



HEALTHY RELATIONSHIPS

STARTING AND GROWING HAPPY

Barnet Director of Public
Health Report 2018/19

FOREWORD



Cllr Caroline Stock,
Chair of the Health
and Wellbeing Board

I am very pleased to welcome our Director of Public Health Report on Healthy Relationships. Looking after health and wellbeing of our children and young people is corporate and the Health and Wellbeing Board's priority.

I see this report as a helpful resource to raise awareness about what is a positive and healthy relationship and how to support each other at home, school and in the local community.

In my role as a Mayor of Barnet, I chose Home Start as one of the charities to support because they do such an important job with families who perhaps sometimes need a little bit extra in order to thrive and bring up healthy children.

Special thanks go to Youth Realities and young people who engaged with Healthy Relationships project, in an honest and open way and contributors: Clare Slater – Robins who interviewed participants in perinatal mental health project run by HomeStart, Jayne Abbot, Barnet School Resilience lead, Emma Waters, Consultant in Public Health and Lisa Colledge, Public Health Intelligence Officer for their contribution to this year's report.



Dr Tamara Djuretic,
Director of Public Health
and Prevention, Barnet Council

In this Annual Public Health Report we are focusing on having a conversation about Healthy Relationships and its impact on health and wellbeing of young people in Barnet.

Why is this an important subject to focus on?

There is a lot of discussion in media, amongst frontline health and care staff, and schools accompanied by growing evidence of the effects of Adverse Childhood Events (ACE) in individuals under the age of 18. There is however less emphasis on the factors that build emotional and mental resilience early in life; a lifelong strong foundation.

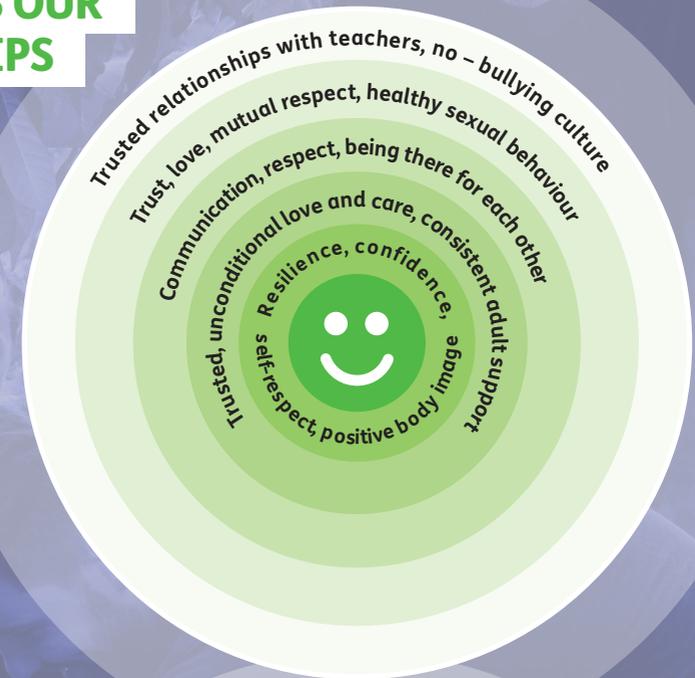
We wanted therefore to emphasize how important it is to focus on a positive aspects of Healthy Relationships early in life and to hear the voices of our children and young people locally. It is only if we connect the evidence with local communities voices that we can be well informed to improve health of the population.

In this report, we explain a concept of Healthy Relationships and describe positive and negative influences as well as consequences, and highlight only a few examples of local community projects.

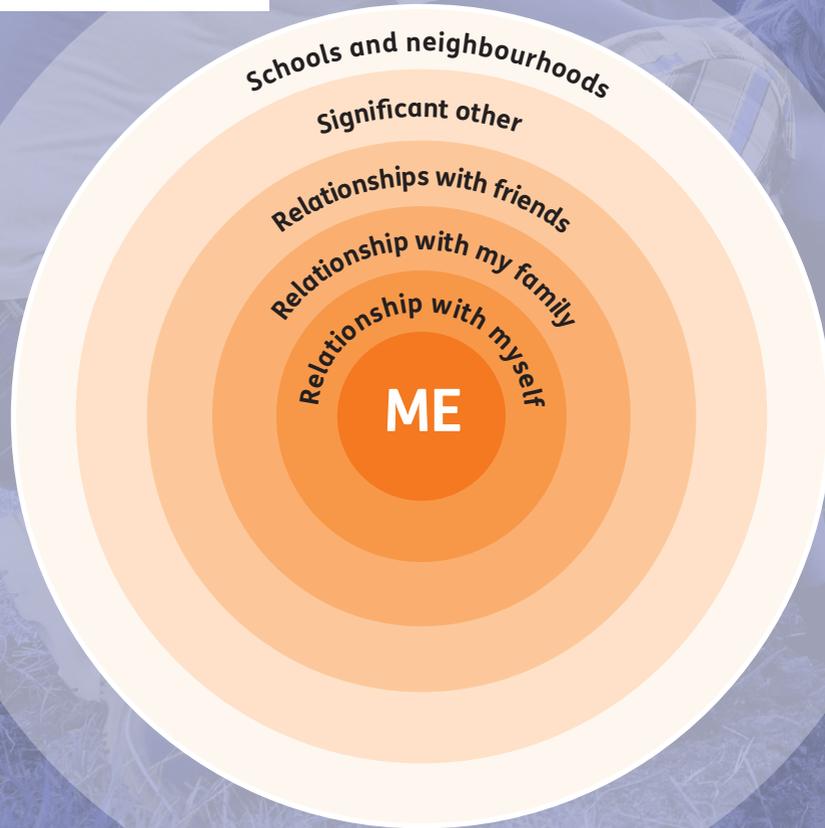
We are building on excellent work that is already happening across the borough in our early years settings, early help hubs, schools and wider communities and recommend some actions that would improve the happiness and wellbeing of our children and young people in Barnet.

WHAT IS A HEALTHY RELATIONSHIP?

WHAT MAKES OUR RELATIONSHIPS HEALTHY?



SPAN OF RELATIONSHIPS



WHAT MAKES OUR RELATIONSHIPS UNHEALTHY?

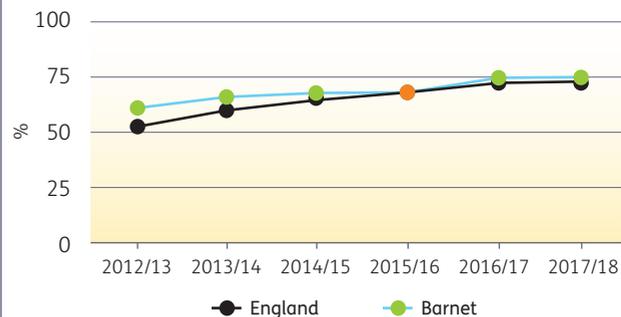


POSITIVE INFLUENCES ON HEALTHY RELATIONSHIPS IN BARNET

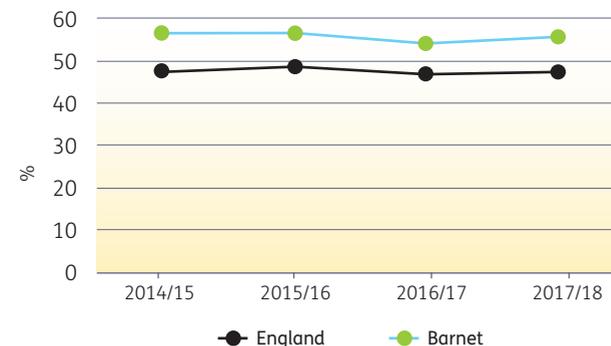
Overall, Barnet is one of the healthiest boroughs in London with most health indicators suggesting good overall health and wellbeing. Prevalence of obesity, teenage pregnancy and infant mortality are lower than London and England's average. Educational attainment and school readiness (see graphs) are amongst best in the country. All those factors are giving a positive foundation for starting and growing happy and healthy for the majority of our children and young people locally.



School Readiness: the percentage of children achieving a good level of development at the end of reception for Barnet



Educational attainment across 8 qualifications (mean)

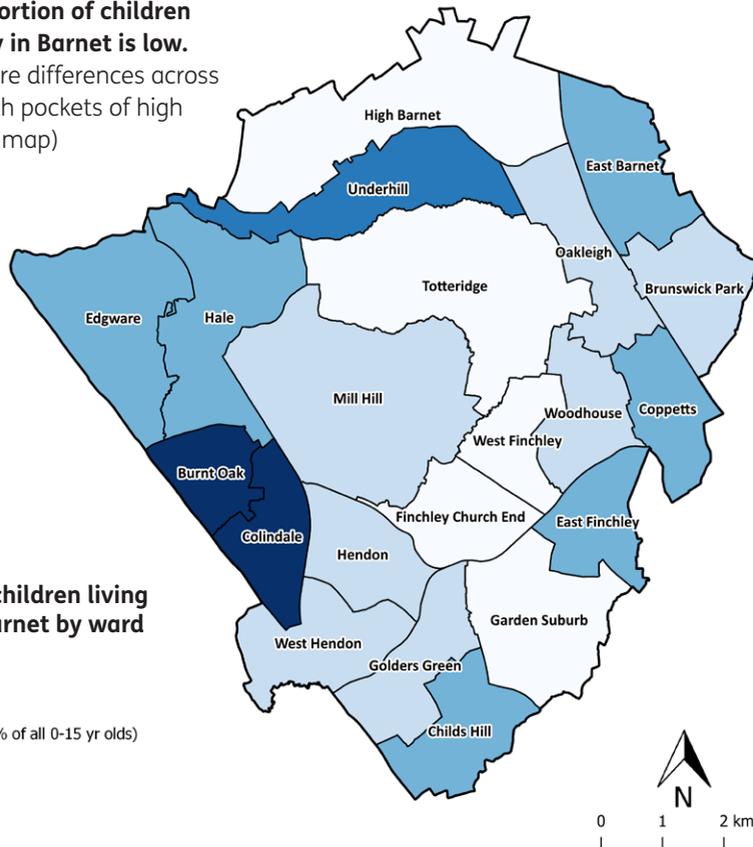


OTHER INFLUENCES ON HEALTHY RELATIONSHIPS IN BARNET

However, there are a number of factors and consequences that can negatively impact the ability of children and young people to form healthy relationships. Although these factors are represented across the population, they tend to be more prevalent in areas of higher deprivation.

Overall the **proportion of children living in poverty in Barnet is low.**

However there are differences across the borough, with pockets of high deprivation (see map)



Percentage of children living in poverty in Barnet by ward

Legend

Child Poverty in 2015 (% of all 0-15 yr olds)

- 7% - 12%
- 12% - 18%
- 18% - 23%
- 23% - 28%
- 28% - 33%

Ward boundary

Barnet boundary

Source: Public Health England (Local Health profile)

Contains National Statistics and Ordnance Survey data © Crown copyright and database right 2019

We need to work together to promote positive influences and reduce exposure to those influences that lead to negative consequences; and give children and young people a good chance of developing resilience and fostering healthy relationships.



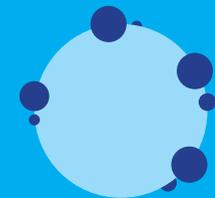
Emotional, mental and social needs in both **primary (2.5%)** and **secondary school pupils (2.7%)** in Barnet are higher than London and England, and we have high admissions to hospital due to self-harm in **10 – 24 year olds** compared to **London (285 per 100,000 vs, 209 per 100,000)**



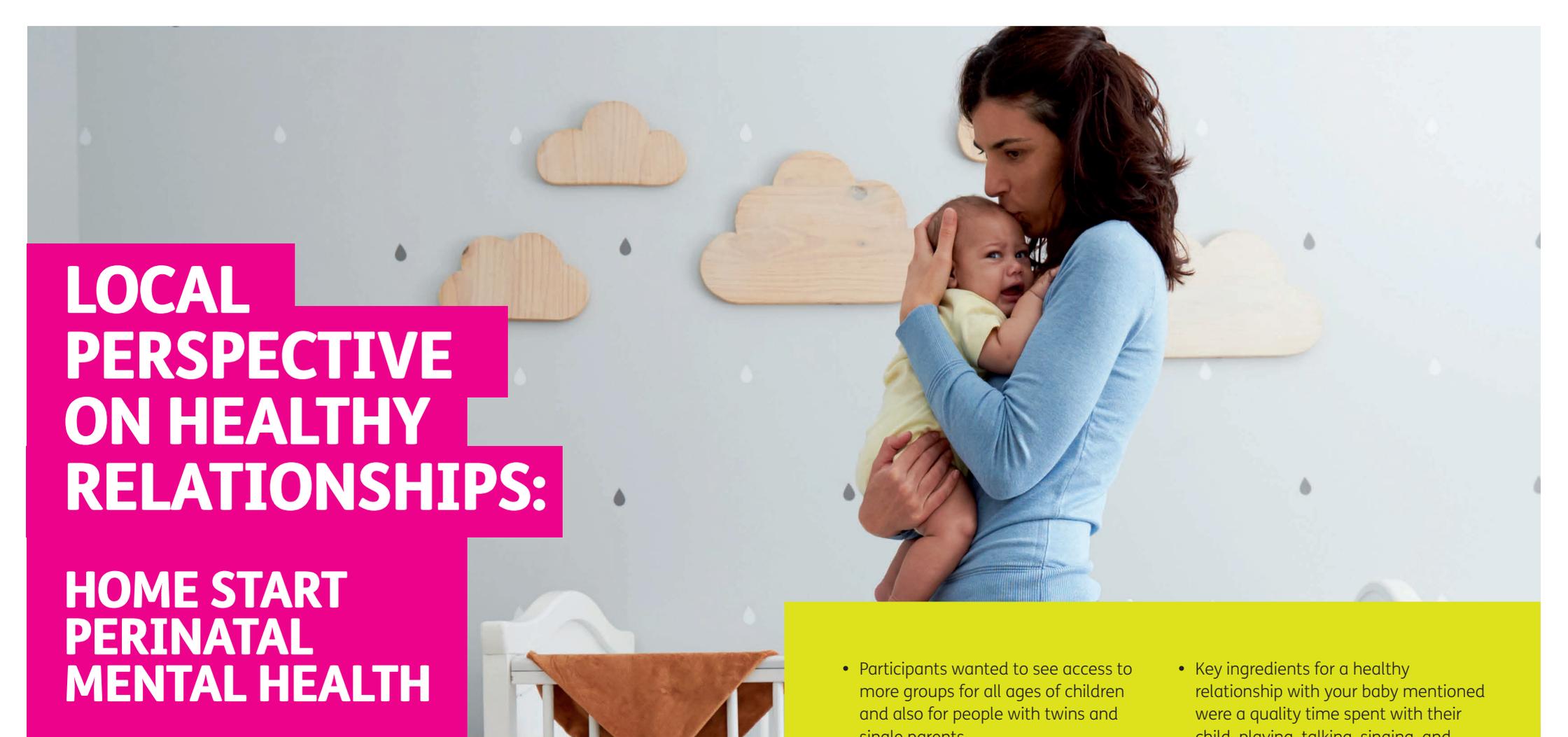
The domestic violence rate in **Barnet is 31.8 per 1,000**, the same rate as in London but higher than **England (25.1 per 1,000)**



The 2014 “What About Youth Survey” found that **50% of 15 year olds asked in Barnet were bullied within last few months, 46% did not think their body was the right size, and 10% engaged in three or more risky behaviours regularly** (drinking or taking drugs)



The Chlamydia detection rate in Barnet, although increasing, is still lower than London and England (**1,780 per 100,000 15 – 24 year old vs. 2,610 per 100,000 and 1,975 per 100,000**), suggesting that high number Chlamydia cases are undiagnosed.



LOCAL PERSPECTIVE ON HEALTHY RELATIONSHIPS:

HOME START PERINATAL MENTAL HEALTH

- Since 2016, The Council has commissioned a leading family support charity – Home-Start - to deliver an innovative Perinatal Health Coaches service to provide early emotional wellbeing help to mothers who are affected by mental health issues. This includes emotional support and practical help to improve health and wellbeing of mothers and their babies. The service is delivered through home visits.
- Barnet Council also commission Home Start to deliver Family Health Coaches (who work with families of older children affected by mental health problems, domestic violence and substance misuse).
- A group of mothers who had used the perinatal mental health service were asked about their views on the service received and on the crucial factors that enable healthy relationships.

- Participants wanted to see access to more groups for all ages of children and also for people with twins and single parents.
- Mothers were complementary of Perinatal Health Coach service and found volunteers a helpful resource “to talk to someone who is not involved in their family life.”
- Participants told us that, for a healthy relationship with your partner, it was important to talk and understand each other, to have mutual respect, to have enough energy after a busy day and facing various stressors in life, and to listen attentively.
- Key ingredients for a healthy relationship with your baby mentioned were a quality time spent with their child, playing, talking, singing, and being physically near.
- Good mental health was seen as a key factor for building healthy relationships and participants found physical exercise; going out to groups, and meeting other people in similar circumstances (to have a supported parenting journey) crucial factors.

LOCAL PERSPECTIVE ON HEALTHY RELATIONSHIPS:

RESILIENT SCHOOLS



- The Resilient Schools programme provides a whole school approach to raising Mental Health Awareness, supporting mental health and emotional resilience, and reducing stigma and discrimination. Resilience is seen when people (pupils, parents/carers and staff) have a greater ability “bounce back” when faced with difficulties and to achieve positive outcomes. The programme is delivered across 50 schools in Barnet.
- The programme aims to help schools, parents and pupils to recognise their own mental wellbeing needs and be confident to access information to support themselves and others; de-stigmatise mental health in schools; intervene early to prevent escalation of mental health problems, and involve parents, pupils and schools in tackling issues.
- The Resilient Schools programme provides training, support and networking opportunities through: mental health first aid, mindfulness training, peer mentoring training, reflection tools, mental health and resilience resources, network meetings, and peer support.
- Children (and young people) aged 11-25 and teachers in Barnet also have access to free online counselling through the Kooth and Qwell programmes.

THE RESILIENT SCHOOLS PROGRAMME: THE ANNA FREUD ASSEMBLY

What would you do if you were worried about a friend?

As part of the Resilient Schools Programme, primary schools have access to the Anna Freud assembly (a video, lesson plan, and training) to support staff to deliver an assembly on mental health awareness. It is delivered key stage 2 (ages 7-11). After one Anna Freud assembly we asked year 4 and year 6 pupils how they could help a friend who might need support with their mental health. The children showed an understanding of how they could help a friend.

“I didn’t used to listen to people when they came with a problem, but would now listen”

“Poor mental health can clog up your brain, and telling someone can help this clog get flushed out”

“Ask if something is wrong”

“Get them something they like to comfort them, but if they have big feelings, get an adult”



THE RESILIENT SCHOOLS PROGRAMME

PEER MENTORING TRAINING

The Resilient Schools Programme provided secondary pupils who volunteered to be peer mentors with specialist mentor training. After a group of year 10 students from one school were trained to be peer mentors we asked them how the training had affected their perception of their relationships.

The students appeared to have learnt useful skills through the peer mentoring training to help them support peers. However, the students reported some concerns about talking to their parents about mental health.

It is important that children and young people are able to talk to their families about their concerns. Going forward the Resilient Schools Programme will increase mental health awareness among parents, as well as school pupils and staff.

Are you better at talking about mental health now?

"Yes, if someone came to me and said they were depressed, I now think it's normal, and would take a more natural approach."

Would you talk to your parent/ carer about your mental health?

"Don't think parents would take it seriously, or pay attention when it is their own child."

"They would maybe try to overcompensate, and smother you, or 'cover you in bubble-wrap'."

What would you like your family to know about mental health?

"To know what we have just learnt."

"The symptoms of mental health problems, so they can recognise them".



LOCAL PERSPECTIVE ON HEALTHY RELATIONSHIPS:

YOUTH REALITIES



The Be In The Know (BIK) Team

YOUTH REALITIES

- Youth Realities is a youth-led organisation that tackles teenage relationship abuse by addressing the root causes, creatively and compassionately. They aim to reduce abuse within teenage relationships, raise awareness, address damaging stigmas, empower self-development, build resilience, and provide stable, consistent and trusted support through a range of prevention, intervention and survivor-focused healing programmes.

- Youth Realities worked with a team of six young people aged between 14 - 20 to deliver Prevention: Be In the Know (BIK).
- The team received training on healthy relationships, sexual health and emotional abuse.
- Once the team had completed their training they then designed a series of creative, peer-led focus groups that were delivered to 59 other young people in four schools and alternative education providers across Barnet.

- The aims of the focus groups were to receive feedback from the young people based on their current understanding and awareness of sex and relationship issues, and of the relevant sexual health and healthy relationship services available in the borough.
- The focus groups were engaging and interactive, covering three fundamental areas: Healthy Relationships, Emotional Abuse and Sexual Health.
- Young people told us that there was a good understanding of prevention of unplanned pregnancy and sexually transmitted infections through the use of condom, but that more awareness was needed on how to access local sexual health services and to focus

- on reducing stigma about attending sexual health clinics.
- Over 95% of participants stated they could confidently and 'easily' have conversation with a partner on sexual relationships, 69% of participants were confident discussing the use of contraception, and 65% of participants were confident discussing having an emotional or physical attraction to another.
- There was a need for improvement around the attitude and confidence young people have when discussing with their partners and friends their sexuality, symptoms of sexually transmitted infections, attendance at the sexual health clinic, and readiness for a sexual relationship.

YOUTH REALITIES

SEX AND RELATIONSHIP EDUCATION

- The focus groups also discussed quality and accessibility of healthy sex and relationships education in schools (SRE).
 - Over 80% of young people did not believe SRE was adequate.
 - Young people suggested some improvements to SRE:
- The involvement of external organisations delivering bespoke workshops in educational settings.
 - 1:1 mentoring and support from staff
 - Gender specific lessons
 - Additional targeted workshops and lessons (delivered by school staff).

NEXT STEPS

- Barnet has commissioned a new sexual health and healthy relationship promotion service for young people in Barnet. This service will deliver a C-Card scheme, as well as:
 - Workshops and assemblies in schools
 - Training for educational staff
 - Targeted outreach for vulnerable groups
- SRE training sessions for teachers and the wider youth workforce
- Peer educator training
- Sexual health promotion and campaigns.
- Barnet is also working with the healthy schools programme and the school nurses to ensure that these specialist providers support high quality SRE in schools and the introduction of the new SRE curriculum.

As human beings, we are shaped by relationship we have with ourselves and other people. The impact of adverse childhood experiences can be offset by safe, secure responsive adult relationships that buffer the effects of stress/adversity and support the development of resilience, a key mechanism to make sense of, and recover from threat and fear.

Local parents, families, the council, local residents, health and care providers, early years settings and schools all have a responsibility to help children and young people develop the skills and emotional resilience necessary to foster healthy relationships and emotional wellbeing as they move into adulthood.

RECOMMENDATIONS TO BUILD ON OUR SUCCESS FURTHER

1 Consistent and effective SRE

Consistent, effective and culturally appropriate sexual health and healthy relationships education provided in schools either through external facilitators or appropriately trained faculty staff.

New Personal, Social and Health Education (PSHE) curriculum will assist with revamped SRE coupled with a local support for schools, the transformation of Healthy Child Programme and through Healthy Schools Programme.

2 Accessible sexual health clinics

Increase outreach and engagement in schools and communities to increase awareness of Barnet's sexual health clinics and the services available, by addressing social, practical and contextual barriers that are preventing young people from accessing support.

3 Safer sexuality

Addressing the social barriers young people are facing with regards to confidentiality and safely discussing their sexuality, especially within LGBTQ+ community, in order to limit the risks associated with such feelings of isolation and social ostracization.

4 Extending the reach of perinatal mental health support services

Explore funding opportunities for extending perinatal mental health coaching sessions and peer support groups.

5 Extending the Resilient Schools programme

Working with Cambridge Education and Schools to expand the Resilient Schools Programme to further schools in 2020, and to ensure that the Resilient Schools programme supports healthy relationships and increases mental health awareness among parents.

6 Ensuring early intervention when problems arise

Working with the NHS, Barnet Family Services, schools, the Healthy Child Programme, the CAMHS transformation board, and the voluntary sector to ensure early access to family support and mental health services when required.

7 Collecting adequate data on the wellbeing of young people in Barnet

Work with service providers and routine surveys carried out in Barnet to ensure that the wellbeing of young people in Barnet is monitored through, sustainable, streamlined and accurate processes.

8 Parents role in supporting Healthy Relationships

Parents and carers should be prepared to have open and honest conversations with their children about all aspects of a Healthy Relationship. We will also work with families, if needed, to provide education and support to instil confidence to do so in the most appropriate way.

WHAT IS CURRENTLY AVAILABLE IN BARNET TO SUPPORT BUILDING HEALTHY RELATIONSHIPS IN EARLY LIFE?

• Home Start – health coaches

A perinatal and family health coaching services for families in Barnet experiencing mental health problems.

• The Resilient Schools Programme

A whole school approach to raising mental health awareness and supporting mental health

• Kooth and QWELL

Online counselling for young people aged 11-25 and teachers in Barnet

• The Westminster Drug Project

Substance misuse support services for young people in Barnet

• Sexual Health Services

Brook services, access to the C-card and sexual health clinical services.

• Health Education Partnership

Support for schools to participate in the Healthy Schools and Healthy Early Years Award Scheme, to enable schools to support the health and wellbeing of staff and pupils

• The Healthy Child Programme

School nursing, healthy weight and Health visiting services (including MESCH a structured program of home visiting for families at risk of poorer maternal and child health and development outcomes).

• The Multi-Agency Safeguarding Hub (MASH) Barnet

Multiagency referral point for children in need of additional support and/or protection

• Barnet's Early Help offer for Children, Families, and Young People:

- 0-19 Early Help Hubs
- Children's Centres
- Parenting courses

• Barnet Integrated Clinical Services

CAMHS in schools and the Children's Mental health and Wellbeing Team, who both provide early support for children and young people experiencing emotional and mental health problems

• Barnet's Child and Adolescent Mental Health Services (CAMHS).

Provides assessment and treatment for children and young people with mental health or severe emotional and behavioural difficulties

• Resilient, Engaged, Achieving Children Hub (REACH)

A multi-disciplinary team with expertise in assessing and supporting young people presenting with high risk or high vulnerability

• One You – 18 and over only

Healthy lifestyle online information hub for adults in Barnet

• Barnet Wellbeing Service – 18 and over only

• Good Thinking

- NHS approved wellbeing service

• ChildLine

For more information on available services please visit <https://www.barnet.gov.uk/health-and-wellbeing>

“A healthy relationship will never require you to sacrifice your friends, your dreams, or your dignity”

DINKAR KALOTRA

“Love in such a way that the person you love feels free”

THICH NHAT HANH

“Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others”

BRENÉ BROWN

“Don't walk in front of me; I may not follow. Don't walk behind me; I may not lead. Just walk beside me and be my friend.”

ALBERT CAMUS

“A healthy relationship whether it's romantic, brotherly, or friendly, is when each person is allowed room to grow, unjudged, and still loved”

MAMA ZARA

REFERENCES:

- **Adverse Childhood Experiences (ACEs), Centres for Disease Control and Prevention.**

Available at:

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy>

- **Future in mind - Promoting, protecting and improving our children and young people's mental health and wellbeing, NHS England and the Department of Health, 2012.**

Available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

- **Building children and young people's resilience in schools, Public Health England, 2014.**

Available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/355766/Review2_Resilience_in_schools_health_inequalities.pdf

- **Public Health England child and maternal health local health profile,**

available at:

<https://fingertips.phe.org.uk/profile/child-health-profiles>

- **Public Health England children and young people's mental health and wellbeing local health profile.**

Available at:

<https://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh>

- **THRIVE The AFC-Tavistock Model for CAMHS, 2014.**

Available at:

https://www.annafreud.org/media/2552/thrive-booklet_march-15.pdf



HEALTHY RELATIONSHIPS

STARTING AND GROWING HAPPY

Barnet Director of Public
Health Report 2018/19

BARNET
LONDON BOROUGH