

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 #5 & CONFERENCE REPORT AUGUST 2017

Welcome to our extended edition. This newsletter includes our:

- summary of what we have done in our second year
- annual conference report
- second 'You said....We did' update on the issues raised by children and young people
- regular feature on Programme Board membership

A young person's version will also be drawn up and circulated in partnership with Children in Wales. As always, we welcome any feedback you may have. Please email comments to [kathryn.davies18@wales.nhs.uk](mailto:kathryn.davies18@wales.nhs.uk).

### Products Delivered in our Second Year

- **Transitions Guidance and Young Person's Passport** to support young people with their transition from CAMHS to adult mental health services.
- **Revised Local Primary Mental Health Support Services pathway** to provide consistent models of care in line with the Mental Health (Wales) Measure.

**Directory of Third Sector Products and Schemes** highlighting evidenced based interventions that can be adopted to improve the mental health and wellbeing of children and young people across Wales.

Published on our website [www.goodpractice.wales/t4CYP](http://www.goodpractice.wales/t4CYP)

- **Best Practice**



- **Cross Agency Workforce Framework** to provide a universal approach to workforce planning, training and education across all sectors. (To be published shortly)

## **ANNUAL CONFERENCE THURSDAY 15 JUNE 2017**

Approximately 200 delegates from a wide range of partner organisations attended this year's conference which was once again held at the All Nations Centre in Cardiff.

This year we focussed on ways in which a whole systems approach can support the emotional health and wellbeing of children and young people of all ages.

We were delighted that the keynote speaker this year was Jane Hutt AM, Leader of the House and Chief Whip. Other presentations were delivered by:

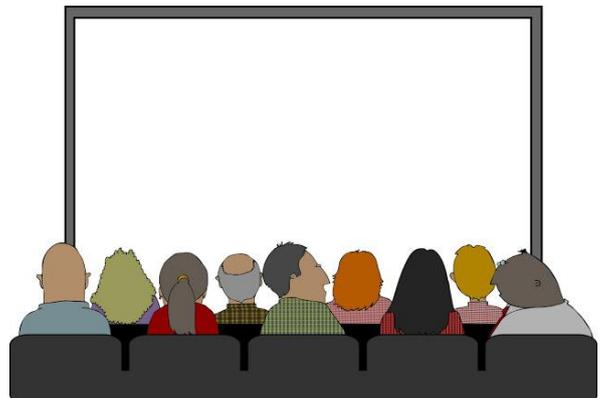
- Professor Dame Sue Bailey, Expert Advisor to the Programme
- Sally Holland, Children's Commissioner for Wales

Following feedback received from last year's event, we placed a greater emphasis on interactive workshop sessions. These are summarised on page 7.

Once again we formally launched a number of key products. Health Boards also displayed examples of initiatives and projects to support child and adolescent mental health services which were available for delegates to look at throughout the day. We would like to thank all of our colleagues and partner organisations who kindly showcased the following:

- Gwent Family Support
- Change, Grow Live
- Incredible Years
- Centre for Evidenced Based Early Intervention, Bangor
- Eating Disorder App
- Barnardo's: Cardiff & Vale locality services

The key themes from the presentations are summarised below.



## Ministerial Address

Jane Hutt AM, Leader of the House and Chief Whip



The Minister reminded everyone that improving the emotional and mental health of children and young people is a key priority for the Welsh Government. Children and young people were at the heart of the *Together for Mental Health* Strategy and all Ministers were working closely together to ensure that work to improve outcomes for children and young people in one area complemented work being taken forward in another.

Key points included:

- There had been a significant improvement in CAMHS achieved through innovation in care coupled with the dedication of its workforce; as a result CAMHS could now be seen as a service of which we can be proud.
- Any early concerns about the ability to deliver to meet the needs of children and young people in Wales had largely been overcome.
- The Cabinet Secretaries for Education and Health, Well-being and Sport were working collaboratively to find ways to improve joint working between education and CAMHS.
- 'Well-being' will be added as a fifth objective in the next version of *Qualified for Life*, the Welsh Government education improvement plan for Wales.
- Preventing Adverse Childhood Experiences (ACEs) complemented and strengthened the work to support the emotional and mental wellbeing of children and young people.
- A whole systems approach, consistent with *Children First*, was needed to support children and young people's mental and emotional health and well-being.
- All organisations need to work together, to use their resources cooperatively, supporting their communities to identify and tackle issues and barriers for children and young people.

Click [here](#) for the transcript of the full speech, which is published on our website.

## **Ministerial Questions/Welsh Government Advice**

- **It is known that ACEs are more likely within single parent families living in poverty. What are the Government doing to investigate this further?**

Welsh Government recognises the important work that is delivered by the third sector. This is something that will need to be considered by Public Health Wales under the work of the new ACE Hub and I will ensure that your question is forwarded to them so that they can consider the single parent perspective in their work.

*Welsh Government advice subsequent to the Conference*

Positive parenting has a key role in helping children to develop emotional resilience and it is a crucial part of our strategy for tackling ACEs, and mitigating their effect so that children who experience them can still go on to live healthy and fulfilling lives.

- **The default position with ACEs is generally the younger child and teenagers fall through the gaps. Does the Minister have any thoughts on how best we can mitigate the ACE risk for teenagers?**

Welsh Government and Public Health Wales are very committed to Children's Rights for both child and **Adolescent** mental health. We will continue to fund school counselling as a priority. It is a statutory duty for schools to provide counselling services.

*Welsh Government advice subsequent to the Conference*

ACEs are traumatic experiences that occur before the age of 18. Supporting parents, especially with the earliest years of child-raising, can help reduce these. Cymru Well Wales has committed to addressing ACEs and their impact in Wales by; making all public services in Wales able to respond effectively to prevent and mitigate the harms from ACEs, and by building protective factors and resilience in the population to cope with ACEs that cannot be prevented.

We have agreed to jointly fund with Public Health Wales a centre of expertise on ACEs. Also during 2017-18 we are contributing £400k to the establishment of Cymru Well Wales' ACE support hub.

- **A high number of families are shunted from school to CAMHS and as a result their children are often excluded from school and are home educated. There is still a lack of joint working between educational psychology and health. What are the Government doing to improve this?**

We have an all Wales Strategic approach that requires organisations to work with parents and carers to gain their perspective. Welsh Government can provide a steer but local authorities must ensure multi-agency collaboration takes place at a local level.

*Welsh Government advice subsequent to the Conference*

Welsh Government officials in our Education and Health Departments are working together to develop proposals for consideration on supporting the mental health and well-being of our children and young people. In developing proposals we are considering different models, based on closer working between CAMHS and schools

We are committed to develop a joined-up partnership approach to prevent ACEs and to support children, and adults whose health is suffering because of childhood trauma.

- **New structures within schools do not allow education to refer directly into CAMHS. Previous referral routes have been lost and this is causing delays. What are the Government doing to improve this?**

I am sorry that I am unable to answer your query directly and will take note and feed this back to education colleagues. Organisations need to ensure that referral pathways and procedures are not lost as they deliver our Strategy *Together for Mental Health*.

*Welsh Government advice subsequent to the Conference*

All schools should be able to refer into CAMHS. We are aware of historic problems around neurodevelopment referrals in which educational psychologists had their own assessments which were pivotal before referrals were made, however all educational psychologists should now be following the new Neurodevelopment referral pathway.

# A Children's Rights Approach to Planning and Delivering Mental Health and Wellbeing Services

Dr Sally Holland, Childrens' Commissioner for Wales



Sally is an observer on our Expert Reference Group. Her presentation highlighted *The Right Way: A Children's Rights Approach in Wales*, a practical framework to enable public services to integrate children's rights into service planning and delivery.

The 5 principles of a Children's Rights Approach are:

- Embedding children's rights
- Equality and non-discrimination
- Empowering children
- Participation
- Accountability



Using a Children's Rights approach will ensure that:

- Organisations will prioritise children's rights in their work with children and families to improve children's lives.
- All children are given opportunities to make the most of their talents and potential.
- All children are given access to information and resources to enable them to take full advantage of their rights.
- Children are provided meaningful opportunities to influence decisions about their lives.
- Authorities and individuals are accountable to children for decisions, and for outcomes that affect children's lives.

The guide is available at:

<https://www.childcomwales.org.uk/ourwork/resources/right-way-childrens-rights-approach-wales/>

## WORK SHOPS

Following feedback received last year we extended our workshop sessions to run for an hour. This year we offered delegates the usual opportunity to directly engage with work to develop programme products and also to share best practice developed by partner organisations to deliver early intervention and support. These are summarised below:



### **Young Champions in Schools** ***Time to Change Wales***

- Improving overall public attitudes to mental health
- Reducing levels of discrimination in society
- Empowering people with lived experience of mental health problems
- Securing changes to policy, practice and organisational culture

[www.timetochangewales.org.uk](http://www.timetochangewales.org.uk)

### **Introducing Trauma-led Practice to Youth Offending Teams** ***Youth Justice Board Cymru***

- Enhanced Case Management
- Trauma Recovery Model

[www.gov.uk/YJB](http://www.gov.uk/YJB)



### **Implementing the Neurodevelopmental Pathway**

- Common integrated care pathway
- Enhanced core team development
- Developing baselines and shared outcomes

### **Implementing the Cross Agency Workforce Framework**

- 5 key priorities for workforce development
- Essential competencies for everyone working with children and young people

The 2017 conference agenda, transcript of the message from the Minister and all of the presentations delivered throughout the day are available on the events page of the T4CYP website.

## **STAKEHOLDER ENGAGEMENT ‘YOU SAID.... WE DID’**

To show how we are acting upon the issues raised by children and young people, we drew up a list of **12 priority areas** for our work streams to take forward, based on the key messages from a range of consultations. The first update was included within the 2016 conference report and this feature highlights the progress we have made as well as highlighting work being taken forward with our partners.

### **1 Expand and/or create high quality support provided by non-mental health professionals**

- We have published a best practice guide, highlighting support schemes to ensure that vulnerable children and young people receive equitable access to care.
- We have reviewed the role of local primary mental health support services, outlining a model to strengthen the role of primary care in delivering effective mental healthcare and treatment of children and young people.

### **2 Don't medicalise growing up**

- Primary care services will be strengthened to ensure that children and young people can be signposted to appropriate mental wellbeing support (see point 1).
- We have established close links with *Time to Change Wales* and the use of young champions in schools to help children and young people to develop the capacity to talk more openly about mental health and well-being.



### **3 Reform CAMHS referral systems**

- Health Boards are implementing the Framework for Improvement for sCAMHS and have been audited on their progress, with clear priorities for action in the next 12 months.
- We are continuing to develop 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 continuing to work closely with Welsh Government education policy leads taking forward educational reform.

## **5 Introduce an absolute timescale for referrals**

- All health boards are now meeting the CAMHS waiting time targets of urgent assessments undertaken within 48 hours, routine assessments within 28 days and the neurodevelopmental (ND) target of assessments within 26 weeks.
- We are working with health boards to implement the ND pathway, developing a new bespoke service with a single point of access.



## **6 Review practice within CAMHS**

- We are continuing to develop guidance to reinforce the importance of care and treatment planning. This will be published within the second edition of our Framework for Improvement for sCAMHS.
- Our multi agency national training framework provides a universal approach to workforce planning, education and training across all sectors.

## **7 Reorganise the transition to adult services**

- We have published a Transition Guide for professionals, setting out key principles and a model for a seamless transition from sCAMHS to adult mental health services. This will ensure that all services are aware of the need to communicate effectively with the young person in their care.
- We have published a Young Person's Transition Passport, to be used with care and treatments plans. This enables young people to share individual information with agencies to ensure they are provided with focused support as they move into adult 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 core mental health data set as part of the Welsh Community Integrated Information System.
- We are working with Welsh Government to identify national performance and quality standards.

## **9 Support carers**

- We are drawing up guidance for young people and their families in partnership with Hafal and Young Wales.
- We will consider the needs of families and carers as we develop products/resources.
- All of our products are published on our website, which also include signposting to additional schemes and resources.

## **10 Listen to young people**

- We have continued to engage directly with children and young people as products are developed. Work this year has included;
  - Consulting with Young Wales on our Framework for Improvement
  - Inviting young people to share their experiences at our Annual Conference
  - Holding a workshop with young people with protected characteristics to enable them to share their experiences with service managers across agencies.



## **11 Mental health, wellbeing and tackling bullying**

- Our best practice directory (see point 1) includes schemes delivered by Local Authorities and social care that include guidance and support for vulnerable children and young people on a wide range of issues.
- We are working with Time To Change Wales to combat stigma and discrimination.

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

- We have developed *Key Principles to Improve Mental Health and Wellbeing for Children and Young People* to enable all professionals working with children and young people to comply with the legislative requirements of the UNCRC.

## MEET THE PROGRAMME BOARD



**NICHOLA JONES**  
Association of  
Directors of Education  
(ADEW)

Nichola is the Head of  
Inclusion and Disabilities

in Pembrokeshire County Council and attends the Board as the representative for ADEW.

Nichola trained as a teacher specialising in Additional Learning Needs (ALN) and has worked extensively with a wide range of experts during her career. This has included leading the development of Welsh Government training materials for the Foundation Phase and Newly Qualified Teachers' Guidance as well as Emotional Literacy Support Assistants (ELSAs) in schools. She is currently an active member of the Welsh Government expert group to develop and implement the new Statutory Reform for Additional Needs.

In recent years Nichola was appointed as the Welsh President of the National Association for Special Educational Needs (NASEN) and invited to act as the Welsh ambassador sharing and developing best practice across the UK. She is passionate about working in partnership to provide early responses and integrated support to achieve the best possible outcomes for children, young people and their families.



**DR CATHERINE  
NORTON**  
Consultant Community  
Paediatrician

Cath is a Consultant  
Community Paediatrician

for Community Child Health in Cardiff and Vale University Health Board and attends the Board as the representative for Paediatrics and child health. She is also the Chair of the Neurodevelopmental work stream.

Cath has been a paediatrician for over 20 years and has specialist interests in neurodevelopment and complex disability. Her role includes working with colleagues across agencies to both assess and provide interventions for children and young people experiencing a wide range of challenges. She also provides specialist clinical support to regional and local safeguarding services both during daytime and out of hours.

Cath firmly believes in the power of working as a team to encourage young children and their families to share ideas, whilst recognising that there may be more than one way to achieve a desired outcome. She is particularly interested in identifying innovative solutions to every day challenges, to identify realistic and deliverable actions that make a positive impact on children and families.

## STAKEHOLDERS

We would like to thank Children in Wales who cascade our newsletters to all of their member organisations and everyone who is helping us to promote the Programme and the work that we doing. By working together we can 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
- Cruse
- DACW(Drug and Alcohol Charities Wales)
- Deaf Roots and Pride
- 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 Deaf Children's Society(NDCS)
- 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
- Time to Change Wales
- 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
- Welsh Local Government Association