

How does ELFT prioritise children and young people's emotional, physical, social and learning development as part of its commitment to improving population health?

Dr Alice Kadri (StR Public Health), Laura Austin Croft (ELFT Director of Population Health), Dr Shobhana Nagraj (Assistant Professor in Primary & Community Care, ELFT and University of Cambridge).

Project Purpose: this Population Health review assesses ELFT’s delivery on this strategic objective and begins work on a shared vision for the future.

Question

What work has been done and what impact achieved?

Activity

Map work and impact to date*

Output

Evaluation report

Desktop Review

Steering Group Advice

Key Informant meetings

Using the Department of Health & Social Care (DHSC) Framework :
Improving the mental health of babies, children and young people: a framework of modifiable factors - GOV.UK

Preconception

Pregnancy

Birth

Early years and infancy

Childhood

Adolescence

Young adulthood

Wider environment and society level

Local community level

Interpersonal relationships level

Individual BCYP level

53 projects were identified & mapped to the DHSC framework:

Caveat

Information was not available to map:

Target age: 27 projects

Target population: 7 projects.

Target Population

Populations targeted by 4 or more projects included:

Minoritised communities

At risk groups (see slide note)

People with a disability

Girls

Jewish communities

Adolescent age

Displaced population groups (refugees/asylum seekers).

Populations with no projects targeting them included:

Carers,

NEET (not in education employment or training),

Those with brain damage,

Parents with psychosis,

CYP in contact with social care.

Life-course

Preconception

Pregnancy

Birth

Early years and infancy

Childhood

Adolescence

Young adulthood

3

4

4

5

18

23

18

Intervention Level

Wider environment and society level

Local community level

Interpersonal relationships level

Individual BCYP level

Two projects:

ELFT's Green Plan and Anchor work (Real Living wage, Investing in the local economy).

30 projects:

e.g. Reducing stigma in communities, developing networks of peer support amongst families, culturally tailored workshops in community or school setting.

12 projects:

e.g. Providing workshops to develop skills or knowledge about mental health in parents and teachers, and parenting skills.

34 projects:

e.g. Providing 1-1 counselling, mentoring, support.

Key Learning:

We need to maintain a strong focus on social determinants of health and population groups facing specific vulnerabilities (e.g. homelessness, migration status).

Examples of Impact:

Healthier Wealthier Families

began as a pilot with £60k Funding received from ELFT Charity and London Borough of Tower Hamlets and was based at SCYPS (Specialist Children and Young People's Services) with London Borough of Newham and a children's centre in Tower Hamlets. ELFT is now testing with partners co location of benefits advice in a community specialist children and young peoples service leading to wider expansion in Newham and Luton.

Perinatal Mental Health

- understanding equity in access and outcomes through a Strategic Health Needs Assessment. Working with the Race Health Observatory and Institute of Health Equity to improve community awareness and access to support for Black African, Black Caribbean and Black Mixed ethnicities.

ELFT as a Marmot Trust:

Celebration and ongoing evaluation help identify how we as a Trust are meeting strategic objectives against the Professor Sir Michael Marmot informed principles.

Question

What is our vision and what are the mechanisms to achieve change?

Activities

ELFT & Institute for Healthcare Improvement workshop (May 2025)

Children and Young People Focus Groups (Bedfordshire & Luton: July 2025
East London October 2025)

Output

support families & individuals

Enablement

Equity

Support professional systems in integrated systems

Safety

Collaboration

Support local economy & place

Trust

Resilience

support schools & communities

Create a safe, trusted, equitable and prosperous system that empowers and supports children and young people to thrive

*With reference to: Improving the mental health of babies, children and young people. Department of Health & Social Care. Available at: <https://www.gov.uk/government/publications/improving-the-mental-health-of-babies-children-and-young-people>

Planned Impact:

1. Understand current context and gaps

2. Build a shared vision with partners to support coordinated activities.

Next steps:

To develop the theory of change and an accompanying driver diagram, we will incorporate young people’s feedback into the living theory of change and Deep Dive into four topics to develop an accompanying driver diagram:

1. ELFT’s role to influence social determinants of health.

2. Mental Health Support Teams in schools.

3. Evidencing mechanisms of change.

4. Aligning with community models.

This will support future work according to the new Trust strategy.

Acknowledgements:

With warm thanks to our steering group members from CAMHS, CAMHS People Participation in East London and Luton and Bedfordshire, & Mental Health Support Teams in Schools.

Thanks also to colleagues who supported the project along the way including Public Health registrars, QI colleagues, CAMHS People Participation & all the young people who participated in the focus groups, all those internal and external colleagues who gave their time and expertise on internal and external context, and the Marmot Implementation and Advisory Group.