

# Emotional Wellbeing and Mental Health Needs Assessment

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Emotional Wellbeing & Mental Health



## Background

<ul style="list-style-type: none"><li>• 5 Youth Counselling Contracts and targeted services contracts are due to come to an end March 2014</li></ul>	<ul style="list-style-type: none"><li>• The NHFT Specialist CAMHS services are also due to come to an end in October 2014.</li></ul>
<ul style="list-style-type: none"><li>• There are significant changes in the way schools and agencies manage their budgets and referrals creating potential gaps</li></ul>	<ul style="list-style-type: none"><li>• There is a need to link the Early Help; Prevention and Demand; Interpersonal Violence; Safeguarding strategies; LAC support; and police initiatives</li></ul>
<ul style="list-style-type: none"><li>• Changing demographic pressures and a doubling of referrals in certain areas</li></ul>	<ul style="list-style-type: none"><li>• The previous 3 years strategy came to an end March 2013. Review highlighted a need to conduct a needs assessment and service review to benchmark current demand and performance</li></ul>
<ul style="list-style-type: none"><li>• Recent Northamptonshire Public Health assessment suggests local wider costs <b>£1347 million due to mental illness</b></li></ul>	<ul style="list-style-type: none"><li>• <b>50%</b> of life long mental health issues start <b>before the age of 14, affecting 1 in 10 children</b></li></ul>

# Emotional Well Being and Mental Health Needs Assessment and Service Review Methodology

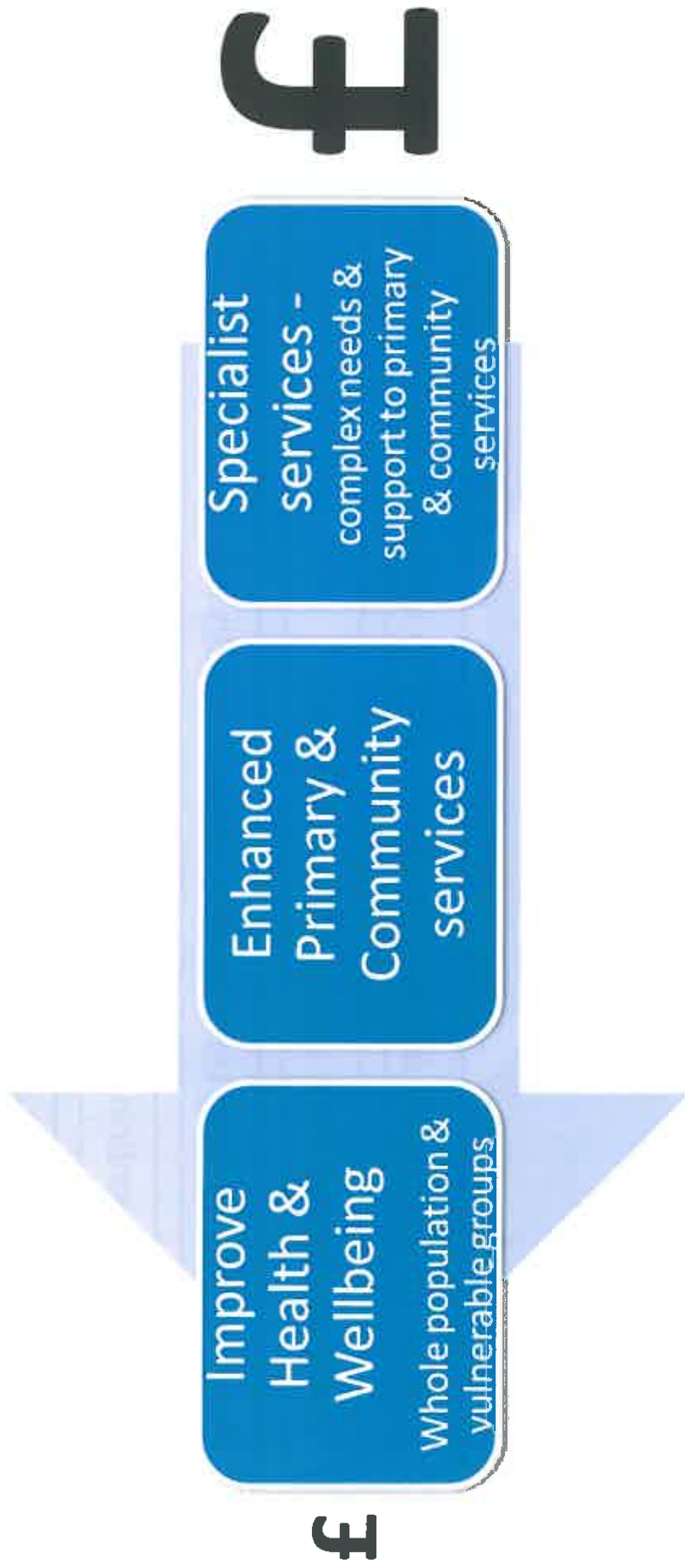
<p>The review consisted of:</p> <ul style="list-style-type: none"> <li>-167 Stakeholder meetings</li> <li>-Document and procedure review</li> <li>-Questionnaire by 775 children, young people and adults</li> </ul>	<ul style="list-style-type: none"> <li>• The services jointly commissioned by the NHS and Northamptonshire County Council, benchmarked nationally including a public health needs assessment</li> </ul>
<ul style="list-style-type: none"> <li>• The services delivered by partner agencies e.g. Schools Targeted Support</li> </ul>	<ul style="list-style-type: none"> <li>• The informal and formal support networks in the community</li> </ul>
<ul style="list-style-type: none"> <li>• Services that are provided outside of the county and why we use them</li> </ul>	<ul style="list-style-type: none"> <li>• The changes to services, devolved funding, and their impact on access to services</li> </ul>
<ul style="list-style-type: none"> <li>• Views of children and young people (904)</li> </ul>	<ul style="list-style-type: none"> <li>• Views of parents and professionals (121)</li> </ul>

## Key Findings

<ul style="list-style-type: none"> <li>• <b>Unmet needs continue to feature which do not fit in defined Specialist CAMHS criteria e.g. challenging behaviour, self harm as a coping mechanism</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>73% of a significant sample of young people have body image concerns, this increases to 90% of the sample of CAMHS users. Eating disorders accounts for a high number of CAMHS cases</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Behaviour Issues account for 52% of paediatric referrals and a significant number of CAMHS referrals. 38% are inappropriate</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Anxiety and Depression is the number 1 reason for referral (and can lead to eating issues or self harm as a coping mechanism)</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>We are a national outlier for self harm and need to do work in this area. LSCBN is monitoring. This does not include low level self harm and the two dimensions are frequently confused.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>There is a significant lack of knowledge of services, what is available and how to access.</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>A number of initiatives and services are without a central provision and are impacting on emotional wellbeing</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>The Common Assessment Framework (CAF) has not been embedded across the partnership for Mental Health</b></li> </ul>



# The key children, young people and family health priorities for Northamptonshire



## Next Steps



Joined up approach across the community to improve health & wellbeing

Build resilience from pre-birth to adulthood

Reduce risk of long term health, mental health issues and safeguarding

Improve prevention and early intervention across the workforce

Promote Personalisation and self management

Coordinated case management of "High Use" and Complex service users

Rehabilitation, recovery, and resilience is key

Join up commissioning, strategic and operational initiatives across the county

## Implications for CYPBB

5x > National average of CAMHS referrals, there needs to be a greater understanding of interventions, pathways and thresholds for access across the partnership.

CYP continue to worry about body image, feeling confident in their relationships, coping with stress and bullying. We need to build collective responsibility for addressing these issues across the partnership.

***Mental Health is everybody's business***

Challenging behaviour accounts for the majority of inappropriate referral reasons. There is a lack of clarity and support mechanisms for various levels of need where children present.

National outlier for self-harm e.g. more people are going to A&E for self-harm. We need a more robust approach to understanding, managing and reducing incidences of self-harm where all partners take responsibility.







Northamptonshire  
Mental Health  
Gateway



Northamptonshire  
Young Healthy Minds  
Partnership

# Children and Young People's Voice – Northamptonshire Young People's views on Emotional Wellbeing Needs

## Key Findings

October 2013

Report collated and produced by David Loyd-Hearn  
Commissioning Lead Children and Young People  
Emotional Wellbeing and Mental Health



## **1. Background**

Emotional well-being and mental health is everybody's business. The Northamptonshire Young Healthy Minds Partnership (YHMP - a joint initiative between Nene Clinical Commissioning Group, Corby Clinical Commissioning Group, and Northamptonshire County Council) has been working to ensure that appropriate provision is in place to support emotional development, build emotional resilience and respond to the mental health needs of our children and young people.

While there is a large data set from previous strategies and studies, it was recognised that it would be useful to canvass a larger, more universal cohort of children and young people to review their perception of needs. The same dimensions were also reviewed by users of the YHMP Youth Counselling Service and the Children and Adolescents Mental Health Services (CAMHS).

Therefore a primary evidence based questionnaire was developed and made available on various websites including [www.asknormen.co.uk](http://www.asknormen.co.uk), with the use of Survey monkey. They were also manually distributed at the Northampton Carnival, Corby Highland Gathering, Wellingborough Medieval Fair, through the Talk Out Loud Anti Stigma Programme PHSE lessons, Northamptonshire County Council's (NCC) Educational Psychology (EP) Targeted Mental Health (TaMHS) school engagement, the Lowdown, Service 6 and the Northamptonshire Foundation Health Trust (NHFT). The exercise provided the views of 895 participants (of which 775 were children and young people including 31 CAMHS users and 18 were in primary school). A further 180 children and young people participated in a number of workshops. A similar questionnaire was sent to parents and professionals working with children to understand if there were similar views shared with the young people.

These primary evidence research projects were intended to inform the overall Children and Young People Emotional Wellbeing and Mental Health Needs Assessment and support the production of the 2014-2019 Children and Young People Emotional Wellbeing and Mental Health Strategy, Commissioning Intentions and Procurement for October 2014.

It states in the Joint Commissioning Framework for the Children and Young People's Partnership in Northamptonshire July 2013 that in Northamptonshire we should place the voice of the child at the centre of commissioning:

- Seek the views of children, young people and their families when planning and designing services using methods appropriate for them. This includes engaging them in the design of good quality information and advice to support their future choices.
- Promote the involvement of individuals and communities in shaping services and provide appropriate advocacy to support people who may find it difficult to express their views.

## 2. Key Findings

### 2.1 Summary of Findings

The results were fairly consistent across the age groups, though as one may expect, younger respondents had more positive views than older respondents. Also, in a number of cases, adults had a less positive perception than children and young people. The majority of responses were from females aged 11-16.

- Young People believe they have a positive future – though those that did not know or did not agree was 30% (14% is the national average according to the Children's society report for summer 2013)
- Many agreed children and young people have more troubles than in the past
- Half of the people surveyed did not think there were positive family relationships
- A significant majority believe there is a rise in mood swings and a lack of self-control
- The majority of respondents were worried that body image is an issue (and the partnership does have a number of referrals for eating disorders)
- A significant majority believe low mood and depression are common place
- A majority of respondents believe self-harm is increasingly used as a way to cope with stress including an increase in life threatening self-harm
- There is work to do around supporting young people to feel more comfortable about issues to do with sexuality and alcohol/substance misuse
- There is a perception that there is inadequate support in the community (except under 12s)
- Adults in particular are concerned about not knowing where to go when they have concerns
- Other concerns were raised about bullying, not knowing how to handle stress and 66% of 10 year olds questioned were not happy when away from their families
  
- The top 5 concerns of stress relate to:
  - Difficulties at home/Family Stress
  - Relationships with Peers

- Bullying
- School/exam Pressure
- General Stresses of life
- Top 3 suggestions for support
  - Provide more people to speak to in the school/community
  - Improve awareness of support and how to access it
  - Not sure
- More than 3/4s of respondents said they would speak with their family, school or friends if they had any concerns

## 2.2 Feedback from Stakeholder Sessions

There were also 167 stakeholder group sessions between April and September 2013. 180 young people contributed their views and requested the following be taken into consideration when developing new services:

<ul style="list-style-type: none"> <li>• Need shorter waiting times/greater availability</li> </ul>	<ul style="list-style-type: none"> <li>• Access at home and school – on line too including blogs</li> </ul>
<ul style="list-style-type: none"> <li>• More activities and groups</li> </ul>	<ul style="list-style-type: none"> <li>• More people to talk to</li> </ul>
<ul style="list-style-type: none"> <li>• Less patronising</li> </ul>	<ul style="list-style-type: none"> <li>• Some want to be listened to, others want active advice</li> </ul>
<ul style="list-style-type: none"> <li>• A number have not felt helped or felt patronised – recommend exploring further</li> </ul>	<ul style="list-style-type: none"> <li>• Confidentiality concerns/Trust</li> </ul>
<ul style="list-style-type: none"> <li>• Stereotyping</li> </ul>	<ul style="list-style-type: none"> <li>• Trust</li> </ul>
<ul style="list-style-type: none"> <li>• Embarrassing</li> </ul>	<ul style="list-style-type: none"> <li>• Accessibility (information, places to go and contact) - May not know where to go</li> </ul>
<ul style="list-style-type: none"> <li>• Some want to talk to people they already know/ Talking to people with relatable experiences</li> </ul>	Approachable/Understanding People
<ul style="list-style-type: none"> <li>• Disabled access to help</li> </ul>	<ul style="list-style-type: none"> <li>• Some people may be worried about talking to anybody</li> </ul>
<ul style="list-style-type: none"> <li>• Cultural; equality and diversity issues</li> </ul>	



## 2.3 Questionnaire Respondents

The research took place through the final two weeks of the school year and throughout the summer holidays. Contributions were provided by a large variety of respondents across Northamptonshire which provided significant indicators of concern and therefore needs for consideration in the 2014 Children and Young People Emotional Wellbeing Strategy.

In future it is recommended that the exercise become a regular undertaking in the spring time to ensure maximum coverage. The scale of responses

### Summary of Responses by age

<b>Total Number of Children and Young People</b>	<b>774</b>
Universal Cohort – Young People aged 12 -19	520
Youth Groups and Events	205
Primary School – Ages 10/11	18
CAMHS Users	31

<b>Adult responses</b>	<b>121</b>
Parent/Carer	38
Grand Parent	3
GP	11
Health Professional	24
Social Worker	4
Police Officer	13
Other Professional	28

*Teachers were counted as other professionals as much of the survey was during the school holidays*

The majority of respondents were female, between the ages of 11-16

### Gender of responses

<b>Male</b>	<b>269</b>
<b>Female</b>	<b>429</b>
<b>Not Specified</b>	<b>76</b>

### Localities of responses

<b>Northampton</b>	<b>333</b>
<b>Wellingborough</b>	<b>143</b>
<b>South</b>	
<b>Northants</b>	<b>53</b>
<b>Corby</b>	<b>10</b>
<b>East Northants</b>	<b>31</b>
<b>Kettering</b>	<b>69</b>
<b>Daventry</b>	<b>57</b>
<b>Out of the area</b>	<b>31</b>
<b>Not specified</b>	<b>47</b>

## 2.4 Results of the Survey

The results below show the overall findings broken down showing the views of the 4 categories of respondents:

**Universal YP** – These respondents were between 11 and 19 from a variety of settings across the county.

**Age 10-11** – These respondents were from two sample groups in a facilitated session in a primary school

**CAMHS** – These respondents were service users of the Children and Adolescents Mental Health Service at the time of the survey (Sample size 31 people)

**Adults** – These respondents were a mixture of parents, grandparents, teachers, social workers, GPs, police officers, nurses and doctors.

	Cohorts	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Young people have positive hopes and direction in life.	Universal - YP	17%	52%	10%	3%	17%
	Age 10-11	50%	0%	0%	0%	50%
	CAMHS	10%	30%	33%	7%	20%
	Adults	2%	51%	31%	10%	6%
Young people have more worries or troubles than in the past.	Universal - YP	23%	45%	9%	2%	22%
	Age 10-11	17%	33%	11%	22%	17%
	CAMHS	42%	45%	6%	0%	6%
	Adults	26%	45%	18%	4%	7%
Young People have positive family relationships	Universal - YP	10%	37%	23%	4%	27%
	Age 10-11	67%	11%	6%	6%	11%
	CAMHS	13%	41%	22%	0%	25%
	Adults	3%	35%	46%	5%	12%
There is a rise in mood swings and lack of self-control.	Universal - YP	23%	46%	12%	2%	18%
	Age 10-11	21%	32%	16%	5%	26%
	CAMHS	27%	47%	10%	0%	17%
	Adults	22%	59%	10%	0%	9%

	Cohorts	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
There is a lot of worry about body size and image.	Universal - YP	44%	29%	9%	3%	15%
	Age 10-11	18%	24%	41%	12%	6%
	CAMHS	71%	19%	0%	3%	6%
	Adults	44%	45%	7%	1%	2%
Low mood and feeling sad are common place.	Universal - YP	20%	41%	15%	4%	21%
	Age 10-11	6%	17%	33%	22%	22%
	CAMHS	40%	33%	7%	3%	17%
	Adults	24%	52%	14%	1%	9%
Young people feel safe about their exposure to alcohol, tobacco and drugs.	Universal - YP	14%	34%	21%	8%	23%
	Age 10-11	53%	16%	16%	16%	0%
	CAMHS	19%	16%	39%	3%	23%
	Adults	4%	29%	40%	9%	18%
Self-Harm (cutting etc.) is increasingly used as a way to cope with stress.	Universal - YP	22%	36%	13%	6%	22%
	Age 10-11	See below	See below	See below	See below	See below
	CAMHS	45%	28%	7%	0%	21%
	Adults	25%	48%	8%	1%	18%
Relationships (including sexual) are safe and comfortable.	Universal - YP	10%	33%	22%	6%	30%
	Age 10-11	84%	5%	0%	5%	5%
	CAMHS	3%	10%	35%	0%	52%
	Adults	2%	10%	50%	18%	20%
There has been an increase in life threatening self-harm.	Universal - YP	16%	40%	13%	3%	27%
	Age 10-11	N/A	N/A	N/A	N/A	N/A
	CAMHS	32%	26%	3%	0%	39%
	Adults	9%	43%	17%	3%	29%
Young people feel comfortable and supported regarding their sexual identity.	Universal - YP	9%	33%	23%	5%	30%
	Age 10-11	N/A	N/A	N/A	N/A	N/A
	CAMHS	7%	30%	37%	3%	23%
	Adults	0%	19%	48%	9%	23%
There is adequate emotional support in the community to help young people.	Universal - YP	10%	35%	22%	9%	25%
	Age 10-11	74%	16%	0%	5%	5%
	CAMHS	6%	44%	25%	9%	16%
	Adults	1%	17%	45%	32%	6%

	Cohorts	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Young People know where to go to get support with any concerns	Universal - YP	10%	34%	31%	8%	17%
	Age 10-11	33%	22%	6%	11%	28%
	CAMHS	3%	41%	31%	9%	16%
	Adults	1%	18%	50%	21%	9%

## 2.5 Additional Views of the Primary School Sample

Research demonstrates that good mental health starts when children are young, and therefore as a part of the Northamptonshire emotional wellbeing needs assessment research, it was important to consider the perceptions of younger children. Two classes of children were sampled between the ages of 10 and 11 in a facilitated lesson to see how they felt about the issues in the questionnaire. It was felt that some of the more mature questions about sexuality or drug use may not be appropriate and the questions were replaced with more age appropriate questions.

Although the majority of responses were more positive than the older cohorts, there were some responses that were notable and are worthy of further exploration with larger numbers of children. The results of this small sample show a significant majority of the early indicators of emotional wellbeing needs that can lead to mental health issues later in life. Therefore there is a need to investigate further and review how practices can be improved to further support better emotional wellbeing outcomes.

### Supplementary Questions asked of 2 classes of children aged 10-11

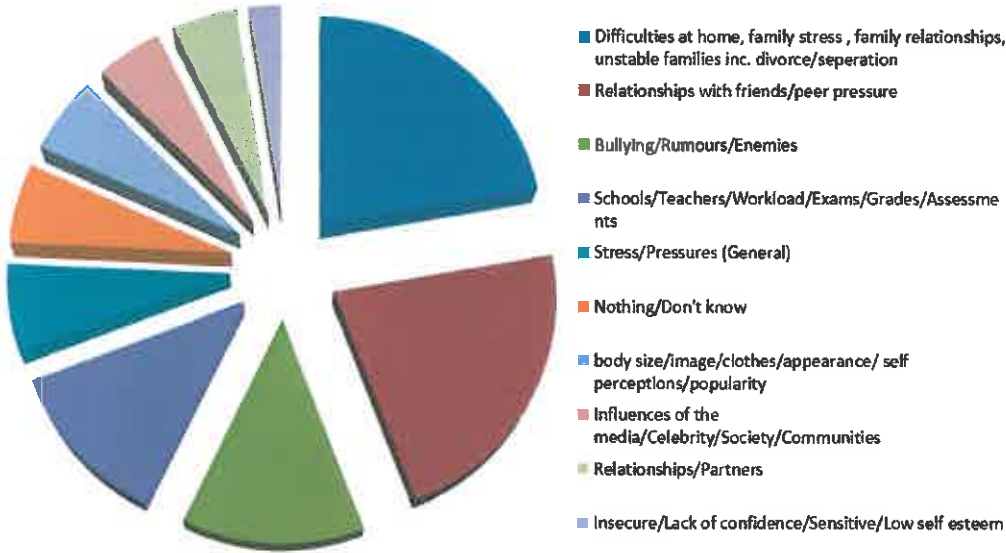
	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Children do not feel happy when they are away from their family.	44%	22%	17%	17%	0%
Children are worried as they feel bullied	33%	44%	6%	11%	6%
Children may not be sure on how to cope with stress	53%	12%	18%	6%	12%



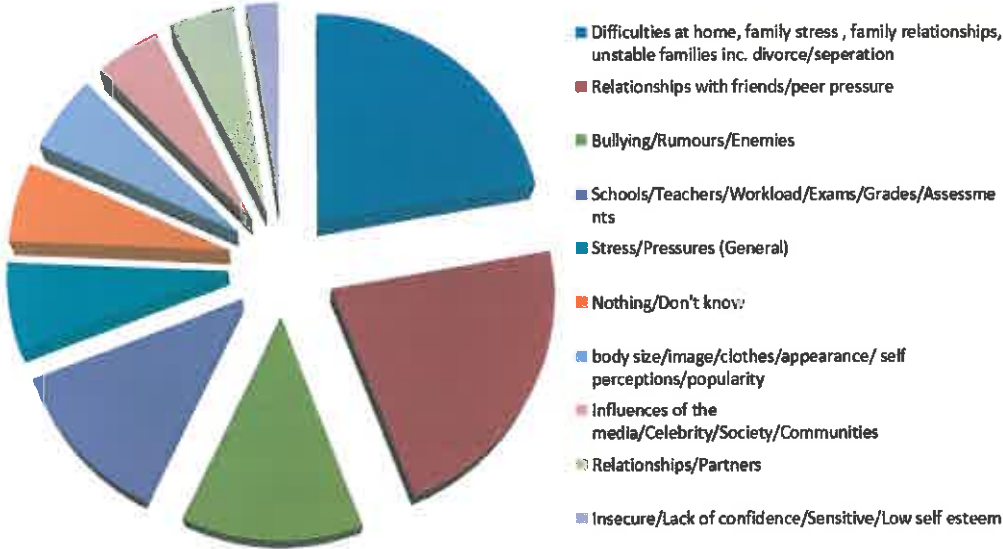
**2.6 Open Question Responses**

There were a number of open questions in the questionnaires. The themes were fairly consistent. Therefore it was useful to codify them to compile the top 10 to help prioritise how the Young Healthy Minds Partnership may best support our children, young people and families. It became very apparent that despite the majority of funding serving higher need users, there is an opportunity to enhance our practice in universal and targeted settings in the community. Below are the following views:

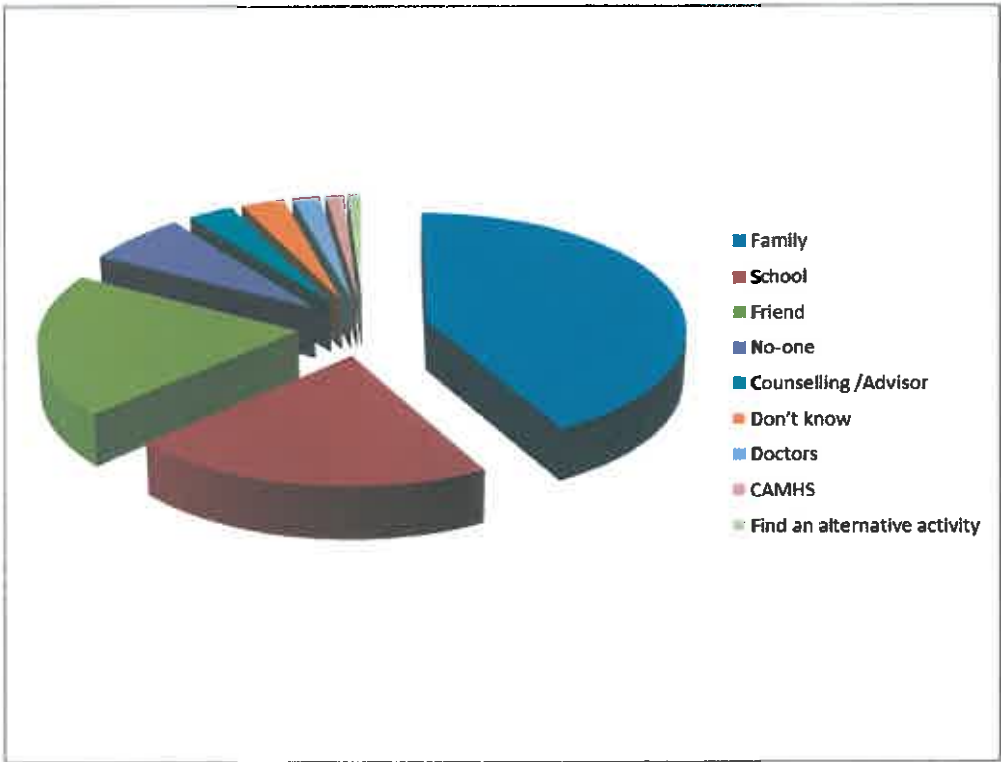
**What do you think contributes to having emotional issues and concerns? Top 10**



# What do you think contributes to having emotional issues and concerns? Top 10



# Who would you go to now if you were concerned about any of these issues? Top 9



### **3.0 Next Steps**

It is essential that young people's voices are at the centre of everything we do. The survey was a benchmark to help shape the new models for the future. The questionnaire will be used on a regular basis to inform how the model is working and whether we are making a difference. Children and young people will be able to have a direct input in the recommissioning of services in 2014 and the continual evaluation of their performance beyond.

Overall the results of the surveys and stakeholder workshops, coupled with performance information; tell us that there is a need to join up approaches across health, the county council, police, schools, GP surgeries, children centres, youth groups, faith groups, and communities to improve emotional wellbeing through prevention, destigmatisation and early intervention.

The vast majority of the Young Healthy Minds Partnership expenditure is on specialist mental health services. However the research suggests that we should do more at a lower level of need, working closely together in the community to reduce the demand for specialist services.

The Partnership is currently reviewing how the next Emotional Wellbeing Strategy may better support the needs of children and young people across the county with evidence demonstrating that prevention and early intervention needs to be the key priority for the new emerging strategy.

This work is part of a larger recommissioning exercise to better align children community health services with county council initiatives in the endeavour to simplify partnership working to improve efficiency and provide a better quality experience for children, young people, families and the professionals who support them.

Overall the data from Northamptonshire is not hugely dissimilar to The Children's Society's Good Childhood Report that evidences that well-being has dipped since 2008 after a period of improvement from 1994. Within their national report, it states that teenagers aged 14 and 15 are said to have the lowest self-satisfaction, with 15% reporting low well-being. The research in Northamptonshire is in line with a number of their findings and will need to be reviewed on a regular basis, especially as the Children's Society suggests that the drop should not be dismissed. However this increases the importance to maintain a constant watch of the issues concern our children, young people, and their families.

Over the next 5 years, the Young Healthy Minds Partnership will be working together to improve outcomes and monitor the impact of existing and new initiatives; support partners in understanding and implementing effective interventions; and continue to listen to children, young people, families and professions to see an increase on positive wellbeing when the next review is undertaken.

We will be looking at how we can improve communication, make services more seamless and effective, and support the workforce to better improve emotional wellbeing and mental health outcomes.



The findings of this research demonstrate that we can probably achieve much more in:

- Improving access to services in the community
- Supporting families, friends and professionals to better help children and young people
- Destigmatise mental health and improve the quality and accessibility of information, advice and guidance
- Better work with partners to join up prevention and early interventions strategies, processes and policies where they are related to emotional wellbeing (e.g. drugs, alcohol, sexual health etc.)
- Streamline services and communications so that children and young people are better informed of what they can do, how they can do it, and when they can do it
- Ensure mental health is everybody's business

The research demonstrates how important it is that we adhere to our new vision, and is one of the many steps forward within Children's Community Health services:

***“Children and Young People’s Community Health Services within Northamptonshire will put the voice of children, young people and their families at the centre of everything we do. Over the next 3 years and beyond, we will continue to improve community health services to ensure they are responsive, equitable and inclusive. Services will be available where and when they are needed the most. By working together we aim to ensure children and young people are happy, healthy, safe and resilient, enabling a positive transition into adulthood.”***





## Appendix 1: Young People's Questionnaire

We are interested in what **you think** about the emotional wellbeing priorities in the county. This is a chance for you to tell us what **you think** about lots of important issues. By doing this, you will help make improvements to services for young people in your local area.

Please answer all of the questions if you can. If you do not want to answer any specific questions, **you do not have to**.

You do not have to give your name, so no-one will be able to find out what you have said, although should you wish to continue supporting the review, you may wish to do so.

We want to hear what you have to say – **your opinions count!** **Thank you ☺**

1. Below is a list of questions about young people's lifestyles. In the following themes, please tell us how much you agree or disagree with each statement.

Please answer all questions by crossing the response box ☐.

	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Young people have positive hopes and direction in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young people have more worries or troubles than in the past.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young People have positive family relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a rise in mood swings and lack of self-control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a lot of worry about body size and image.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low mood and feeling sad are common place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young people feel safe about their exposure to alcohol, tobacco and drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Harm (cutting etc.) is increasingly used as a way to cope with stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships (including sexual) are safe and comfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There has been an increase in life threatening self-harm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young people feel comfortable and supported regarding their sexual identity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is adequate emotional support in the community to help young people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young People know where to go to get support with any concerns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. What do you think contributes to having emotional issues and concerns?

3. What do you think needs to be done to support young people regarding these issues?

4. Who would you go to now if you were concerned about any of these issues?

5. If you have accessed any support services, how do you feel they helped, what would you improve?

6. A little information About yourself ..

How old are you?	Under 11 <input type="checkbox"/>	11-16 <input type="checkbox"/>	17-18 <input type="checkbox"/>	Over 18 <input type="checkbox"/>
Are you male or female?	Male <input type="checkbox"/>	Female Year 8 <input type="checkbox"/>	Year 9 <input type="checkbox"/>	6th Form <input type="checkbox"/>
What area do you live in?	Northampton <input type="checkbox"/>	Wellingborough <input type="checkbox"/>	South Northants <input type="checkbox"/>	Corby <input type="checkbox"/>
	East Northants <input type="checkbox"/>	Kettering <input type="checkbox"/>	Daventry <input type="checkbox"/>	Out of the area <input type="checkbox"/>

**Thank you** for spending time to complete this questionnaire. Please hand it to one of our volunteers.

## Appendix 2: Age 10/11 Questionnaire

We are interested in what **you think** about the priorities of feelings of children in the county. This is a chance for you to tell us what **you think**. By doing this, you will help make improvements to services for children in your local area.

Please answer all of the questions if you can. If you do not want to answer any specific questions, **you do not have to**.

You do not have to give your name, so no-one will be able to find out what you have said, although should you wish to continue supporting the review, you may wish to do so.

We want to hear what you have to say – **your opinions count!**

**Thank you ☺**

### 1. In the following, please tell us if you agree or disagree.

Please answer all questions by crossing the response box ☒.

	☺☺	☺	☹	☹☹	☹
Children have positive hopes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children have more worries or troubles now than in the past.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are happy in their family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes children are excited and forget how it makes others feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a lot of worry about how children look.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children feel sad a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are worried about alcohol, smoking and drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children may not be sure on how to cope with stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are happy with their friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children do not feel happy when they are away from their family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are worried as they feel bullied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is support to help children if they are upset or worried.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young People know where to go to get support with any concerns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 2. Why do you think children might feel upset or worried?

3. What do you think needs to be done if someone is worried about these things?

4. Who would you go to now if you were worried about anything in the tick boxes?

5. If you have talked to someone about this, how do you feel they helped, what do you think can be better?

6. A little information About yourself ..

How old are you?	Early Years/Reception <input type="checkbox"/>	KS1 <input type="checkbox"/>	KS2 <input type="checkbox"/>	Staff/Other <input type="checkbox"/>	
Are you a boy or girl?	Boy <input type="checkbox"/>	Girl <input type="checkbox"/>	Year 8 <input type="checkbox"/>	Year 9 <input type="checkbox"/>	6th Form <input type="checkbox"/>
What area do you live in?	Northampton <input type="checkbox"/>	Wellingborough <input type="checkbox"/>	South Northants <input type="checkbox"/>	Corby <input type="checkbox"/>	
	East Northants <input type="checkbox"/>	Kettering <input type="checkbox"/>	Daventry <input type="checkbox"/>	Out of the area <input type="checkbox"/>	

**Thank you** for spending time to complete this questionnaire. Please hand it to your teacher.