



KVA Children & Young People Network Meeting



AGENDA for Tuesday, 12 Dec 2023

Current themes and needs of young people waiting for CAMHS service – Louise Adam, AFC

JSNA - Children and Young People and Mental Health - Katharine Dallas RBK

Suicide Prevention Strategy - Liz Trayhorn RBK

Children and young people's plan development - Victoria Horner RBK

Kingston Joint Strategic Needs Assessment (JSNA) 2023



Children and Young People Summary

What is a JSNA? What is it for? How is it prepared?

- **What is a JSNA?** 'Joint Strategic Needs Assessments' are assessments of the current and future health and social care needs of the local community (needs that could be met by the local authority or local NHS services)
- **What is it for?** should inform the local 'Joint Health & Wellbeing Strategy' ('Health and Care Plan') -> to inform local evidence-based priorities for commissioning (including for wider determinants of health) which will improve the public's health and reduce inequalities.
- **Who prepared the document?** Produced by Health and Wellbeing Boards 'HWB' (Kingston Partnership Board) - a Kingston JSNA Steering Group (council, NHS, VCS, HW etc) prepared the new JSNA 2023 on behalf of the HWB *(signed off Aug 2023)*



How was the Kingston JSNA 2023 designed and what does it look like?

- The 2023 JSNA has focused on the 'Top 5' causes and risks of mortality and morbidity by major-age groups: childhood, adulthood and older age. (*Note: some Top 5 data precedes COVID-19 impact*)
- This included: overall borough and Primary Care Network (clusters of GP practices) data, mortality and morbidity risks in key age bands, hospitalisation figures, long term conditions
- The data review included analysis of male/female differences, income, ethnicity and geography where data was available, to look at any disparities
- The number one wider-risk-to-health in Kingston - climate change - opens the document and is referenced throughout
- 'Wider determinants of health' were reviewed and compared with other regions
- There are additional special sections on Health Protection, COVID-19, Communication and Cost of Living
- Recommendations are included

Structure of the documents:

- Summary Document,
- Main Document

PLUS

Seven special themed sections

(chosen after Top 5 data analysed):

1. Healthy Weight & Physical Activity
2. Alcohol
3. Smoking & Respiratory Health
4. Geographies
5. Mental Health
6. COVID-19 Implications
7. Immunisation & Education: The Basics for Good Health

Climate and Health:

- According to the World Health Organisation (WHO), climate change is currently the single biggest health threat facing humanity
- The current and future health, care and wellbeing needs of the local community are therefore going to be closely linked to the impacts of climate change *but are also linked to the potential to reduce carbon emissions.*
- Areas of our housing estates (Cambridge Road, Alpha Road) as well as south Tolworth and parts of New Malden and North Kingston scored highest in terms of overall climate risk of its residents (sensitivity and exposure combined)
- Integrated health and social care systems will play an important role in both carbon reduction and climate adaptation.
- The recent Marmot report highlights that mitigating climate change will also help mitigate health inequalities.
- Reducing being overweight and increasing physical activity through active travel can also help decrease our carbon footprint while also keeping people healthier for longer and reducing health inequalities.
- See the Kingston Climate Action Plan for more details of local data and actions: <https://www.kingston.gov.uk/downloads/download/442/kingstons-climate-action-plan>



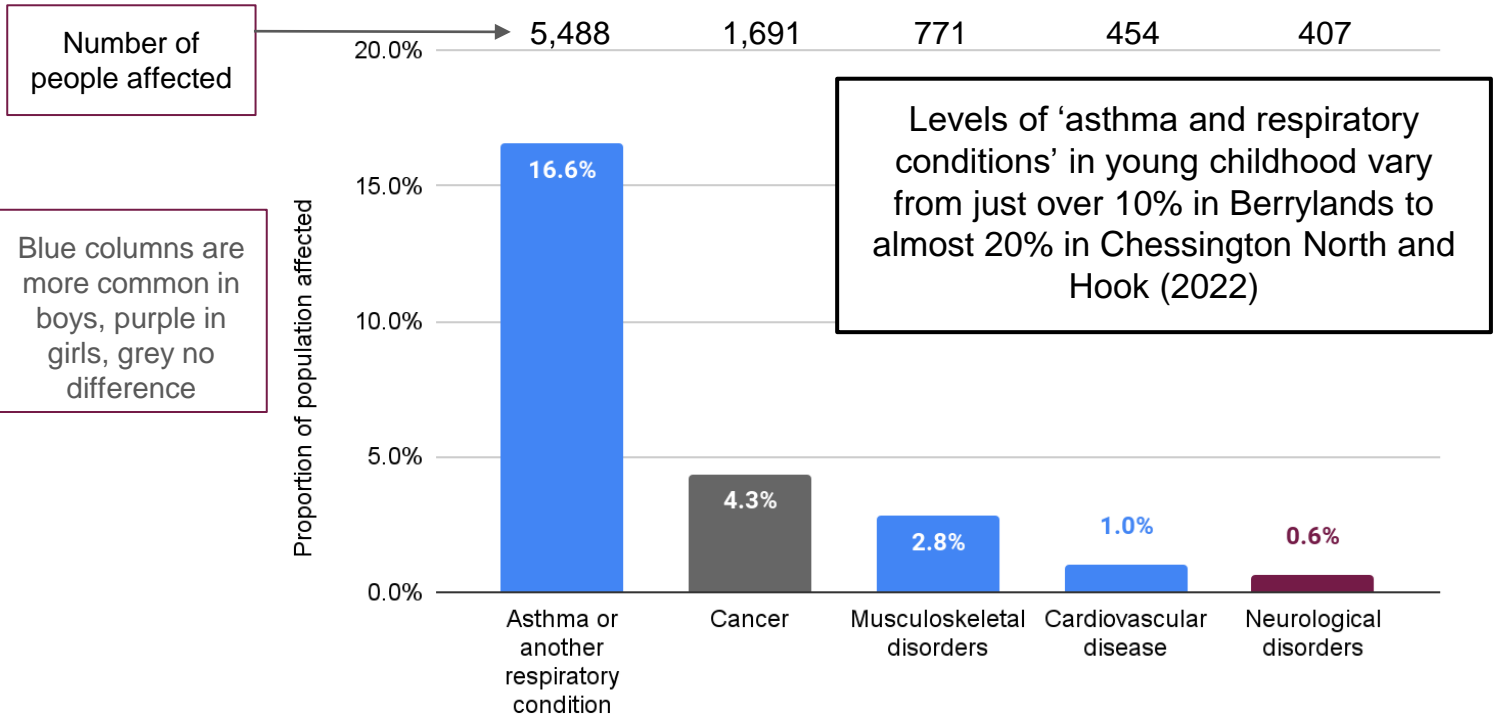


JSNA Children and Young People Health Data

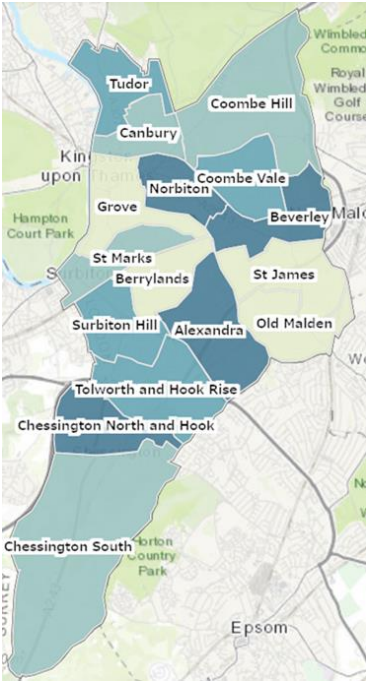


Children (0-19 years) - long term conditions

The top five long term health condition categories in childhood in Kingston in 2022 were:



Darker colour = higher prevalence

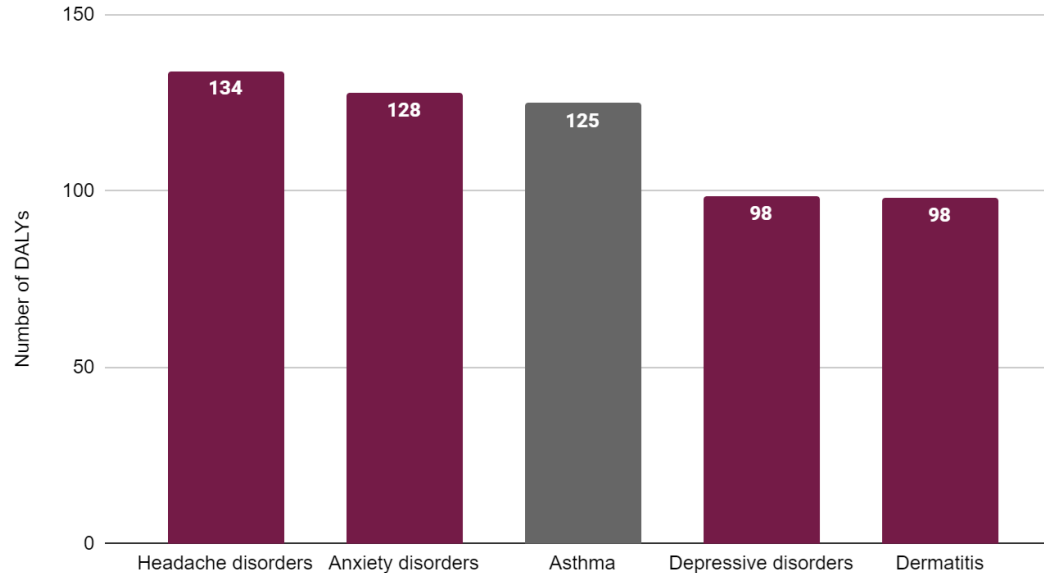


The prevalence of asthma and other respiratory conditions in childhood outweighs all other classes of disorder

Children (5-19 years) - morbidity

The top five causes of childhood morbidity in young people in Kingston in 2019 (latest data available) were:

Top five causes of disease in Kingston, 2019 (age 5-19 yrs)



Blue columns are more common in boys, purple in girls, grey no difference

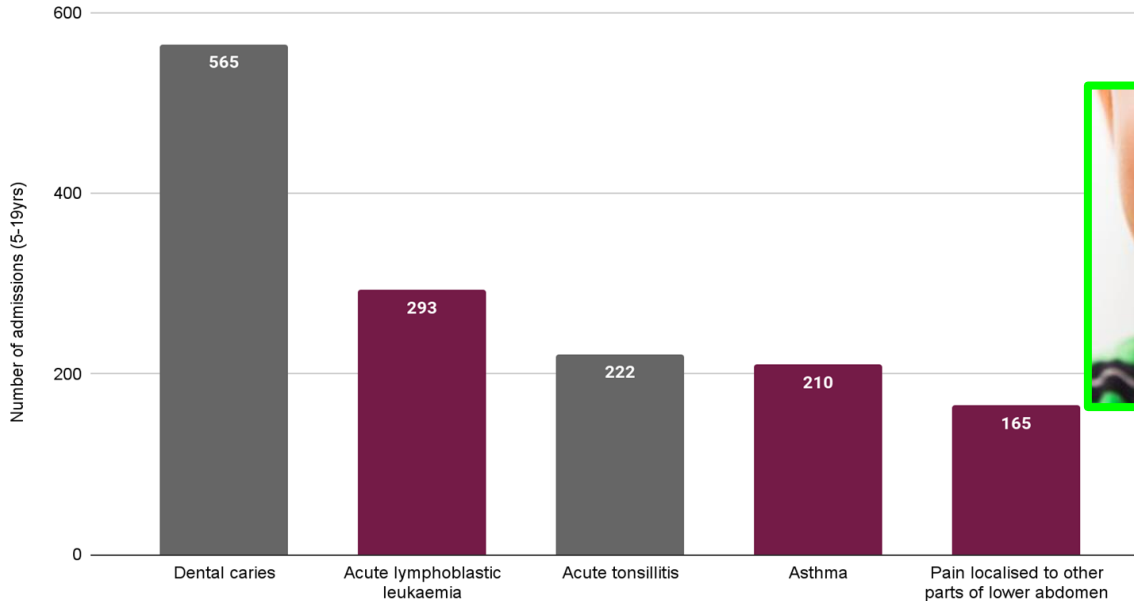
A total of over 4,000 years of healthy life (DALYs) were lost in this age group in Kingston across the year, with the top three causes having a similar level. All but one of the top five causes were more common in girls (purple columns)

It is clear that mental health disorders are the most common health complaints in children, particularly teenage girls, with three of the top five causes of poor health related to this

Children (5-19 years) - in-patient hospitalisations

The top five causes of older childhood hospitalisations, in Kingston from 2017-18 to 2020-21 are:

Top five causes of age 5-19 years hospitalisations, Kingston, 2017-18 to 2020-21



Blue columns are more common in boys, purple in girls, grey no difference



Dental decay is by far the most common primary reason for child hospital admission in Kingston
Almost 1 in 20 of all admissions are due to this reason



Other **New** Children and Young People Health Data - *Obesity*



Excess weight - levels of obesity more than double at primary school

The latest **obesity** data (NCMP) shows that in Kingston in 2022-23, the level **more than doubles** while children are in primary school (7.5% to 17.2%)

- Close to **1 in 5 children (18.7%)** in Reception (aged 4-5 years) were overweight or obese (2022-23), **2% higher** than 2021-22
- **In Year 6 (10-11 years), almost 1 in 3 children (29.5%)** were overweight or obese (2022-23)
- Nationally there is a link between deprivation & higher levels of obesity, this holds true for Kingston, especially in Reception year

Recommendations on healthy weight include making use of opportunities to:

- Increase active travel to school
- Ensuring that physical activity targets met in schools
- Lead by example on healthy food offers in our organisations
- Enhancing oral health promotion work
- Expanding community offers and initiatives eg Play Streets
- Ensuring new housing has adequate play space

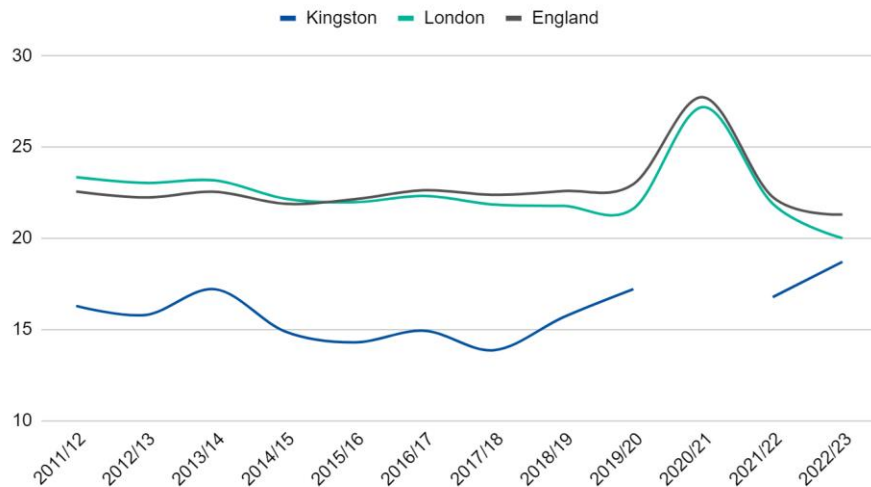


Reception (age 4-5 years) - change over time

Levels of excess weight in Reception year in Kingston have been rising since 2017-18

The latest data for 2022-23 shows a significant rise of 2% from the previous year's data; this is the biggest increase in London and unusual as most London boroughs have decreased

Reception: Prevalence of overweight (including obesity) (%)

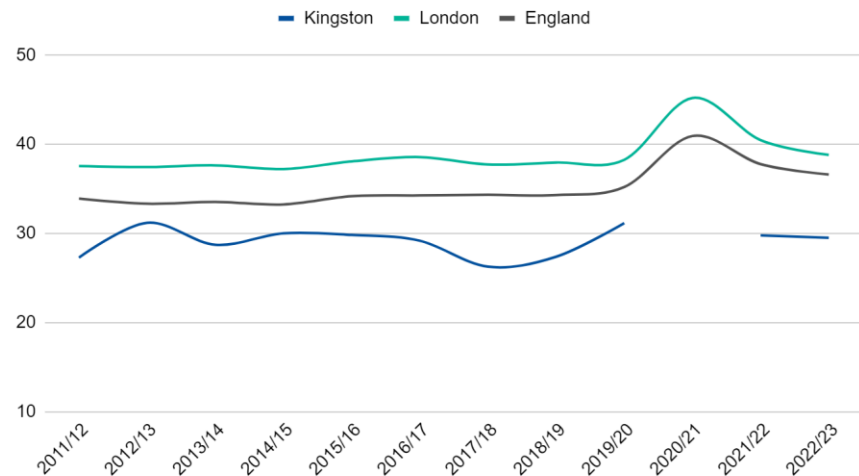


Year 6 (age 10-11 years) - change over time

A less dramatic picture can be seen in older children, with excess weight in Kingston broadly stable at around 30% across most of the past decade, bar a brief dip in 2017-18 and 2018-19

The latest Kingston data for 2022-23 shows very similar levels to 2021-22, with small falls elsewhere

Year 6: Prevalence of overweight (including obesity) (%)



N.B. no borough-level data is available for 2020-21 due to the pandemic



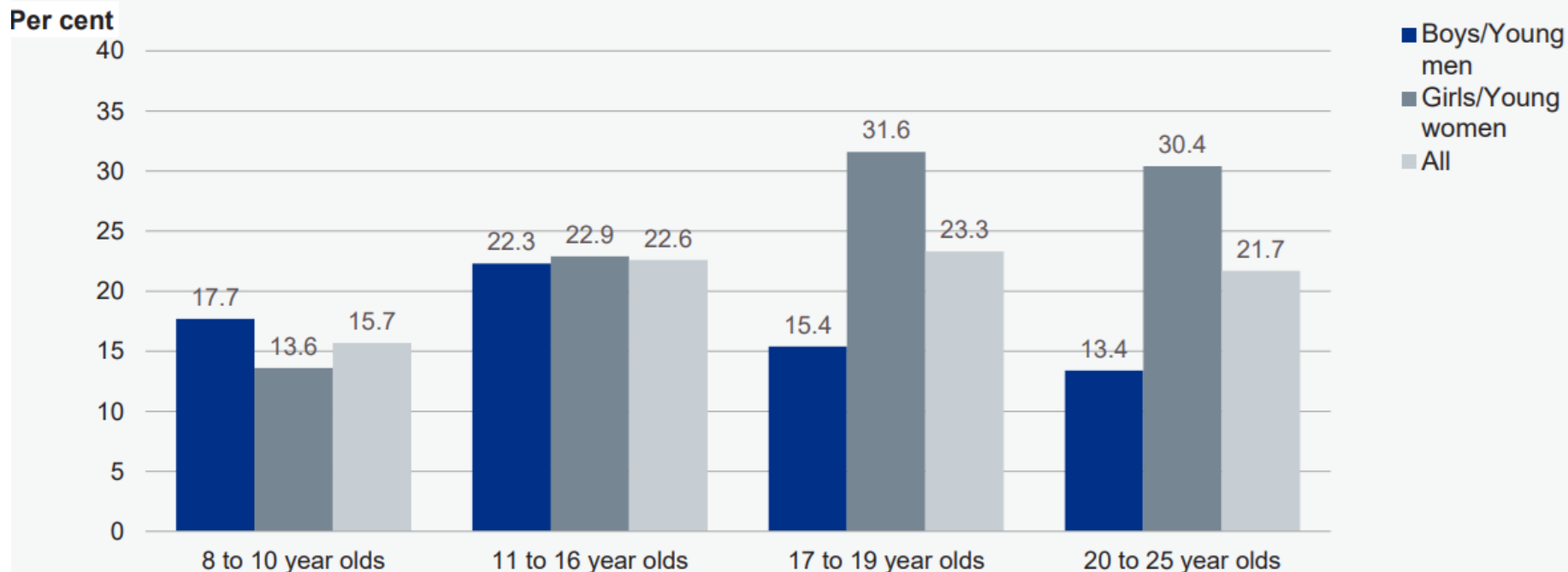
Other **New** Children and Young People Health Data - *Mental Health*



Mental Health of Children and Young People in England survey, 2023 update

The latest update to this national, NHS-commissioned survey which began in 2017 took place in spring 2023, and provides a current snapshot of mental health, as well as comparisons over time.

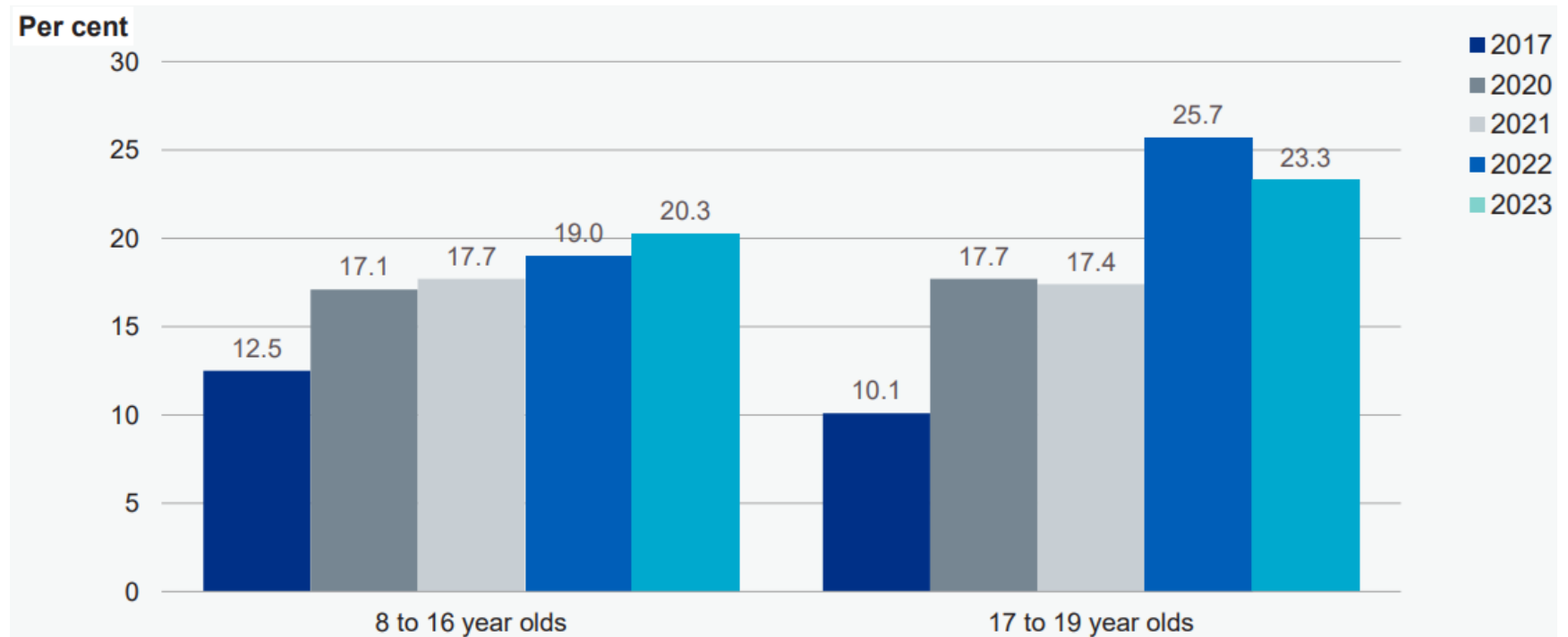
Rates of probable mental disorder in 2023 for 8 to 16 year olds were similar in boys and girls, however for older teens and young adults rates were twice as high for young women than young men



Mental Health of Children and Young People in England survey, 2023 update

Looking across the lifetime of the survey, **rates of probable mental disorder** rose significantly between 2017 and 2020, and again in older children between 2021 and 2022

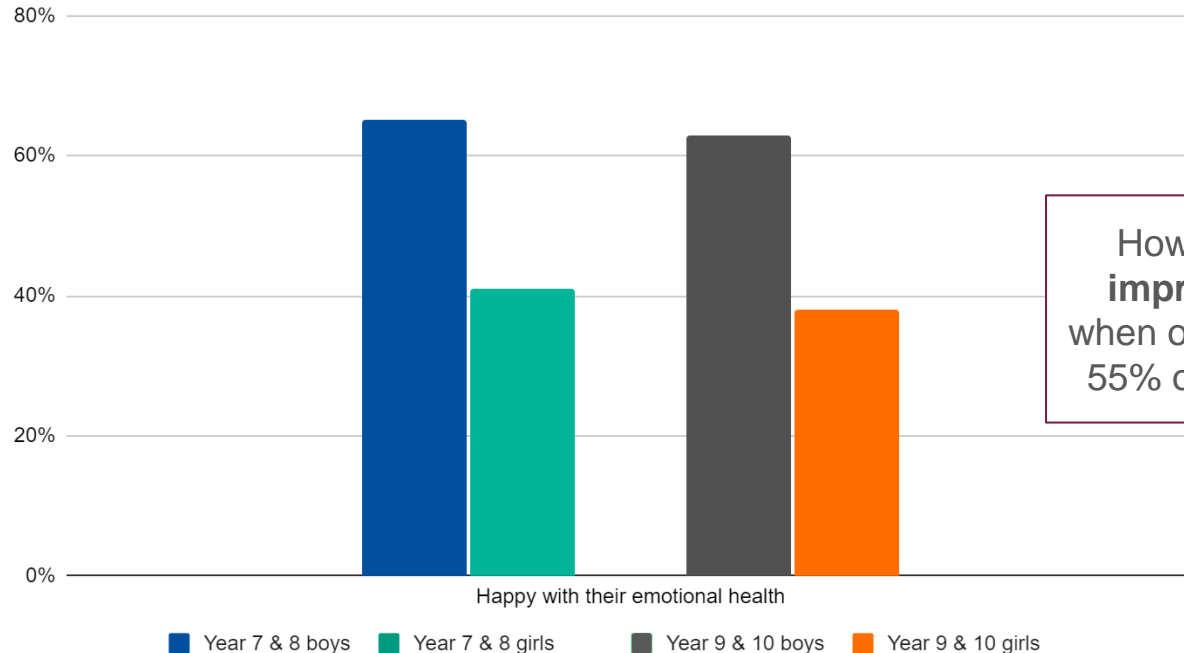
However these rates remained stable in all age groups between 2022 and 2023



SHEU survey 2023 - emotional health in secondary school

The Schools Health Education Unit (SHEU) survey runs every two years in secondary schools in Kingston, asking young people (aged 11-16) questions on a variety of subjects, including drugs, alcohol and smoking, sexual health, healthy lifestyles and mental health

% of secondary school children happy with their emotional health, Kingston, SHEU survey 2023



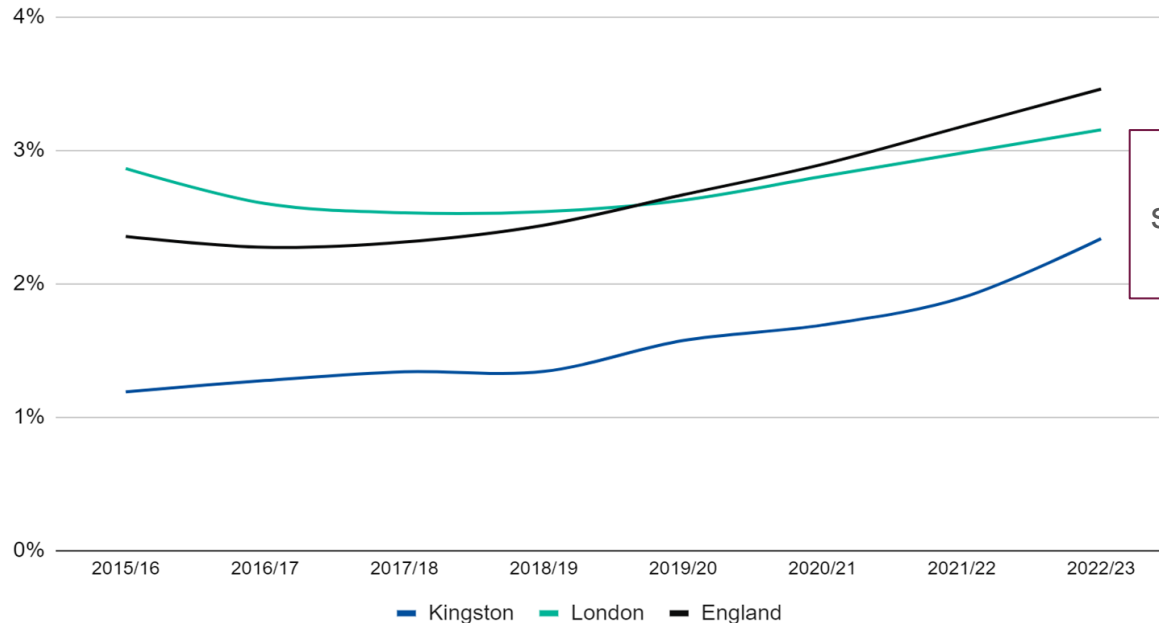
Only **40% of girls** are happy with their emotional health in 2023, and **60% of boys**

However, things have **improved since 2021** when only 30% of girls and 55% of boys were happy

Secondary school pupils with social, emotional & mental health needs

The latest data from the Department for Education shows that the proportion of secondary school children in Kingston who have special education needs (SEN), and whose primary type of need relates to their social, emotional or mental health, is rising steadily

% of secondary school pupils with social, emotional and mental health needs, 2015-16 to 2022-23



Kingston's figure has almost doubled in the past five years

Rates in primary schools are lower, and growing more slowly

Thank you!

Any comments or questions?

'Hold the Hope'

Kingston's Suicide Prevention Strategy

2024 - 2029

KVA Children and Young people's Network

12th December 2023

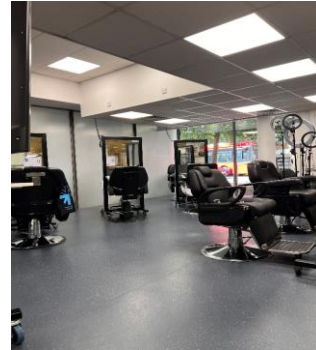
Liz Trayhorn

PH Principal: Mental Wellbeing &
Older People's Health Improvement



Why we need a new Strategy for Kingston?

1. **End of previous strategy:** Kingston's last Suicide Prevention strategy was published in 2016
2. **Lots of changes since the last strategy affecting Kingston's residents:**
 - a. COVID-19: Whilst suicides did not increase during the COVID-19 pandemic, a number of the risk factors for suicide did, in particular in children and young people
 - b. Cost of Living Crisis



1. **New national strategy - which will be reflected in Kingston strategy**
2. **New data sources to help inform work:** The London Real-Time Surveillance System and now a new national RTSS.
3. **Joint working across SWL ICB:** e.g. service for families bereaved by suicide
4. **NHS funding to help enhance local work:** e.g. planned local training for Kingston barbers with Kingston College.
*Integrated Care Board



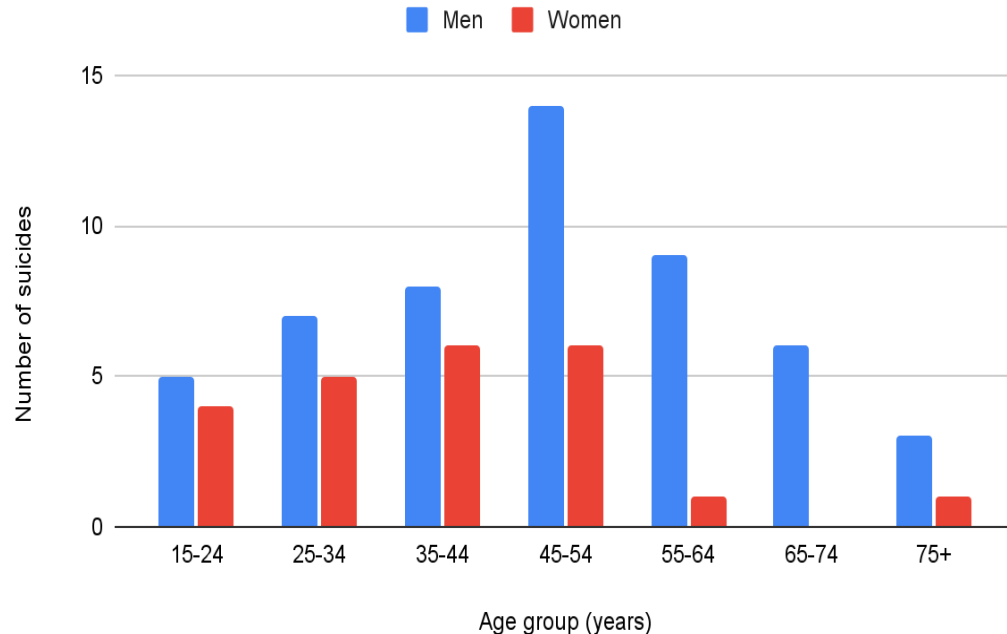
How we have prepared the new Kingston Strategy

1. Progress report on 2014-21 Kingston Suicide Prevention Strategy presented at Health Overview Panel in July 2022
2. 'Sector Led Improvement' Suicide Prevention Support report for Kingston, Dec 2022
3. Kingston Suicide Audit and Analysis of 2018-2021, Nov 2022 - May 2023
4. Review of evidence base - presented at the steering group in June 2023
5. Stakeholder engagement including Kingston's Multi agency Suicide Prevention Steering Group and lived experience group, Jan 2023 - April 2023
6. National Suicide Prevention Strategy published (Sept 2023)
7. Equality Impact Assessment (EQIA) November 2023
8. **NOW:** Consultation on Kingston Suicide Prevention Strategy draft, Nov 2023 - Jan 2024
9. **NEXT STEPS:** Kingston's Multi agency Suicide Prevention Steering group to approve strategy and detailed multi agency action plan for the first year in February 2024. Kingston Partnership Board to endorse. Publication April 2024.



Data review: sex and suicide 2018-21

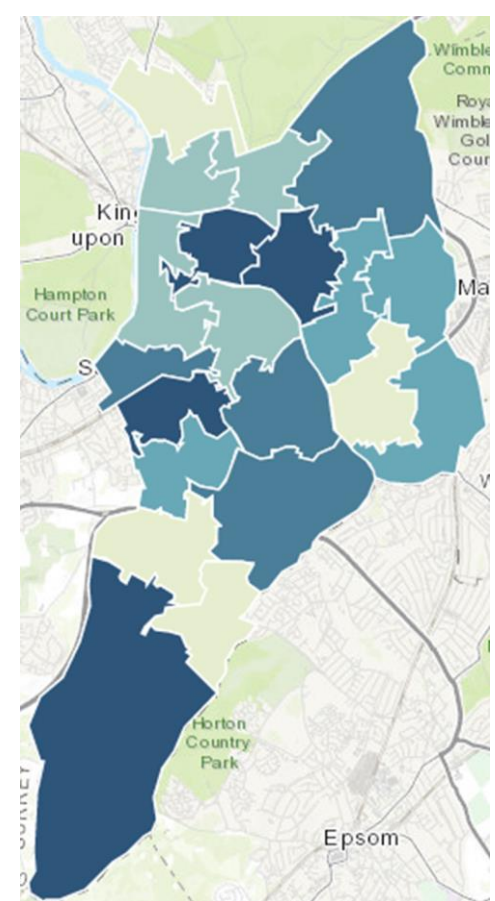
Number of deaths by suicide, by age group and sex, 2018-21



- 69% of suicides in Kingston were male (national data, 75%)
- In women, 90% of suicides were in people aged under 55. For men, 65% were aged under 55.

Data review: Self-harm A&E attendance*

- People who self-harm are at increased risk of suicide; although for many people self-harm is a coping mechanism and not a suicide attempt
- Kingston data found that:
 - The majority of inpatient hospitalisations were women (70%)
 - The 19-28 years age group had the largest number of inpatient hospitalisations
 - The areas with a higher rate of A&E admissions were Norbiton, Chessington South and Surbiton South



The map shows MSOA (Middle Layer Super Output Area) rates of self-harm attendees of all ages for 2017-18 to 2020-21, with darker colours having a higher rate of self harm A&E attendance. *Source - NHS Hospital Episode Statistics ([HES](#))

What does the new Kingston Strategy look like?

Principles which inform the Strategy

1. Suicide prevention is everybody's business
2. Mental health is as important as physical health
3. Nobody should be left out of suicide prevention efforts
4. Early intervention is vital
5. Voices, perspectives and insights of people with personal experience should inform the strategy, planning, design and decisions at all levels of suicide prevention activity
6. Strong collaboration, with clarity of roles, is essential
7. Timely, high-quality evidence is fundamental



The new Kingston Strategy: eight key priority areas

1. Data and evidence
2. Priority groups
3. Risk factors
4. Online safety and support
5. Crisis support
6. Reducing access to means
7. Providing effective bereavement support
8. Making suicide prevention everybody's business



New Strategy: PRIORITY AREA 2 - high risk groups

1. Children and young people - The suicide rates in under 25s has been increasing over the last decade in England, especially among females.
2. **Middle-aged men**
3. People who have self-harmed
4. **People with mental health problems**
5. People in contact with the justice system
6. Autistic people
7. Pregnant women and new mothers and **women at high risk**



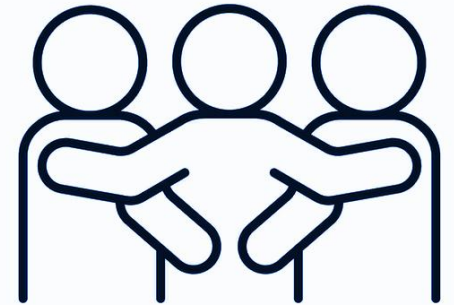
Children and young people - Aims

1. Improve access to mental health support particular those experiencing risk factors for suicide.
2. Further develop services that benefit young people's wellbeing, including social prescribing and peer support
3. Build on progress to improve mental health support and suicide prevention activity within schools, colleges and universities.
4. Further develop a collaborative approach between local services
5. Improve information and advice available to children and young people, their parents/ carers and primary care and community services



Priority 2 - aims related to children and young people

1. Review and improve self harm services in line with best practice.
2. Build awareness and understanding among schools, families and others on how to support children and young people who self harm
3. Increase access to mental health support by people in contact with the criminal justice system
4. Improve training and support for practitioners, carers and families for young people with autism on suicide prevention
5. Improve access to mental health support for all people with, or waiting for, a diagnosis of autism depending on their needs
6. Increase awareness and access to perinatal mental health support, particularly by young women at higher risk of suicide



New Strategy PRIORITY AREA 3 - Risk Factors

1. Physical illness
2. Financial difficulty and economic adversity
3. Harmful gambling
4. Substance misuse
5. Domestic abuse & sexual abuse
6. **Trauma**
7. Social isolation, loneliness and **relationship breakdown**



PRIORITY AREA 3 - Aims related to children and young people

1. Improve mental health treatment for people with mental health conditions who also misuse alcohol and drugs
2. Increase access to mental health support by survivors of domestic abuse and sexual abuse
3. Continue to work on embedding trauma informed principles across all services and improve coordination of this work.
4. Further develop and promote opportunities for people to connect with each other, particularly young people, men, carers and those experiencing other risk factors for suicide



Other aims related to children and young people

1. Ensure it is easy for people of all ages who need support for suicidal ideation and self-harm to access support on all local websites
2. Improve the coordination of mental health information on local websites
3. Further develop support for residents, in particular children and young people and their parents, for healthy and safe usage of online platforms
4. Further develop and promote opportunities for people to connect with each other, particularly young people,
5. Anyone, whatever age, experiencing suicidal crisis, and their families and carers, are easily able to access timely and effective support and information
6. Workplace and education settings are provided with support so that they are able to prepare for and recover from a suspected or attempted suicide
7. Ensure bereavement support, including suicide bereavement support, meets the needs of all groups, including children and young people



New Strategy approach: Making suicide prevention everybody's business

- This strategy and action plan are not the limits of suicide prevention – suicide prevention is everyone's business.
- We call on everyone to consider this strategy, the groups identified and the risk factors set out to truly consider and bring forward action to ensure that the preventable is prevented, and that families and communities do not suffer the devastating impact that suicide brings.



Governance

- This strategy will be overseen by Kingston's Multi Agency Suicide Prevention steering group. This group will:
 - produce an annual action plan to support the implementation of the strategy and will monitor its impact.
 - They will also provide leadership and support for suicide prevention in their organisations
 - Ensure suicide prevention is included in all relevant strategies and services
- An annual update report will be provided for the Kingston Partnership Board



Consultation on the new draft Kingston Suicide Prevention Strategy 2024 - 2029:

- We are consulting on the new DRAFT Strategy **2024 - 2029** from November 13th 2023 to January 15th 2024.
- Today is an opportunity for you to comment, please also comment on the draft Strategy and form here so all of your comments are captured:
www.kingstonletstalk.co.uk/public-health/suicide-prevention-strategy-consultation/
- The Suicide Prevention Steering Group will approve the strategy in February 2024.
- Finalised draft to Kingston Partnership Board to endorse.
- Publication April 2024.



Thank you

Questions?



Kingston Children and Young People's Plan 2024-2027 - background and timeframe

- Victoria Horner - Development Lead
- Previous version of the plan was from 2017-2020, and refreshed in 2021: [Children and Young People's Plan 2017-2020 | Kingston Council](#)
- New version is being co-produced by children and young people (CYP), for children and young people. It is due to be signed off in March 2024, published in April 2024.
- For CYP aged 0-19 or up to 25 with SEND or those who have been in care.
- Data has been gathered data from the 2021 census, sources of data from partners and recent engagement by AfC and Kingston Council teams - and main themes identified by CYP are: mental health, racism, climate change and vaping.
- This approach avoids duplication by using existing feedback.



Kingston Children and Young People's Plan 2024-2027 - Engagement and Participation

- Workshop 1 ran to compare and contrast plans from statistical neighbours as well as previous Kingston plan [Children's Services Statistical Neighbours](#) to find out about the content, look and feel of the plan
- Workshop 2 ran to look at identified themes, and identify which are most important, and identify any other issues
- Workshops ran concurrently
- Engaged with over 100 CYP and families in person so far
- Workshops run in youth clubs, schools, children's centres, detached youth bus, youth and community centres. Home Start and Young Carers sessions.
- To include input on the needs of very young children, we are engaging with their families.
- Emerging results - prefer a shorter plan, include statistics, large font, colourful, simple layout
- Issues - safety, things to do, bullying
- Further engagement to take place with CYP once plan is drafted to ensure continued input throughout the process
- Survey to launch soon to allow everyone to have their say on issues affecting CYP



Kingston Children and Young People's Plan 2024-2027 - how you can get involved

Data

- Do you have any data from surveys or other engagement activities?
- Relevant data could be anything to do with experiences of living/studying in Kingston.
- From 2021 to present - including if open now and due to close in new year
- Redact any personal (identifiable) data and send to victoria.horner@kingston.gov.uk

Engagement

- Do you run any groups for children and young people?
- Do you run any groups for targeted families with very young children?
- Survey will be launching to look at content of plan and find out what issues are important to children and young people - chance for all participants to win gift cards - link will be circulated to VCSE group
- Opportunity for children and young people to provide feedback on the drafted plan in person in new year



Kingston VCSE Grants

- Link to all grants can be found on RBK website:
- <https://www.kingston.gov.uk/neighbourhood-community-safety/voluntary-community-social-enterprise-sector-grants/4>
- Grants around: people with disabilities, people with ethnic minority backgrounds, night time support, green grant and young people's mental wellbeing.
- Specialist Information, Advice and Guidance to Support Young People's Mental Wellbeing Grant may be of particular interest
- 1 grant available of £25,000 year for a 2 year period. Total value of grant is £50,000.
- Applications close on 12 January 2024
- For CYP up to age 19 (up to age 25 if SEND or have been in care)
- RBK is investing in the sector to support CYP
- Builds capacity in their organisation
- Helps them to develop a relationship with RBK and an understanding of how VCSEs can work successfully with a local authority
- Opportunities for staff development
- May complement other work they are doing around wellbeing for families
- Please share with your networks

