



Children's Emotional Health and Well-being

Amber Valley

Prepared and
produced by





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Introduction



Introduction to Sporting Communities

Sporting Communities is an ethical, not-for-profit Community Interest Company based in the Midlands that operates UK wide composed of experienced staff from a broad range of professional backgrounds. Our expertise are in working with young people and families at early stages of risk and within neighbourhood settings where socio-economic disadvantage and challenges are most prevalent.

Our motto is 'Working with communities to learn how to serve them best'. We work with communities to assess their needs and their strengths, then co-produce support and services to help them to achieve their goals. We are continually involved in consulting with people using evaluation and research methods to establish tangible evidence of better ways of providing greater outcomes.

Our work is conducted through 3 strands. Sporting, Creative, Sustaining and our sister charity Supporting Communities. Each strand delivers a number of services such as Community sports, play, art, events, youth services, training and wrap-around supporting services.

Introduction to the research

The emotional health and well-being of children of all ages have been impacted significantly by changes to lifestyles, structures and diminishing support mechanisms; an issue caused in part by the implications of the COVID-19 pandemic. Founded on a range of determining factors, stemming from personal to external aspects, the social, psychological and physical development of children is born from how they feel within themselves and the situations in which they find themselves within.

Commissioned and supported by the Amber Valley Health Partnership, Derbyshire County Council and Public Health, we have interacted with a range of children, families and practitioners within the district to gauge their views on what causes issues to youth-based emotional well-being, what would be welcome as methods of intervention and the areas of focus that are required to be acknowledged as a part of a developing strategy.

As part of the research, we analysed an initial impact report to explore the literature surrounding emotional well-being amongst children and the relevance of such against established models, such as Maslow's Hierarchy of Needs (1943) and Erikson's Stages of Psychosocial Development (1950). This review has helped to provide context and rationale behind the methodologies adopted in this research and to understand the similarities and differences between the initial research captured.

Conducted over 6 months, we have provided this final impact report as a collective of our analysis, the impact of engagement and recommendations to aid strategic partners working within the Amber Valley district in the development of a new, transparent and research-backed strategy to best support children and families across the local authority area to overcome issues of emotional health and well-being.

Methodology and Ethics



The research into children's emotional health and well-being required our team to focus on a range of potential contributing factors to explore the implications of personal, social and environmental concerns as well as the commonalities between all concerning mental health.

Building on the initial Insight Report which highlighted the range of concerns that was required to be questioned, we adopted a plethora of data collection methods to engage with 100 young people within the 5-12 age group and 100 within the 13-18 age group, parents and families as a collective and formalised discussions with professionals working with children and families across the district.

The exploration of prevailing issues across the Amber Valley has been varied with a focus on personal contributors, such as values, concerns and previous adverse childhood experiences, as well as external factors, with examples stemming from education, access to health and community services and social media influence.

Our ethical approach to this research can be categorised by our commitment to anonymity and impartiality.

Anonymity

Throughout the course of the research, we have respected anonymity and confidentiality rights and, as such, we have not requested any identifiable personal information. All of those involved have the right and will continue to hold the right to their responses to be withdrawn from the research.

Impartiality

The analysis and recommendations provided in this research are based solely on the responses and discussions held with those who have interacted through our various data collection methods. We have maintained our ethical approach to ensure respondents felt comfortable providing their honest answers and thoughts in their contribution to this research.

The elaboration of our research on the subject of children's emotional health and well-being within Amber Valley can be exemplified by the range of individuals and groups engaged and the raft of methods to conduct the data collection processes. These include:

Individuals and Groups

- Children aged 5-12
- Children aged 13-18
- Parents and Families
- Professionals working in Amber Valley

Data Collection Methods

- Surveying
- Formal Interviews
- Group Discussion
- Informal Conversation

Adverse Childhood Experiences



The impact of Adverse Childhood Experiences was a subject matter that became reiterated at great length throughout the course of this research. The emergence of Felitti's Adverse Childhood Experiences model (1997) has become scrutinised to understand the correlating impact on young people's lives and that of their families, peers and community. The most prominent reiteration has been to behaviour and, within the context of children and young people, anti-social behaviour specifically. The increase of anti-social behaviour in urbanised areas, such as those reporting contemporaneously in Langley Mill and Heanor, provided suggestions that exploration and correlation between anti-social behaviour and underlying emotional well-being connotations needed to be examined.

To achieve this, we utilised surveying analysis with children aged 13-18, families and professionals to explore the connection between anti-social behaviour and adverse childhood experiences as well as gather an understanding of access to diversionary opportunities and support mechanisms for children and parents. We have also analysed interview transcripts with professionals to explore their experience in dealing with such concerns and their perspective on the correlation between both prevailing concerns.

→○← Connection between Adverse Childhood Experiences and Anti-social Behaviour

Whilst it has been documented that Adverse Childhood Experiences are closely linked to anti-social behaviour offending, practical evidence from a localised context and perspective has been collated to explore to

what extent this needs to be considered. Analysis of such connections highlights that the 150-200 ACEs Index range for Amber Valley (Greater London Authority, 2019) has a considerable impact on the number, reoccurrence and severity of young people's engagement with anti-social behaviour. Conversations with professionals within the public and voluntary sector have indicated that 64.3% of such individuals and organisations within Amber Valley have worked with or supported at least one young person as a result of an Adverse Childhood Experience with 90% of respondents believing a connection exists with anti-social behaviour. Therefore, an exploration into how Adverse Childhood Experiences can be acknowledged with the affected young people supported sufficiently is highly recommended within an early-intervention prevention practice.

→○ Access to Diversionary Opportunities

The opportunities for children and young people to become diverted from anti-social behaviour have shown to hold significant weight in response to reducing toxic influences.

Therefore, this has been an aspect that we have explored as part of this research to understand the issues facing children to access such opportunities. According to the analysis of the data captured, 80% of young people aged 13-18 felt that there are not enough accessible opportunities in their local community with more sport and play opportunities being highlighted as the most prominent area of interest (53%) closely followed by mentoring (46%). Initial indicators highlight a focus on sport, play and mentoring support opportunities is recommended.

Over 60% of children aged 13-18 state that they are concerned of a past experience or future instance.

90% of professionals feel there is a distinct connection between adverse childhood experiences and anti-social behaviour





*Children aged 5-12
consider school as
a significant value
in their lives at*

42%

Education

The implications of COVID-19 have been vast and this is more significant when considering the adversity and disruption caused to education. Many parents and professionals working with children and young people have eluded to the pressures caused by the growing transfer of weight within homeschooling responsibilities; reiterating the adversity faced to their children's mental health and emotional well-being during this time. The limiting interaction with peers, positive school activities and a reduction of variety leading to tedium had been highlighted by children and parents as the main symptom of such constraints. However, in some cases, parents had highlighted that the sudden reform of educational processes had allowed opportunities for greater integration. As an example, parents with children living with disabilities across the district had felt supported by the smaller size of face-to-face groups; enabling a greater focus on their child's needs within the class setting. Many parents had stated that this had helped their child integrate better within their school setting and improve relationships with peers and teachers.

According to the research, school and college are a considerable worry for young people aged 13-18 with a lack of support and transparency within school settings being considered the largest instigator of such concerns. Two conclusions have been drawn as part of our findings; the new approach to education and a need for further transparency between education, statutory and community opportunity settings.



Approach to education

The influence of school life and education is considered a significant interpreter of the ongoing development and future security of young people across Amber Valley.

Whilst young people aged 5-12 considered school as a value in their own lives (42%), many parents have suggested that the approach adopted within school settings hinders the emotional health and well-being of young people within this age bracket and beyond. A mixture of the resilient focus on academic attainment levels, school status and pressures upon the educational establishments have been noted by parents; correlating with concerns that such pressures are being unnecessarily transferred to children and thus, impacting stress and anxieties felt by the children and families. An example of such concerns was highlighted whereby a parent had felt that the approach adopted by their child's high school had resulted in the parent seeking a new education setting for their child; thus, interrupting educational, social and psychological development.



Transparency in education

Children's progression in their educational and psychosocial development is often an indicator of the support received within their common education setting.

The impact of COVID-19 and homeschooling had been noted significantly with limiting interaction between children, their friends and teachers stifling confidence, halting access to group interaction and creating a lack of support conduits towards education and wider well-being. An additional aspect to consider stems from the lack of transparency between schools, community activities and statutory services; an issue eluded to on numerous occasions by parents and professionals. The connection between such services would allow for greater transparency and sharing of awareness to ensure that the most efficient and holistic support can be provided to children showing distinct concern towards their emotional health, well-being and development.



Housing and Economy



The connection between the implications of housing and the economy and access to mental health support is succinctly aligned. Oates and Firth (2020) elude that access inequality stems from dissimilarities in deprivation levels and, based on the varying nature of Amber Valley's deprivation levels, geographical landscape and urban-to-rural ratio, this is an issue that is considered prevailing across the district. The growth in the need for CAMHS support has shown to lead to increased pressures on this service, which can be considered to add to accessibility issues in the Amber Valley district; an aspect made increasingly perilous due to the implications of the cost of living crisis. Through this research, we have explored how the current financial climate, deprivation and inaccessibility to services could impact children's emotional health and well-being across the district.



Cost of Living Crisis

Poverty has been showcased as a common and contemporary issue facing many children and families across the United Kingdom and this has shown to be no different within Amber Valley.

The impact of growing deprivation and financial difficulties has been acknowledged throughout the research concerning the correlation with the growing worries and anxieties among children. Increased fiscal insecurity has been shown to lead to children not having the opportunity to have a sufficient meal throughout the school day, access required school uniforms and interact with external physical activity initiatives, but it has also been acknowledged that children as young as the age of 5 are taking on such financial anxieties; worrying about their parents in being able to budget and pay basic domestic bills.

The coupling of media exposure on the cost of living crisis and the domestic strains this holds on the family unit has been a regularly acknowledged contributor to such anxieties occurring amongst children and young people within Amber Valley; eluding to a need for supporting initiatives that reach a wider cohort of families across the region.

The recommendation from this research suggests that an increased focus is required on engagement intervention with wider young people and families to explore implications of financial insecurities and domestic strains; working with schools, community groups and mentoring/ family support services to develop a positive and transparent network of support.



Deprivation and Access

The growing level of deprivation has also led to an increased concern about the ability of families to access services within their local community.

Throughout the research, we have interacted with parents to discuss their experience upon accessing community services in aid of their children's emotional health and well-being which highlighted that 72% of parents taking part in the research felt that there were either not enough accessible services that support their child's well-being or that enable sufficient positive interaction between child and family members.

We also examined whether the parent's felt that sufficient access to supportive services was available for their child in Amber Valley if any arose of a particularly worrying concern; an aspect that 66% of parents felt was becoming increasingly difficult to achieve when required. The implications of deprivation and transport links, coupled with the increasing pressures on statutory support services have been noted by parents as the main contributors to such feelings.

*66% of parents
feel that it is
very difficult to
access sufficient
supportive services*





*Over 60% of parents feel
that there are not enough
opportunities for their child to
be physically active in Amber
Valley*

The correlation between physical activity and emotional well-being is commonly aligned with the acknowledgement of benefits for children. Patalay and Hardman (2019) indicate that such benefits are often influenced by poverty; which concludes accessibility and difficulties in meeting basic survival priorities as significant issues in realising physical activity benefits. The prevailing and growing concern of childhood obesity is varied in the Amber Valley district with baseline statistics indicating levels amongst reception children are distinctly higher than average whilst obesity levels amongst those entering the second phase of their education are slightly better than the national average (Derbyshire County Council, 2018). The exploration of obesity levels in Amber Valley is vital to consider given the potentially damaging connections to self-esteem and confidence amongst children and young people; with the analysis in this section being a further understanding of how children and families within Amber Valley can access beneficial physical activity opportunity to overcome such concerns.



Accessibility of group opportunities

Given the vast distinction between urbanised and rural localities within Amber Valley, accessibility to suitable and flexible physical activity opportunities experiences a similar dilemma.

According to the parents we had engaged with throughout the course of the research, more than 60% mentioned that they feel there were not enough opportunities for their children to meet their physical activity requirements; citing transport, type of opportunity and over-subscription to be one of the more considerable indicators of such feelings. Professionals working within the sport, community and health sector also shared these views, with over 90% of professionals stating that there are both not enough opportunities for children to be physically active in Amber Valley and too many prevailing barriers limiting access. This issue is a correlating concern with a distinct disparity evidenced in the focus or intentions of the activities available.

93% of professionals feel that there are not enough opportunities for their child to be physically active



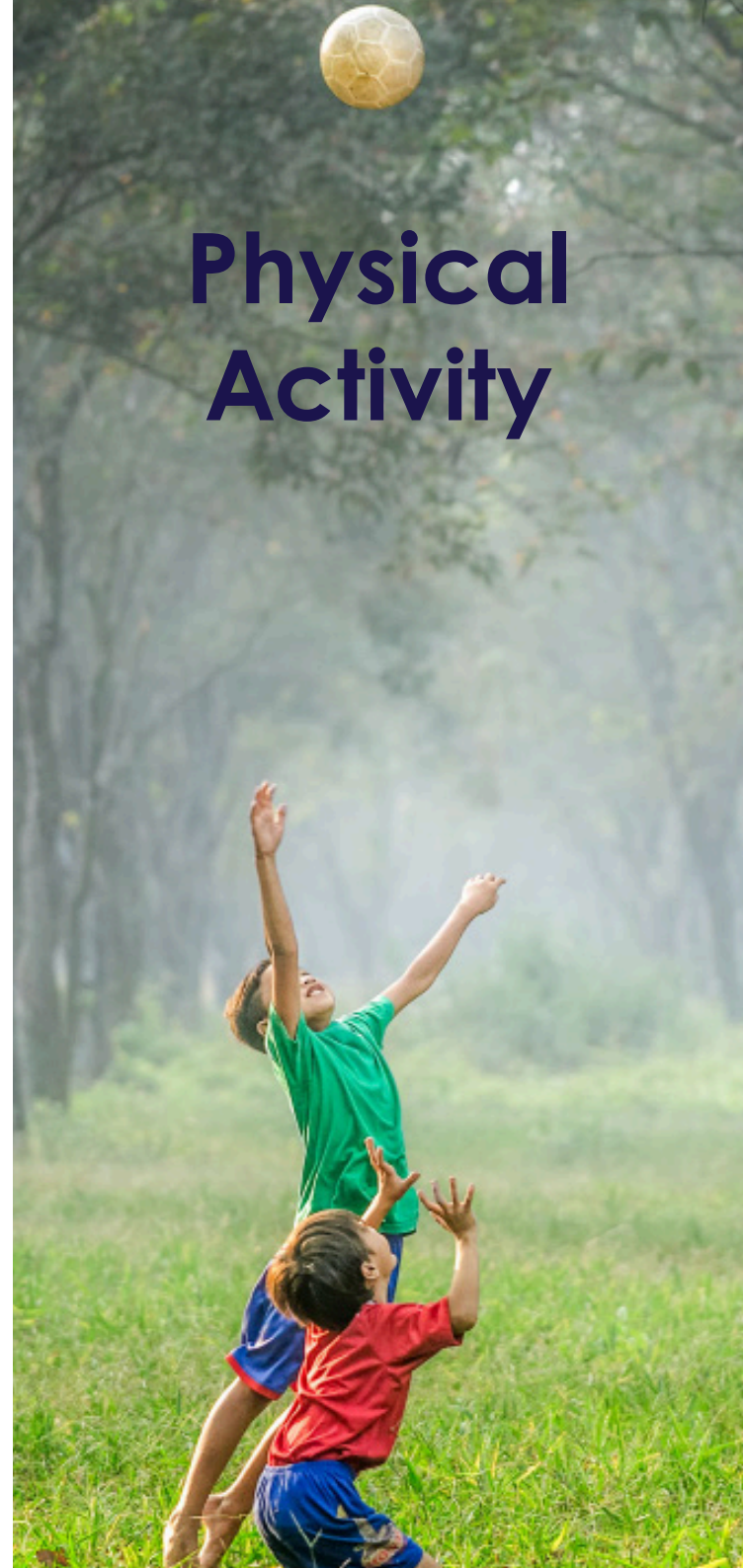
Disparity of session focus

The role of sustainable engagement in an activity opportunity is heavily reliant on the connection between the values of the children and the outcomes of their engagement within the such activity.

Many of the parents whom we had engaged as part of this research eluded to the issues that their child had faced when attempting to integrate into a seemingly suitable activity within their local community. This consensus stems from references to the type and focuses on activities that are available within the region that aims to promote skill progression for competition and disregard focus on other values leading to initial engagement. It has been noted that this has decreased the ease of access to value-centric, holistic activities as well as the sustainability of activity participation. With more than 60% of parents suggesting that there are not enough opportunities for their child to be active in Amber Valley, this may be drawn from poor physical activity experiences whereby the values and interests of the child did not align with the intentions of the activity; thus, calling for a greater focus on providing and sustaining inclusive, flexible and accessible multi-activity opportunities as a bridge to developing interests.

Over 60% of young people aged 13 to 18 would like to see more opportunities to engage with sport and physical activity opportunities within Amber Valley

Physical Activity



Anxiety



The impact of anxious thoughts on children has been noted as a monumental concern. Office of National Statistics (2021) findings showcased in the insight report indicated that anxiety was significantly high in Amber Valley with a scale-based score of 4.2 out of 10; a prevalence which lapses national averages. Understanding the reasons behind such levels has been a key focus of this research with children, parents and professionals to explore varying perspectives and the wider-ranging contributors to anxiety occurrences within the district. Through this, we have been able to explore external influences and phenomena which could adversely affect resistance to anxiety as well as deep-rooted experiences considered plausible prevailing aggravators of such concerns.

Influence of Social Media usage



Connections between children and their peers across Amber Valley have shown to become a constraint, due in part to the COVID-19 pandemic and the advancement of remote interactions. Whilst social media has allowed young people to connect much more easily to one

another, concerns around the influence of the information being shared on social media sites towards the impact on children's emotional well-being are considerable. Our research has found that more than 50% of young people aged 13-18 use social media for more than 5 hours a day, equating to 1825 hours a year individually. In accompaniment to these significant statistics, a majority of parents have voiced their concerns towards their own children's use of social media and feel that the phenomena of the platforms cause harm towards their emotional health and well-being; more than 50% of parents stated this to be factual. Reiterations towards the falsification of the news, insecurity about whom young people are talking to and the level of distraction caused by such influences have been highlighted as prominent worries towards their child's social media use.

With evidence to suggest social media usage, reliance and influence have increased simultaneously within the locality, a growth in awareness and support opportunities within Amber Valley would be a welcome approach with sustained connections within an education setting around such topics; thus, alleviating pressures on parents and families.



A culmination of studies highlights that an increase in loneliness holds significant adversity towards a child's mental health (Rees and Large, 2020; Hards et al., 2021).

Our initial findings from the Insight report suggest that 11.3% of young people are considered lonely within the United Kingdom and, as such, we have explored this within a localised context whereby shy of 50% of professionals have stated that they have worked with a child who has been considered lonely within the district.

Throughout the research, we have examined the root causes of poor emotional well-being of which loneliness can be considered a prominent symptom. Therefore, engagement with professionals working closely with relevant cases has suggested that bullying and discrimination are common contributors within Amber Valley; with a culmination of domestic situations, poverty and social media use leading to such prevailing issues. Reduction of bullying and discrimination in a variety of forms needs to be witnessed as the instigator which becomes challenging before the ability to take hold of the children's emotional health and well-being increases. Therefore, an early intervention prevention approach to mentoring within schools is being recommended with a focus on reducing instances and increasing confidence.

Around 50% of professionals have worked with a child who is considered to be experiencing loneliness

Over 50% of young people aged 13-18 use social media for more than 5 hours a day



Over 70% of young people aged 13 to 18 cited education to be a significant contributor to anxiety





Personal vs External

The causalities of a child's benefit or adversity in emotional health and well-being are often determined by a range of influential factors.

Intrinsic aspects based on genetics, psychosocial development stages and level of resilience became required to be explored alongside the implications of external factors which include peer groups, domestic situations or the transfer of information through media platforms. Examining the ratio of such within a localised Amber Valley context has allowed us to gauge the focus of future initiative support; based on either support for personal concerns or the alleviation of pressures caused by external factors.

Based on the research gathered during the data collection process, we found that school work was considered the largest concern amongst young people aged 13 to 18 (over 70%); showcasing the pressure of educational success and attainment to add significant pressures to their emotional health and well-being. Despite this, it has been noted that just over half of respondents felt that personal relationships with their family and friends were a significant worry that they regularly face. On the other end of the spectrum, crime and violence, career and planning for the future are not considered issues that young people within this age bracket find troubling; highlighting concerns not yet affecting or unlikely to affect them directly to be less of a problem. However, the concern of school and educational pressures has been met with references to a lack of support within such establishments; showcasing a recommendation for a mentoring focus specific towards educational progression, comfortability and attainment.

82% of children aged 5 to 12 consider a reliance and connection to family to be the most significant value amongst this age group



Values and Concerns

The connection between what children value and what aspects they worry about the most is distinctly evident.

Throughout this research, we explored the relationship between 5 to 12-year-old children, what they value the most and what are they most concerned about. About values, we found that more than a third of children valued their relationships with family and friends the most (96% towards family and 71% towards friends) with 67% valuing their ability to care for other people ahead of their health and well-being which stands at 38%. This indicates that children are more likely to engage positively in services that involve family and friends but also those that put the needs of those loved ones ahead of their own. This also shows that a distinct reliance on family and friends exists within this age bracket which highlights a recommendation to focus on services that support the development of positive social relationships at all levels of interaction.

On the other end of the spectrum, external and societal factors, such as climate, war, knife crime and racism had been identified as significant concerns amongst those aged 5 to 12; a consideration which eludes to the prevailing impact and over-exposure of information shared through social media and other access platforms. This also notes that, in stark contrast to those aged 13 to 18, personal concerns are less impactful upon those of younger ages, whereas the impressionable nature and irrationality of younger ages build a focus on prevailing external factors within this age group. Recommendations in support of such findings elude to the alignment of individual psychosocial developmental stages with an understanding of levels of exposure to information portrayed through social media and other media platforms. This can be achieved through altering focuses within 1-1 youth mentoring and family support processes.

Personal



External Influences



Peer Groups

The state of emotional health and well-being amongst a child within their fluctuating psychosocial development stages is often a symptom of the consensus portrayed within social circles.

The impact of group dynamics has been shown to shape how an individual reacts to situations, shape their beliefs and influence their behaviours. With statistics highlighted within this research to show the reliance on peer group influence and relationships amongst younger age groups, we have explored the connotations of behaviours of children within Amber Valley, how such are impacted by peer groups and the potential adversity of such towards their emotional health and well-being. One aspect that we analysed was the influence to interact with substance use where we found that 80% of respondents aged 13 to 18 had some experience with alcohol use before their 18th birthday just under half had stated that they had experienced drugs or smoking within their peer or social group.

In addition, children within this age bracket would mostly go to their friends if they needed some level of support which highlights that the type of influence within a young person's social circles can have a significant impact on how they respond to prevailing and concerning situations; thus, potentially adversely affecting their emotional health and well-being. However, levels of contradiction to this exist within the research which suggests that over 60% of parents feel that their child's social circles are having a positive impact within Amber Valley communities. Despite this, it does highlight a recommendation to focus on early intervention prevention group activities, coupled with 1-1 offers, to allow for effective diversion from toxic influences and sustain positive behavioural actions within social groups.

66% of parents feel that their children's social and peer group have a positive influence on their child's mentality, attitudes and behaviours


Bullying and Discrimination



Understanding children's emotional health and well-being remain an aspect that is varied and based upon a range of determinants and detriments.

Whilst this research was designed to explore such ranges and impacts, we aimed to explore what is considered the most impactful contributor to the adverse symptoms of children's emotional health and well-being. Utilising consultations through informal conversation with young people and parents, as well as formalised interviews with professionals within Amber Valley working closely with children and families, the research found that the implications, ease and variance of bullying and discrimination caused the biggest level of distress amongst children and young people within the local authority area. Upon deliberation of children's concerns (ages 5 to 12), bullying was considered a primary direct issue amongst 33% of the respondents with 25% of all involved with the research citing cyber-bullying as a prevailing worry and impact towards their emotional health and well-being.

Conversations with parents and professionals allowed ourselves to explore perspectives of children's changes in attitude, issues and behaviours as a result of adverse implications of bullying and discrimination. Three main contributors to bullying and discrimination occurrences had been highlighted as part of this research; poverty, social media and domestic strains. A significant proportion of bullying issues can be related to poverty, such as not having the right uniform at school. Family strains and domestic pressures have also been noted in the concerns surrounding conflict within the home and distinct levels of uncertainty for the child. Finally, children are becoming more and more influenced by social media and ease of contact with others which correlates to issues of cyberbullying and lacking regulation of potentially toxic or untrue information being accessed by young people on social media platforms. The research eludes to a recommendation of increased bullying awareness initiatives coupled with early intervention methods to help prevent bullying and discriminatory occurrences before such take hold on children's emotional health and well-being.



*80% of young people aged
13 to 18 had some experience
with alcohol before their 18th
birthday in Amber Valley*



80% of young people aged 13-18 say they want to see more services to engage with their local community



Health Services

The implications of COVID-19 have held a distinct and unprecedented impact on the residents that reside within Amber Valley with changes in restrictions remaining to have adverse effects on children's emotional health and well-being.

The inability of children and families to access the necessary support services during the lockdowns has been shown to decrease awareness of available health services in the community as well as reduce willingness to seek aid due to the growing waiting times; leading to potential worsening of emotional issues being experienced by children and families. This exemplifies the need to bridge the disparity between families and access to necessary health and well-being services, such as CAMHS in which wait times for such have been acknowledged by professionals within this research as 'difficult to manage' and need to be reduced. The implications of COVID-19 restrictions and anxieties have also been noted to retain an adverse impact on access to necessary support with many community services being significantly altered or diminished during this period which is still witnessing the re-initiation and re-growth of such services.

Recommendations from this research stem from increasing transparency between health, community and educational services to aid the growth of awareness, as well as exploring external 1-1 mentoring, family support and counselling services as an early-intervention means with aims to reduce pressures and admissions into already strained national health services.



Community Initiatives

Upon discussions with children, families and professionals, the ethos of current services available is not always replicable to the values and needs of children in aid of their emotional health and well-being.

Whilst the opportunities available and accessible are valued, many of the parents we engaged with identified that they would like more family-based group settings to enable families with multiple children to interact together in a positive and inclusive environment. Furthermore, parents have also highlighted that a distinct focus on inclusivity needs to be adopted over a commonly initiated competition focal point in physical activity opportunities; an issue coupled with a growing need for a reduction in group sizes amongst families with children of high emotional needs.

An additional worry amongst families is directly driven by the arising difficulties in accessing valuable community opportunities to support their child's emotional health and well-being. According to the research conducted with a focus on this concern, 70% of parents agreed that difficulties exist in accessing valuable community services to benefit their children and the wider family; exemplifying the need for more support to be provided to parents and families to be able to access valuable provision. The implications of COVID-19 have been discussed as a significant contributor to such with many parents expressing concerns about their children being restricted from the opportunity to interact with others; especially during toddler and pre-school developmental stages.

Recommendations for the growth and development of community opportunities in Amber Valley stem from a need for a focus on family and play group opportunities to ensure their children that are within early-developmental stages can access opportunities that aid autonomy and social development; thus, acting as a prevention for potential emotional concerns further into life. In addition, children heading towards adolescence have identified that they would like to see more accessible sports activities, 1-1 support mechanisms, youth spaces and training opportunities within Amber Valley.

Access to Community Services



Strategy



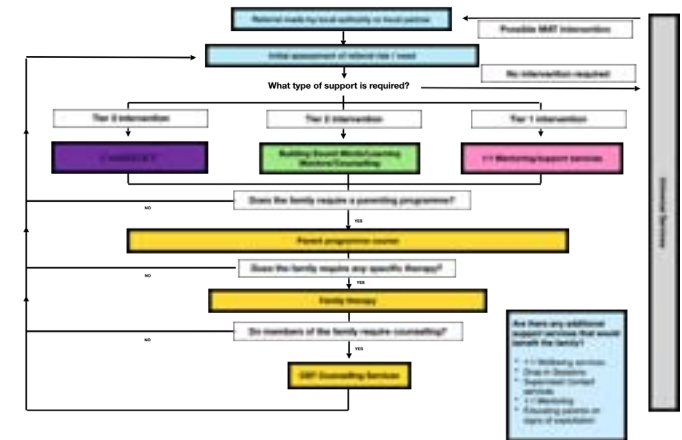
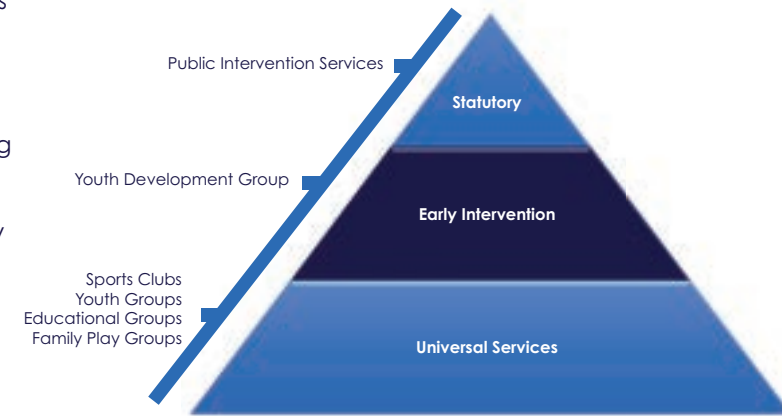
The research conducted to formulate the analysis of children's emotional health and well-being in Amber Valley calls for adaptations to current support structures and processes. The recommendations highlighted throughout elude to the difficulties in accessing pressurised statutory support services and the lack of focus on Tier 1 early intervention approaches which aim to alleviate concerns towards emotional well-being before requiring costly statutory intervention.

Examination of physical activity, housing and economy and adverse childhood experiences have provided recommendations for increased access to services based on a lack of opportunities and difficulties to access quick and initial support.

In addition, the issues surrounding personal and domestic implications, prevailing anxiety and the impact of external influences such as social media have provided conclusions to the need for Tier 1 early intervention focuses within Amber Valley of which all aspects are required for incorporation into a strategy reform and development.

Furthermore, greater transparency between schools, external statutory services and community groups has been acknowledged by families and professionals within Amber Valley; leading to recommendations for greater partnership focuses between such groups.

All of the above recommendations drawn from the research provide assurances that awareness and focus of Tier 1 interventions, as well as greater transparency and partnerships between groups from varying sectors require focus; thus, placing such focuses at the heart of a developing strategy for Amber Valley in regards to children's emotional health and wellbeing.



Roles



The creation of more safe spaces

Develop new group family and youth activities utilising community spaces and increasing the number of safe spaces for young people and families to convene in. This will be an opportunity to build positive relationships with the community and a safe space where participants can receive support. Through these spaces we will offer training to the providers so they can act quickly to support participants should the need arise at their sessions. 'Early Intervention is prevention'

The Youth Intervention Partnership

This will consist of a number of voluntary, public and private sector partners who specialise in supporting young people and families. This will consist of full-time roles who work for the Youth Intervention Partnership and will accept referrals from other members to offer 1:1 supportive services. This early intervention will take the pressure of public sector services and be a more fast-track solution to supporting low-tier needs of families and young people. A new referral pathway will be created into this partnership and this will be shared with groups, schools, clubs and public sector services to prevent escalation if waiting times are high.

The Youth Intervention partnership will consist of the following professionals who can offer intervention services at an earlier stage. This will need the new following roles into the partnerships:

Youth Worker/Case Lead

The Youth Worker/Case Lead would offer vital 1:1 intervention work for the young people. They will also lead on all referrals that come through to the team, be a link between the local authorities and help to develop the young people. This role will also support, and manage the youth mentoring programme.

Family Support

The research throughout eludes to the need for the incorporation of family support interventions, in order to provide further support to young people and their families. The embedding of a family support methodology would allow referrals to be made to offer the necessary support and create a transparent and comforting approach to achieving positive outcomes for all. Supportive interventions, such as parent support groups would ensure a whole family approach is adopted; working closely with families to deal with a range of prevailing issues, such as mental health concerns, difficulties with parenting, domestic abuse, children with behavioural issues, problems engaging in education, emotional or physical health issues and financial issues; all of which hold the connotations with children's emotional health and well-being.

Youth Mentorship

The value of youth mentoring has been a trend of topical conversation throughout the course of the research. This is due to such 1-1 interventions supporting young people at early stages of potentially significant concerns; enabling them to move onto a more positive pathway. Operating both within and outside the education sector, effective youth mentoring allows those in need to access vital assistance, information and guidance to overcome prevailing issues and barriers which supports them to realise their full potential. By acting as a role model for young people, a youth mentor can be seen as a critical level of assistance to support a young person's academic, social and individual development.

Counselling

The ability to deal with significant personal issues is vital to ensure the avoidance of further concern. Counselling aids in removing such pressing worries by supporting individuals to overcome impactful problems and encouraging actions to make appropriate and positive changes. The role of counselling stems from being a consistent and comfortable figure for those in need; being able to listen, empathise, encourage and empower individuals to move onto a more positive pathway of development. Focusing mainly on concerning and impacting issues towards emotional well-being, counselling services aid in alleviating depression, anxiety, managing harmful emotions and behaviours, and difficulties in coping with traumatic experiences and events, such as adverse childhood experiences.

Summaries

This research has been conducted to develop an understanding of the implications, support mechanisms and scope of children's emotional health and well-being within Amber Valley; exploring a variety of contexts to develop impacting and resourceful recommendations in future strategy development.

The following recommendations of strategy focus have been scrutinised and analysed from the input of children, families and professionals across the Amber Valley district. The validation for each of the recommendations identified below is drawn from varying factors based on personal, external, social and systemic implications.

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Reduce inequality to access Tier 1 support services

Acknowledgement of the importance and requirement of Tier 1 support services have been met with a need to reduce the prevailing issues of access inequality. With a focus on physical activity, mentoring, family support services and community health services, reducing the implications of rural isolation, deprivation pressures, cost and transportation would allow for greater accessibility to opportunities that provide much-needed intervention without adding systemic, practical and economic pressures on statutory services.

Growth of transparency between statutory and community groups

For all tiers within the current support structure to operate effectively, a focus on transparency between all involved in the emotional development journey of children is required for greater effectiveness, confidence and efficiency. The growth of awareness and sharing of outcomes and complications that children have been facing will show to achieve greater impact upon shared deliberation and responsibility; harnessing a transparent multi-agency approach in tackling concerns whilst reducing pressures on statutory services.

Adaptation and transparency of education focus and support

As a significant concern amongst parents throughout the course of the research, feelings of lacking support within educational establishments have been acknowledged. Harnessing a focus on transparency between community groups, external statutory services and educational establishments will allow pupils to access much-needed 1-1 early intervention support whilst allowing teachers to focus on ensuring educational attainment.

Better mapping of community opportunities and support services

Many children and families had highlighted that they would not know where to go if they were experiencing a significant issue towards emotional health and well-being that required attention. To help overcome such issues, the recommendation to place mapping and awareness of community support services at the heart of a developing strategy would help to provide confidence to residents that early-access support is on-hand and accessible if required.

Support in awareness of social media implications on children

The impact of social media as an influence on children's lives has grown exponentially and none more so than on their emotional well-being. As an influence found to have a significant impact on children within Amber Valley, ensuring a focus on the awareness of the implications of social media and the early intervention methods of support available would be welcome. Incorporation into community opportunities, 1-1 support services and within educational settings would allow for a multi-agency focus within established partnerships.



