



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 #4  
JANUARY 2017**

[www.goodpractice.wales/t4cyp](http://www.goodpractice.wales/t4cyp)

Happy New Year!

Welcome to the latest edition of our newsletter which includes:

- our approach to ensuring equity of access for vulnerable groups
- our work to provide support for young people during transition
- our regular feature on Programme Board membership

A young person's version of this newsletter 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).

### **Annual Conference - New Date - Thursday 15 June 2017**

We have had to change the date for our Annual Conference. Once again, we will be holding this in the All Nations Centre in Cardiff. We will let you know more about this in future editions, but please remember to put 15 June in your diaries.



### **Ensuring Equity of Access for Everyone**

On 6 October 2016 we held a workshop in partnership with the Wales Alliance for Mental Health, which brings together the main all Wales third sector mental health organisations. This looked at how we can make sure that children and young people in all vulnerable groups

receive equitable accesses to services in line with their clinical needs. Young people from among the 9 protected characteristics shown in the diagram above shared their experiences with service providers and suggested how improvements could be made. We have shared the feedback from this positive event with our work streams. This is highlighted on the next page.

## **Workshop Feedback**

### **To Ensure Good Services We Need:**

- A service model 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 & resources that support third sector & community based services
- Long term sustainable systems
- Performance measures that focus on outcomes identified in partnership with young people & on the quality of the service provided.

#### **Communication/Information**

- Range of information that helps young people to understand the process, alleviates their concerns & explains their rights.
- Improved support/ communication with parents/carers, both at referral & after discharge.
- Professionals that introduce themselves & 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 & service providers
- Better use of peer mentoring & youth worker support
- Better advertising/awareness of all local services
- Greater use of technology e.g. online support, follow up through use of social media.

#### **Training**

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

## Engagement with Children and Young People



**Cymru Ifanc**  
**Young Wales**

Young Wales have recently established an **Emotional and Mental Health Reference Group** to listen to the views and opinions of children and young people aged from 14 to 19 years of age. The group will engage with a number of national programmes, including T4CYP to inform us on how children and young people feel that emotional and mental health services can work better for them in Wales.

For further information please contact [andrea.storer@childreninwales.org.uk](mailto:andrea.storer@childreninwales.org.uk)

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### The 7 Children and Young People's National Participation Standards for Wales

Informed by consultations with young people the original Participation Standards have been refreshed by a partnership between Youth Forum workers and Young Wales. Supporting the 3Ps of the United Nations Convention on the Rights of the Child - Protection, Provision and Participation - they indicate what young people should expect from the services that they are involved in.



A copy is available at: [www.youngwales.org.uk/images/ParticipationStandards\\_Poster\\_9.pdf](http://www.youngwales.org.uk/images/ParticipationStandards_Poster_9.pdf)

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### 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, gender based violence, and sexual harassment in schools and communities. It is an online tool-kit produced with young people for young people and it showcases examples of the work young people are already doing in order to inspire and support others to speak out about what matters to them.

The guide and supporting resources are free to download at: [www.agenda.wales](http://www.agenda.wales)

## Transitions Guidance

In our last Newsletter we listed the work that we are doing to respond to issues raised directly by children and young people in our *You Said ....We Did* feature. A key priority area was the development of resources for professionals to ensure that services meet the needs of all vulnerable young people as they move from CAMHS to Adult Mental Health Services.



During 2016 we held two service user events in Cardiff and Wrexham for young people and their carers/parents, inviting them to share their experiences of transition. The key messages, both good and bad, have been used to develop the following separate products which will be launched at our conference in June.

- **Resource Pack for Professionals and Third Sector / Guidance for Health Boards:** this outlines a set of key principles that Health Boards will be required to implement, ensuring that transition is jointly agreed and owned by both CAMHS and adult services.
- **Young Person's Transition Passport:** this can be used alongside the Care and Treatment Plan and will contain all the information that agencies need to provide focused support for young people as they move into adult services. This will include an individual transition plan highlighting any strengths, hobbies and actions for maintaining emotional and mental wellbeing. It will also list contact information for key people, such as family and carers, who should be included in the young person's journey.

We would like to thank all the young people who participated in the events as well as our Transition work stream members who have contributed to the development of these key resources



## MEET THE PROGRAMME BOARD



**JENNY WILLIAMS**  
**Association of Directors  
of Social Services Wales  
(ADSS Cymru)**

Jenny is the Director  
Social Services for Conwy

County Borough Council and attends the Board as the representative for ADSS Cymru. She is the Chair of our Early Intervention and Enhanced Support for Vulnerable Groups work stream. Jenny lives and works in North Wales and has had a social care career which spans almost 20 years, with experience of working as a social worker in children's services specialising in Adoption and Looked After Children.

Jenny has previously chaired the national ADSS Cymru Safeguarding policy group and has given evidence to the Social Care and Health Committee on the safeguarding elements of the Social Services and Wellbeing Bill. Jenny is the Safeguarding lead in North Wales and chairs the Regional Safeguarding Childrens Board. She also represents North Wales Social Services on the Strategic Coordinating Group for Operation Pallial, the inquiry into historical abuse in North Wales Care Homes. Jenny has recently taken on the workforce lead for North Wales and chairs the regional workforce board which is supported by external partners and councils.



**DR DAVE WILLIAMS**  
**CAMHS Advisor,  
Welsh Government**

Dave attends the board  
in his position as the  
CAMHS adviser to the

Welsh Government Chief Medical Officer. He is the lead officer of the Early Intervention and Enhanced Support for Vulnerable Groups work stream, supporting Jenny in her role as Chair.

Dave is the Divisional Director for Family and Therapy services in Aneurin Bevan University Health Board and has been a community based Consultant Child and Adolescent Psychiatrist there for almost 20 years. He currently works with children and young people with learning disability.

Dave is interested in developing integrated services across sectors, building networks and sharing good practice for the benefit of service users and staff particularly the most disadvantaged. He has experience of engaging and participating with service users at both a local and national level to develop policy and services. Dave is Chair of Children in Wales and a trustee of the Huggard Centre in Cardiff.

## STAKEHOLDERS

One again, thank you to everyone who is helping us to promote T4CYP and is engaged in the work that we are doing. By working together we are making 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 Assembly for Wales, Children Young People and Education Committee
- 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