



‘TOGETHER FOR CHILDREN AND YOUNG PEOPLE’ PROGRAMME

BRIEFING FROM THE PROGRAMME BOARD CHAIR

CHILDREN, YOUNG PEOPLE AND EDUCATION COMMITTEE, 14 SEPTEMBER 2016

INTRODUCTION

This report provides a briefing on the *Together for Children and Young People* (T4CYP) service improvement programme.

BACKGROUND

Following a number of critical reviews of Child and Adolescent Mental Health Services (CAMHS), most notably the National Assembly for Wales CAMHS inquiry, the Health and Social Services Minister launched T4CYP in February 2015. This programme aims to improve the emotional, mental health and wellbeing of children and young people in Wales.

Led by the NHS, this multi-agency service improvement programme is reshaping services in line with the principles of prudent health and care. T4CYP is based on a human rights approach and is committed to embedding the 7 Core Aims for children and young people under the United Nations Convention on the Rights of the Child (UNCRC).

WHAT ARE THE KEY ISSUES/PROBLEMS?

The problems highlighted within the reviews included:

- 103% surge in referrals over the four year period 2007-2011.
- Waiting times getting longer for both assessment and interventions in spite of 25% increase in specialist workforce during this time.
- Lack of clear consistent pathways consistently across Wales for CAMHS and neurodevelopmental issues.
- Concerns raised by young people and families in relation to the transition between young people’s and adult services and between different parts of the wider care system.
- Under developed psychological therapies services.
- Safety issues including inappropriate admissions to adult mental health wards, problems with sharing information and acting upon safeguarding duties, and unsafe discharge practices (WAO).
- Inappropriate prescribing (particularly anti-depressants) for young children.
- Lack of alternatives to referral to sCAMHS for those needing emotional health support or early intervention.
- Significant workforce challenges across sectors including workforce supply, training and development.

WHAT APPROACH HAS BEEN TAKEN?

In response T4CYP is adopting the following approach:

- **Windscreen Model** – We are using the windscreen model to develop the resilience of all children and young people in Wales, intervene early for those at risk and ensure that those with mental illness get access to sCAMHS as quickly as possible.



- **Programme arrangements.** We have established a cross agency, multi disciplinary leadership board overseeing the work. A number of workstreams are taking forward work across the windscreen areas. Expert advice is provided by a UK wide CAMHS expert and a reference group of stakeholders is scrutinising our work.
- **Engagement with Children and Young People.** We are listening to and learning from those groups already in existence. These include 'Young Wales', the Youth Fora across Wales, those set up by the Children's Commissioner and the third sector *Making Sense* initiative.
- **You Said..... We Did'**. Our regular updates will outline the action to respond to key priorities identified by children and young people, assuring them that their input is leading to tangible action. The first update is available on our website.
- **T4CYP Website** – Requested by children and young people our website hosted by the Welsh Local Government Association as part of Good Practice Wales, provides an on-line resource, identifying best practice across all the programme areas and sharing programme products. The website also has an interactive Twitter feed. The website is available at: www.goodpractice.wales/T4CYP
- **Annual Conference.** We are holding annual events to check and challenge the areas for high impact change. All Committee members will be invited to the next Conference on Thursday 22 June 2017.

WHAT HAS BEEN ACHIEVED TO DATE?

During the first year products delivered include:

- **Increased investment.** This is in new models of care for specialist sCAMHS which are already reducing waiting times to access sCAMHS provision, and for young people in the justice system.
- **Needs Assessment.** This sets out the data and evidence in respect of mental health issues, including the prevalence, risk and protective factors and the evidence of what can be done to support children and young people. The full report is published on our website at: www.goodpractice.wales/health-needs-assessment-and-evidence-review
- **Baseline Variations and Opportunities Audit of sCAMHS.** This most comprehensive audit of sCAMHS to date, outlines current service models and provision benchmarking our position within the UK. It highlights variations in Welsh service and identifies both areas for improvement and of good practice for health boards to adopt.
- **Framework for Improvement for sCAMHS.** This provides a definition of core sCAMHS and pathways for crisis care, eating disorders and early intervention in psychosis. Adoption by health boards will support them to improve access through reducing waiting times, ensuring children and young people receive evidenced based services and consistent outcomes.
- **National neurodevelopment pathway.** This sets out quality standards and aims to provide a single point of access in each local area.
- **Clinician's toolkit for Autistic Spectrum Disorder (ASD)** developed in partnership with the WLGA National ASD Development Project. This provides NICE compliant evidenced based practice in assessment and diagnosis.
- **Emerging workforce programme.** This will focus on workforce planning and education and training across all sectors.
- **Care closer to home.** This is resulting in a significant reduction in young people being admitted into bed based care outside of Wales. (Some young people because of their specific needs will continue to need bed based care outside of Wales).
- **Listening to the voices of young people.** The 10 recommendations from young people have been taken into account in terms of remodelling services.

WHAT WILL BE DELIVERED NEXT?

The programme work plan for the next 12 months includes:

Universal Resilience and Wellbeing

- 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

- 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

- 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.

s CAMHS

- 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

- Transition pack of resources for professionals.
- Transition passport for young people.
- Good practice guidance for health boards

Workforce, Education and Training

- Multi professional, cross agency, national core competencies and training framework
- Continuous Professional Development (CPD) framework for CAMHS professionals.

**Carol Shillabeer, Chair T4CYP
September 2016**