

## **CYPE(6)-04-22- Papur i'w nodi 2**

### **Y Pwyllgor Plant, Pobl Ifanc ac Addysg**

### **Cais am wybodaeth am weithio gyda'r trydydd sector i ddarparu gwasanaethau cymorth iechyd meddwl i blant a phobl ifanc**

#### **Ymateb gan: Mind Casnewydd**

Please see the below information regarding services for children, young people and families provided by Newport Mind. This is in response to the request for information sent for the 'Working with the third sector to provide mental health support services for children and young people' call out.

- Family Wellbeing & Resilience Service – Provides mental health and emotional wellbeing support for whole families in 1-to-1 and group settings as part of the Families First Scheme in Newport.
- Youth Engagement Workers – Provides short-term 1-to-1 support to young people aged 11-25 with low-level mental health and emotional wellbeing difficulties. Also provides 2 detached youth work sessions per week to reduce stigma and engage hard-to-reach young people.
- Systems Change Project – Aims to make mental health a part of normal conversation for young people by working with our partner organisations (currently Community House, and the Bridge Achievement Centre) across Newport. We are recruiting and training volunteers to work in communities that traditionally do not access mental health support. It is important to us that these volunteers are representative of the groups we are trying to reach; young men, young people from BAME communities, young people from LGBTQ+ communities and young people from deprived backgrounds. By working with existing groups we aim to create lasting change; where young people feel comfortable and confident discussing their mental health and wellbeing in their communities, reducing stigma and promoting access to mental health services.
- Whole School Approach to Mental Health Project – Working in partnership with every secondary school and alternative education provision in Newport, the WSA project provides a range of universal and focused mental health interventions for students, staff, parents and carers. The project aims to improve wellbeing, reduce stigma and provide psychoeducation and training to meet the unique needs of the stakeholders of each school community. The BOOST 1-2-1 service for young

people aged 10-18, receives direct referrals from the Newport SPACE Wellbeing Allocations Panel. Sourcing sustainable funding to maintain this impactful project is a challenge, with funds currently due to end in March 2022. Some schools have been able to commission part-time time-limited support directly, but many have expressed that their funding for such support is currently too limited, regardless of the high level of need.

- EBSA – The Emotionally Based School Avoidance (EBSA) project is a collaboration between Newport Mind and Newport Educational Psychology team. Every school in Newport will have access to live workshops as well as pre-recorded staff training videos and a guidance document, to help them support young people and families experiencing EBSA. Resources will also be available for families and young people themselves. Strong partnership communication and the development of trust have been crucial in meeting the targets for delivery so far.
- Piece by Piece Project – The piece by piece project works with young people aged 11-25 and their families who have experienced a recent trauma. We offer 6 one-to-one support sessions, family restorative sessions, and a range of creative workshops that are in partnership with Literature Wales and Community House. This project is available to anyone living within the Newport area, with an added focus of engaging those from backgrounds such as BAME and LGBTQ communities