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Programme:

This children and young people's programme focus on opportunity points, across the life course, for protecting and promoting lifelong emotional health and wellbeing.

To address the needs of early years the emotional health and wellbeing of both parents and the children is as a core element of the health visiting contract <http://www.sompar.nhs.uk/what-we-do/children-and-young-people/professional/health-visiting/>

Somerset Public Health has worked with primary schools to commission a whole school approach which teaches staff and pupils the fundamentals of stress responses, how to recognise these in self and in others, how to deescalate these responses, and how to adjust and adapt communication accordingly. The programme, called *Emotion Coaching*, focusses on stress reactions as a normal and necessary part of life, something to be understood, not to be afraid of. The programme has been evaluated [https://www.bathspa.ac.uk/media/bathspaacuk/education-/research/attachment-aware/Emotion-Coaching-Full-Report-July-2017-\(1\).pdf](https://www.bathspa.ac.uk/media/bathspaacuk/education-/research/attachment-aware/Emotion-Coaching-Full-Report-July-2017-(1).pdf) . Schools participating in the programme report fewer school exclusions, fewer behavioural escalations and happier staff and pupils. *Emotion Coaching* has now been rolled out to early years settings, foster carers and for has informed the secondary school Somerset Health and Resilience in Schools Programme <http://www.sharesomerset.co.uk/>

A group of Somerset young people were commissioned to lead an exciting piece of work to find out what young people felt about their emotional health and wellbeing and what resources or support would be most helpful to them. The result of this work, which took place over a year, is *Life Hacks* a resource by young people for young people. The resource has received considerable media attention and is widely used in secondary schools, and by other services, such as sexual health and youth services

<https://www.somersetcountygazette.co.uk/news/16419434.new-lifehacks-mental-health-resources-in-somerset/>

<https://www.brook.org.uk/your-life/the-little-book-of-mental-health-lifehacks1>

<https://www.bbc.co.uk/programmes/p04sx493>

To protect children from exposure to the harms caused to children by adult behaviours such as substance use, violence and poor parental mental health, public health led a cross sector approach to support adult services address the needs of children of service users, beginning with a needs assessment. Adult Mental Health Services, Drug and Alcohol Services and Domestic Abuse Services in Somerset, including MARAC now take full and direct account of the needs of the children and families of service users. This approach fundamentally shifts the focus of these traditionally adult focussed functions to taking account of the wider impacts, and opportunities for prevention, currently being described as ACE's.

<http://www.somersetintelligence.org.uk/files/Hidden%20Harm%20Needs%20Assessment%20Jan%202015.pdf>

Building on all of this work, the Somerset Director of Public Health Annual Report for 2018 focused on Emotional Health and Wellbeing through the lens of Self Harm. This report set out the evidence around children's mental health and emotional wellbeing, including analysis of local self-harm data. and steers the discussion away from persistent calls for 'more CAMHS services' firmly back to an understanding of 'emotional ups and downs' and the importance of supporting both children and parents to develop healthy, resilient responses to life's challenges. The DPH report has been instrumental in raising awareness that mental health and wellbeing are positive assets to be fostered and that emotional distress, particularly in teenage years, does not necessarily require a specialist mental health service intervention.

<http://democracy.somerset.gov.uk/documents/s8675/ADPH%20Appendix.pdf>

Nominated by Christina Gray, Director of Public Health, Bristol

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