

AssessmentNo	780	Owner	lamclaughlin
Resource	HSCP		Service/Establishment Joint
	First Name	Surname	Job title
Head Officer	Lauren	Mclaughlin	Health Improvement Lead
	(include job titles/organisation)		
Members	Lauren Mclaughlin, Health Improvement Lead, HSCP Allison Miller, Health Improvement Senior, HSCP Ailsa Dinwoodie, The Promise Keeper Jenny Kerr, MSYP Kara Heckle, MSYP Rhianna, MSYP Martin Hamilton, Working 4 U Anna Crawford, Primary Care Development		
	<i>(Please note: the word 'policy' is used as shorthand for strategy policy function or financial decision)</i>		
Policy Title	West Dunbartonshire Wellbeing Website		
	The aim, objective, purpose and intended out come of policy		
	Research undertaken by Glasgow University recommended as part of their review of community mental health supports and services for young people that access to information on local supports was an issue for those that engaged with the research In response, the multi-agency working group acting on behalf of community Planning partners, commissioned a digital roadmap of local and national services and supports The website was an accessible, young-person-friendly site providing access to quality assured information and resources, with details of local supports and services.		
	Service/Partners/Stakeholders/service users involved in the development and/or implementation of policy.		
	West Dunbartonshire HSCP Community Mental Health Supports and Services Working group Childrens Services WDC Education WDC Youth Forum		
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?			
The website aims to support children and young people living in West Dunbartonshire but also support parents and carers and those who work with families to provide easily accessible, quality assured information on both local and national supports and services within the community for mental health and emotional wellbeing.			
Who will be/has been involved in the consultation process?			
Local young people and parents and carers of young people as well as those who work with families in West Dunbartonshire.			

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	<p>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. Parents and families</p>	<p>Mental health concerns and not knowing what is available locally demonstrating additionality to the Glasgow University findings and areas for development. Young People Whole Family Wellbeing Fund survey results of young people What services or help and advice do you feel are most needed? The most popular responses included: -34% Support for my parent / carer (371) -25% Support for my mental health (271) -17% Support with money (help with food, clothes, energy, benefits) (190) -11% One support for the whole family (120) -10% Support for my physical health (110) -Other supports highlighted included Bereavement, Bullying, Supporting Parents Mental Health, Support LGBTQI+, Support for Young Parent, Support for Disability, Housing Support. Planet Youth survey of S3 year group in 2021: 38% of young people reporting good or very good</p>	<p>Positive impact on children and families who will have access to quality assured information to support their mental health & wellbeing in one place. Under 5 age gap parenting and families page includes information for new parents and under 5's. The future aim is to expand these pages in subsequent development phased. This was limited in the original version due to restrictions in relation to the original funding of the project. There is recognition that the website does not provide information specifically for adults or older adults unless they are parents/carers/Kinship carers.</p>

		<p>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 not good at all. YP reported someone told them they were thinking about suicide in 59% WD in 52% Scotland. Friend or someone close attempted suicide in 28% WD 35% Scotland. Glasgow University Report discusses the impact that COVID had on the mental wellbeing of young people during and following COVID.</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 and community supports which could help them or have a preventative effect.</p>	<p>Alot of evidence to show that young people with several protected characteristics may be more likely to experience common mental health problems and issues relating to wellbeing.</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing guidance that will support young people and their families living in West Dunbartonshire to manage their mental wellness and emotional health as well as factors that influence the above.</p>
Disability	<p>People with disabilities both physical and</p>	<p>401 pupils recorded as having been assessed and or</p>	<p>Negative –there is no category for disability and</p>

	<p>learning are more likely to experience poorer mental health and wellbeing. This group may have difficulty accessing online information. Consideration required to the high proportion of young people awaiting neurodiversity assessment in West Dunbartonshire</p>	<p>declared as having a disability in WD from Pupil census 2022 across all stages. 5280 young people (across all stages) are known to have an additional support need in West Dunbartonshire in 2022. Young People WFWF survey Results What services or help and advice do you feel are most needed? The most popular responses included: -34% Support for my parent / carer (371) -25% Support for my mental health (271) -17% Support with money (help with food, clothes, energy, benefits) (190) -11% One support for the whole family (120) -10% Support for my physical health (110) -Other supports highlighted included Bereavement, Bullying, Supporting Parents Mental Health, Support LGBTQI+, Support for Young Parent, Support for Disability, Housing Support. From the Adults (18+) WDHSCP SNA 2022, data indicated 458 individuals in West Dunbartonshire with a learning disability are known to HSCP learning disability services. 2,810</p>	<p>neurodiversity on website, only a search function The website conforms to WIA web accessibility guidelines, and is designed and built to cater for those with visual impairment, deafness or hard of hearing, intellectual or cognitive issues, with an emphasis on a site design sympathetic to developmental and learning differences and disabilities. It also incorporates assistive technologies where appropriate. Consideration to adding tools that support individuals to access the information within the site better. E.g UserWay.</p>
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<p>Social & Economic Impact</p>	<p>Information on community mental health and wellbeing services and supports for CYP needs to be 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>Poverty is the biggest driver of 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</p>	<p>Digital exclusion: Access to the information on the website can be restricted for those without home access to computer or smart phone – but this impact can be counteracted by free online access in libraries, council offices, and local family hubs with support from Family Support Workers. An information ‘Z card’ with some service information is available in hard copy.</p>

		<p>West Dunbartonshire is well understood with an understanding that there are increasing pressures with the cost-of-living crisis. (WDHSCP Adult Strategic Needs assessment (2022))</p> <p>Young People WFWF survey Results What services or help and advice do you feel are most needed? The most popular responses included:</p> <ul style="list-style-type: none"> -34% Support for my parent / carer (371) -25% Support for my mental health (271) -17% Support with money (help with food, clothes, energy, benefits) (190) -11% One support for the whole family (120) -10% Support for my physical health (110) <p>-Other supports highlighted included Bereavement , Bullying, Supporting Parents Mental Health, Support LGBTQI+, Support for Young Parent, Support for Disability, Housing Support.</p>	
<p>Sex</p>	<p>There is a need to increase access to information for women and girls to assessment and treatment for common mental health problems. There is a need to intervene earlier for</p>	<p>school counselling update – girls report more mental health issues than boys. 67% of young people accessing school counselling provision between Jan –June 2023 were female, 31% male</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing guidance</p>

	<p>men to have a positive impact on suicide rates.</p>	<p>&2% unknown or preferred not to say. Uptake of DBI service since commenced in March 2022 74% female 26% male. Females are more likely than males to experience mild to moderate mental health problems and are particularly vulnerable to this if they experience domestic abuse. West Dunbartonshire has the second highest rate of domestic abuse incidents 168 per 1000 population as reported to the Police (WDHSP SNA 2022 wdhscp.org.uk)</p>	<p>that will support young people and their families living in West Dunbartonshire to manage their mental wellness and emotional health as well as factors that influence the above. We have included functionality so that a person viewing the website can leave the site quickly should they need to.</p>
<p>Gender Reassign</p>	<p>CYP who identify as transgender are more likely to experience poorer mental health and wellbeing including emotional distress.</p>	<p>NHS GG&CNHS Lothian and Public Health Scotland "Health Needs Assessment of 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. Health Report from LGBT Youth Scotland (May</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing guidance that will support young people and their families living in West Dunbartonshire to manage their mental wellness and emotional health as well as factors that influence the above.</p>

		<p>2023), part of the LGBT Youth Scotland Life in Scotland for LGBT Young People research project (2022), a nationwide survey of LGBT young people between the ages of 13 and 25 reported “94% of trans participants reported experiencing mental health conditions or related behaviour and a higher percentage of trans participants than cisgender participants reported experiencing each of the conditions/behaviours listed (anxiety, suicidal thoughts/actions, depression, self harm, eating disorder). In particular, it was noted that the percentage of trans participants reporting suicidal thoughts (66% vs 34%) and/or actions or self-harm (58% vs 28%) was almost double the percentage of cisgender participants reporting these.”</p>	
<p>Health</p>	<p>Health inequalities are avoidable differences in people’s health across the population and between specific</p>	<p>Data from WD HSCP SNA for Adults and Older people show in 2020/21 23% of WD population prescribed drugs for anxiety/depression/</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities,</p>

	<p>population groups. They are socially determined by circumstances largely beyond an individual's control. These circumstances disadvantage people and limit good mental and emotional health. Consideration required to the high proportion of young people awaiting neurodiversity assessment in West Dunbartonshire.</p>	<p>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 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) Child poverty indicators state that:</p> <ul style="list-style-type: none"> • 4,696 children in West Dunbartonshire are living in poverty (after housing costs); • This represents approximately 27.6% of the children in West Dunbartonshire. The figure of 27.6% for West Dunbartonshire remains higher than the Scottish (24.5%) 	<p>supporting delivery partners and providing guidance that will support young people and their families living in West Dunbartonshire to manage their mental wellness and emotional health as well as factors that influence the above.</p>	
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		<p>and NHS Greater Glasgow and Clyde average (23%). In September 2022 there were 2,288 primary school children; 1,711 secondary school pupils; and 130 assisted learning pupils in receipt of a clothing grant. This represents approximately 34% of the school pupil population. 293 out of the families awaiting neurodiversity assessment or who are engaged with the Assessment team attended support sessions launched June 2023. Parents and carers would be directed and supported to use the site to encourage uptake of relevant supports and services while awaiting assessment.</p>	
<p>Human Rights</p>	<p>UN Convention on 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 all children everywhere are</p>	<p>The following UNCRC articles relate and are considered in the provision of new services 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 child has the right to life. Governments</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing guidance that will support young people and their families living in West Dunbartonshire to manage their mental wellness and emotional health as well as factors that</p>

	entitled to.	<p>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. 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>	<p>influence the above. The website ensures the user is at the centre of all decision making and while considering the rights of the young people at all times to ensure the impact is positive for all users.</p>
Marriage & Civil Partnership	No needs identified		
Pregnancy & Maternity	<p>Young parents and single parent families are more likely to experience poorer mental health and wellbeing but generally there is an increased risk of mental health difficulties during perinatal period for all groups.</p>	<p>Perinatal Mental Health refers to mental health during pregnancy and up to one year after the baby is born. During this period new and expectant parents (mums, dads, co-parents, partners’) can experience issues with their mental health. This includes mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period.</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing information that will support children, young people and families living in WD. We recognise the second phase of website development will look at more resources for parents of children</p>

		<p>These illnesses can be mild, moderate or severe, requiring different kinds of care or treatment. The stigma and fear associated with perinatal mental health can leave those affected feeling inadequate as a parent, isolated and vulnerable and can impede or delay getting help, treatment and recovery.</p> <p>Information from Family Nurse Partnership (FNP) Scotland 10 year analysis completed in 2018 has shown: 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 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.</p>	<p>under 5years.</p>
<p>Race</p>	<p>People from ethnic /minority/racial backgrounds are more likely to experience poorer mental health than</p>	<p>561 school-aged pupils in WD recorded from minority ethnic background 2022 Scottish Government</p>	<p>Negative - Language barrier. Google translate is not always accurate. Explore with NHS GGC Patient and</p>

	white people.	<p>Pupil Census. Nationally 6% of 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.</p>	<p>public engagement team about translation of site. Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing information that will support children, young people and families living in WD.</p>
Religion and Belief	No needs identified		
Sexual Orientation	Poor mental wellbeing is more like to occur in LGBTQ+ communities than when compared with heterosexual/cisgender people.	<p>NHS GG&CNHS 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 that LGBT+ people in Scotland are at much higher risk of mental health problems. 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</p>	<p>Positive - The website provides fair, flexible, free and equitable access to information by challenging inequalities, supporting delivery partners and providing guidance that will support young people and their families living in West Dunbartonshire to manage their mental wellness and emotional health as well as factors that influence the above.</p>

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%). Health Report from LGBT Youth Scotland (May 2023), part of the Life in Scotland for LGBT Young People research project (2022) from LGBT Youth Scotland, a nationwide survey of LGBT young people between the ages of 13 and 25 reported “a large majority of our participants (88%) reported they experienced at least one mental health condition or related behaviour.

Participants also reported very high rates of anxiety and depression: 50% stated that they experienced suicidal thoughts or actions and 43% had self-

harmed.”

Actions

Issue Description	Action Description	Actioner Name	Due Date
Disability – there is currently no specific page on the website for this group, only a search tag.	To add additional page with information relating to disability support and neurodiversity supports.	lauren.mclaughlin@ggc.scot.nhs.uk	30-Nov-2023
Race - Language barrier. Google translate is not always accurate.	Ask patient and public engagement team about translation of site Explore language translator with developer Or alternative	lauren.mclaughlin@ggc.scot.nhs.uk	31-Dec-2023
Age - The limited resources available for parents and carer of children under5 and babies	Explore to enhance the provision of supports and services, resources that can support parental mental wellbeing and that of children and babies	lauren.mclaughlin@ggc.scot.nhs.uk	31-Dec-2023

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

The negative impacts that have been identified and set against actions for completion.

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

Yes. The site is registered with Google Analytics so real time and historical usage data is available. This is cross checked with the ongoing communication plan aligned to the site. The ongoing monitoring of the site will be discussed and monitored through the multi agency working group chaired by Head of Children's Health, Care & Justice.

Q7 What is your recommendation for this policy?

Introduce

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

Recommendation is that the website is introduced and widely promoted to communities, staff groups, and schools. The working group have reached this conclusion in response to the thorough review of current provision, consultation and engagement with key groups who report lack of quality assured information readily available and accessible. Local people reporting a lack of knowledge of what is available to support their mental health and wellbeing in community settings. This website fulfills this local need.