

Improving the emotional and mental health of children and young people in Wales

Mae gwella iechyd emosiynol a meddyliol plant a phobl ifanc yng Nghymru

## **'TOGETHER FOR CHILDREN AND YOUNG PEOPLE' (T4CYP) IMPROVEMENT PROGRAMME**



## **NEWSLETTER #2 DECEMBER 2015**

Welcome to our second edition.

### **Recent Progress**

This newsletter talks about the progress we have made in:

- Identifying the products and outcomes that will deliver tangible change
- Linking with education colleagues to make sure we can contribute to the work to review the school curriculum
- Linking with partners that are engaging with children and young people (CYP)

As always, we welcome any feedback you may have. Please email comments to [kathryn.davies18@wales.nhs.uk](mailto:kathryn.davies18@wales.nhs.uk).

### **Website**

We now have a website and will be using this to share all of the information relating to our work. You can find us at:

<http://www.wales.nhs.uk/togetherforchildrenandyoungpeople>

### **Annual Conference**

Our Annual Conference will take place in Cardiff on **Tuesday 21 June 2016**. There will be more about this in future editions, but please put the date in your diaries.

### **Membership Update**

The following two individuals have agreed to join us as members of the Programme Board:

- Dr Dave Wilson (to represent the Royal College of GPs in Wales); and
- Jeremy Patterson, Chief Executive Powys County Council (to represent the Society of Local Authority Chief Executives)

## MEET THE PROGRAMME BOARD

### **Catriona Williams OBE**

#### **Chief Executive, Children in Wales**



Working in the children's field all her professional life, Catriona has been a member of many Welsh Government working groups and is also a Commissioner on the UK Social Mobility and Child Poverty Commission. She co-chairs Voices From Care Cymru and recently became Vice Chair of Welsh Council for Voluntary Action (WCVA). International roles included Presidencies of Eurochild, the International Forum for Child Welfare and Vice Presidency of the European Social Platform.

*"I am pleased to contribute to the work of T4CYP because we in Children in Wales have long promoted the importance of children's emotional well-being and sufficient and appropriate services. Our 'Young Wales' work provides a route for children and young people to have their voices heard directly into the process of developing policy."*

There is more about the work of 'Young Wales' on page 5.

### **Siân Richards, Programme Director**



Siân has nearly 30 years experience in health services management in NHS Wales. Her mental health roles have included both managing a mental health hospital, developing community services and the planning/commissioning of mental health services. She was the Chief Executive of Cardiff Local Health Board from its inception in 2003 to its abolition in 2009

Siân took up the role of National Programme Director: Mental Health in 2010, working across all 7 health boards. She was subsequently seconded to Welsh Government to lead on the development and implementation of the '*Together for Mental Health*' Strategy. In 2015 she was also delighted to also take on the role of the T4CYP Programme Director.

## **DELIVERABLES FROM THE WORK STREAMS**

In our first newsletter we set out the additional recurring investment that Welsh Government has made available to Child and Adolescent Mental Health Services (CAMHS) - £7.65m in total. Early work is focussing on making sure that this money is invested wisely to deliver improved access to services and enhanced outcomes for children and young people.

Our work streams have been busy identifying the things that need to be developed to make a real difference. During this first year work is concentrating on identifying the resources that can be quickly adapted and shared across Wales. As work continues we will be identifying any gaps and drawing up plans to address these. Early products will be:

### ***Resilience, Early Years and Wellbeing Work Stream:***

- All Wales training module for professionals in relation to mental health and resilience
- Directory of staff professional training for early identification and intervention of children's mental health.
- 'Measuring Wellbeing' toolkit for schools and services.

### ***Early Intervention and Enhanced Support Work Stream:***

- Directory of local primary mental health services for children
- Service specifications and recommended models of support for vulnerable children including Looked After Children (LAC) and Adopted Children

### ***Neurodevelopmental and Co-morbid MH/Learning Disabilities Work Stream:***

- Integrated diagnostic/assessment support package
- Common pathway for adoption across Wales.

### ***Specialist CAMHS Pathway Work Stream:***

- National Quality and Delivery Framework for Specialist CAMHS

### ***Care Transitions Work Stream:***

- 'Transition Pack' of resources for professionals, setting out a model for a good transition across the four areas covered in its remit

### ***Workforce, Education and Training Work Stream:***

- Multi professional, cross agency, national Core Competencies and Training Framework
- Continuous Professional Development Framework for CAMHS professionals

## EDUCATIONAL REFORM

The 'Successful Futures' Report (the Donaldson Review) published in 2015, proposed a new structure for the school curriculum in Wales. It outlined the need for a broad education that results in healthy resilient children and highlighted the importance of well-being, and in particular mental health. Schools need to care for the physical and emotional needs of CYP and help them to take responsibility for their own lives. In discussions for the review, many CYP felt that these were some of the most important issues that they needed to learn about in school.

Welsh Government has commissioned work to review the school curriculum in Wales. This will also include looking at how primary schools can build emotional resilience as well as providing effective support to pupils as they move to secondary school. This fits with T4CYP, particularly the priority areas of the Resilience, Wellbeing and Early Years work stream. We are working together to make sure that any products that we develop support the curriculum reform.

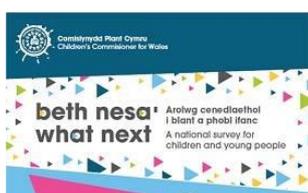
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## STAKEHOLDER ENGAGEMENT

In our first newsletter we explained how we would be linking with existing groups and networks to make sure that we are able to engage with CYP across Wales, and not just those that use CAMHS services

We will be capturing views from a wide range of surveys and fora and sharing these with the Programme Board and our work streams. This will make sure that we address the issues identified by CYP themselves. All of these themes will be collated to provide a 'You Said/We Did' compendium that can be widely shared to demonstrate to CYP that their voices are having a major impact on our programme.

These are some examples of engagement work that will influence our early thinking:



The Children's Commissioner has recently carried out a consultation to help her to understand the key areas of work that children and young people would like her to focus on. The results are due to be published in 2016.



**Cymru Ifanc**  
**Young Wales**

The 'Young Wales' national participation project helps CYP from all over Wales to engage directly on a wide range of subjects. Every year young people are asked to identify six key priorities, as well as being invited to comment on existing WG work. The priorities agreed by CYP for this year are:

- Bullying and Hate Crime.
- Healthy Relationships (including sexual health and domestic abuse).
- Substance Misuse.
- Mental Health.
- On-line safety.
- United Convention on the Rights of the Child (UNCRC).

Further information is available at <http://www.youngwales.wales>



Mental health charities Hafal, Mental Health Foundation, Bipolar UK, and Diverse Cymru are working with Wales Observatory on Human Rights of Children and Young People to find out how mental health services in Wales could be improved. Over 500 people from across Wales have taken part in a consultation, including CAMHS users, carers of CAMHS users and young people under 25. Initial findings suggest:

- Nearly three-quarters of CAMHS users have a negative experience of the service. They said CAMHS was slow to respond.
- 75% said the service was friendly and approachable.
- Nearly two thirds of CAMHS users would prefer to receive support from people close to them. 56% would turn to their friends; school, college and university counselling services (44%) and teachers (39%).

A full report, written by Hafal's young people, will be published shortly. Further information is available at [hafal.org/hafal-young-people](http://hafal.org/hafal-young-people)



The NSPCC are currently asking a range of professionals about their experience of local therapeutic services for children they work with who have been abused. The results of the survey will be used to inform a campaign that will be launched in the New Year to ensure all children who have experienced abuse or neglect get the therapeutic support they need.

## STAKEHOLDERS

We had a really good response to our first Newsletter which was widely circulated. Lots more people have asked to be included on our database. We would like to thank everyone who is helping us to promote the Programme and the work that we doing to make a difference to the lives of children and young people across Wales.

- Action for Children
- Association of Directors of Education in Wales (ADEW)
- Adopt Cymru
- Association of Directors of Social Services (ADSS) Cymru
- Autism Cymru
- Barnardo's Cymru
- Beat (beat eating disorders)
- Bi-Polar UK
- British Psychological Society
- Children in Wales
- Children's Commissioner for Wales
- Communities First Teams
- Community Health Councils
- Council for Voluntary Councils
- DACW(Drug and Alcohol Charities Wales)
- Diverse Cymru
- Families First Teams
- Flying Start Teams
- Gingerbread
- Hafal
- Headway
- Headmeds
- Health Boards
- High Needs Collaborative ('Making Sense')
- Homestart
- Housing Associations
- Learning Disability Wales
- Local Authority – Education
- Local Authority – Social Services
- Mental Health Action Wales
- Mental Health Foundation (Early Years)
- Mind Cymru ('Two in Mind')
- National Adoption Service Wales
- National Autistic Society (NAS)
- National Youth Advocacy Services
- National Society for the Prevention of Cruelty to Children (NSPCC)
- Place2Be
- Play Wales
- Police and Crime Commissioner's Office (Youth Justice)
- Prince's Trust
- Public Health Wales NHS Trust
- RAY Ceredigion
- Royal College of Psychiatrists in Wales (RCPsych)
- Royal College of Paediatrics and Child Health (RCPCH)
- Royal College of General Practitioners (RCGP) Wales
- Rekindle (Small Steps Project)
- Relate Cymru
- Samaritans
- SNAP Cymru
- Society of Local Authority Chief Executives (SOLACE)
- Solas
- The Family Place
- The Windfall Centre
- Tros Gynnal Plant
- Young Ambassadors
- Young Carers' Trust
- Young Minds
- Youth Cymru
- Wales Alliance Mental Health
- Wales Observatory on Human Rights of Children and Young People
- Welsh Government

We would like to

take this opportunity to wish everyone a

*Merry*  
*Christmas*

