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| AssessmentNo | 539 | Owner | lamclaughlin |
| Resource | HSCP | | Service/Establishment Joint |
| | First Name | Surname | Job title |
| Head Officer | Lauren | McLaughlin | Health Improvement Lead |
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| | (include job titles/organisation) | | |
| Members | Lauren McLaughlin Health Improvement Lead Allison Miller Health Improvement Senior Angela McCann SAMH Service Manager Anna Crawford Primary Care Development Lead | | |
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| | <i>(Please note: the word 'policy' is used as shorthand for strategy policy function or financial decision)</i> | | |
| Policy Title | West Dunbartonshire Distress Brief Intervention Associate Programme 16-24/26years (if care experienced) | | |
| | The aim, objective, purpose and intended out come of policy | | |
| | <p>To establish a new service for young people experiencing emotional distress with the aim of “ask once, get help fast”. The new service ‘West Dunbartonshire Distress Brief Intervention Associate Programme for young people aged 16yrs to 24yrs (26yrs for care experienced young people)’ specifically to support young people who are experiencing ‘emotional distress’ and not requiring clinical intervention. The provision of a wider range of generic, less specialist services more able to respond appropriately for those who don’t require clinical intervention, will free up specialist services to see those in most need. This new service seeks to fulfil the requirements of the national framework -Community Mental Health & Wellbeing Supports and Services Framework which sets out the kind of support that children and young people should be able to access for their mental health and emotional wellbeing within their community based on prevention and early intervention. Programme Outcomes To improve access to support for young people in emotional distress as per Taskforce recommendations. To train front line key workers e.g., youth workers, first responders in DBI level 1 To provide a compassionate, caring response to emotional distress Aligns to Scottish Government’s work on the National DBI programme, Suicide Prevention and Mental Health strategies and the National Framework aims to provide services for children and young people in emotional distress.</p> | | |
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| | Service/Partners/Stakeholders/service users involved in the development and/or implementation of policy. | | |
| | <p>The proposal for the new service was presented at a Programme Management Office and ratified by WDHSCP Senior Management Team. A multi-agency DBI delivery group was established in September 2021 and has met monthly since, reporting into Children & Young People Community Mental Health Supports and Services working group chaired by the Chief Social Work Officer and that reports to the Nurtured Delivery Improvement Group as part of local community planning arrangements. The membership of the delivery group includes Service delivery partner SAMH Service Manager Health Improvement Lead & Health Improvement Senior from HSCP, Primary</p> | | |

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| | Care Development Lead, Police Scotland, DBI Deputy Programme Manager, Crisis manager, Child Protection Officer, WDC Education Officer, Scottish Ambulance Service, Y Sort IT Youth Organisation, Scottish Fire & Rescue, Education Psychologist, HSCP Clinical Director | | |
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| Does the proposals involve the procurement of any goods or services? | Yes | | |
| If yes please confirm that you have contacted our procurement services to discuss your requirements. | Yes | | |
| SCREENING | | | |
| <i>You must indicate if there is any relevance to the four areas</i> | | | |
| Duty to eliminate discrimination (E), advance equal opportunities (A) or foster good relations (F) | Yes | | |
| Relevance to Human Rights (HR) | Yes | | |
| Relevance to Health Impacts (H) | Yes | | |
| Relevance to Social Economic Impacts (SE) | Yes | | |
| Who will be affected by this policy? | | | |
| This new service is for young people aged 16-24 years or up to 26 years if the young person is care experienced who require community support for emotional distress. This services approach is based on prevention and early intervention. | | | |
| Who will be/has been involved in the consultation process? | | | |
| Local consultation was undertaken by Glasgow University who were commissioned by West Dunbartonshire Health & Social Care Partnership to undertake a comprehensive review and analysis of children & young people's community mental health and wellbeing services and supports. Phase 1 of the review sought to understand the prevalence of collaboration within West Dunbartonshire, and explored how different sectors worked together in supporting children and young people's mental health and emotional wellbeing. The findings published in May 2021 have contributed to local action planning and aligned to forecast spend. The Executive summary and full report is available on the HSCP website. Phase 2 engaged with young people and parents and carers of young people between September and January 2022 with a focus on seeking their views on local needs in relation to community mental health and wellbeing services and supports. The research explored their experiences of accessing mental health support, mental health information, and their understanding of the resources within the local area. The final report sets out key recommendations and six areas for development and informed further action planning processes for children and young people's community mental health and wellbeing services and supports. | | | |
| Please outline any particular need/barriers which equality groups may have in relation to this policy list evidence you are using to support this and whether there is any negative impact on particular groups. | | | |
| | Needs | Evidence | Impact |
| Age | Young people have been adversely affected by COVID restrictions and as the recovery plans are implemented young people continue to report poor mental health and wellbeing and emotional distress. | Planet youth survey of S3 year group in 2021 38% of young people reporting good or very good mental wellbeing following COVID restrictions (68% pre COVID) Results showed 55% happy with their life? 46% | Positive - The YP DBI Service provides additional 1 to 1 provision to support YP in emotional distress. Care experienced YP are able to access service up to age 26years (+2year) in line with wider |

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| | | <p>feel strong and healthy mentally and physically? 30% feel ugly & unattractive? 40% are happy with their body? 59% think they are not good at all? YP reported someone told them they were thinking about suicide 59% WD 52% Scotland. Friend or someone close attempted suicide 28% WD 35% Scotland,</p> | <p>policy. There is recognition that younger age range YP would benefit access to the service in line with the PY survey results and anecdotal feedback from Education colleagues.</p> |
| Cross Cutting | <p>The compounding nature of people across several categories who may be more likely to experience mental health issues and in turn struggle to engage with the services which could help them.</p> | <p>A lot of evidence to show that young people with several protected characteristics may be more likely to experience common mental health problems and emotional distress.</p> | <p>Positive - The YP DBI Service promotes fair, flexible, free and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will support young people living in WD.</p> |
| Disability | <p>Young adults with disabilities both physical and learning are more likely to experience poorer mental health & wellbeing including emotional distress.</p> | <p>From the Adults (18+) SNA 2022, data indicated 458 individuals in West Dunbartonshire with a learning disability are known to HSCP learning disability services. 2,810 people in West Dunbartonshire are living with sight loss 2,440 have partial sight and 370 are blind. Deaf people are twice as likely to experience mental health difficulties (All Wales Deaf Mental Health and Well-Being evidence to the Commission)</p> | <p>Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.</p> |
| Social & Economic Impact | <p>Community mental health and wellbeing</p> | <p>Poverty is the biggest driver of</p> | <p>Positive - The YP DBI Service promotes</p> |

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| | <p>services and supports for YP need to be situated locally, free at the point of need and easy and fast to access. Local Community supports are needed to reduce the need for travel costs, time off work/school and for those with caring responsibilities in an area where levels of deprivation are high.</p> | <p>poor mental health and there is a structural relationship between wider socio-economic inequality and mental health. Equally poor mental health and emotional distress can increase the risk of living in poverty. (Scottish Government Mental Health Transition and Recovery Plan 2020). The current prevalence and impact of poverty in West Dunbartonshire is well understood with an understanding that there are increasing pressures with the cost of living crisis. (Adult Strategic Needs assessment (2022))</p> | <p>fair, flexible, free and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will support young people living in WD.</p> |
| Sex | <p>Need to increase access for women to assessment and treatment for common mental health problems. Need to intervene earlier for men in order to have a positive impact on suicide rates.</p> | <p>Evidence from National Suicide data show that It is also worth noting that men continue to complete suicide in much larger numbers. NRS data . women are more likely than men to experience mild to moderate mental health problems and are particularly vulnerable to this if they experience domestic abuse.</p> | <p>Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.</p> |
| Gender Reassign | <p>Young adults who identify as transgender are more likely to experience poorer mental</p> | <p>NHS GG&C NHS Lothian and Public Health Scotland "Health Needs Assessment of</p> | <p>Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging</p> |

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| | <p>health & wellbeing including emotional distress.</p> | <p>Lesbian, Gay, Bisexual, Transgender and Non-binary (LGBT+) people in Scotland indicates that trans men and trans women often have the highest proportion of self reported poor mental health and also have the higher PHQ2 score (indicating depression) when compared with lesbian/gay women, bisexual people and gay men.</p> | <p>inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users.</p> |
| <p>Health</p> | <p>Health inequalities are avoidable differences in people's health across the population and between specific population groups. They are socially determined by circumstances largely beyond an individual's control. These circumstances disadvantage people and limit good mental & emotional health.</p> | <p>Planet youth survey of S3 year group in 2021 38% of young people reporting good or very good mental wellbeing following COVID restrictions (68% pre COVID) Results showed: 55% happy with their life? 46% feel strong and healthy mentally and physically? 30% feel ugly & unattractive? 40% are happy with their body? 59% think they are no good at all? YP reported someone told them they were thinking about suicide 59% WD, 52% Scotland. Friend or someone close attempted suicide 28% WD, 35% Scotland. Data from WD SNA for adults shows in 2020/21 23% of WD population prescribed drugs for</p> | <p>Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for all young people accessing the service.</p> |

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| | | <p>anxiety/depression/psychosis The rate of patients registered with depression is increasing year on year in West Dunbartonshire. Suicide remains a significant issue in West Dunbartonshire. Poverty is the biggest driver of poor mental health and and equally poor mental health can increase the risk of living in poverty. (Scottish Government Mental Health Transition and Recovery Plan 2020). The current prevalence and impact of poverty in West Dunbartonshire is well understood with an understanding that there are increasing pressures with the cost of living crisis. (Adult Strategic Needs assessment (2022)</p> | |
| <p>Human Rights</p> | <p>Convention of Rights of the child (CRC) sets out the human rights of every person under the age of 18 and is the most complete statement on children’s rights treaty in history. The Convention has 54 articles that cover all aspects of a child’s life and set out the civil, political, economic, social and cultural rights that</p> | <p>The following UNCRC articles relates and are considered in the provision of new service for young people. Article 3 (best interests of the child) The best interests of the child must be a top priority in all decisions and actions that affect children. Article 6 (life, survival and development) Every</p> | <p>Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance. The service will ensure the service user is at the centre of all decision making and while consider the rights of the YP at all times to ensure the impact</p> |

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| | all children everywhere are entitled to. | <p>child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential. Article 12 (respect for the views of the child) Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.</p> <p>Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.</p> | is positive for all service users. |
| Marriage & Civil Partnership | No needs identified | | |
| Pregnancy & Maternity | Young parents are more likely to experience poorer mental health & wellbeing including emotional distress. | <p>Information from FNP Scotland 10 year analysis (attached) highlighted: Analysis completed in 2018 has shown that almost all FNP clients (98%) had experienced some form of trauma or adverse experience in their lives before enrolling onto FNP. The most prevalent complexities for FNP clients at entry to FNP were; anxiety or other mental health</p> | Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users. |

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| | | issues (63%), experience of parental separation (63%), low income (60%), not being in work, education or training (57%). Over a fifth (22%) of FNP clients were care experienced or on the child protection register. | |
| Race | People from ethnic /minority/racial backgrounds are more likely to experience poorer mental health than white people. | pupil census 2021 491 school aged pupils in WD recorded from minority ethnic background Nationally 6% children who access CAMHS services have BAME background. Women from Black and ethnic minority backgrounds are at greater risk of developing mental health problems. Research shows their vulnerability is further exacerbated by culture and ethnicity, stigma associated with poor mental health, language barriers and lack of awareness of supports available. | Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service users. |
| Religion and Belief | No needs identified | | |
| Sexual Orientation | Poor mental wellbeing and experiencing emotional distress is more like to occur in LGBTQ+ communities than when compared with heterosexual/cisgender people | NHS GG&C NHS Lothian and Public Health Scotland "Health Needs Assessment of Lesbian, Gay, Bisexual, Transgender and Non-binary (LGBT+) people in Scotland indicates a wealth of evidence indicating | Positive - The YP DBI Service promotes fair, flexible and equitable access by challenging inequalities, supporting delivery partners and providing guidance that will have a positive impact for this group of service |

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| | | <p>that LGBT+ people in Scotland are at much higher risk of mental health problems</p> <p>Studies have linked mental health problems and emotional distress but have also highlighted that mental health problems are compounded by experiences such as bullying, discrimination, hate crimes and social isolation. This was also apparent from the qualitative research in which the issues around social and mental health were clearly interlinked. The quantitative survey undertaken as part of the needs assessment showed that overall more than half (54%) of respondents said they had mental health problems e.g. depression/anxiety/stress, but this was higher for trans masculine (75%), non-binary people (72%) and bisexual women (61%).</p> | users. |
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Actions

| Issue Description | Action Description | Actioner Name | Due Date |
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| Gender reassignment and the health needs of LGBTQ+ people | To seek and consider additional training for service delivery staff on the health needs of LGBTQ+ people. Universal equality and diversity training has been undertaken but more specialised training | Angela.mccann@samh.org.uk | 31-Dec-2022 |

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| | to be identified and completed, | | |
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Policy has a negative impact on an equality group, but is still to be implemented, please provide justification for this.

Age - work continues with the national programme to expand the service to 14 & 15 years using learning from the national pilot sites. For people above the specified age range of the service but are in need of support for emotional distress referrers can signpost to the Stepping Stones Distress Brief Intervention Service.

Will the impact of the policy be monitored and reported on an ongoing basis?

The impact of the service is continually monitored through the bi monthly delivery group and via the quarterly submission by SAMH (delivery partner) to the national DBI service programme.

Q7 What is your recommendation for this policy?

Introduce

Please provide a meaningful summary of how you have reached the recommendation

The Distress Brief Intervention Associate Programme for 16-24/26 years will offer additional community support for young people in West Dunbartonshire. This is a new service that supports young people who are experiencing 'emotional distress' and not requiring clinical interventions with the aim of offering an 'Ask once, get help fast' service. This EIA process has highlighted the opportunity to provide service delivery staff with additional training on the needs of some groups with protected characteristics. Through the ongoing monitoring of the service the needs of service users will be identified, considered and addressed on an ongoing basis.