



**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 #3 for Children & Young People  
July 2017

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

Welcome to the third 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. Ensuring equity of access to mental health services for all children and young people

2. Workshop Feedback

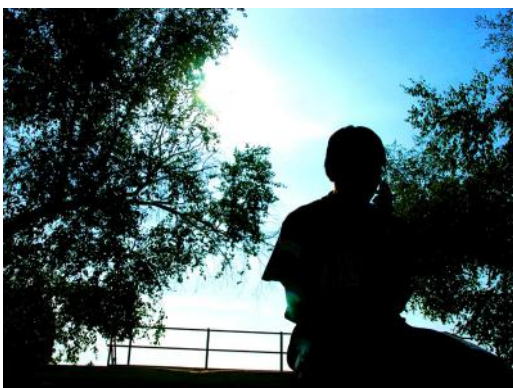
3. Engagement with Children & Young People

4. Our work to support young people during transition

5. Meet the Programme Board

6. T4CYP Annual Conference 2017

7. Young People's Question Time event – date for the diary!



# 1. Ensuring equity of access to mental health services for all



Equity of access means giving everyone the same access to the help and support they need.

At the Annual conference in June 2016, lots of people told us that we needed to do more to make sure that vulnerable groups, for example, Black, Asian and Minority Ethnic children and young people, or disabled children and young people, receive the same level of service and support, appropriate to

their needs, as all other children and young people in Wales.

The Equality Act makes it illegal to discriminate against anyone because of:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion and belief
- Sex
- Sexual orientation

These are known as ‘protected characteristics.’ Discriminate means treating one person worse than another person because of one of the ‘protected characteristics’ listed above.

We decided to hold a workshop with people working in mental health services, and with young people who have had experience of mental health services, to help us look at this issue and decide what more needed to be done to make sure that mental health services in Wales are equal and fair for everyone regardless of their background.

The workshop called ‘Ensuring Equity of Access for Everyone’ took place in October 2016. It was organised by us with the help of the Wales Alliance for Mental Health (an Alliance is when lots of groups or organisations with similar interests join up to work together).

Young people spoke at the conference about their own experiences and suggested improvements that could be made.

Section 2, of this newsletter, will give you a summary of what people told us at the workshop.

## 2. Workshop feedback – ensuring equity of access for all

This is what people told us was needed in order to make sure all children and young people have the same access to the help and support they need.

### **To ensure good services we need:**

- \* A way of working that focuses on early intervention, prevention & health recovery

### **Access/Location**

- \* Easier & greater range of access points, not just through GPs
- \* Quick initial response & advice
- \* Age appropriate environments that are well maintained & fully equipped
- \* Accessible venues/shared community locations wherever possible

### **Funding/Resources**

- \* Funding and resources that support third sector and community-based services
- \* Long term sustainable systems
- \* Performance measures that focus on outcomes identified in partnership with young people and on the quality of the service provided

### **Communication/Information**

- \* Range of information that helps young people to understand the process, alleviates their concerns and explains their rights
- \* Improved support/communication with parents/carers, both at referral and after discharge
- \* Professionals that introduce themselves and use language that is easily understood
- \* Better communication between services with all partners taking ownership to deliver their part of the system
- \* Engagement with groups representing young people with protected characteristics in service planning and monitoring
- \* Collaboration and support from CAMHS for referrers and service providers
- \* Better use of peer mentoring and youth worker support
- \* Better advertising/awareness of all local services
- \* Greater use of technology, eg, online support, follow up through use of social media

## Training

- \* Cultural awareness and diversity training for all staff
- \* Staff understanding how to empower and work with children and young people
- \* Improving parents' understanding of emotional health and well-being
- \* Enhanced behaviour support in schools (links to new curriculum)
- \* More use of third sector services for provision and training

The above is a full list of the comments from the workshop. If you'd like to find out more about what some of this means or if you have some ideas you would like to share then please get in touch with Young Wales.

## 3. Engagement with children and young people

### Young Wales Mental Health Reference Group for young people

Young Wales runs a group for young people who are interested in emotional and mental health services. It's an opportunity to find out about developments in services here in Wales, and to engage with national programmes such as T4CYP and the development of the new curriculum. Young people are able to give their views and opinions on emotional well-being and mental health and tell T4CYP how these could work better for them.



If you want to find out more, get in touch with [andrea.storer@childreninwales.org.uk](mailto:andrea.storer@childreninwales.org.uk)

### Children and Young People's National Participation Standards



The participation standards outline what children and young people should expect when they are asked to participate in meetings, events or give their opinions through consultations etc. The standards identify the key issues that all workers should be aware of when working with children and young people and they are underpinned by the three pillars of the UNCRC – Protection, Provision & Participation.

You can see the poster at <http://youngwales.wales/index.php/young-wales-cafe/resources> or if you want a printed copy get in touch with [andrea.storer@childreninwales.org.uk](mailto:andrea.storer@childreninwales.org.uk)

## AGENDA: A Young People's Guide to Making Positive Relationships Matter

The Children's Commissioner has developed a guide for schools and youth clubs in Wales to help them tackle issues like gender equality (equal opportunities for men and women), gender based violence, and sexual harassment in schools and communities.

It is an online toolkit produced with young people for young people and the guide and supporting resources are free to download at: [www.agenda.wales](http://www.agenda.wales)



## 4. Our work to support young people through transition



In our last Newsletter we listed the work we are doing to show how we are acting on the issues raised by children and young people. This was in the section called 'You Said....We Did.'

A key priority area was for us to develop resources for professionals to make sure that services meet the needs of all vulnerable young people as they move (transition) from CAMHS (children's services) to Adult Mental Health Services.

During 2016 we held two events for young people who use or have used mental health services. One event was in Cardiff and the other was in Wrexham. The aim of these events was for the young people and their parents/carers to share their experiences of transition, ie, of moving from children's services to adult services.

The information they gave us at these events has been used to develop two new resources. These are:

- **Resource Pack for Professionals and Third Sector/Guidance for Health Boards:** this outlines a set of key principles that Health Boards will have to implement. It will make sure that professionals working in both children's (CAMHS) and adult services work together to make sure that the transition arrangements are the best they can be
- **Young Person's Transition Passport:** this new resource will contain all the information that agencies need so they can provide focused support for young people as they move into adult services. The Passport can be used alongside the Care and Treatment Plan and will include an individual transition plan highlighting any strengths, hobbies and actions needed to maintain the young person's emotional and mental well-being. It will also list contact information for people who are important to the young person, such as family and carers.



Huge thanks to all the young people who participated in these events and to the staff in our Transition work stream who helped develop these two resources.



## 5. 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's Jenny Williams and Dr Dave Williams from the Programme Board:

### **Jenny Williams, Association of Directors of Social Services Wales (ADSS Cymru)**

Jenny is the Director of Social Services for Conwy County Borough Council and represents ADSS Cymru on the Board. She is the Chair of our Early Intervention and Enhanced Support for Vulnerable Groups work stream. Jenny lives in north Wales and has worked in social care for nearly 20 years. She has experience of working as a social worker in children's services specialising in Adoption and Looked After Children.



### **Dr Dave Williams, CAMHS Advisor, Welsh Government**



Dave sits on the Programme Board in his role as the CAMHS advisor to the Welsh Government Chief Medical Officer. He is the lead officer of the Early Intervention and Enhanced Support for Vulnerable Groups work stream, working closely with Jenny Williams.

Dave has been a community-based Consultant Child and Adolescent Psychiatrist for almost 20 years and currently works with children and young people with learning disabilities.

Dave is also Chair of the Board of Trustees of Children in Wales and a trustee of the Huggard Centre in Cardiff. A trustee is a member of a management committee.

## 6. Together for Children and Young People Annual Conference 2017

This took place in Cardiff on Thursday 15th June. There will be a full update on what happened at the Conference in the next newsletter.

## 7. Young People's Question Time event – date for the diary!

Young Wales will be hosting a Question Time for young people to put questions to a panel which will include Professor Dame Sue Bailey, expert advisor to T4CYP Programme Board. **The date is Tuesday, 24 October 2017 in Cardiff.** More details to follow in the next newsletter.



**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



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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](http://www.goodpracticewales/t4cyp)