

7 Minute Briefing

Practice Learning Line of Sight Event – Children living with mental ill health



1 Background

North Lincolnshire Children's MARS Board hold Practice Learning Line of Sight events three times a year across different themes. This is part of our [Scrutiny and Assurance Framework](#).

After a process of single agency case audits, line of sight panels meet with practitioners to discuss a small number of cases. We identify areas of best practice also learning and further improvement relating to multi agency practice then agree strategic action

7 Further information

- [Helping Children and Families in North Lincolnshire Document](#)
- [Positive mental health and wellbeing in children and young people: Suggestions for practice \(2019\) Research in Practice](#)
- [Mental Health of Children and Young People in England \(2017\) NHS Digital](#)
- [The mental health of children and young people in England \(2016\) Public Health England](#)
- [NSPCC guidance on Child Mental Health](#)

6 Reflect on the learning

To inform your practice you can

- Discuss this area of work with your supervisor in the context of collaborative working across agencies when mental ill health or emotional distress is evident in a case
- Take a look at the [Supporting Young People's Emotional Wellbeing 'Let's Talk about it' toolkit](#)
- Access further information and resources on the [Life Central website](#)
- Inform young people about the Kooth app

2 Why it matters?

The Children's MARS Board decided to focus on this theme as the NHS digital report 'Mental Health of Children and Young People in England' (2017) concluded that amongst other aspects:

Around half of all people who have a mental health problem at some point in their life will experience their first symptoms before they are 14 years old and that they were more likely to seek online support, help from family or friends, and/or professional support from teachers or primary care professionals.

The Children's MARS Board wanted to be assured that multi agency practice is effective in supporting children's emotional wellbeing and mental ill health.

3 Good practice

- Good partnership working across the safeguarding pathway including early help, targeted and specialist support
- The child's voice was evident in all cases, they were active participants and their views were shaping their plans
- Practitioners were impressive in discussing their direct work and support for the child and their family
- Knowledgeable and skilled practitioners – positive feedback about mental health first aid training, training and support to foster carers and practitioners extending their learning about mental ill health also accessing training appropriate to their role

4 Key learning

- Build upon practitioners' knowledge and understanding of children's mental ill health and emotional distress
- Recognise the impact upon the child and family of multiple practitioners involved and adapt as necessary
- How the system learns from responding to crisis situations and supports the family to enable home based services and provides support whilst a child is in a local hospital prior to tier 4 provision being available
- Organisational systems being flexible to meet the ongoing needs of children



5 Next steps

- The Practice Learning Line of Sight Event Record will be presented to the Emotional Health and Wellbeing Steering Group for consideration and action plan development. This will be monitored and reviewed until completion by the Safeguarding Practice Learning and Improvement Group and signed off by the Children's MARS Board.