



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

**NEWSLETTER #1  
AUGUST 2015**

## **WELCOME TO THE 'TOGETHER FOR CHILDREN AND YOUNG PEOPLE' IMPROVEMENT PROGRAMME**

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This first newsletter introduces the National '*Together for Children and Young People*' (T4CYP) Programme, and what we aim to achieve in the future. We hope you find it informative and welcome any feedback you may have.

We will regularly issue newsletters to keep you up to date with our thinking and give you the opportunity to influence our proposals as they are developing. Please email comments to [kathryn.davies18@wales.nhs.uk](mailto:kathryn.davies18@wales.nhs.uk)

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### **WHAT IS THE T4CYP PROGRAMME?**

T4CYP is a multi-agency, multi-professional programme aimed at improving the emotional and mental health services provided for children and young people (CYP) in Wales. The programme was launched at the end of February 2015 and is being led by the NHS in Wales with the support of Welsh Government.

Previous reviews of specialist Child and Adolescent Mental Health Services (CAMHS) in Wales have identified that the service is under more pressure than ever before, and in spite of additional investment and staffing, does not have the capacity to meet demand. Over the last 4 years there has been over 100% increase in referrals to CAMHS. Many of the CYP who are then assessed do not need highly

specialist interventions, but add to the waiting times for those CYP who do need such support.

We want to change this by making sure there is timely access for children who need specialist CAMHS. The ability to identify early on where there may be additional need for support is critical. We also want to give CYP with less serious conditions clear alternative pathways to have their needs met in primary care, or by other providers, in a similar timely and appropriate fashion. .

Emotional mental health and well-being services are provided by a wide range of statutory and third sector organisations. Working in partnership to get the balance right between these will be central to our work.

## WHAT ARE THE MAIN AIMS OF THE PROGRAMME?

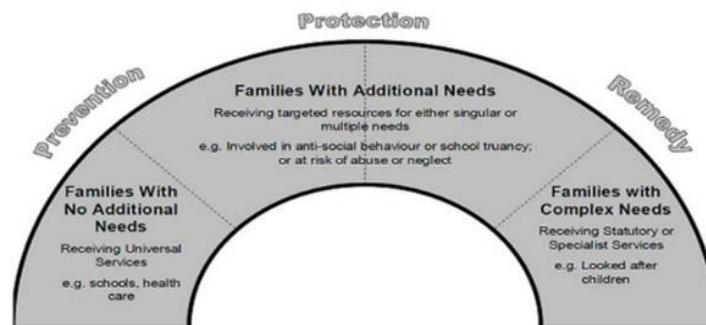
We will:

- provide strategic leadership, direction and support to ensure that high quality services can be delivered;
- make sure that real change is delivered at pace across Wales;
- make sure that emotional and mental health services for children and young people are delivered in line with the principles of prudent healthcare.

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## HOW WILL WE DO THIS?

T4CYP is using the Windscreen Model to focus its thinking. This shows how a wide range of services provide a continuum of support for children and families. A continued emphasis on emotional, mental health and well-being is essential so that services can identify early on where there may be additional need for support.



We have set up work streams to undertake detailed work right across this model. They are looking at the full range of support children and their families require. The work streams will be concentrating on:

- Early years, resilience and wellbeing
- Early intervention and enhanced support
- Neurodevelopmental and co-morbid mental health/learning disabilities
- Specialist CAHMS pathway

We will also be considering workforce, education and training needs across the whole programme and the care transition points for children and young people at various stages of the pathway. Our colleagues in Public Health Wales are also reviewing their current Needs Assessment evidence.

## WHO WILL BE INVOLVED?

### THE PROGRAMME BOARD

The Programme Board is a small team of senior leaders from both the statutory and third sector. They will provide the leadership, direction and support to all partnership organisations to drive forward T4CYP.

The Board is chaired by Carol Shillabeer,



Chief Executive Powys teaching Health Board. Carol registered as a nurse in 1990 and has held a number of senior

clinical and managerial roles in NHS Wales. She is also a member on the Nursing and Midwifery Council.

Professor Dame Sue Bailey, OBE DBE, Chair Academy of Medical Royal Colleges and member of the Children and Young People's Mental Health Task Force England, is providing us with expert advice and scrutiny to deliver our work. She will be chairing a small 'Expert Reference Group' with senior members from existing advisory structures and network partnership forums. This will make sure that everything we do is focussed and fit for purpose.



A full list of members of the Programme Board is provided at the end of this newsletter

Responsibility for the delivery of services remains with health boards and providers from other sectors. We will work in close partnership with all agencies to influence change. The Programme Board held its first meeting in **June this year.**

### STAKEHOLDER ENGAGEMENT

CYP will be given the opportunity to develop and shape the future delivery of emotional and mental health services. This will be through broad based engagement that captures the well being of all children and not just those who use CAMHS services. We will work closely with the Children's Commissioner's office, Children in Wales and the third sector 'High Needs Collaborative' to ensure we have ongoing input from CYP, testing and challenging our thinking as it develops.

A stakeholder database is being created and is listed at the end of this newsletter. If you think that we may have missed anyone please let us know so we can include them in the future.

## WHAT ARE OUR PRIORITIES?

On 22 June 2015 we held a 'Check and Challenge' event to help us draw up our '**Framework for Action**'. Individuals from across health, education and the third sector took part in workshop groups based around the care pathway looking at actions we need to take forward over the next 12 months to achieve real change.

This led to us agreeing key priorities for each of our work streams. These are:

### ***Early Years and Resilience of Young People:***

- Whole school approaches to promoting mental health and wellbeing
- Attachment issues for mothers with perinatal problems
- Training professionals across statutory and third sectors in child development and mental health
- Early years' support

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

- Identification of young people at risk of development of severe mental illness such as psychosis, severe eating disorders or severe self-harm
- Cross sector services with emphasis on early support
- Support for the most vulnerable children and young people including Looked After Children

### ***Neuro Developmental Issues and Co-morbid Mental Health and Learning Disabilities***

- Better understanding of Attention Deficit Hyperactivity Disorder (ADHD)/Autistic Spectrum Disorder (ASD) across all agencies
- Bespoke care pathways for individuals with ADHD/ ASD
- Timely access to those needing specialist assessment and treatment services
- Drawing together the skills of mental health, paediatrics, therapists and Learning Disabilities

### ***Specialist CAHMS Pathway:***

- Crisis care and out of hours provision
- Cross sector working to deliver best possible care to improve outcomes
- Early intervention for young people with psychosis
- Evidence based psychologically-minded therapies

## ADDITIONAL FUNDING

Welsh Government has recently announced a significant additional annual investment of **£7.65m** in mental health services for CYP in Wales. This represents an increase in funding of 18%. It has been broken down to ensure that CYP and their families receive the right support, at the right time.

- £2.7m will help specialist CAMHS developments, including to improve responses in emergency departments and at times of crisis.
- £1.1m to expand access to evidence based psychological therapies for young people
- £800,000 to improve provision in local primary mental health support services and prevent unnecessary referrals to specialist services.
- £800,000 to ensure that services intervene early to improve care for young people (aged 14-25) who develop psychosis.
- £250,000 to improve services for the most vulnerable young people who are already in, or are at danger of entering the youth justice system.
- £2m to develop services for young people with neuro-developmental problems, including ADHD and ASD.

By the end of this financial year Welsh Government expects to see tangible improvements in access and a reduction in waiting times for both those children with neuro-developmental and specialist CAMHS needs by the end of December 2015, with:

- All urgent specialist CAMHS assessments undertaken within 48 hours, by the end of October 2015
- All routine specialist CAMHS assessments seen within 28 days, by the 1 April 2016.

Health boards are preparing to submit proposals for approval. They are being encouraged to work together in areas that are highly specialised, or where local demand and/or staff resources are scarce. Longer term proposals for service redesign will be firmed up over the course of the current financial year in line with the priorities of T4CYP.

## RECENT PROGRESS

In the last six months:

- We have developed our framework for action
- We have undertaken a baseline audit of specialist CAMHS with all health boards
- An All Wales Commissioning Framework has been issued for specialist CAMHS placements in the independent sector
- Assertive Outreach Teams have been developed in each health board area

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## PROGRAMME BOARD MEMBERSHIP

Chief Executive NHS Health Board ( Chair)	Carol Shillabeer, Powys teaching Health Board
Chair of Expert Ref Group	Prof Dame Sue Bailey, OBE DBE
Third Sector Representative	Catriona Williams OBE, Chief Executive Children in Wales
Public Health Wales Representative	Julie Bishop, Regional Director Mid and West Wales/Consultant in Public Health
NHS Welsh Health Specialised Services (WHSSC)	Dan Phillips, Interim Director
Paediatrician Representative	Dr Catherine Norton, Cardiff and Vale University Health Board
Directors of Education Representative	Nichola Jones, Head of Inclusion, Pembrokeshire Council
Directors of Social Services Representative	Jenny Williams, Director of Social Services, Conwy County Borough Council
Representative for Chief Medical Officer, Welsh Government	Dr Dave Williams, CAMHS Advisor
Programme Director	Siân Richards
Programme Manager	Kathryn Davies

## STAKEHOLDERS

- Action for Children
- Adopt Cymru
- Autism Cymru
- Barnardo's Cymru
- Beat (beat eating disorders)
- Bi-Polar UK
- 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
- NSPCC
- Place2Be
- Police and Crime Commissioner's Office (Youth Justice)
- Prince's Trust
- Public Health Wales NHS Trust
- Rekindle (Small Steps Project)
- Samaritans
- SNAP Cymru
- Solas
- The Family Place
- 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