

# CCIN Project Report: Holistic Support for Mental Health (South Ribble Council)

## Project Background

In 2020, within South Ribble Borough Council's Communities department, a new team was developed; South Ribble Together. This team focuses on providing support to those who have been negatively impacted by the Covid-19 pandemic, working closely with residents to assess their health, social, and financial support needs, and making appropriate referrals to both partners and internal services.

Carrying out these assessments and having conversations with key partners, highlighted mental health as a leading community priority, with cases becoming more frequent and complex in both adults and young people. From liaising with schools, it was identified that:

- Schools were reporting worsening mental health amongst young people. Those with challenging home lives were having to spend increased time at home, and all young people experienced extended periods of social isolation whilst schools were closed.
- There are limited non-clinical and preventative mental health provisions available for young people and waiting lists for clinical interventions were extensive.
- Schools were not aware of the referral pathways into mental health services.
- Few teachers were trained to handle mental health related conversations (i.e. mental health first aid trained).

The application made to the Cooperative Council specifically focused on interventions to support young people, particularly those struggling with low confidence, self-belief, and emotional resilience.

## What the funding was used for

The funding was used to commission Lancashire Youth Challenge to deliver a series of two consecutive workshops to four separate cohorts. The first workshop focused on building confidence and self-belief, and the second focused on building emotional resilience.

South Ribble Borough Council's Youth Council was used as a feedback mechanism for the first cohort, allowing the sessions to be fine tuned ahead being delivered to young people in schools. The sessions were delivered to three secondary schools during February and March 2022, with cohorts aged 13-15.

## Link to wider Mental Health agenda

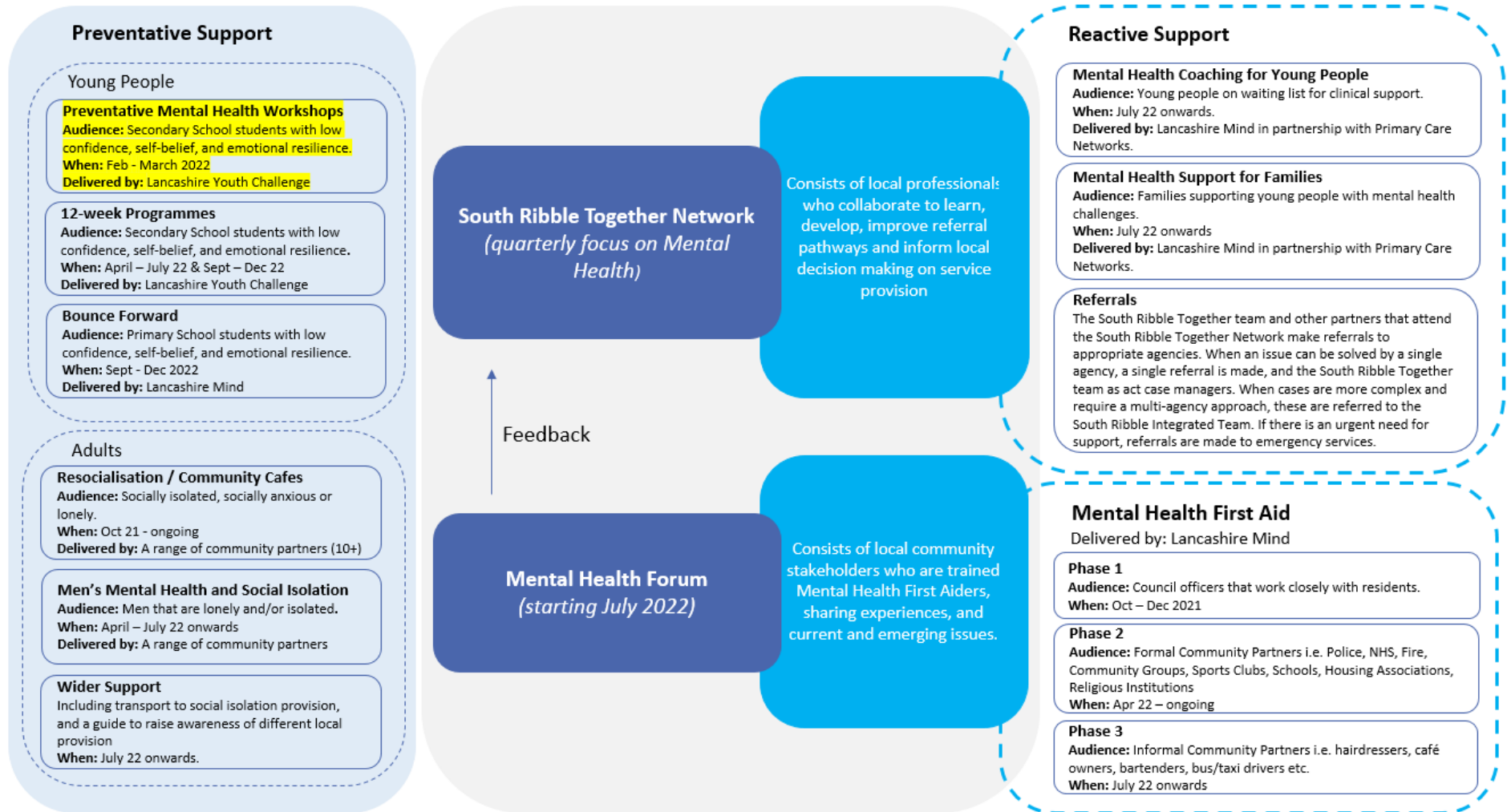
South Ribble Borough Council has committed to a holistic approach to mental health support for both young people and adults, aiming to reduce the burden on NHS services through focusing on prevention, early intervention, and partnership working. Although the workshops funded through the CCIN only contribute to a small piece of the jigsaw, they have been key to developing relationships with schools, and gaining a valuable deliver partner in Lancashire Youth Challenge.

These piloted workshops have proven a success, with two of the three school cohorts going on to undertake 12-week programmes with Lancashire Youth Challenge, aiming to further improve their confidence, self-belief, emotional resilience, and aspirations. One 12-week programme will conclude prior to the summer break, with the second commencing in September. Following the completion of these programmes, it is likely that the piloted workshops will be repeated with other schools to identify new cohorts.

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## Visual to show South Ribble Borough Council's holistic approach to Mental Health support:

*(CCIN funding contribution highlighted in yellow)*



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More information about each element of mental health support is outlined below:

## Adult Mental Health:

- **Mental Health First Aid**

Following the successful delivery of mental health first aid courses to Council officers who work closely with residents, the Council have commissioned Lancashire Mind to deliver these courses to key community partners and stakeholders. To date, three sessions have been delivered which has created 45 additional mental health first aiders within South Ribble. These include individuals from Police, Fire, NHS, Progress, Foodbanks, Community Groups, Sports Clubs, and Schools.

These first three course targeted formal community partners, whereas the next five will open up to informal community stakeholders, such as hairdressers, pub landlords, café owners, taxi drivers etc.

## Youth Mental Health:

- **Lancashire Youth Challenge – 12-Week Programme**

Following on from successful mental health workshops funded through the CCIN, Lancashire Youth Challenge have been commissioned to deliver 12-week programmes to build self-belief, improve confidence, raise aspirations, and enhance emotional resilience. This involves physical and academic challenges, concluded with a social action project chosen by the young people.

- **Bounce Forward – Lancashire Mind**

The Council has commissioned Lancashire Mind to deliver programmes to five Primary Schools, focusing on building the foundations for emotional resilience. These programmes are set to commence from September, with a plan to target the schools in areas of deprivation.

- **Mental Health Coaching and Support for Families**

The Council has commissioned Lancashire Mind to deliver coaching sessions with young people who are experiencing mental health challenges, but still on a waiting list to receive support, in addition to support sessions for family members supporting young people living with these challenges. We are looking to work closely with Primary Care Networks/GP Surgeries to pilot this project, allowing us to target those most in need.

## Mental Health Networks and Forums

- **South Ribble Together Network**

The South Ribble Together Network was established early 2020 in response to the pandemic. This network consists of key local agencies and meets on a monthly basis to discuss key issues directly or indirectly related to pandemic recovery. It was agreed that from 2022, this network would focus on mental health on a quarterly basis. This started on the 4<sup>th</sup> May, with presentations from Lancashire Mind and CAMS, both raising awareness of the services that they offer, and how partners can make referrals.

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- **Mental Health Forum**

This forum will be facilitated by Lancashire Mind and will consist of Mental Health First Aiders within South Ribble. This will be open to all mental health first aiders, not just those that have undertaken courses through the Council. This will meet quarterly and enable grassroot discussions about the current and emerging issues being faced within our communities, in addition to supporting mental health first aiders who may have experienced some challenging conversations. Insight from this forum will then be fed back to the South Ribble Together Network, with the aim of informing local decision making about mental health services and provision. The first meeting will take place in summer.

### Link to Cooperative Values

- **Social Partnership:** Social partnerships have been developed with schools through the mental health workshops, enabling further opportunity for collaboration to support young people's mental health. Further to this, the mental health network and forum provide an opportunity for social partnerships to be made with key local agencies and partners, as well as grassroot members of the community.
- **Co-production & Democratic Engagement:** The Youth Council was used as a feedback mechanism to allow co-production of the mental health workshops, enabling young people to design a service to support their peers.
- **New models of meeting priority needs & Innovation:** This holistic model is a new and innovative approach, driven by South Ribble Borough Council.
- **Learning:** The mental health forum and network provides an opportunity for continuous learning, development, and improvement for both South Ribble Borough Council and other delivery partners.

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| <b>Lead Officer</b>             | Reece Drew ( <a href="mailto:reece.drew@southribble.gov.uk">reece.drew@southribble.gov.uk</a> ) |
| <b>Lead Councillor</b>          | Cllr Paul Foster, Leader of the Council   |
| <b>Partner Organisations</b>    | Lancashire Youth Challenge, Lancashire Mind   |