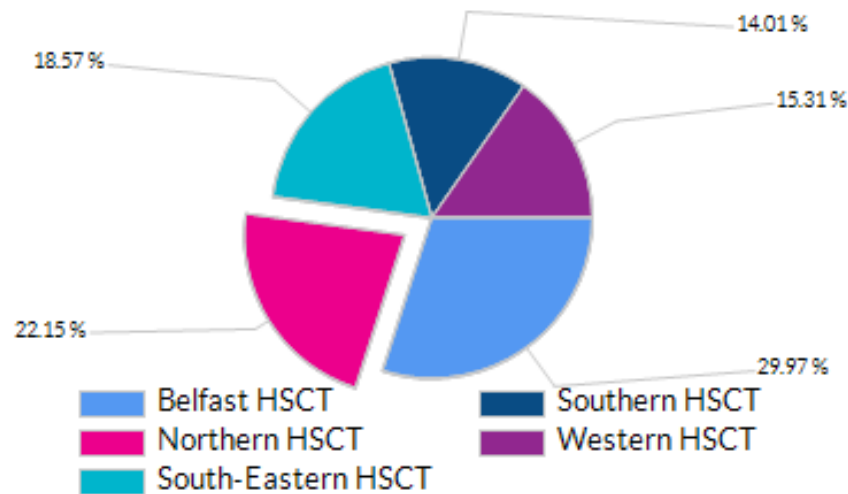
- Total Children with a Disability (No=371)
- Total Children Referred without a Disability (No = 1208)



Throughout 2019/20, Children with **Autism** had the highest number of referrals throughout NHSCT.



Deaths by Suicide 2019



*Risk factors for suicide include depression, personality disorder, hopelessness, low self esteem, bereavement, break-up of a relationship, social isolation, alcohol and drug misuse. *It is important to note that the coroners office indicates that the number of suicides recorded is likely to be inaccurate, as in some cases coroners are unwilling to register 'death by suicide,' primarily due to respect for the wishes of the family.*



Mental health of Children and Parents in Northern Ireland Prevalence Study 2020

1 in 8

1 in 8 children and young people in Northern Ireland experience emotional difficulties, 1 in 10 conduct problems and 1 in 7 problems with hyperactivity.

1 in 20

1 in 20 young people have a form of Post-Traumatic Stress Disorder (PTSD) – because they'd witnessed violence, had serious accident or experience the sudden death of a loved one

**25%
higher**

Rates of anxiety and depression in Northern Ireland are about 25% higher than the rest of the UK and Ireland.

1 in 8

1 in 8 young people have anxiety or depression.

It's a myth that suicide just affects boys

Girls were more likely to engage in self-injury or have suicidal thoughts or attempts – one in six 11-15 year old girls, rising to almost one in four 16-19 year old girls had these feelings.

Where you live matters

As with parent mental health, living in a deprived area increases your chances of having a common mental health problem.

What we still need to understand.

We also collected information about bullying and alcohol and drug use as this all can have an impact on our mental health. We plan to look at how these factors also can influence young people's mental health.

One in eight young people had been bullied or cyber bullied in the past 2 months.

Girls were more likely to have been cyber-bullied than boys.

Spotting the early warning signs

One in five young people had six or more 'psychotic-like' symptoms such as hearing or seeing things that no-one else can see, or feeling like someone else is controlling their thoughts or actions. These are common symptoms but can be an early sign of developing mental health problems in the future.

But there are some positive messages too...

Rates of alcohol, smoking and drug use are dropping.

Children and young people had relatively low rates of peer problems.

Rates of prosocial behaviour - giving, helping and sharing - were higher than other parts of the UK.

Spending too much time on social media is a problem for some

One in twenty young people had a problem with social media which meant they were neglecting other hobbies or sport, arguing or lying about their social media use and having withdrawal symptoms.

Parent mental health

One in five parents had a mental health problem and anxiety and depression were the most common problems.

Parents living in the most deprived areas of Northern Ireland were almost twice as likely to have a mental health problem.

Children living with a parent with current mental health problems were twice as likely to have an anxiety or depressive disorder themselves.

What young people want to happen next...

Parents

- Educate parents that poor mental health is a real problem.
- Parents stop blaming yourselves - we need to increase understanding that it is not your fault.

Health

- Mental health problems can feel the same as a physical illness and it should be treated in the same way.

Education

- Schools make us fear mental health problems, stop concentrating on all the scary aspects (like suicide and depression), brushing over the details and look at promoting good mental health.
- There should be specialist teachers that know and understand about these issues - too many teachers are 'awkward and uncomfortable' around mental health.
- Schools should be properly resourced to promote good mental health - it shouldn't just be slotted into a class like 'Learning for Life and Work'.
- We spend most of our time in school - we need to talk about managing stress, dealing with worries and know that practical help and support is available, that someone will take action when we have a problem.
- Stop the 2D way of looking at mental health - just because you are getting good grades doesn't necessarily mean you're coping.

"Short images and videos are a good way to raise awareness of mental health issues"

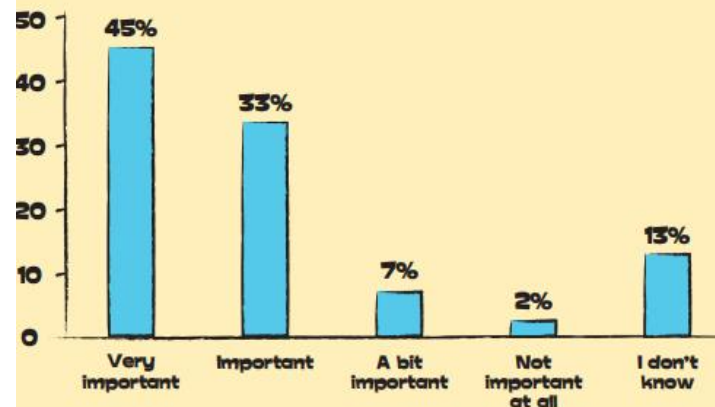
"There is a lack of awareness of where to go for help"

"There are just not enough safe spaces"

In conversations about mental health and school they told us:

- There are some positive examples of mental health education and support for young people in schools, but this is not standard across all schools and it's not common for the majority young people to experience this.
- Good experiences tended to be because of individual teachers, not the result of a school policy or a common approach that all schools sign up to.
- It is difficult to access mental health information in schools; most young people we spoke to hadn't received any information in their school.
- School staff often lack knowledge and understanding about mental health and young people, and are therefore unable to help.
- Schools should adapt more to the needs of young people when it comes to mental health education and services.

Whether important for research to ask children's opinions



All children and young people should have access to an education which will develop their personality, talents and abilities to their fullest potential.



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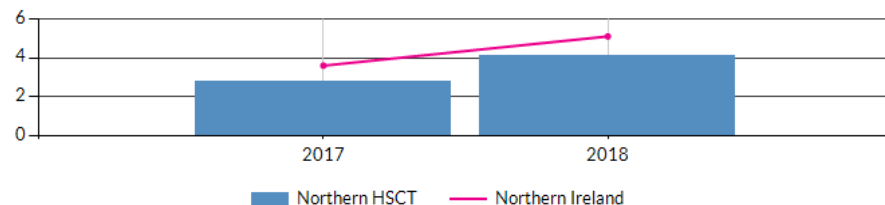
LEARNING AND ACHIEVING

	Primary School Pupils 2020	Post Primary School Pupils 2020
Northern HSCT	42,260	36,155

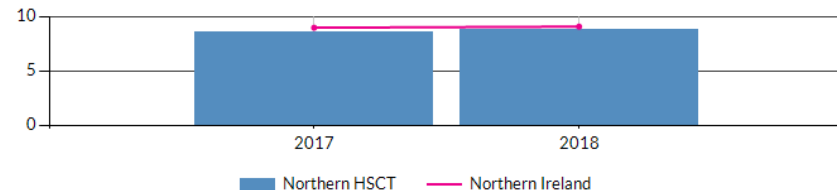
All children and young people, whatever their ethnic or cultural background, are entitled to succeed. Providing an effective education for children and young people who have English as an additional language not only contributes to the educational achievement of pupils, it also contributes to their personal development and that of the economy and society.

	Primary School Pupils English as additional language 2020	Post Primary School Pupils English as additional language 2020
Belfast HSCT	2,790	615
Northern HSCT	2,475	665
South-Eastern HSCT	1,060	230
Southern HSCT	4,625	1,825
Western HSCT	985	270

Primary School Pupils less than 85% attendance - Northern HSCT



Post Primary School Pupils less than 85% attendance - Northern HSCT



	2017	2018
Northern HSCT	2.8	4.1
Northern Ireland	3.6	5.1

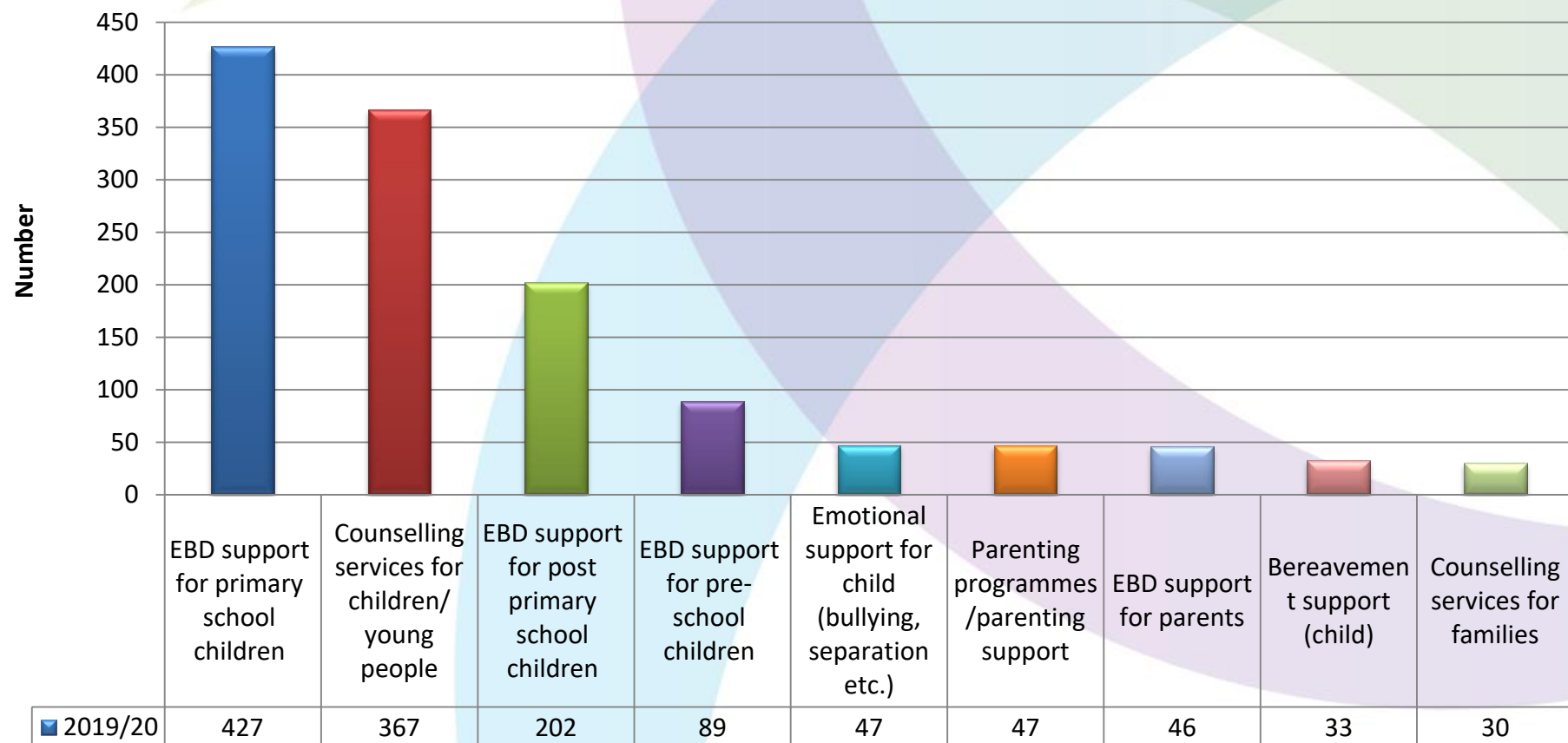
	2017	2018
Northern HSCT	8.6	8.8
Northern Ireland	9	9.1

***Note - No attendance figures collated for 2019.**

Attendance rate is important because students are more likely to succeed in learning and achieving when they attend school consistently. It's difficult for the teacher and the class to build their skills and progress if a large number of students are frequently absent. In addition to falling behind in academics, students who are not in school on a regular basis are more likely to get into trouble with the law and cause problems in their communities.

Northern Area Family Support Hubs

Performance Measure 5: Main Presenting Reasons for Referral - 2019/20

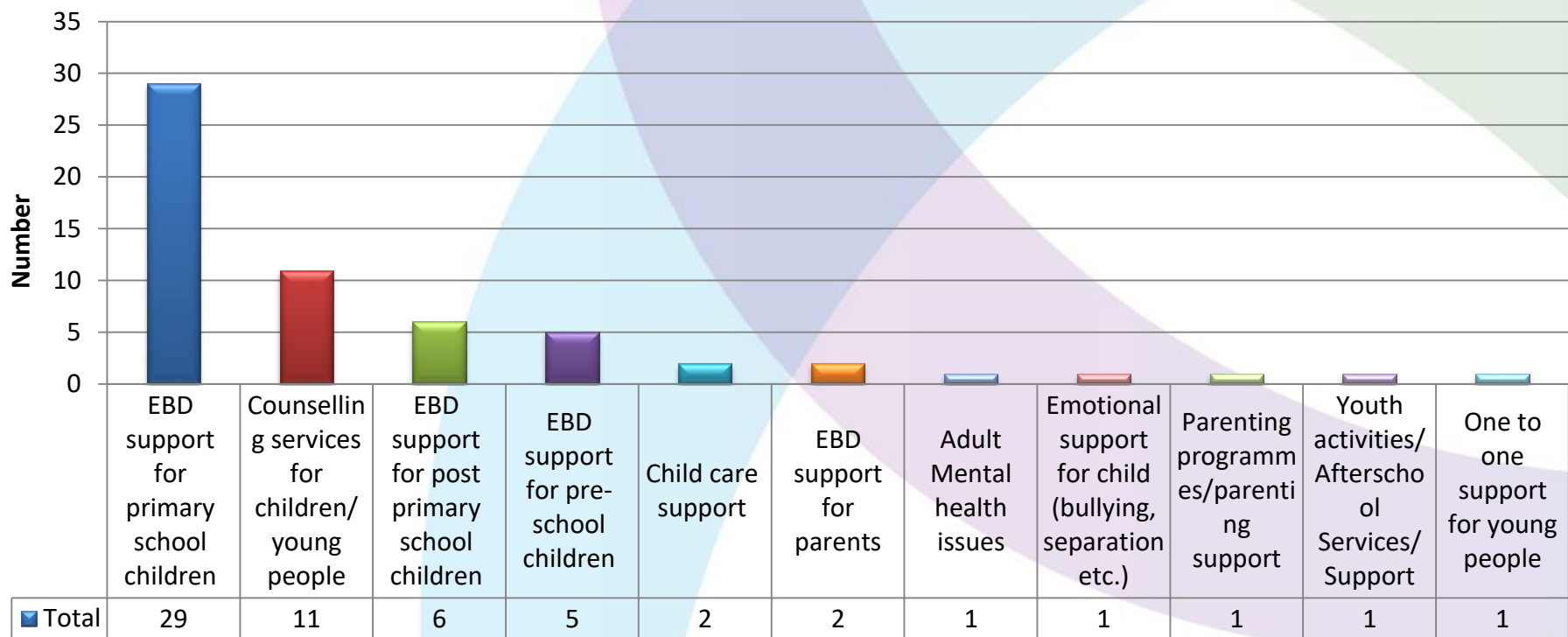


The main reason for referrals were **Emotional Behaviour Difficulty (EBD) for primary school age children at 427** in 2019/20, which is the top reason in the regional report. This is followed by **Counselling services for children/young people at 367** and **EBD post primary school children at 202**. EBD for pre-school children are also in the top nine reasons in the Northern area at **89**.



Northern Area Family Support Hubs

Performance Measure 6: Main Presenting Reasons Unmet - 2019/20



Emotional Behaviour Difficulty (EBD) for primary school age children was the highest unmet need in 2019/20, in the Northern Area. This is followed by **Counselling services for children/young people** and **EBD post primary school children**. **EBD for pre-school children** was also an unmet need.



% Primary Pupils Free School Meals

	2017	2018	2019	2020
Belfast HSCT	43.1	41.5	41.9	41.8
Northern HSCT	25.9	24.3	24.4	23.4
South-Eastern HSCT	26.5	25.2	25.4	24.3
Southern HSCT	27.8	24.6	24.7	23.6
Western HSCT	38	35	35.2	33.7
Northern Ireland	31.4	29.4	29.5	28.6

% Post Primary Pupils Free School Meals

	2017	2018	2019	2020
Belfast HSCT	39.2	39.2	39.2	38.9
Northern HSCT	23.2	23.1	23.1	22.6
South-Eastern HSCT	22.8	23.2	23.2	22.5
Southern HSCT	27.2	25.1	25.1	23.9
Western HSCT	35.7	33.7	33.7	32.5
Northern Ireland	28.8	28.1	28.1	27.2

Free school meals provide vital support for low-income families and for almost a third of children, school lunch is their main meal of the day. Evidence shows that eating a nutritious meal at lunchtime: has important health and educational benefits for children, can improve their diet and increase their concentration during afternoon lessons.

All children and young people must be protected from all forms of physical or mental violence, injury or abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse, while in the care of parent(s), legal guardian(s) or any other person who has care of the child.

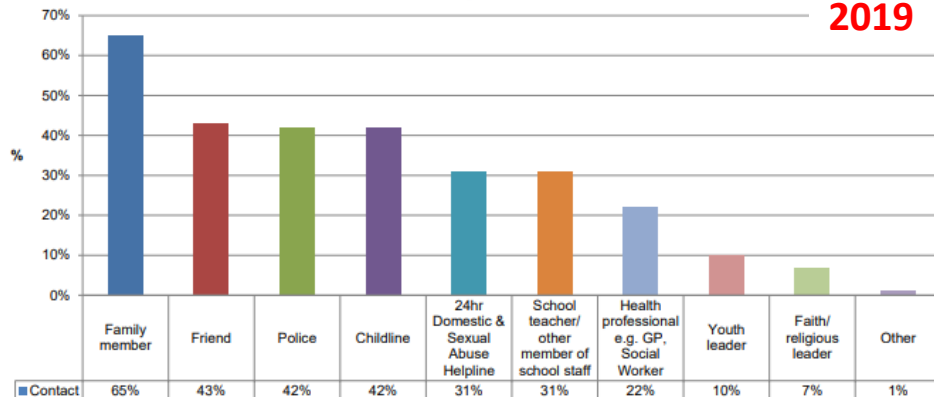


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LIVING IN SAFETY AND WITH STABILITY

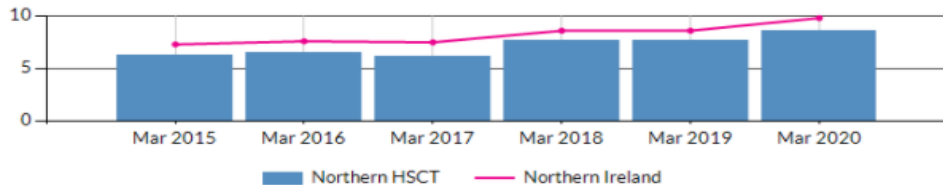
If you wanted to discuss concerns regarding Domestic Violence/abuse, who would you contact?

**YPBAS
2019**



96% use social media sites or apps, such as Facebook, Instagram, Snapchat, Twitter or Whatsapp

Domestic Abuse Motivated Recorded Crimes (Rate per 1000)



	Mar 2015	Mar 2016	Mar 2017	Mar 2018	Mar 2019	Mar 2020
Northern HSCT	6.3	6.5	6.2	7.7	7.7	8.6
Northern Ireland	7.3	7.6	7.5	8.6	8.6	9.8



Although most incidents of Domestic Violence (DV) are reported by an adult, it is important to note that violence in the family cannot be kept hidden from the children. Children will often witness the violence, be aware of the tense atmosphere, suffer as a victim themselves or suffer in the aftermath of the violence.

In 2019, 61% feel very safe in the area in which they live, with 33% quite safe, which was slightly lower than the figures in 2016 at 63% and 31%.

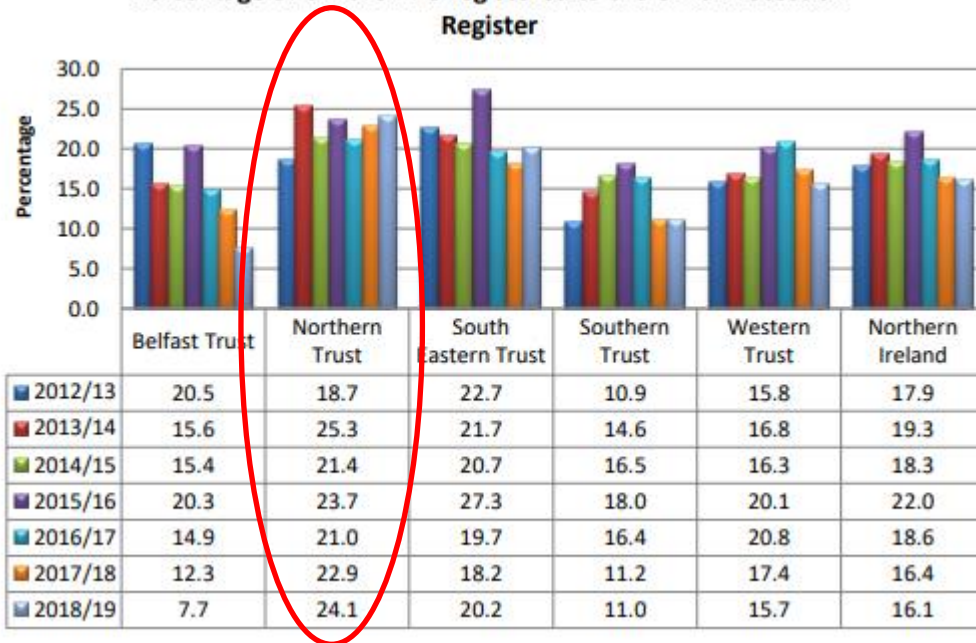
In 2019, in relation to their own personal safety, almost 29% were worried about being bullied and 18% reported being bullied in a way that frightened or upset them in the last 12 months.

63% feel that their social media accounts are a true reflection of themselves

89% have been taught about staying safe online citing teachers (82%) and parents (71%) for teaching them

In 2019 60% did not think that there were any problems relating to personal safety in their area. The most common issues cited by young people as problems were people being rowdy or drunk in public place, people using or dealing in drugs (both 21%), vandalism, graffiti or deliberate damage to property (19%) and people being insulted, pestered or intimidated in the street (10%)

Percentage of Children Re-registered to the Child Protection Register



Number of Crimes Recorded with a Racist Motivation

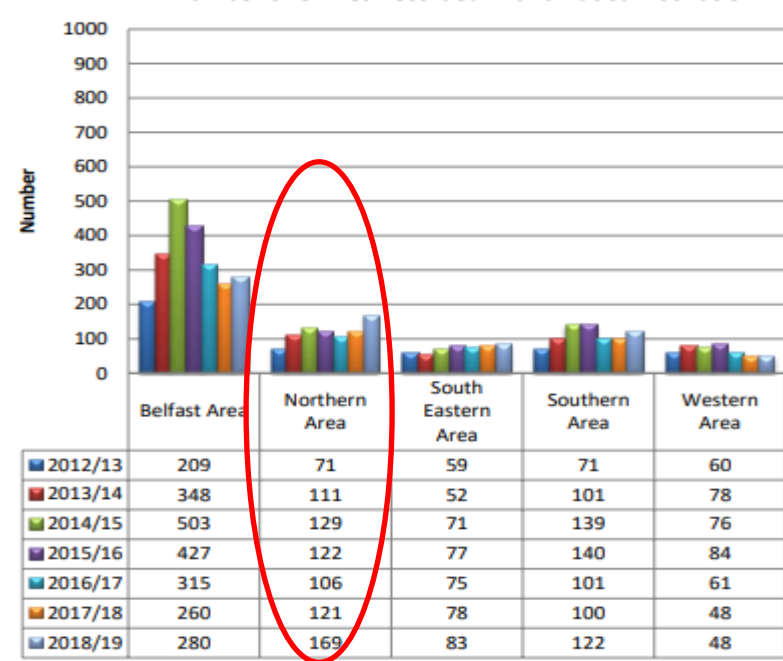
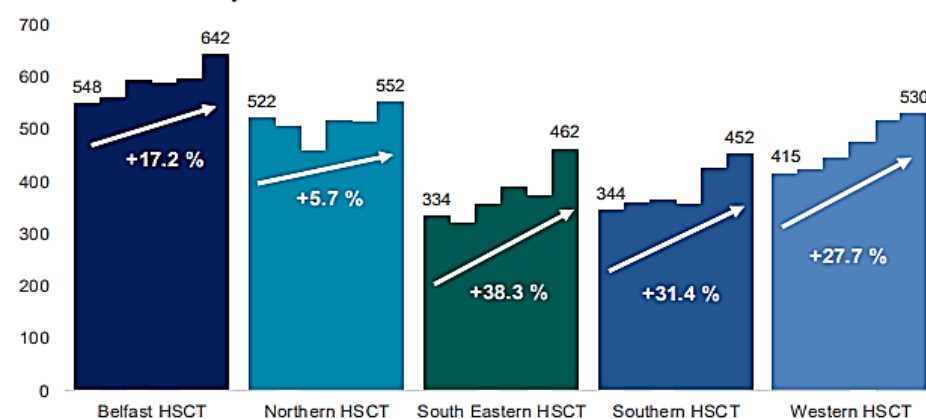
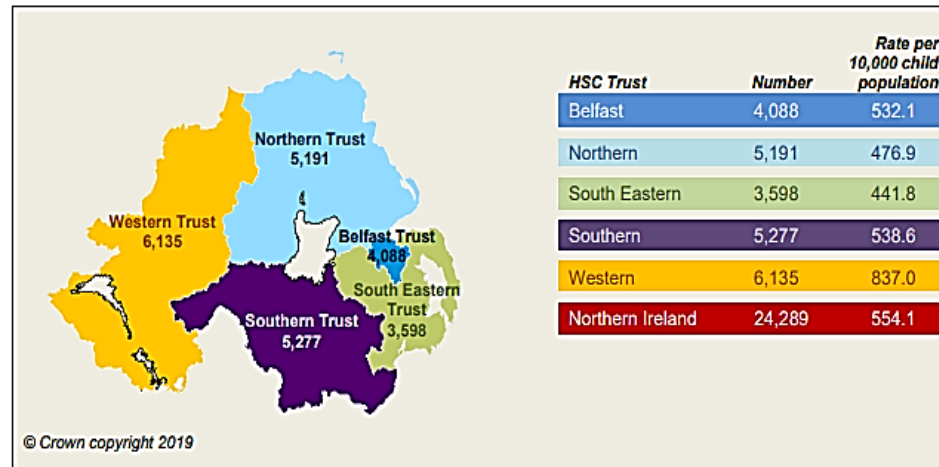


Figure 1.1. Children in Need by HSC Trust (31 March 2019)

Figure 1.2 Change in the number of children in care for 12 months or longer between 2013/14 and 2018/19 by HSC Trust



2013/14 to 2018/19



Source: Delegated Statutory Functions Return 10.1.1
2018 Mid-Year Population Estimate (NISRA 2019)

All children and young people must have a standard of living adequate for their physical, mental, spiritual, moral and social development. Families who cannot provide this economic well-being should be supported by Government.

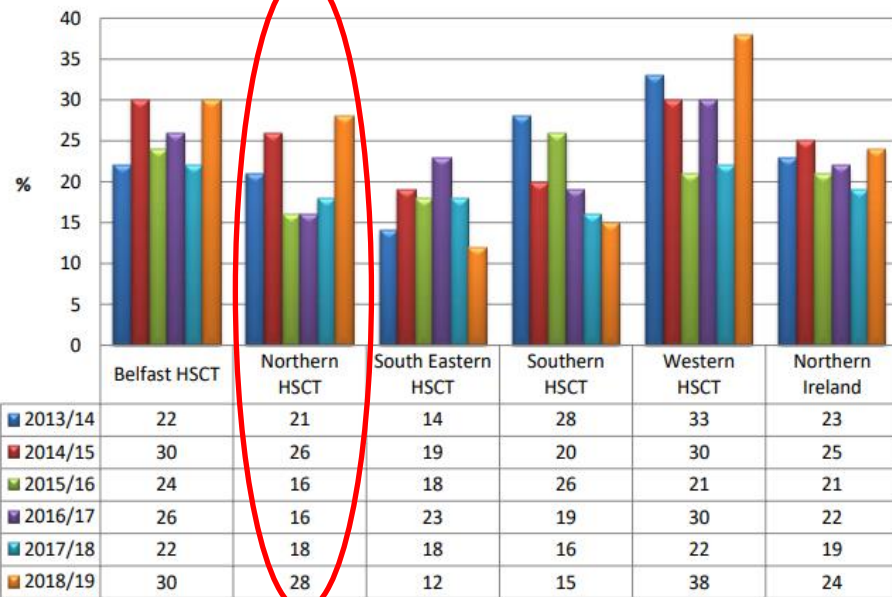
All children and young people must be provided with a clean environment.



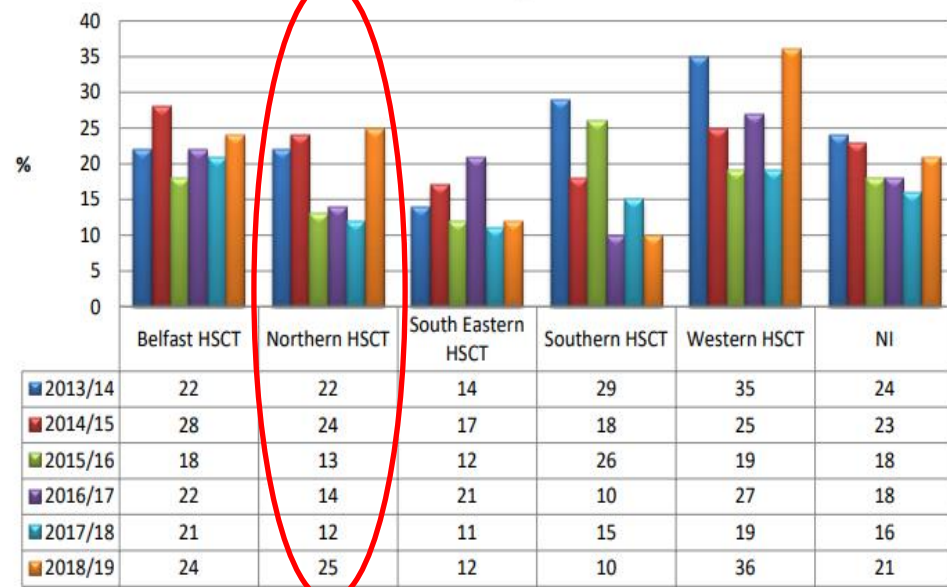
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ECONOMIC AND ENVIRONMENTAL WELLBEING

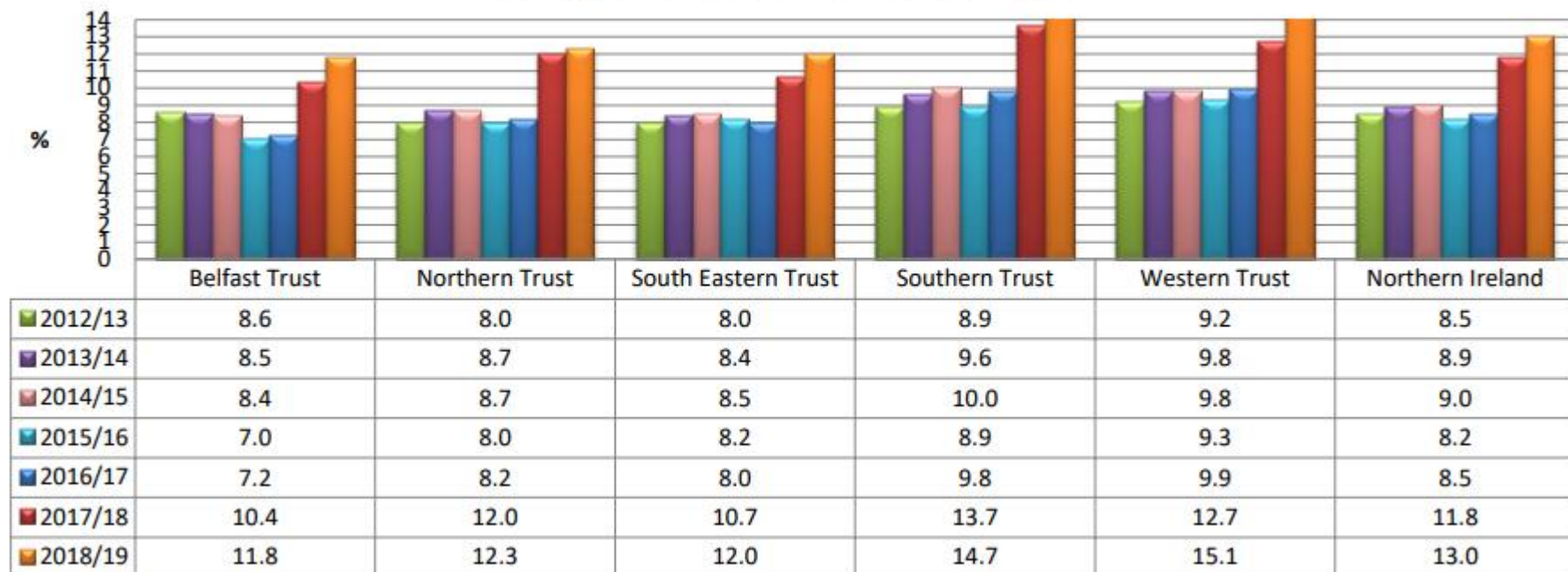
Percentage of Children Living in Relative Low Income Poverty Before Housing Costs



Percentage of Children Living in Absolute Low Income Poverty Before Housing Costs



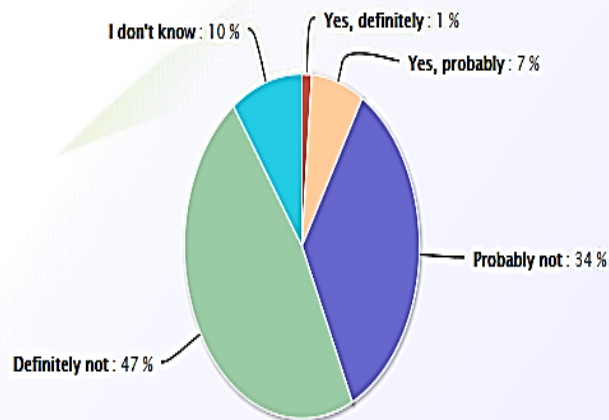
Percentage of Lone Parent Families Claiming JSA





Frequency Results

INFLHERE: Do you feel you have any influence in the decisions taken in your neighbourhood?



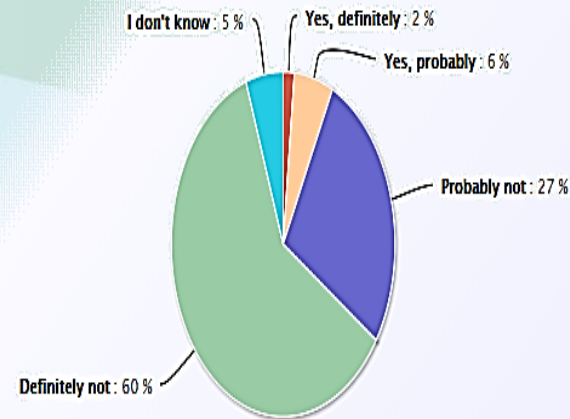
Yes, definitely Yes, probably Probably not Definitely not I don't know

ARK



Frequency Results

INFLUNI: Do you feel you have any influence in the decisions taken in Northern Ireland?



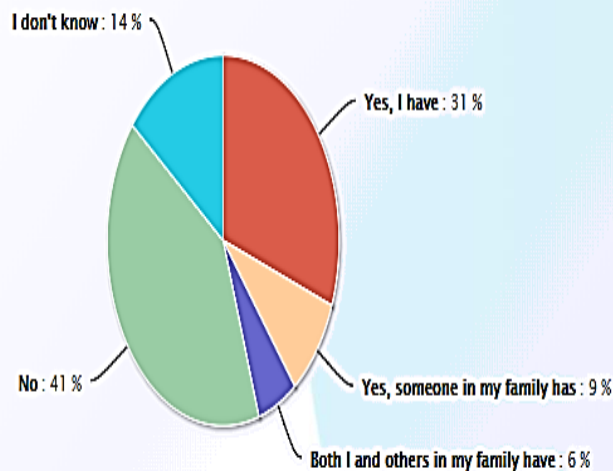
Yes, definitely Yes, probably Probably not Definitely not I don't know

ARK



Frequency Results

u or anyone in your family taken part in any government or local council funded camps or cross community projects or used joint com



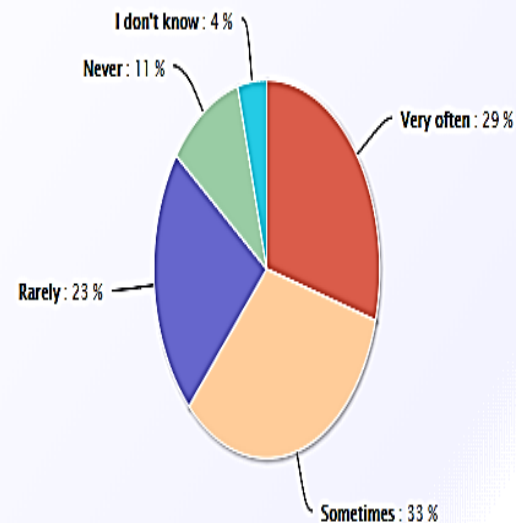
Yes, I have Yes, someone in my family has Both I and others in my family have No I don't know

ARK



Frequency Results

SOCMEG: How often do you socialise or play sport with people from a different ethnic background to yourself?

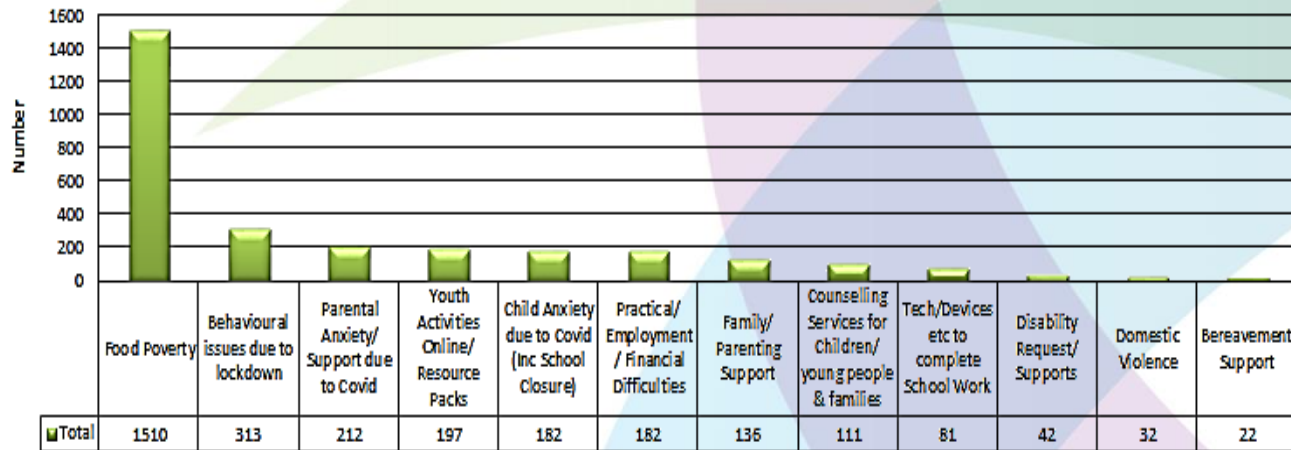


Very often Sometimes Rarely Never I don't know

ARK

What NI Family Support Hubs are telling us in respect of Covid19?

Reason for Referral



The top reason for referral during Covid was Food Poverty at 1510.

Emerging Issues weighted

CYPSP 18

family-support
transition-school
mental-health-adults
laptops-tablets
anxiety
financial
behavioural
mental-health-yp
food-poverty
practical-support
domestic-violence
counselling
youth-activities
ASD-support
bereavement
social-isolation
family-childcare
mentoring
disability-support
play-therapy
furlough
drugs-alcohol
face-to-face-support

ANTICIPATED NEEDS

- Transition support for young people when returning to school
- School refusal cases
- Anxiety disorders/depression
- Increase demand for food and practical support in Sept/Oct. time due to redundancies/furlough
- Cost of new school year of families – onset of Universal Credit
- Financial assistance required for families that have to isolate for 2 wks – re: free school meals
- Bereavement/illness support
- Unmet need due to backlog of counselling services
- Increased levels of face-to-face working in parks or gardens – lead to issues as the weather becomes more inclement

BARRIERS

- Mentoring/art/play therapy – not appropriate via phone
- Access to Internet
- Continue limited accessibility to GP surgeries – decline in number of referrals
- Having capacity to respond within the 4 wk as per hub model
- Lack of computers in a family where more than one child required computer for school work
- Longer waiting list for services
- Closure of waiting lists
- Equality & race issues
- Families reluctance to engage remotely

CHALLENGES MOVING FORWARD

- Financial hardship (evident in number of referrals in Qtr2)
- Another wave of Covid-19 – will put families under huge financial restraint for Christmas
- Gap between children that have been home schooled and those that were previously struggling with education widening
- Community and Voluntary services are not back to normal service delivery
- Funding required to increase capacity for mental health support to be put in place and support families at Early Intervention

Useful Links

Parenting Programmes	http://www.cypsp.hscni.net/ebpp/
Parent Support	http://www.ci-ni.org.uk/parentline-ni https://www.parentingni.org/resources/top-tips/
Service availability	https://tinyurl.com/y56uhffg
Financial Support/Funding	https://www.nidirect.gov.uk/articles/extra-financial-support http://www.cypsp.hscni.net/covid-19-daily-updates/ and click on Funding for up to date information
Foodbanks	https://www.trusselltrust.org/get-help/find-a-foodbank/
BAME support	http://www.cypsp.hscni.net/translation-hub/
Mental Health	https://www.covidwellbeingni.info/Mental-Health-Resources.html https://www.mindingyourhead.info/ http://www.cypsp.hscni.net/covid-19-daily-updates/ and click on Mental Health for up to date information
Digital Devices - Laptops	https://www.eani.org.uk/supporting-learning
Child Care	www.familysupportni.gov.uk
Domestic Violence	http://www.cypsp.hscni.net/covid-19-daily-updates/ and click on Domestic Violence for up to date information
Bereavement	http://www.cypsp.hscni.net/covid-19-daily-updates/ and click on Bereavement for up to date information