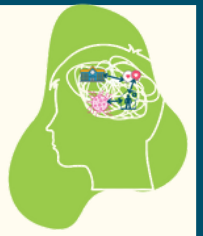


CYP Outreach Overview

IN CONJUNCTION WITH THE SURVEY WE ENGAGED WITH CYP AND PARENT AND CARER GROUPS IN THE COMMUNITY AS WELL AS SEVERAL SCHOOLS TO GAIN FEEDBACK



Children & Young People's Wellbeing Report 2022

259

peoples voice heard

- **69** Parent / carers interviewed on a 1:1
- **132** YP face-to-face engagement
- **16** Teachers/ School mental health team
- **42** CYP Practitioners / professionals

GROUPS

- WIRED Young Carers
- Children in Care Connect
- EMPOWER
- Parents In Mind (PIM)
- WARPAC
- Home-Start
- Kooth
- St Joseph's
- CAMHS
- WYC



Trends

Extremely isolated, low mood, anxious, exhaustion, lack of support due to lockdown, frustration, guilt towards children and partners

Home-Start had a positive impact on wellbeing and mental health of all mums that fed back, resulting in a more confident relationship with baby/ children and in some cases partners.

"Being referred to Home-Start has been a lifeline"

27 service users feedback

17 had a good experience **10** Online support not for them

3 YP stated they held back on their issues as they didn't feel 100% relaxed
"Wasn't sure if our conversation was confidential, always warned about internet safety"

Out of 17 who had a good experience:

- 8** Happy with online counselling
- 9** glad accessed but prefer face to face



Kooth had a significant increase in referrals since the start of the pandemic.

33 Young People aged 13-19 who have accessed CAMHS

- 27** Young people said they had waited 10 months or over for support.
- 7** YP said when they eventually had an appointment the session went well and they talked a lot.
- 19** Said they had a telephone or online appointment and after the conversation were told they would not be seen again for several months.

Warrington CAMHS

Child & Adolescent Mental Health Service

20 Teacher / Support Staff 26 Parent / Carers 14 Professionals

- 5** Parents said once their children did receive support, it was good.
- 20** School staff all stated they do not have faith in the service.
- 50** Said CAMHS waiting list is unacceptable and far too long, and shared concerns there are NO appointments for under 8s.



- 6** Groups TAGS, EMPOWER, Children in Care Council (CICC) Warrington Youth Voice, Young Carers, WYC & The Girls Group
- 9** Children in Care Council all struggled with their emotions during lockdown and dreaded one another.
- 7** Empower Lockdown had been particularly difficult and the group provided them much needed support. Since joining the group, their mental health and outlook on life had improved.
- 4** The Girls Group Missed Youth Club during pandemic, but group "helped us how to improve our mental health when on social media."

6 Young carers All said caring roles increased significantly during the pandemic. Increased feelings of loneliness, sadness and isolation.

Referrals to service have increased significantly during pandemic.



Warrington Parents & Carers

During the Pandemic Warrington Parents and Carers were able to work much more closely with the Local Authority supporting over 70 families in crisis helping with issues arising across education, health and social care.

2 Parents spoke to us about how invaluable WARPACs support was during the pandemic.

Parents in Mind offer mental health support both 1-1 and in groups to pregnant women and to parent/carers with an infant under two, experiencing mild-moderate difficulties with their mental health, or feeling socially isolated.

2 Parents spoke about how understanding and lack of judgement.



Young Peoples Survey

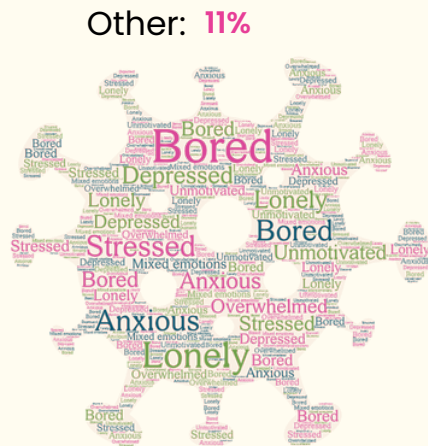
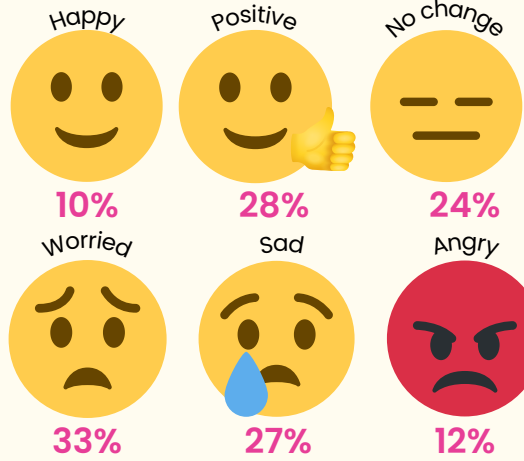
OVERALL, **554** RESPONDENTS COMPLETED THIS SURVEY. STUDENTS WHO COMPLETED THE QUESTIONNAIRE ATTENDED A RANGE OF DIFFERENT SCHOOLS INCLUDING PRIESTLEY COLLEGE, BIRCHWOOD, KINGS LEADERSHIP ACADEMY, BEAUMONT COLLEGIATE ACADEMY, CULCHETH HIGH SCHOOL, SIR THOMAS BOTELER, BRIDGEWATER HIGH SCHOOL, AND UTC WARRINGTON.



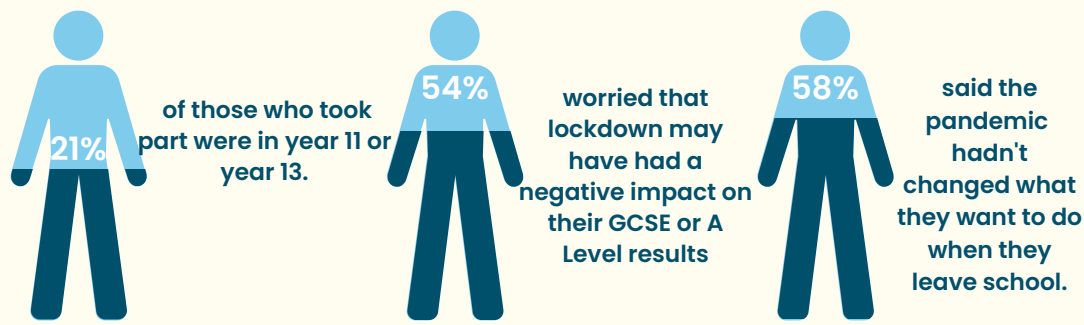
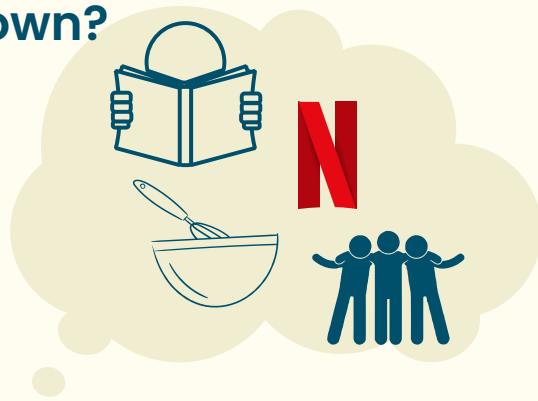
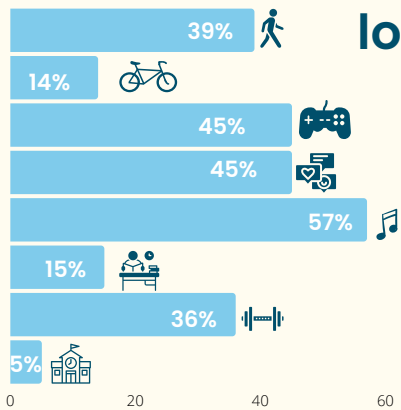
healthwatch
Warrington

Children & Young People's Wellbeing Report 2022

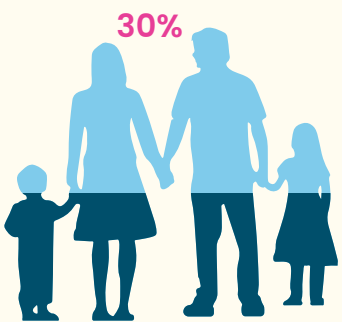
How did the pandemic make you feel emotionally?



What did you do to stay happy during lockdown?



"I had a chance to do more research into different career prospects"

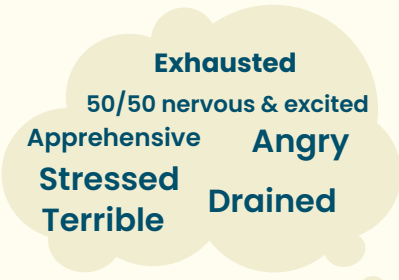


30% Enjoyed spending more time with their families

- 28% saw no change
- 18% became closer
- 20% found it boring
- 8% had increased anxiety

Returning to school after lockdown

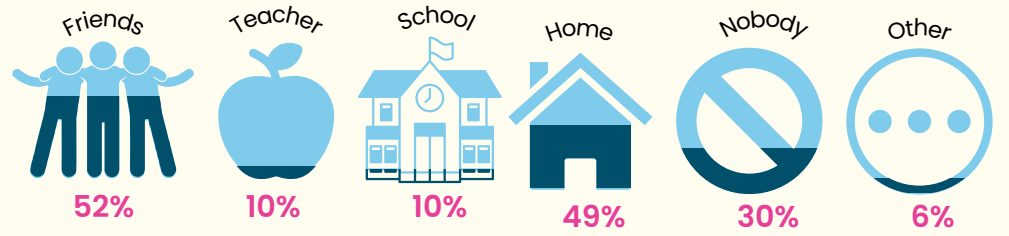
31% OK
31% Nervous
21% Happy
20% Excited



Social Media

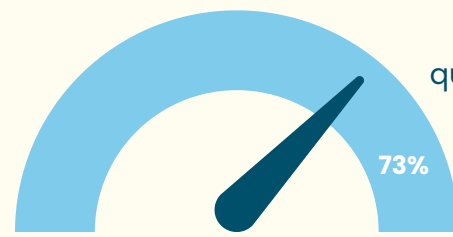


Who would you talk to?



Other: External Family, therapists, boyfriend/ girlfriend

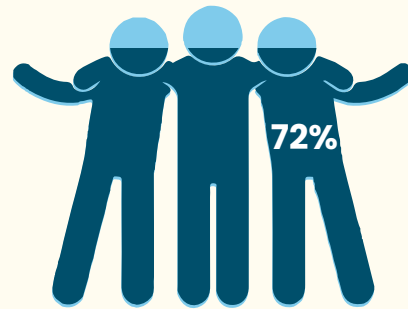
Services to provide support



73% of those who took the questionnaire are aware of services available to support them.

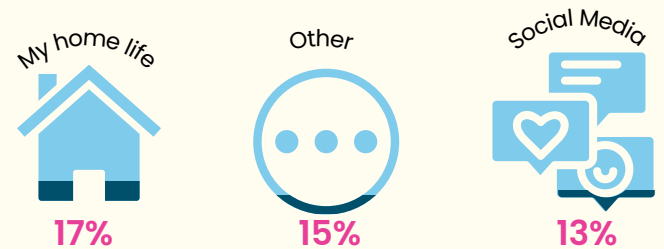
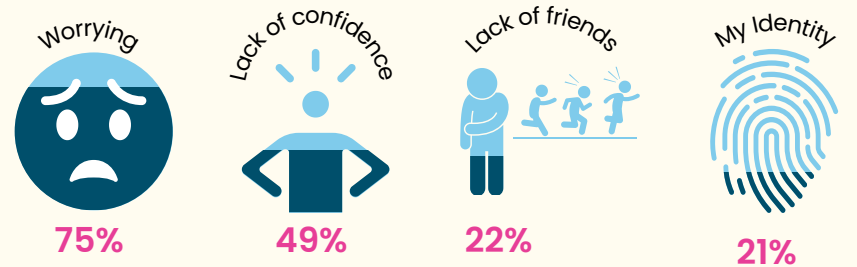
16% didn't know what services were available
8% wanted more information.

Providing support for peers



26% said it would depend on the problem

What are the things that upset you?



Overthinking

School work

Friendships

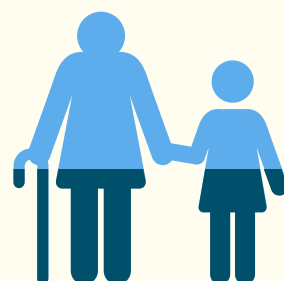
Bullies

Bereavements

Not seeing family & Friends Poor mental health

Are you a Young Carer?

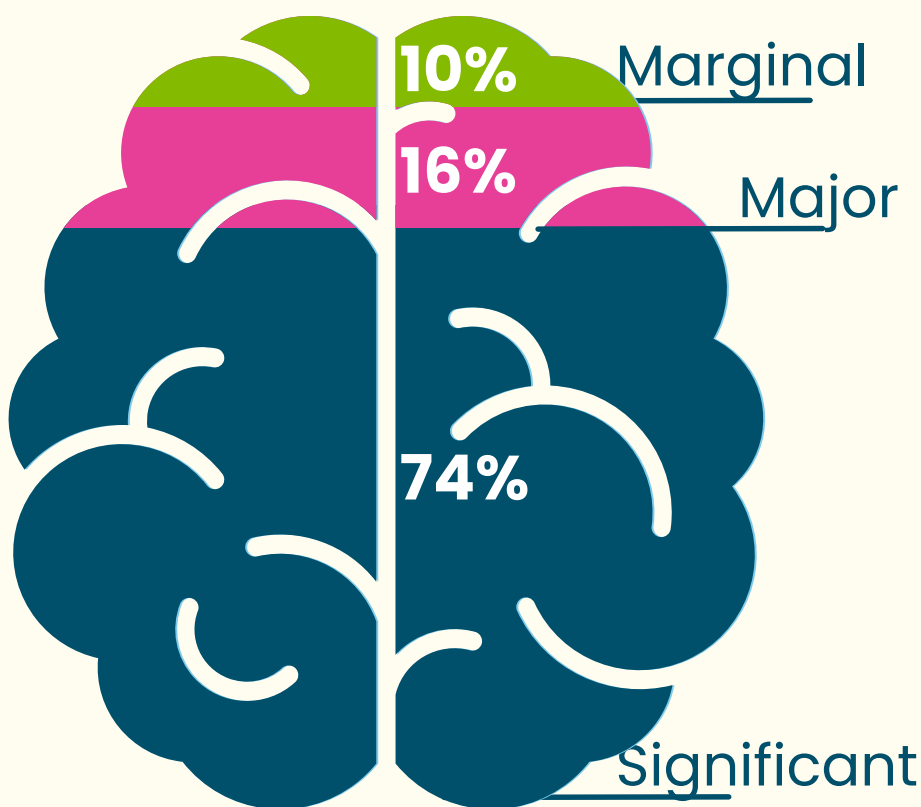
Do you look after or care for anyone such as your parents, brothers or sisters?



28% said that they do care for a family member.



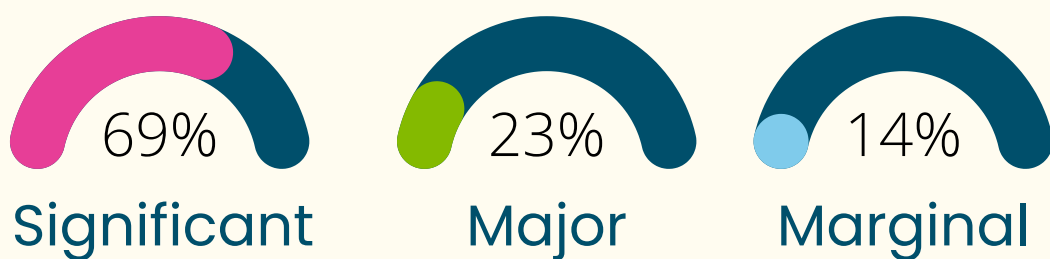
90%
of GPs had seen an increase in appointments presenting with Mental Health issues
5% said they were unsure.



Since the start of the pandemic has there been an increase in referrals to CAMHS?



How significant has the increase been?
Only 13 GPs responded to this question



I know CAMHS are underfunded but do they really need to reject every single referral?

How satisfied are you with the service CAMHS provides?

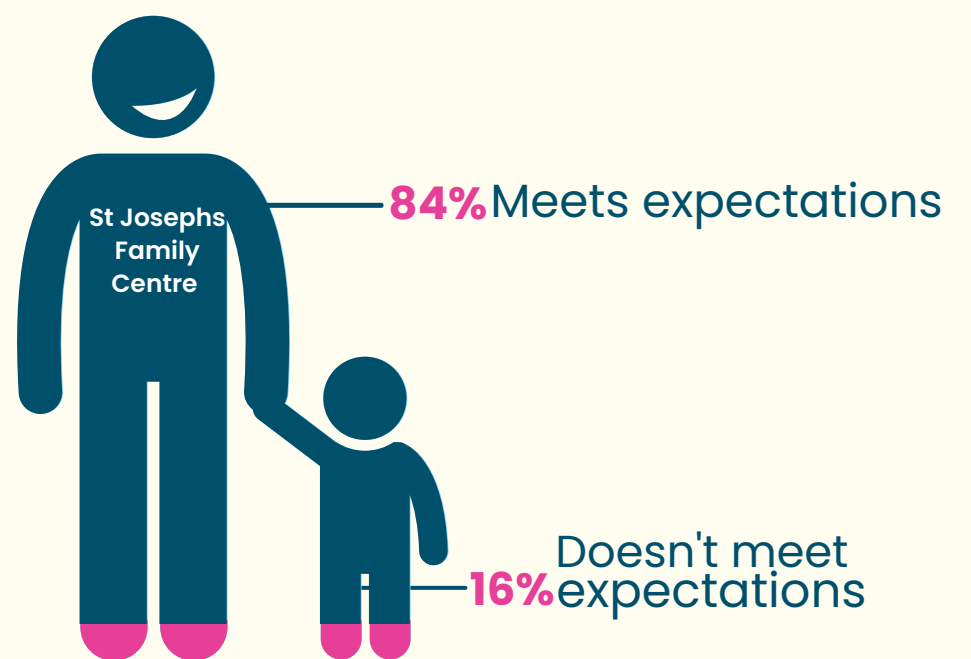


The bar for CAMHS intervention is so high that it makes the referral process frustrating. The other services seem patchy at best.

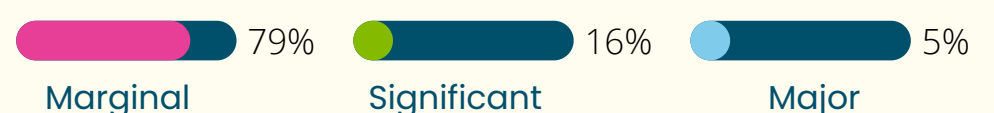
Since the start of the pandemic has there been an increase in referrals to St Josephs?



How significant has the increase been?

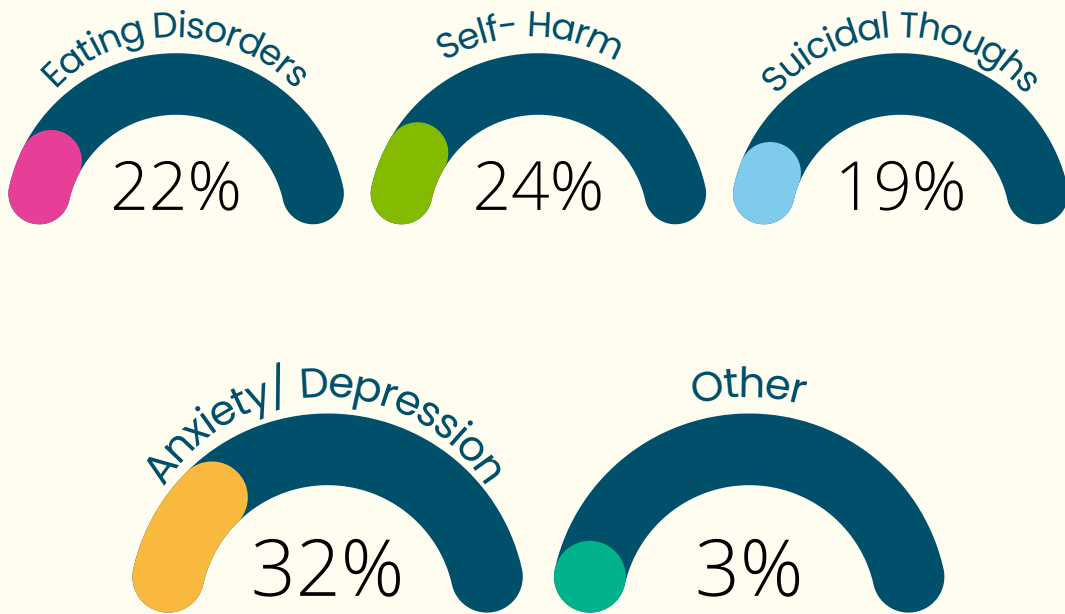


During the pandemic have you had an increase in referrals to the private sector for CYP accessing counselling?





Have you had an increase in CYP presenting with any of the following?



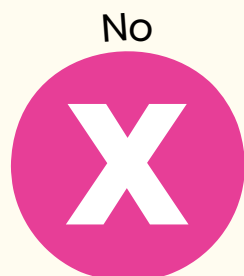
Other: ADHD, Autism, Social Phobia, Agoraphobia

Timely access to CBT and condition specific support eg for eating disorders. Dedicated counselling service for young people not available - aware of Kooth and happy ok sad online resource but not substitute for personal contact. Also not much available for parents / carers of these young people.

In your experience are there any issues/gaps in any of the commissioned services that support CYPs mental health?



78%



24%

Absolutely no help for primary care if referrals are rejected even before an assessment! There is no provision for counselling or support.

In your experience are there adequate services for you to refer/signpost parents/carers to who require support, advice, and information to help them support their children with their mental health issues?



The service is very confusing for those transitioning to Adult services . 16 and 17 year olds tend to be in 'limbo' when it comes to their care. As a GP I'm often unsure how to proceed with such patients

What services do you refer to?



Increase in Young Carers since the pandemic?



19%



33%



48%

When asked if they had referred anyone to WIRED Young Carers four said "yes."