

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

NEWSLETTER #3 & CONFERENCE REPORT AUGUST 2016

Welcome to our extended edition. This newsletter includes our:

- summary of what we have done in our first year
- regular feature on Programme Board membership
- annual conference report
- high impact changes for the next 2 years
- first 'You said.....We did' update on the issues raised by children and young people

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.

Products Delivered in our First Year

- **Needs Assessment** on the mental health and wellbeing of children and young people.
- **Baseline Variations and Opportunities Audit of sCAMHS** drawing out variations across Wales and highlighting areas for improvement/best practice that can be adopted.
- **Framework for Improvement** providing a definition of sCAMHS and 3 key pathways, ensuring that all children and young people receive consistent care wherever they live.
- **Neurodevelopment pathway** to provide a single point of access in each local area.
- **Clinician's toolkit for Autistic Spectrum Disorder (ASD)** developed in partnership with Welsh Local Government Association National ASD Development Project.

All of the products will be published on our website.



SAVE THE DATE *Thursday 22 June 2017*

Annual Conference 2017

We will let you know more in our next edition.

T4CYP Website

Children and young people asked us for a central communications portal and social media feed. We have therefore set up a T4CYP website. Hosted by the Welsh Local Government Association as part of Good Practice Wales, this provides an easy to navigate on-line resource. It also has an interactive Twitter feed, which we tested at our Annual Conference.

www.goodpractice.wales/t4cyp.

We will publish all of the documents produced by the Programme and a wide of additional information relating to each work stream on our website. It is early days, but it will continue to be developed to become a single information resource for children and young people, their families and carers as well as all of those partners involved in working with them

Everybody's Business

The Programme Board is made up of a small team of senior leaders from both the statutory and third sector to enable engagement with as many partners as possible. As well as this wide engagement at Board level, we are also working closely with colleagues from the Association of Directors of Social Services (ADSS) and the Association of Directors

of Education (ADEW) in Wales to make sure that we are attending cross sector events to re enforce that improving emotional health and wellbeing services for children and young people is a core part of everybody's business.



MEET THE PROGRAMME BOARD

JEREMY PATTERSON

Society of Local Authority Chief Executives (Solace) Wales



Jeremy Patterson is the Chief Executive of Powys County Council and

attends the Board as the representative for Solace (Wales). He was the former Chair and is now their lead for Communities and Families. Jeremy is also the lead chief executive for health and social care for mid and south west Wales.

Jeremy is passionate about supporting children and young people to achieve their full potential. As Director for Education he was committed to driving up standards in schools and instrumental in establishing a programme to create apprenticeship opportunities for young people throughout the county. He has a particular interest in employee development and engagement and feels strongly that innovation and improvement thrive when people feel engaged in their work. He also believes in the importance of integration and co-production and has experience of working with service providers and local communities to design and implement new ways to deliver services.

DR JULIE BISHOP

Director of Health Improvement, Public Health Wales



Dr Julie Bishop's current role is as the lead for Children, Maternity and Families. Following a PhD in nutrition in the elderly,

she began working in Health Promotion in South Wales over 25 years ago and has since undertaken a number of roles within specialist health promotion services and since 2006 as a Consultant including five years as the Public Health Director in Powys. She has a particular interest in health inequalities having spent the majority of her career working in the South Wales Valleys which experience some of the poorest levels of health in the UK.

She is particularly interested in improving the research evidence base for health promotion action. She is seconded one day a week to DECIPHer at Cardiff University, one of the UK Public Health Research Centres of Excellence to improve links between research and policy/practice. Julie is currently leading work relating to the Transforming Health Improvement Programme; a major mass media campaign for smoking cessation and work on Childhood Obesity.

ANNUAL CONFERENCE 'TALK INTO ACTION' TUESDAY 22 JUNE 2016

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

This year we focussed on listening to the experiences of young service users and the issues that young people have raised as being important to them in a number of major studies.

Third Sector organisations currently receiving Section 64 grant funding from the Welsh Government displayed examples of project work to support the *Together for Mental Health* Delivery Plan for Children and Young People. A short film of a young person's story was also played in the main reception area. These were available for delegates to look at throughout the day.

The conference opened with a filmed message from Vaughan Gething AM, Cabinet Secretary for Health, Well-being and Sport. This was followed by a series of presentations delivered by:

- Professor Dame Sue Bailey, Expert Advisor to the Programme
- Mair Elliot, Mental Health Campaigner and Mike Wood, Hafal.
- Sally Holland, Children's Commissioner for Wales
- Brittany Alsop-Bingham, Carmarthenshire Youth Council and Catriona Williams OBE, Chief Executive, Children in Wales
- Professor Robin Banerjee, Developmental Psychology, University of Sussex.

At the conference we also formally launched two key products:

- Needs Assessment and Evidence Review from Public Health Wales
- National Framework for Improvement for Specialist CAMHS.

In the afternoon work stream Chairs and Lead Officers facilitated 6 interactive workshop sessions to share progress, test emerging products and identify high impact changes for the next 2 years.

The key themes from the presentations are summarised below.

Ministerial Address (Film)

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



The Cabinet Secretary reinforced that improving the emotional and mental health of children and young people is a key priority for the Welsh Government. He felt that the Programme had made significant progress during the first year but there was still a lot more to be achieved across agencies. He encouraged key partners to continue to engage in this important work.

Key points included:

- Helping children and their families to become more resilient is the way forward.
- Waiting lists were now reducing in most areas but were still too long.
- Transitions must be well managed.
- The additional recurring £7.65m CAMHS investment will go a long way to support delivery but we need better collaboration between agencies, such as education, social services, health, and the third sector.
- Early intervention can prevent more serious mental ill health in later life.
- Addressing problems early can have a positive effect on the social and educational attainment of young people.
- Specialist CAMHS must be accessed in a timely manner, respond to individual need and be delivered by a multi professional, highly competent workforce.

The film is available to view at: <https://www.youtube.com/watch?v=aAnRWXnqUb88>

Delivering Values Based Practice Through Working Together

Prof Dame Sue Bailey, DBE FRCPsych, Expert Advisor to the Programme



Prof Bailey is the expert advisor to the Programme and Chair of the Expert Reference Group, which provides professional advice and scrutiny to our work. She emphasised that we can only be successful in meeting the needs of children and young people by learning together and working together across agencies.

The Key actions she promoted included:

- Delivering values based practice across the whole care system.
- Developing a framework to support a whole community approach to learning.
- Developing a whole systems approach in schools to include the environment, links with parents/carers and the wider community.
- Considering a social identity approach to improving health and wellbeing, building communities as enabling environments for staff and patients.
- Tailoring the workforce and models of service to meet the needs of children and young people.

What Are Children and Young People Telling Us?

This session was made of three presentations from a range of speakers, including most powerfully, young people themselves. It highlighted key messages from children and young people across Wales from a number of recent reviews.



Making Sense report into CAMHS **Mair Elliot, Mental Health Campaigner and Mike Wood, Hafal**

Making Sense is a report by young people on their well-being and mental health. Produced by Hafal on behalf of the High Needs Collaborative (Hafal, Mental Health Foundation, Bipolar UK, and Diverse Cymru) it provides 10 recommendations for improving mental health services for children and young people in Wales. Mair Elliot is one of the authors of the report. We are really pleased that Mair has also agreed to act as the young person's representative on our Expert Reference Group.

Key findings included:

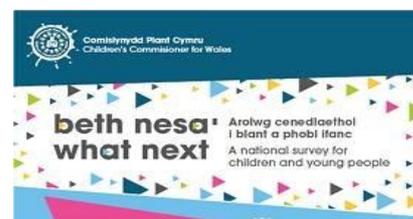
- Nearly two thirds of CAMHS users would prefer to receive support from people close to them. 56% would turn to their friends; school, college and university counselling services (44%) teachers (39%) and family (32%).

- 68 percent of young people said talking about feelings was most important to maintaining good mental health.
- 25% said education and awareness in schools needed to improve.
- Nearly three-quarters of CAMHS users had a negative experience of the service and that it was slow to respond.
- 75% said the service was friendly and approachable.
- 40% said that the service they received helped them get better and move on

The full report is available at hafal.org/hafal-young-people. It was presented to the Programme Board earlier this year and the action we are taking to address the recommendations is included in the **'You Said.....We Did'** section of this newsletter.

Sally Holland, Childrens' Commissioner for Wales

Sally is an observer on our Expert Reference Group. Her input to that group, in sharing with us what young people across Wales are telling her, is invaluable. Her presentation outlined the findings of the recent *Beth Nesa*' consultation to inform her areas of work children and young people would like her to focus on.



Key points included:

- Mental health and well-being, transitions to adulthood, tackling bullying and promoting respectful relationships were key priorities.
- All children and young people in Wales have an equal chance to be the best that they can be.
- We need to consider the pressures that society places upon children and young people and how we are enabling them to cope.
- Children from less affluent families are more likely to keep worries to themselves.
- T4CYP needs to be delivered alongside a whole school approach.
- Children and young people need to be able to take a more strategic role in planning services.

The Beth Nesa reports, together with all of the publications produced by the Children's Commissioner are available at: www.childcomwales.org.uk/publications/publications-list/



Cymru Ifanc
Young Wales

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

Catriona too is a key player in T4CYP representing the third sector on our Programme Board. She outlined the range of ways in which Young Wales gathers the views of children and young people, supporting them to actively engage with organisations and be heard. Catriona was joined by Brittany Allsop-Bingham to share her personal experiences and the key priorities raised by her Youth Council.

Key points included:

- Mental health and wellbeing is a top priority for children and young people.
- Young people are the experts in their own lives, with a lot of knowledge and experience to share.
- T4CYP is listening and responding to the voices of children and young people.
- Every child and young person in Wales should know who, or where to go, for help with their mental health.
- Involving children and young people will ensure we develop the best services for everyone.

Further information available at www.youngwales.wales

Needs Assessment

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



GIG
CYMRU
NHS
WALES | Iechyd Cyhoeddus
Cymru
Public Health
Wales

Julie represents the Public Health Wales NHS Trust (PHW) on our Programme Board. She presented the findings of the comprehensive

needs assessment requested from PHW at the outset of the programme. The report is published on our T4CYP website.

Key findings include:

- 1 in 5 children and young people in Wales report low life satisfaction.
- Low mental wellbeing decreases with age and is significantly more likely among girls than boys.
- Children from the least affluent families tend to report lower mental wellbeing.

- An increase in young people exhibiting 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.
- Adverse Childhood Events increase the risk of developing health harming behaviour.
- 7,326 children in Wales aged 0-17 are estimated to have neurodevelopmental conditions.
- 11,567 children and young people received counselling during 2014/15.
- Rates of recorded referrals remain relatively stable in most health boards.

The Welsh Adverse Childhood Experiences report is available at:

[www2.nphs.wales.nhs.uk:8080/PRIDDocs.nsf/7c21215d6d0c613e80256f490030c05a/d488a3852491bc1d80257f370038919e/\\$FILE/ACE%20Report%20FINAL%20\(E\).pdf](http://www2.nphs.wales.nhs.uk:8080/PRIDDocs.nsf/7c21215d6d0c613e80256f490030c05a/d488a3852491bc1d80257f370038919e/$FILE/ACE%20Report%20FINAL%20(E).pdf)

Julie is featured in the '**Meet the Programme Board**' feature at the end of this newsletter.

Promoting Emotional Health, Wellbeing and Resilience in Schools **Professor Robin Banerjee, School of Psychology, University of Sussex**



Robin has been one of the academic experts involved in recent research for the Public Policy Institute for Wales looking at building emotional health and wellbeing in schools.

Key themes arising from the research are that:

- Mental health is 'everybody's business'
- Personal Social and Health Education in schools is not enough – social and emotional wellbeing needs to be embedded into the school culture.
- Children and young people learn how to interact positively through their social experiences.
- Children and young people who are rejected by their peers become isolated individuals over time if no intervention is given.
- Need to consider the social and emotional aspects of learning. (SEAL)
- The challenge to delivering a whole school approach is to develop the right structure/culture for implementation.

The report is available at: ppi.w.org.uk/ppiw-report-publication-promoting-emotional-health-well-being-and-resilience-in-primary-schools/

Specialist CAMHS (sCAMHS) Framework for Improvement

Siân Richards, T4CYP Programme Director and Shane Mills, Clinical Lead for Collaborative Commissioning

Siân is the T4CYP Programme Director and Chair of the sCAMHS work stream. As the Clinical Lead for Collaborative Commissioning, Shane Mills has been our key expert in the design of the Framework for Improvement which we have based on CAREMORE® a transformational programme for commissioning healthcare.

The first edition of our Framework was formally launched as one of the key products to support the work of the Programme. Adopting the Framework will enable health boards to improve their services. It:



- Sets out clear definitions of sCAMHS which mean that children and young people will receive consistent care and outcomes wherever they live in Wales.
- Includes pathway development plans for crisis care, eating disorders and early intervention in psychosis, ensuring that services delivered are evidence-based and effective, whilst providing value for money.
- Shares good practice in parts of Wales for adoption across all health boards.
- Will support health boards to measure performance and ensure continuous improvement in sCAMHS across Wales.

The Framework is published on our website and is a 'live' document which will be updated annually to include further development plans and guidance. A summary will be produced for children and young people, their families and carers.

Displays

Thank you to all of our partner organisations who kindly provided resources and highly informative displays of their work on the day:

- Cruse
- Deaf Roots and Pride
- Diverse Cymru
- Hafal
- Mind Cymru
- Samaritans
- Welsh Local Government Association

HIGH IMPACT CHANGES FOR THE WORKSTREAMS

During the afternoon, workstream Chairs and Lead Officers facilitated workshop sessions to share progress, test emerging products and identify high impact changes. These are being used to shape the key priorities for action for the next 2 years. Products will include:

Universal Resilience, and Wellbeing Work Stream:

- Resource pack for professionals in relation to good mental wellbeing and resilience.
- 'Measuring Wellbeing' toolkit for schools and services.

Early Intervention and Enhanced Support for Vulnerable Groups Work Stream:

- Directory of third sector projects and schemes.
- Advice and guidance for local authorities on recommended services for vulnerable children and young people.
- Revised pathway for local primary mental health support services.

Neurodevelopment Work Stream:

- Support for the implementation of the integrated care pathway across child health, CAMHS, Local Authority and third sector service providers.
- Development of a core data set, outcomes and measurement tools.

Specialist CAMHS Work Stream:

- Implementation 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 Work Stream:

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

Workforce, Education and Training Work Stream:

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

The 2016 conference agenda and copies of all of the presentations, including the transcript of the message from the Cabinet Secretary for Health, Wellbeing and Sport are available on the events page of the T4CYP website.

Live comments shared on the Twitter hash tag #T4CYP16 have been collated into an interactive report available at: <https://storify.com/GPWales/together-for-children-young-people-annual-conferen#publicize>

Vulnerable Groups Workshop



During the Conference, delegates raised issues of the need to give more time to the needs of children and young people with protected characteristics. As a result we are working with the Wales Alliance for Mental Health to organise a workshop to consider this priority area.

The workshop will be co-designed and facilitated with third sector partners and will inform the future work of our Early

Intervention and Enhanced Support to Vulnerable Groups workstream. We will invite some young people with protected characteristics to share their experiences of how they have been able to develop resilience.

The aim of the session will be to draw up a set of principles/guidelines that ensure that all vulnerable groups receive equitable access to services in line with their individual clinical needs in the same way as all children and young people in Wales. These will be published on our website.

STAKEHOLDER ENGAGEMENT - 'YOU SAID.... WE DID'

To show how we are acting upon 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** 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 health professionals*

- All of our workstreams are identifying cross sector support 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*

- We have produced a DVD featuring the experiences of 2 young people to promote positive mental wellbeing and building resilience.
- We are developing a resource pack for professionals working in universal settings with children and young people to support good mental wellbeing 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.



3 *Reform CAMHS referral systems*

- We have published a Framework for Improvement for sCAMHS with clear service definitions and pathway development plans.
- We have undertaken a comprehensive audit of CAMHS and published a national report identifying key areas for action.
- 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 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 an integrated diagnostic/assessment support package 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 core 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 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)
- We are developing a resource pack to support good mental wellbeing and building resilience. (see point 2)

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

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