



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 #1 for Children & Young People
May 2016

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

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.

Why is the 'Together for Children and Young People' Programme needed?

- More and more children and young people are being referred (sent by their GP) to CAMHS. In fact, over the last four years, there has been a 100% increase in the number of people being referred. CAMHS can't cope with this extra demand.
- This means that waiting lists have become much longer and those who need urgent specialist care are having to wait too long to get the help they need.
- Not all people referred to CAMHS need this specialist help. This means that those who do need it are having to wait even longer to get the help and treatment they need. Together for Children and Young People want to change this.
- Together for Children and Young People aims to make sure that support is provided to all children and young people who need it. They will do this by making sure that those who need specialist help get it quickly, and by making sure that there are other options for those with less serious conditions, so they also get the best support for them.



How is the 'Together for Children and Young People' Programme going to do this?

Funding

Welsh Government* has said it will spend an extra £7.65m on emotional and mental health services for children, young people and their families every year. This money will be used to help CAMHS and other services, like counselling, to work better for children and young people.

Welsh Government has said that it wants to see services improved as quickly as possible and it is the 'Together for Children and Young People' Programme that is responsible for making sure this happens.

**Welsh Government is responsible for setting policies in Wales and deciding how much money should be spent on things like schools, hospitals, and roads.*

Specialist work groups

Together for Children and Young People has set up specialist work groups to look at exactly what needs to be done to make a difference to the emotional and mental health of children and young people in Wales. These working groups are:

- **Early years, resilience and wellbeing:**

This means looking at how children and their parents cope when they are little, and how children and young people learn to cope with life as they grow up. This includes things like looking at how schools can help children and young people with their emotional and mental health, and training for professionals who work with parents, children and young people.

- **Early intervention and enhanced support:**

This means making sure there are systems in place to identify children and young people who are at risk of developing a serious mental illness and making sure they get support as soon as they need it. This group is also looking at ways to make sure vulnerable children and young people, for example, children who are in care, are fully supported.

- **Neuro- Developmental Issues and Co-Morbid Mental Health and Intellectual Disabilities:**

This means making sure there are good mental health services in place to support children and young people who have additional needs, for example autism, ADHD or an intellectual disability (learning disability).

- **Specialist CAMHS Pathway:**

This means making sure that CAMHS is working in the best possible way for children and young people, that children and young people who need their specialist help get it as soon as they need it, that CAMHS is working with other organisations like mental health charities and schools and that it's out of hours care is working effectively.

Links with other organisations and community groups

There are lots of different organisations that provide help and support with emotional and mental health, such as school counselling services, youth clubs, mental health charities, helplines and others. Together for Children and Young People will work to make sure that all people and services that can help children and young people with their emotional and mental health are part of the Together for Children and Young People programme. This is important, so that those with less serious conditions know where to go to for help in their own community.

Links with education

Together for Children and Young People is working with the Education Department in Welsh Government. The school curriculum in Wales is changing and a review carried out in 2015 on behalf of Welsh Government, said that emotional well-being of pupils needs to be at the heart of this new curriculum. Schools can help children and young people to develop skills to help them cope with growing up and it is therefore important that the Together for Children and Young People Programme and the people developing the new curriculum in Wales work together.



Who works on the Together for Children and Young People Programme?

Together for Children and Young People 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 Director of T4CYP is Siân Richards from NHS Wales.

The Programme Manager of T4CYP is Kathryn Davies from NHS Wales.



A Programme Board (a group of people) has been set up and the Chair of this Board is Carol Shillabeer from NHS Wales. The other people on the Board are leaders and experts from health, education, social services and the third sector.

Are children and young people involved in the Programme?

Yes. Together for Children and Young People is working closely with organisations that will help us make sure that as many children and young people as possible have opportunities to have their say in developing better emotional and mental health services. These organisations are:

- *Mental health charities: Hafal, Bipolar UK, the Mental Health Foundation and the charity Diverse Cymru
- Children's Commissioner for Wales
- Children in Wales & Young Wales
- The Wales Observatory on Human Rights of Children and Young People

***Making Sense Report:**

This is a report by young people, giving their views on emotional and mental health. It was written by young people with the support of the mental health charities listed above. More than 500 people from across Wales took part in surveys and discussions and their opinions are shared in the Report. If you want to see a copy of the report, please go to: www.hafal.org or get in touch and we'll send you a copy.

Together for Children and Young People Conference

This will happen in Cardiff on Tuesday, 21 June 2016. The conference will bring together people from a wide range of partner organisations and highlight work to engage with children and young people across Wales. It will explain how Together for Children and Young People is working to make sure that the issues identified by young people are addressed. There will be a full update on what happened at the Conference in the next newsletter.

Summary

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





**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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 @YoungWalesCIW

All children and young people have rights and these rights are listed in the United Nations Convention on the Rights of the Child (UNCRC).

Your rights are the things you need to lead a safe and healthy life. One of these is about having an opportunity to say what you think about different issues that are important to you and for your opinions to be listened to.

Article 12 of the UNCRC says:

“Children have the right to say what they think should happen, when adults are making decisions that affect them, and to have their opinions taken into account.”



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