



Cymru Ifanc
Young Wales

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



Making sure you get the help you need, when you need it

Newsletter #2 for Children & Young People
May 2017

What is the 'Together for Children and Young People' Programme?

Welcome to the second edition of the young people's newsletter for the Together for Children & Young People Programme (T4CYP).

Together for Children & Young People (T4CYP) is a programme that's been set up to help improve emotional and mental health services for children and young people in Wales. This means it is working to make sure that children and young people who need help with their emotional and mental health get the help they need, when they need it.

Launched in February 2015, Together for Children & Young People wants to:

- Make sure that those who need specialist help from Child and Adolescent Mental Health Services (CAMHS) get it as soon as they need it
- Make sure that children and young people who need help with their emotional and mental health, but who don't need the specialist support provided by CAMHS, get the help and support they need, when they need it

What does CAMHS mean?

CAMHS stands for Child and Adolescent Mental Health Services. They are services run by the NHS and are made up of mental health specialists, like psychiatrists, psychologists and nurses. Their job is to help children and young people who have mental health conditions. They make sure that they get the specialist help they need.

What's in this edition of the newsletter?

1. A summary of what products we have delivered in our first year

2. Together for Children & Young People (T4CYP) website

3. Meet the Programme Board

4. High impact changes for the next two years

5. An update from our Conference that was held in June

2016

6. The first 'You said...We Did' update on the issues raised

by children and young people (You)



1. Products delivered in our first year



These are the things that we have been able to do in our first year:

- Needs assessment on the mental health and well-being of children and young people. This is about looking at what is needed for the mental health and well-being of children and young people
- Baseline variations and opportunities audit of sCAMHS (Specialist Child and Adolescent Mental Health Services). Looking at what is happening in sCAMHS across Wales, finding out what needs to be improved and areas that are working really well so that it can be shared between the different services
- Framework for improvement – providing a definition of sCAHMS and three initial key pathways, ensuring that all children and young people receive consistent care wherever they live. This is to set out what needs improving – to be clear about what sCAHMS means and having key pathways to make sure that all children and young people get the same care wherever they live
- Neurodevelopment pathway to provide a single point of access in each local area. Neurodevelopment means the development of the brain.
- Clinicians toolkit for Autistic Spectrum Disorder (ASD) developed in partnership with the Welsh Local Government Association National ASD Development Project. Clinicians are adults who are health care professionals who diagnose and treat people. In this case the toolkit (something they can use) is for ‘clinicians’ working in the area of Autistic Spectrum Disorders (ASD)

If you want to find out more about these products then you can find them on the T4CYP website: www.goodpractice.wales/t4cyp

2. T4CYP website

Children and young people told us they wanted to know where to go to for information on the work of the T4CYP programme, so we have set up a website. It is hosted by the Welsh Local Government Association as part of Good Practice Wales.

The website is an easy to use on-line resource and also has an interactive twitter feed, which we tested at our Annual Conference. It is early days, but the aim is for the website to become the ‘go to’ place for information for children and young people, their families and carers and everyone else who is working with them.

To log onto the website go to:

www.goodpractice.wales/t4cyp



Welcome to Good Practice Wales



3. Meet the Programme Board

Together for Children and Young People (T4CYP) is led by the National Health Service (NHS) in Wales. This means they are in charge of the work and make sure that everybody does what they have said they will do.

The Programme Board is made up of leaders and experts from different organisations and works closely with leaders, worker and organisations to make sure that improving emotional health and well-being services for children and young people is at the centre of everybody's business.

Here are Jeremy Patterson and Dr Julie Bishop from the Programme Board:



Jeremy Patterson - Society of Local Authority Chief Executives (Solace) Wales

Jeremy is the Chief Executive of Powys County Council and attends the Board as the representative for Solace (Wales). Jeremy is passionate about supporting children and young people to achieve their full potential. He has also played a big part in driving up standards in schools and establishing a programme to create apprenticeship opportunities for young people across Powys.

Dr Julie Bishop - Director of Health Improvement, Public Health Wales

Dr Julie Bishop is the Director of Health Improvement at Public Health Wales. She has been working for over 25 years in South Wales and has had a number of roles in promoting specialist health services. Julie is currently leading work relating to the Transforming Health Improvement Programme; a major mass media campaign for stopping smoking and doing work on tackling childhood obesity.



4. Annual Conference 'Talk into Action' - 22 June 2016

Around 200 people attended the Conference from lots of different organisations. It was held at the All Nations Centre in Cardiff.

The Conference focused on listening to the experiences of young people who had used services and the issues that young people have raised as being important to them. There were also examples from organisations that had funding from Welsh Government to run projects to support the Together for Mental Health delivery plan for children and young people. A short film of a young person's story was played in the main reception for people to look at throughout the day.

Vaughan Gething AM, Cabinet Secretary for Health, Well-being and Sport

The conference was opened by a filmed message from Vaughan Gething AM, who is the Cabinet Secretary for Health, Well-being and Sport in Welsh Government. He reinforced that improving the emotional and mental health of children and young people is a key priority for the Welsh Government. He said that the Programme (T4CYP) had made significant progress during the first year but there was still a lot more work to do across agencies and he encouraged key partners to continue to engage in this work.

This film can be seen at: <https://www.youtube.com/watch?v=aAnRWXnqUb88>





Professor Dame Sue Bailey, Expert Advisor to the Programme was next to address the Conference:

Prof Bailey is the Expert Advisor to the Programme (T4CYP) and she emphasised that we can only successfully meet the needs of children and young people by learning together and working together across all agencies.

What are children and young people telling us?

Next was a series of presentations from a range of speakers, including, most powerfully, young people themselves.



Mair Elliot, Mental Health campaigner and Mike Wood, Hafal (a charity providing services for people with mental illness and their carers)

Mair Elliot, a young person with experience of mental health services, and Mike Wood from Hafal, presented the ‘Making Sense’ report. This is a report by young people on their well-being and mental health. It provides 10 recommendations for improving mental health services for children and young people in Wales. Mair helped write the report and T4CYP is really pleased that she has agreed to act as the young person’s representative on the Expert Reference Group. To see this report in full please go to:

www.hafal.org/youngpeople



Sally Holland, Children’s Commissioner for Wales

Sally Holland is on the T4CYP Expert Reference Group as an observer, to share what young people across Wales are telling her about emotional well-being and mental health services. She presented the findings of the ‘Beth Nesa’ consultation carried out by her Office, which highlighted what areas of work to focus on from children and young people. The ‘Beth Nesa’ report and other publications from the Children’s Commissioner can be found here: www.childcomwales.org.uk/publications/publications-list/



Brittany Alsop-Bingham, Carmarthenshire Youth Council and Catriona Williams OBE, Chief Executive, Children in Wales

Catriona Williams OBE represents the third sector on the T4CYP Programme Board. She spoke about how the Young Wales project gathers the views of children and young people, supporting them to actively take part and ensuring their views are listened to by Welsh Government and other national organisations.



Brittany from Carmarthenshire Youth Council shared the views of members of her Youth Council on mental health services. She very passionately emphasised to the Conference that: ‘Every child and young person in Wales should know who to go to, or where to go for help with their mental health.’

Needs Assessment - Dr Julie Bishop, Director of Health Improvement, Public Health Wales

Julie represents the Public Health Wales NHS Trust (PHW) on the T4CYP Programme Board.



She presented the findings of the needs assessment carried out and the full report is published on our T4CYP website.

Some of the key findings of the needs assessment she carried out include:

- One in five children and young people in Wales report low life satisfaction
- Children from the least affluent families tend to report lower mental well-being
- There is an increase in young people showing signs of mental and emotional distress
- The majority of young people can rely on the support of family and their peers when things go wrong, but almost a third do not feel that is the case
- 11,567 children and young people received counselling during 2014/15

Julie is featured in the 'Meet the Programme Board' in section 3 of this newsletter.



Promoting Emotional Health, Well-being and Resilience* in Schools Professor Robin Banerjee, Developmental Psychology, University of Sussex

Prof Banerjee gave a presentation about 'Promoting Emotional Health, Well-being and Resilience* in Schools'.

*Resilience means the ability to recover from difficult times. When we 'build' resilience then we build our ability to recover or to manage how we deal with emotions.

Robin has been one of the academic experts involved in recent research for the Public Policy Institute for Wales (they are the people who research and give correct information to people who write policies) for looking at building emotional health and wellbeing in school.

The report is available here: <http://ppi.wales/ppiw-report-publication-promoting-emotional-health-well-being-and-resilience-in-primary-schools/>

Specialist CAMHS (sCAMHS) Framework for Improvement

Sian Stewart, T4CYP Programme Director and Shane Mills, Clinical Lead for Collaborative Commissioning launched this new resource at the Conference. The aim of this framework is to help those working in mental health services for children and young people to improve their services.



This Framework sets out clear guidelines to help ensure that children and young people receive consistent care wherever they live in Wales.

To look at this Framework in full please go to the T4CYP website: www.goodpractice.wales/t4cyp

Vulnerable Groups



During the conference delegates said more time needs to be given to identify the needs of children and young people with protected characteristics, in order to make sure all vulnerable groups receive equal access to services in line with their individual clinical needs.

As a result T4CYP is working with the Wales Alliance for Mental Health to consider this priority area.

There will be an update on this in the next newsletter.

5. High impact changes for the next two years

'High impact change' means a change that would make a most noticeable change.

During the afternoon of the Conference, there were workshop sessions from each of the workstreams, so people could share their progress, test upcoming products and identify high impact changes. These are being used to shape the key priorities that need to be worked on for the next 2 years. Products in each of the workstreams include:

Universal Resilience and Well-being

- Resource packs for professionals in relation to good mental well-being and resilience
- 'Measuring Well-being' toolkit for schools and services

Early intervention and enhanced support for vulnerable groups

- Directory (list of contacts) of third sector projects and schemes
- Advice and guidance for local authorities on recommended services for vulnerable (at risk of being harmed or in harmful situations) children and young people
- Revised pathway for local primary mental health support services

Neurodevelopment

- Support for starting and putting in place of the integrated (joined up) care pathway across child health, CAHMS, Local Authority and third sector service providers
- Development of a core data set, outcomes and measurement tools (somewhere to keep information for showing how things are working)

Specialist CAMHS

- Implementation plan (getting on with a plan) and additional pathways to include care and treatment planning, self-harm and psychiatric liaison
- Guide for young people, their families and carers
- Referral advice and guidance for GPs

Care transitions

- 'Transition* Pack' of resources for professionals
- 'Transition Passport' for young people
- Good practice guidance for health boards

*Transition – passing from one stage to another

Workforce, Education and Training

- A framework for professionals and agencies that show national 'Core Competencies' (the things they should be able to do, so they can do their job)
- Continuous Professional Development (CPD) for CAMHS professionals. This means workers with CAMHS would need to keep up to date with training to be the best workers they can be

6. You Said...We Did - update

To show how we are acting on the issues raised by children and young people, we have taken the key messages from a range of recent consultations and drawn up a list of 12 priority areas (12 most important areas) for our workstreams to take forward. We will use this feature to regularly provide updates and summarise progress.

1. Expand and/or create high quality support provided by non-mental professional

- All of our workstreams are identifying support from all sectors/organisations and projects that are available to children and young people and will publish information on our website
- We are working with local authorities to develop guidance on recommended services for vulnerable children and young people
- We are reviewing the role of local primary mental health support services and how these can support other agencies in effectively managing the needs of children and young people

2. Don't medicalise growing up (not treating everything with medicine)

- We have produced a DVD featuring the experiences of two young people to promote positive mental well-being and building resilience
- We are developing a resource pack for professionals working in universal settings with children and young people to support good mental well-being and building resilience
- The Framework for Improvement will ensure that it is only those children who need specialist mental health treatment who enter the CAMHS system. (See point 3) Others will be signposted* to appropriate mental wellbeing support



*Signposted – being shown to a person, organisation, service or project that can be useful for your situation

3. Reform CAMHS referral systems

- We have published a Framework for sCAMHS with clear service definitions and pathway development plans
- We have undertaken a full and clear examination of CAMHS and published a national report identifying key areas of things that need to be acted on
- We are developing information for professionals, families and carers to ensure that only those children and young people needing sCAMHS are referred to that system

4. Embed emotional intelligence and healthy coping mechanisms into the curriculum

- We are working closely with the Welsh Government education policy leads taking forward 'Successful Futures' (the Donaldson Report)
- We will test products with children and young people in 'pioneer' schools

5. Introduce an absolute timescale for referrals

- CAMHS waiting time targets of urgent assessments to be undertaken within 48 hours and routine assessments within 28 days have been set
- Adopting our Framework for Improvement will ensure that health boards are reducing CAMHS waiting times and improving access
- Neurodevelopmental target of assessments within 26 weeks is required by the end of March 2017
- We have developed a support package for diagnosing and assessment and a common care pathway for young people with neurodevelopmental conditions

6. Review practice within CAMHS

- We are developing guidance to reinforce the importance of care and treatment planning as part of our Framework for Improvement for sCAMHS
- We are developing a multi agency national training framework and CPD framework for CAMHS professionals

7. Reorganise the transition to adult services

- We are developing a resource pack for professionals, setting out a model for a good transition from CAMHS to adult mental health services

8. Improve data collection and accountability

- All health boards now take part in the National NHS CAMHS Benchmarking project



- Our Framework for Improvement will help health boards' performance manage their CAMHS
- We are working with Public Health Wales to develop a central mental health data set as part of the Welsh Community Integrated Information System

9. Support carers

- We will consider the needs of families and carers as we develop products/resources
- Information we develop will be published on our website, which we will also include signposting to existing schemes and resources

10. Listen to young people

- We will continue to engage directly with children and young people as products are developed. Work to date has included:
 - * Inviting young people to share their experiences at our Annual Conference
 - * Holding workshops across Wales with young people who have used CAMHS to discuss their experiences of transition
 - * We have extended the membership of our Expert Reference Group to ensure that young people are represented within the scrutiny of the programme
 - * We will involve children and young people in developing our outcome measures



11. Mental health, wellbeing and tackling bullying

- We will publish best practice schemes delivered by Local Authorities and social care that will include guidance and support for vulnerable children and young people on a wide range of issues (see point 1)

12. Adhere to the United Nations Convention on the Rights of the Child (UNCRC)

- We are committed to embedding the '7 Core Aims' for children and young people under the UNCRC. All of our work will consider how:
 - * The inequalities, stigma and discrimination experienced by children and young people with emotional health needs and/or mental illness are reduced
 - * The values, attitudes and skills of those treating or supporting children and young people with emotional health needs and/or mental illness are improved
 - * Services are able to focus on the early detection of risk and the development of resilience and life skills



**We want to
hear from you!**

Tell us your ideas about how emotional and mental health services can be improved for all children and young people in Wales.

Tell us what you think about our ideas and plans to make emotional and mental health services better in Wales. If you want to find out more about our work or share some of your ideas with us, please get in touch with us through Andrea at Young Wales:



andrea.storer@childreninwales.org.uk



029 2034 2434



07468 563953



@YoungWalesCIW

In summary, this is what the Together for Children and Young People Programme wants to achieve:

- Children and young people who need specialist care through CAMHS will be able to get the care they need as soon as they need it
- Children and young people who don't need specialist care but still need some help and support will know how to get the help they need and will get it as soon as they need it



www.goodpracticewales/t4cyp