howareyou feeling.org.uk

Thrive Hull Partnership Update

Children, Young People, Families & Learning Overview & Scrutiny Commission & Health & Wellbeing Board

March 2026

Claire Farrow
Integrated Services Manager (Health & Wellbeing)
Hull City Council

Mike Foers
Community Integration & Transformation Senior Manager
NHS Humber & North Yorkshire Integrated Care Board

Thrive Hull

Purpose and Overview

- The purpose of this report is to update the Children, Young People, Families & Learning OSC & Health and Wellbeing Board of the work that has been undertaken by Thrive Hull Partnership in 2025 – 2026
- The partnership is made up of organisations across health, care, education, and the VCSE that support children and young people's emotional wellbeing and mental health.
- There is an established Thrive Strategic Group and Thrive Operational Delivery Group to oversee and drive this area of work forward.
- We have six strategic priorities which are underpinned by co-producing our work and inform how we support young people and their families to reduce inequalities:

1. We will transform the way children and young people **access** support for their emotional wellbeing and mental health	2. We will work with schools and colleges to embed a relational **whole school and college approach** to trauma informed emotional wellbeing	3. We will support children and young people key **transitions points across health and care and prepare them for adulthood**	4. We will create a system where parents/carers are supported to have good quality **parent infant relationships**	5. We will improve understanding and support available for the emotional wellbeing needs of **neurodiverse children and young people**	6. We will improve access and support available for co-existent **mental health needs of young people who use drugs and alcohol**

Priority 1: Improving Access-*We will transform the way children and young people access support for their emotional wellbeing and mental health*

In partnership with East Riding of Yorkshire, we have established a programme of work to improve access to services, building on extensive engagement with Children, Young People, Families and Professionals. This is also based on the 50 recommendations from the Humber and North Yorkshire Nothing About Us Without Us Young People's Advisory Group

- **Information, Advice and Guidance**
  - A Hull and East Riding commination's group has been established to join up on messaging in relation to mental health.
  - We continue to ensure information is consistent and available to children, young people, families and professionals about services and support available to them. We are in the ongoing process of improving the how are you feeling website and updating the Thrive service directory.

- **Referrals and support to get there**
  - Contact Point and EHASH undertake a daily consultation meeting to review referalls into both front doors relating to CYPs emotional and mental health.
  - There is a plan that Contact Point will be present within EHASH to support an integrated front door.

- **Support and Interventions**
  - Currently developing a mobile phone app across Humber and North Yorkshire for young people to interact with service professionals to support their emotional wellbeing and mental health and also passport between services (ongoing-ICB wide)
  - Mapped and now published safe spaces across the city for young people to access, this includes youth groups, VCSE provision, Hull & East Yorkshire Mind Safe Space. Plan to make this digital.

Priority 1: Improving Access-*We will transform the way children and young people access support for their emotional wellbeing and mental health*

Hull Mental Health Support Teams (MHST)

The Hull Mental Health Support Teams have spent a year undertaking transformation into early intervention and prevention service within schools and colleges.

The teams cover mainstream secondary and post 16 provision. This includes several independent training providers. Currently there is only Hull College to be onboarded.

The Mental Health Support Teams have 3 core functions:

- Provide 1:1 and Group interventions for mild to moderate emotional wellbeing and mental health needs
- Support Schools and Colleges with implementing their whole school approach for emotional wellbeing
- Support Senior Mental Health Leads in settings with accessing appropriate practitioners and services for different needs of children and young people

Due to the increase in demand, waiting lists are now being prioritised and young people are being assessed within 4 weeks and started on interventions provided by the Mental Health Support Teams or being appropriately supported into other services from youth groups to CAMHS.

As part of improving access young people can drop in to clinics provided by the Mental Health Support Teams within secondary and post 16 provision. The Education Mental Health Practitioners are also working with school nurses and Turn 2 Us Youth Workers in schools to support young people around emotional and wellbeing.

Key Outputs-Priority 1: Improving Access

- ✓ Contact Point to triage is now 4 weeks (previous average was circa 18 week wait)
- ✓ MHST average wait time to assessment is now 4 weeks wait
- ✓ Version 5 Of Thrive directory publicised (launch at Thrive Conference)
- ✓ Safe spaces have been launched-directory now published on How Are You Feeling website
- ✓ 5 what to expect videos developed and published to support young people into services and reduce anxiety
- ✓ Now onboarded Ron Dearing to MHST provided by HEY Mind.
- ✓ Parent and carer support continues to help CYP access support in a home environment, including 'understating the teenage brain' and 'understanding my child toddler to teenager'
- ✓ MHST delivery (primary/secondary age);
  - ✓ 200-210 referalls per term
  - ✓ Main presenting issue is anxiety
  - ✓ Most referalls are appropriate for the service
- ✓ MHST delivery (post 16+):
  - ✓ 100 referalls per term
  - ✓ Main presenting issues are anxiety, low mood and stress
  - ✓ Most referalls are appropriate for the service

Priority 2: Whole School Approach- *We will work with schools and colleges to embed a relational whole school and college approach to trauma informed emotional wellbeing*

- MHSTs across the 3 providers continue to support all schools and colleges in implementing the Whole School Approach for Emotional Wellbeing.

- 96% of schools and colleges in Hull have identified and trained a Senior Mental Health Lead (SMHL).

- SMHL roles play a vital role in improving emotional wellbeing and mental health in their education setting and are a key link for Mental Health Support Teams and Early Help Officers (Education). Some positive changes, to date, in having these roles embedded in schools, include:

    - Schools moving more consistently from a behaviour policy to a relational/regulation policy based on their relational approaches and restorative practices.
    - The SMHL promoting and supporting staff wellbeing and encouraging whole school innovations in this area such as more consistent supervision

The type of support education settings are requesting from the Early Help Education Officers can be broken down as below:

- 59%of recent contacts supported schools with audit and action planning, advice and curriculum planning with SMHL's.
- 24% of recent contacts were on site school events such as coffee morning, parent evenings and wellbeing events.
- 41% of activity has been focused on understanding mental health and emotional wellbeing, promoting growing awareness and confidence across settings.

Staff quote from coffee morning
"*This has been a great turn out from parents", "We've had parents stop to chat that wouldn't normally engage".*

Key Outputs-Priority 2: Whole Schools Approach

- Train the Trainer Togetherness sessions has been delivered to 31 staff from 18 schools, 2 PRU, 1 post 16 and 3 external providers plus 154 Early Help Practitioners.
- EHOs have delivered Togetherness overview awareness training to 130 professionals from a post 16 setting, 1 PRU, 2 education trusts and the DAP/STC team.
- EHOs facilitated a school Togetherness Inset day with 1 school setting. 24 staff attended the day.
- Reducing Parental Conflict training has been delivered to 15 staff from 13 schools and 75 wider system professionals with a further 128 trained in 'Understanding Parental Conflict and Its Impact on Child Outcomes'
- RSHE/PSHE Network now well established with a variety of online and in person meetings being carried out.
- Starting to see a reduction in lower-level Early Help referrals coming into the front door.

"Togetherness feedback – "I now know how to effectively signpost parents who require help In this area"

"RPC feedback – "I now have more ideas to interact with parents; I have a better knowledge of conflict and more ideas of helping to avoid conflict."

Priority 3: Transitions and Preparing for Adulthood- *We will support children and young people key transitions points across health and care and prepare them for adulthood.*

- **Primary Transitions:** Actions will now be progressed through the School Readiness meetings in Hull and the East Riding to ensure consistency across workstreams and avoid duplication.

- **MHSTs & 0–19 Service**: MHSTs and 0–19 services deliver parent workshops, increased their visibility at summer activities, strengthened links with parent/teacher evenings, and connected with Year 7 Heads to raise awareness of available support.

- **Children's & Adult Mental Health Services**: A meeting has been arranged to bring together the children's and adult mental health teams to review the internal transition Standard Operating Procedure and begin establishing a joint Multi Disciplinary Teams approach.

- **Back to Basics Approach**: A shared "Back to Basics" plan has been agreed. Although this extends beyond transitions, the focus is on improving collaboration, strengthening communication, and creating more open dialogue between specialist mental health teams.

- **Review national models** of extended CAMHS to age 25 is ongoing, including commissioning requirements, financial implications and workforce needs. National evidence shows growing support for flexible 0–25 models, dedicated 18–25 services and smoother boundaries between CAMHS and AMHS.

Priority 4: Infant Parents Relationships**We will create a system where parents/carers are supported to have good quality parent infant relationships*

**This area of work is reported to OSC via the 1001 days and Family Hub's reporting.*

Highlights include:

- Peer support contracts commissioned across the VCS for supporting parents/carers with children 0-2 with parent infant relationships (PIR) will continue to deliver until 30th September 26
- The procurement process to commission new contracts that align with the Best Start in Life targets is underway. Early Market Engagement took place 24th February. A new contract specification is being drafted and will aim to award in June 2026 with Services to commence October 1st 2026.
- Gro Brain CPD rolled out and group sessions now up and running, as well as ongoing infant massage delivery.
- Targeted work via maternity services.
- Joint working ongoing across the Family Hubs and perinatal mental health team for group supervision and shared learning/teams visits. A review is taken place including staff survey and meetings to shape future direction and focus.
- Embedded multi-disciplinary Vulnerable Pregnancy Pathway which focusses on the Parent Infant Relationship.
- Progression of forthcoming 'A Mentally Healthy Hull' Strategy (PIR is a key priority)
- PIR subgroup continue to take this work area forward

Key Outputs -Priority 4

✓ More partners from across the system recognising and advocating for the importance of good PIR and engaging in local training opportunities and partnership working.

Priority 5: Neurodiversity & Mental *Health-* *We will improve understanding and support available for the emotional wellbeing needs of neurodiverse children and young people*

Thrive Hull Partnership has supported the NHS England Partnership for Inclusion Neurodiversity in Schools (PINS) and in its second year phase in four Hull schools where meeting the needs of children with Special Educational Needs and Disability (SEND) in mainstream schools is the cornerstone to improving outcomes (across attainment, attendance, and wellbeing), parental confidence and delivering the financially sustainable SEND system, as envisaged in the SEND and Alternative Provision (AP) Improvement Plan.

The purpose is to support a shift away from the need for diagnosis and more intensive levels of support and focus on strengthening knowledge, skills and improving environments to better meet the needs of neurodivergent children and reframe the focus to how a supportive learning environment and well-equipped school can improve the outcomes for this group of children.

The Partnerships for Inclusion of Neurodiversity in Schools (PINS) brings together health and education specialists and expert parent carers into mainstream primary settings to:

- Help shape whole school SEND provision
- provide early interventions at a school level
- upskill school staff
- support strengthening of partnerships between schools and parent/carers

The second year of the PINS project has been delivered in Stepney Primary, Oldfleet Primary, Rokeby Primary and Paisley Primary.

Legacy work has been strengthened through the online platform, where resources have been made available to all Year One cohort schools. In addition, selected training sessions and materials have been shared more widely across primary schools across the city.

Key Outputs-Priority 5

✓ 4 additional schools supported to improve their environment and staff awareness on how to support young people who are neurodiverse

✓ Trainning sessions and materials shared more widely across primary schools in Hull.

Priority 6: Access for young people who use drugs and alcohol*-*We will improve access and support available for co-existent mental health needs of young people who use drugs and alcohol*

**This work reports into the Drug and Alcohol Strategic Partnership*

- Working closely with Refresh the Thrive Hull Partnership and Public Health service, a Clinical Psychologist from ReNew is now working in the service to provide consultation and formulation for the team and support young people to access refresh / mental health support.

- Public Health are currently consulting with young people and Refresh to understand the need around mental health need and use of drugs and alcohol to understand the emotional wellbeing provision required to support young people accessing refresh

Key Outputs-Priority 6

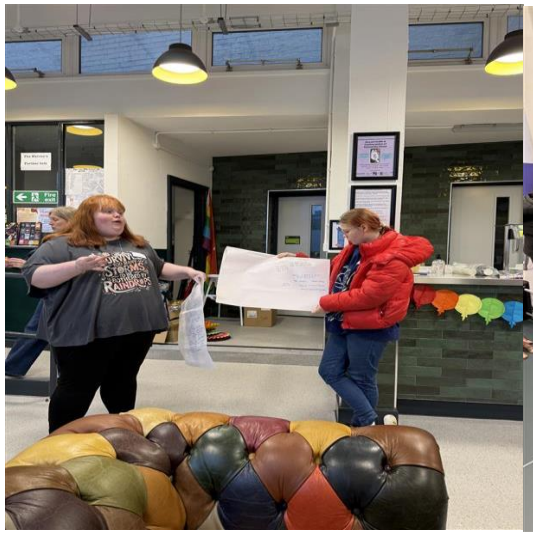
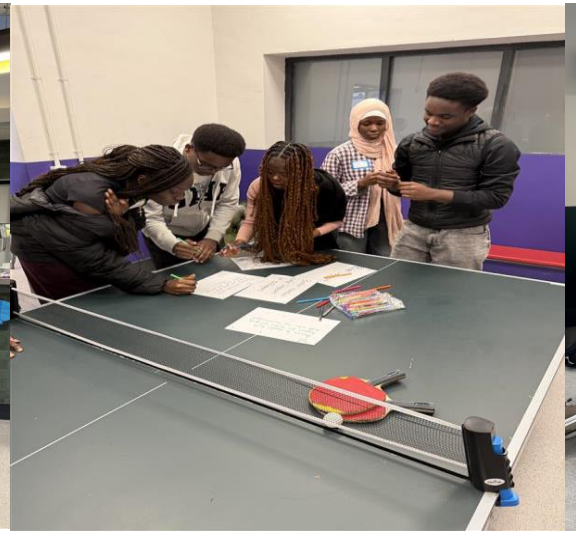
✓ Improvements in access for young people who use drugs and alcohol to mental health support.

✓ Refresh and ReNEw working together on the 18-25 pathway-this has helped to strengthen links with mental health services.

Co-design & Coproduction

- ✓ Development of the Hull & East Riding Nothing About Us Without Us (NAUWU) group, this initiative will create significant opportunities for co-production, community engagement, and gathering the voice of young people. Many of the group's priorities align closely with the broader work of wider work of the Thrive Partnership, strengthening collaboration and shared outcomes across the area.

- ✓ The 5 priorities our young people chose to focus on are:
  - •Access to mental health support for children and young people who are neurodivergent.
  - •Access to help while you are on a waiting list.
  - •Better mental help support in colleges.
  - •Peer support.
  - •Raising awareness around children and young people's mental health and emotional wellbeing

Photos from a recent Hull & ER NAUWU session

Next Steps: Thrive Hull Partnership 2026+

- Mental health and emotional health will be a key contributor to support national programmes such as Families First Partnership (FFP) and Neighborhood Health.
- Continue with the development of the NAUWU Hull and ER group to enable co-design and production.
- Deliver Thrive Hull Conference 19 March 2026.
- Ongoing refinement of the 'How are you feeling' website with young people, parents/carers and professionals and launch of the service finder tool to make finding the right support easier.
- Continue to work with Hull schools on audits, and action planning and implementation on their whole school & college approach to mental health.
- Continue to progress development of Parent Infant Relationships via the 1001-day steering group.
- Share the National and Local evaluation (once complete) of the PINS test and learn pilot and look at sustainable solutions to implement across Hulls primary schools.
- Continue to progress development of pathways for young people who use drugs and/or alcohol to access mental health support.
- Support the Implementation of ½ of a new MHST resource for 2026-2027 to Hull.
- Continue to build multi agency front door to include MH support.
- Support the implementation of Relationship That Matters (education focused).

STUDENT
1994
to go into educational settings

Turn2Us made me realise,