

Vivienne Harpwood, Cadeirydd / Chair

Ffon / Phone: 01874 712502

E-bost / Email: Vivienne.Harpwood@wales.nhs.uk

Carol Shillabeer, Y Prif Weithredwr /

Chief Executive: E-bost / Email: carol.shillabeer2@wales.nhs.uk

Ffon / Phone: 01874 712659



CS/AE

3 April 2019

Lynne Neagle
Chair
Children, Young People and Education Committee
National Assembly for Wales
Cardiff Bay
Cardiff
CF99 1NA

Dear Ms Neagle

Mind Over Matter Report Follow-up: Together for Children and Young People Programme Update

Thank you for the opportunity to provide an update to the Committee on the work of the Together for Children and Young People Programme. As you will be aware the Programme was established in 2015 and is due to come to a close at the end of October this year. As Chair of the Programme and on behalf of the Programme Board, I am pleased to see the continued priority given to children and young people's mental health and welcomed the 'Mind Over Matter' report published by the Committee in 2018. As the report concluded there has been demonstrable improvement in the way services are provided, particularly specialist CAMHS, and improved access to services including reduced waiting times has been achieved. The Programme and the wider CAMHS community however recognise that there is more to do in this area.

Pencadlys
Tŷ Glasbury, Ysbyty Bronllys,
Aberhonddu, Powys LD3 0LU
Ffôn: 01874 711661



Headquarters
Glasbury House, Bronllys Hospital
Brecon, Powys LD3 0LU
Tel: 01874 711661



The update report attached outlines the work of the Programme against its terms of reference and seeks to give a realistic view of progress and where more work is underway during the life of the Programme. A rating of red, amber, green has been used to display this, with many areas in the amber range indicating that further work is underway. I would draw your attention to some key priorities for the Programme during this year. Firstly, the most significant area of work is the development of a national Framework for Early Help and Enhanced Support. Capitalising on the learning from the approach taken to generate the Whole School Approach work, building resilience and support for children and young people in schools, the Programme will draw together a broad range of key stakeholders in developing the Framework. This will, in reference to the 'Mind Over Matter' report, help to make further progress to address the issue of the 'missing middle.'

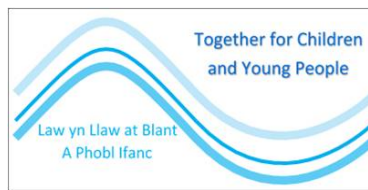
The second key area of work is the transition or legacy beyond the life of the Programme. The landscape and context in Wales has changed considerably since the establishment of the Programme and Welsh Government emphasis on Regional Partnership Boards and Public Service Boards provides an opportunity for stronger multiagency work in the area of children and young people's mental health. Further, the investment made available by Welsh Government, including the Integrated Care Fund and the Transformation Fund associated with 'A Healthier Wales' provides opportunity for investment locally. The Programme will be working with the Children's Commissioner in having productive dialogue with RPBs to identify and maximise opportunities for local developments.

I hope the Committee finds the information provided helpful. Please do not hesitate to get in touch should clarification or further information be required.

Yours sincerely



Carol Shillabeer
Chair, Together for Children and Young People Programme



Together for Children and Young People (T4CYP) Programme: Update Report

Introduction

The T4CYP Programme is an NHS-led, government sponsored, multiagency programme for the improvement of emotional and mental health for children and young people in Wales. This report provides an update on the work of the Programme, and seeks to make specific reference to the findings and recommendations of the Children, Young People and Education Committee in its report 'Mind Over Matter' published in 2018.

The Programme was established in 2015 with the following key areas of priority:

1. Evidence based needs assessment
2. National policy and other guidance
3. Equity of access to CAMHS
4. Planning processes and more mature commissioning
5. Resilience building for children and young people
6. Neurodevelopmental services
7. Early intervention approaches
8. Psychological therapies
9. Future role and models of specialist CAMHS
10. Transition
11. Framework for Action
12. Understanding progress and implementation of local plans
13. Engagement of stakeholders including young people
14. Contributing to the overview of workforce development
15. Coordinating the programme of work, agreeing priorities with stakeholders and reviewing progress
16. Sharing learning and good practice on improving emotional and mental health services for children and young people with partner agencies.

The Programme was established to run for three years and is supported by an Expert Reference Group (ERG), chaired by Dame Professor Sue Bailey, and made up of experts from academia, local government leadership, CAMHS service, health board leadership, and the Children's Commissioner. The purpose of the ERG is to check, challenge and support the work

of the Programme. The Programme during its first three years established an annual stakeholder conference to help understand the key issues experienced by stakeholders, to check on progress as improvements were implemented and to set key priorities for action. The programme was extended to a fourth year and is due to close in October 2019. This report has been developed aligned to the T4CYP key priority areas to ensure transparency of progress against its purpose. Appendix 1 maps the areas of the programme to the recommendations from the Mind Over matter report for ease of cross referencing.

Progress against programme key priorities

The specific areas of work outlined within the key priority areas are listed below with the associated programme deliverables.

1. Evidence based needs assessment (green)

Significant progress has been made in relation to understanding the needs of children and young people, the prevalence of emotional and mental health disorders and the pattern of provision of services. Evidence and understanding is continuing to grow given the focus on children and young people's mental health across the UK and internationally.

Needs Assessment (June 2016): a comprehensive overview of the mental health and wellbeing of children and young people. The report sets out the data and evidence in respect of mental health issues, including the prevalence, risk and protective factors.

Baseline Variations and Opportunities (BVO) Audit of sCAMHS (March 2016): the first comprehensive assessment of sCAMHS provision across Wales. It highlighted variations in practice and opportunities for improvement to health boards and as a result good practice has been widely shared and service improvement targeted. Regular reviews are now well established and data continues to be updated annually through the National NHS CAMHS Benchmarking Exercise (see point 12). Further benchmarking in subsequent years has shown areas of improvement and highlighted health boards that require more work. This is overseen through the NHS Wales CAMHS Network Group.

Evidence based planning: The T4CYP programme is working with colleagues across networks to drive improvements in intelligence. The NHS Digital prevalence report in England provides an up to date picture of prevalence and makes future predictions that can should inform future priorities. The Programme has established strong links with the Mental Health Coalition as part of the home countries work. Links to the coalition exchange event are inserted below.

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=848>

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=847>

The NHS Digital report, although developed based on the population of England, is a useful source of prevalence information for planning in Wales. There are key messages within the report including:

- One in eight 5-19 year olds had a mental disorder in 2017 (note – mental disorder is identified using the International Classification of Diseases, ICD 10, standardised diagnostic criteria).
- There has been a slight increase in overall rates of mental disorder.
- Emotional disorder rates have increased, whilst other disorder types were stable.
- Rates of mental disorder were higher in older age groups, particularly young women.

This type of prevalence information is assisting significantly in shaping services moving forward.

The link to the full report:

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

The Social Services and Wellbeing Act and the Wellbeing of Future Generations Act place responsibility on Regional Partnership Boards and Public Service Boards to conduct regular assessments of needs for their population. The introduction of WCCIS with enhanced coding and the ongoing participation in the NHS benchmarking process will enable organisations and the Mental Health Network for NHS Wales to continue to focus on evidence based needs assessment for service improvement.

2. National policy and other guidance **(green)**

The policy and legislative landscape has changed during the Programme with the Social services and Wellbeing Act and the Wellbeing of Future Generations Act being taken forward in practice. When discussing legislative frameworks with other UK networks, a sense of progression in Wales is expressed that is supportive to the improvements needed for addressing emotional and mental health issues. The Mental Health measure is key and the changes to access times in relation to children and young people seen as an important step.

There is however further work to do in this area, including maximising the potential of regional planning and service delivery through Regional Partnership Boards. This remains a key priority for the remainder of the Programme. There is some evidence that several RPBs have identified children and young people's emotional and mental health as a priority and the Transformation Fund established by Welsh Government under 'A Healthier Wales' is being utilised to drive forward new models of care.

Key Principles to Improve Mental Health and Wellbeing for Children and Young People:

This guide, widely shared, enables all professionals working with children and young people to understand the legislative requirements and guidance outlined within the United Nations Convention on the Rights of the Child (UNCRC). All guidance issued by the

programme is supported by legislation and policy/guidance issued by UK Government, Welsh Government, National Institute for Health and Care Excellence (NICE) and NHS Wales. The implementation of this in NHS CAMHS will be reviewed through the peer review process being established through the Network.

3. Equity of access to CAMHS (amber)

The role of the Programme is to assist services to improve equity of access, to work together as a CAMHS community and to share learning for improvement. It is the role of individual health boards and the Welsh Government to performance manage services and organisations.

Framework for Improvement for sCAMHS: This Framework was developed early in the programme, with the specialist CAMHS community to seek to support identification of service improvement opportunities and enable a more consistent approach to provision. The CAMHS Network operates across all areas of Wales and is a strong focus for improvement and sharing. (see point 9) ensures consistent access criteria and standards.

Vulnerable Groups (October 2016): In partnership with Wales Alliance for Mental Health, young people with protected characteristics shared their experiences with statutory and third sector colleagues. Service improvement feedback was shared with health board leads to ensure that this becomes part of local service delivery.

The Programme recognises that for some vulnerable groups access to help and support remains challenging. Specific work examining the way in which services, working together, can support at an earlier stage and offer enhanced intervention is underway within the Early Help and Enhanced Support work stream. The T4CYP work stream will deliver proposals for best practice and service development to enable targeted support and interventions to those most at risk of developing emotional and mental health problems or showing early signs of mental disorders. There will be a specific focus for children who are in, or on the edge of, Care and young people outside of mainstream education, particularly those children not in education, employment or training (NEET). The work will also link to the Ministerial Advisory Group on Outcomes for Children and the Whole School Approach programme. The specific frameworks are planned to be developed and tested prior to the end of the Programme in October 2019. The recruitment of the National Youth Stakeholder Group will help to drive the engagement plans, beyond the lifespan of the programme, with an ambition of fully realising co-production of future resources and service delivery at a national, regional and local level.

4. Planning processes and more mature commissioning (amber)

Good progress has been made in relation to planning and commissioning although there is more to do. The CAMHS Network, established in 2014, has formed a core part of specialist CAMHS planning across Wales and the ability of the specialist CAMHS community to work collaboratively has significantly increased. This new collaboration led to the development

of the **Framework for Improvement for sCAMHS** (see point 9). The Welsh Government requirements regarding Integrated Medium Term Plans also has a requirement for organisations to demonstrate how they are making improvements to meet the needs of children and young people's mental health. In all regions (health board footprints) the Mental Health Partnerships form a focus for multiagency service planning, including a remit for the children's agenda.

Commissioning Specification for sCAMHS Inpatient Care: Developed to improve consistency in access criteria and provision, the specification draws on best practice and outlines the requirements of services whether provided by the NHS or any other sector provider. The specification has been implemented by the Welsh Health Specialised Services Committee (WHSSC) as the commissioner for sCAMHS inpatient services. It is recognised however that inpatient services across the UK are experiencing high demand and further work is underway to explore further opportunities for service development in this area.

As highlighted earlier, the potential for Regional Partnership Boards to drive forward mature needs assessment, planning, commissioning and integrated delivery is significant. The Programme in its final period will work to help progress these opportunities, and is encouraged that the Welsh Governments Integrated Care Fund Guidance has added a focus on children and young people's emotional and mental health as a priority. In addition, several RPB's across Wales have successfully sought transformation funds to develop innovative multiagency services based on local needs.

5. Resilience building for children and young people (amber)

First 1000 days and Adverse Childhood Experiences: Since the establishment of the Together for Children and Young People Programme other key Programmes have been developed. Close links are in place with the work of the Cymru Well Wales (formerly United in Improving Health) initiative and the First 1000 days programme.

DVD: Shared Stories (June 2016) highlighting the experiences of 2 young people within the school environment. This work and the wider views of children and young people helped to identify the need for a transformative approach to the development of schools as a place for enhancing emotional and mental health. The CAMHS In-reach programme was developed to test new ways of working within the school environment, bringing expertise and advice into schools to support both teachers and students more widely.

Whole School Approach: The T4CYP programme facilitated the development of a cross policy approach focussing on the development of a "Whole School Approach". Bringing together key stakeholders into a wider, facilitated workshop enabled a broad range of ideas to be heard to help inform a new Framework. The joint Ministerial Task and Finish Group and the supporting WG policy team will be taking forward this work. Following the T4CYP programme's role in facilitating the Whole School Approach, the same approach to develop the work around the "Missing Middle" is now underway. A cross sector stakeholder workshop will be held in June 2019 focusing on the area of Early Help and

Enhanced Support. A comprehensive Framework will be established that is intended to support local planning and development in this area. This is an ambitious element of work and the T4CYP Programme will give key focus to this throughout the remainder of the Programme. Importantly the engagement and sponsorship of wider sector partners is critical. The Welsh Local Government Association (WLGA) has already signalled strong commitment and others such as Police and Youth Justice will be key alongside health, education and social care.

6. Neurodevelopmental services (amber)

Members of the National Assembly for Wales will be familiar with some of the core elements of neurodevelopment services given the recent consideration of the private members Bill on Autism. This is an area where specific focus, strong clinical leadership and a developing community of practice has brought improvements. There is however a significant challenge ahead as the demand for support continues to grow. The NHS Digital study in England of Prevalence and Future Predictions for children and young people's mental health has drawn out some key findings. One in eighteen (5.5%) pre-school children in their study were identified with at least one mental health disorder (ICD 10 categorisation) including behavioural disorders (2.5%) and Autism Spectrum Disorder (1.4%). Practitioners in this field are advising a significant increase in demand for services locally, putting pressure on the ability to meet access times standards. A broader dialogue is needed regarding a whole system approach to neurodevelopmental and associated presentations and this will be considered as part of the Early Help and Enhanced Support work highlighted above. This could include the development of 'A Perfect World' model.

National neurodevelopment (ND) pathway (June 2016): This early work led to a common integrated care pathway with a single point of access in each local area across Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorder (ASD). Welsh government investment has supported the development of these services locally, in some areas providing a service where there was an absence of one previously. This means that children with all neurodevelopmental conditions should receive a common approach to their assessment based on best practice evidence and NICE guidelines. Whilst good progress has been made through these teams, it is clear that demand on the new services is increasing and some services are reporting an increased length of time for assessment to take place. Work is underway to understand the demand and capacity relating to these services which should report late summer/early autumn.

Clinician's toolkit for Autistic Spectrum Disorder (ASD) (June 2016): The Clinician's Toolkit, developed in partnership with the WLGA National ASD Development Project, provides NICE compliant evidenced based practice in assessment and diagnosis. This means that all children and young people should receive a standardised assessment and signposting to appropriate services. An equivalent toolkit for Attention Deficit Hyperactivity Disorder (ADHD) is under development, with links to Toolkits provided below.

ADHD Clinicians' toolkit resource - [Neurodevelopment Diagnostic Assessment Pathway](#)

ADHD Clinicians' toolkit resource - [Consensus All Wales Guideline for Monitoring Children Receiving Medication for Attention Deficit Hyperactivity Disorder \(ADHD\)](#)

ADHD Clinicians' toolkit resource - [Template to Request School Report](#)

ND Dataset: Improving data is a critical area for development in relation to neurodevelopment services. Work is being taken forward with Welsh Government to develop standardised data/metrics for national monitoring, including performance and quality standards. The performance data should be available (possibly in shadow form) for the first time at the end of March 2019 and should provide the baseline position.

7. Early Intervention approaches (amber)

Early Help and Enhanced Support: This is a key area for the final phase of the Programme and has been reshaped to include 'Early Help and Enhanced Support'. The Committee, in the Mind Over Matter report, gave particular focus to the need to progress the planning and delivery of joined up approaches for children, young people and families whose needs are out with specialist CAMHS per se. This work stream sets out to develop a Framework that can support local planning and service delivery across the sectors. The workshop planned for June 2019 is intended to bring together different sectors to explore a common set of principles (vision), outcomes including individual goal based outcomes based on the 'What Matters' principle, and the potential menu of service options. There is particular need to ensure join up with existing ministerial policy and implementation groups such as the Outcomes for Children Ministerial Advisory Group and the Whole School Approach work.

Directory of Best Practice (published August 2017): The Programme has already published material aimed at supporting local partnerships and services to develop their early help provision. This publication focused on highlighting support schemes for vulnerable children and young people reviewed in partnership with the Early Intervention Foundation, who have supported the Programme since its establishment. The directory also provides guidance to enable health and social care to expand high quality support provided by non-mental health professionals, thus encouraging a broader range of interventions.

Pathway for Local Primary Mental Health Support Services (published August 2017): By setting out consistent models of care in line with the Mental Health (Wales) Measure, the pathway strengthens the role of primary care mental health support services ensuring that they are better able to support other agencies in effectively managing the needs of children and young people. The NHS Delivery Unit are currently reviewing all local primary mental health support services (LPMHSS) care services across Wales, focusing on the models of care and their implementation, the impact and the challenges of services. The Review is due to report in May 2019 and should form part of a core contribution to the development of the Framework for Early Help and Enhanced Support. A comprehensive exercise to establish stakeholder (including service user) feedback relating to local primary mental health support services is underway aligned to the review work of

the Delivery Unit. This will further enhance the picture of services across Wales and identify areas for further development and improvement.

8. Psychological therapies (amber)

The direct leadership of this aspect of development rests with the National Psychological Therapies Committee and therefore the Programme has sought not to duplicate this work. The development of Matrix Cymru relating to children and young people's psychological therapies is underway and this work will link in with the broader development on Early Help and Enhanced Support.

The Programme has welcomed the additional funding allocated by Welsh Government in relation to psychological therapies for children and young people and it is expected that the Matrix Cymru work will act as a guide for targeting the additional investment.

- £1.1m Welsh Government funding (as part of the £7.65m additional CAMHS investment) provided to health boards to further develop psychological therapy provision for children and young people in Wales.
- £7.1m will help to protect, improve and support the mental health of children and young people in Wales

<https://gov.wales/newsroom/health-and-social-services/2019/mental-health/?lang=en>

9. Future role and models of specialist CAMHS (sCAMHS) (amber)

The Programme gave considerable focus to the specialist CAMHS aspects of service provision over the first two years. As the Committee recognised in its Mind Over Matter report, considerable progress has been made. The Programme however agrees that there is further work to do in this area.

Framework for Improvement for sCAMHS (June 2016): Early work of the Programme focused on developing collaboratively a Framework for Improvement. This set out a clear definition and referral criteria for sCAMHS to ensure that children and young people across Wales receive an equitable service across the areas of enhanced access, advice, liaison and assessment and care co-ordination. It is supported by care pathways for crisis care, eating disorder services and early intervention in psychosis. New models of care provided through the increased CAMHS investment have been implemented. Prior to programme close the Framework for Improvement will be refreshed enabling a reflection of the key areas that continue to require focussed attention.

A number of other key areas have been progressed since the Programme last updated the Committee including:

- 2 additional pathways on management of self-harm in the community and psychiatric liaison.
- Guidance to improve care and treatment planning for young people.
- Guidance for GPs and others who refer in to sCAMHS.
- Guidance for young people and their families drawn up in partnership with Hafal and Young Wales.
- Data Driven Project: Complete a review of work of existing measures; data quality and consistency; demand and capacity and NHS benchmarking. This will form part of the VCs work programme to support.
- Guidance for Schools and professionals to manage Self Harm – developed through the Talk to Me 2 policy steering group

The work relating to specialist CAMHS continues to be progressed via the CAMHS Network Group, which has retained strong commitment from all health boards in Wales. Priorities in the final phase of the programme include

Advocacy: Finalise a review of the current provision of and need for advocacy services for children and young people accessing all mental health services. This work is being undertaken in partnership Welsh Government and in consultation with key stakeholders including the Children’s Commissioner, the National Youth Advocacy Service, Commissioned provider of services and children and young people themselves.

In patient Framework: There continues to be significant demand pressures for inpatient care throughout the UK. A review of the service approach as part of the Acute Admission Framework including standard specification will take place by April 2020 to consider the NHS and independent sector provision and agreed future actions for the medium to long term. This will be informed by a review of the current in -patient performance (Wales) including workforce challenges and opportunities in order to meet current and future provision.

Welsh Language: A review of current availability of Welsh language emotional and mental health services, identifying future areas of need and development of an implementation plan for improvement.

Integrated working: Further develop the opportunities for more joined up care between health, social services and potentially youth justice in relation to inpatient and residential support. Review community intensive team and the potential for further development including liaison with the Police (this work to include consideration of advocacy provision)

10. Transition (amber)

Transition Guidance for professionals (published August 2017): This guidance sets out a model for a seamless transition together with a set of key principles to be used across all areas of transition. This should ensure that all services are aware of the need to

communicate and work flexibly with the young person in their care to deliver a planned, flexible transition, based on individual need.

Young Person's Transition Passport (published August 2017): The Passport, developed in partnership with young people, provides an individual transition plan outlining the information and support that agencies should provide enabling focused support for young people as they move into adult services. The passport has been designed for use alongside the Care and Treatment Plan and should be implemented 6 months before and after transition. A review of the impact of both the guidance and the Passport is due to commence in summer 2019.

Transition in Health Settings: The Programme is connecting to the wider work regarding transition from children's to adult services. The Children's Commissioner is currently examining the area and the Programme will continue to feedback on the progress being made in relation to children and young people's mental health transition.

11. Framework for Action (amber)

The priorities of the Programme in its first stage related largely to specialist CAMHS. The Framework for Improvement in this area was built through collaboration and informed by multiple sources including the views of young people. This work will be reviewed and refreshed as the Programme moves through the focussed work on Early Help and Enhanced Support, capitalising on the progress made and the additional investment made by Welsh Government.

Framework for Action (July 2015): Developed in consultation with a broad range of stakeholders the Framework offered local health boards a guide for service development. This will be reviewed and refreshed as part of the Early Help and Enhanced Support workshop in summer 2019.

Annual Conference Events: These regular events have been key in supporting a check and challenge approach to the work of the Programme and in particular identifying key areas of focus. More latterly the work on facilitating a whole school approach and in the near future the early help and enhanced support has taken a more targeted approach.

12. Understanding progress and implementation of local plans (amber)

It is important to stress to the Committee that the Programme does not have a remit for performance managing local services. It has been key however to understand how local services have been developing through collaborative efforts in particular, and to focus in on the areas of practice and service that present most challenge. The Programme therefore has focused its efforts in the following ways.

NHS CAMHS Annual National Benchmarking Exercise: This provides health boards with feedback on performance across Wales as well as the benchmarked position against the rest of the UK. This acts as a lever for service improvement and an opportunity to share

best practice. The benchmarking has now been undertaken each year for 5 years and therefore is particularly helpful in assessing movement over time. It is important to note however that Benchmarking in itself is not necessarily a judgment of how effective a service is and therefore other sources of information are also used to inform service development.

Health Board Annual Progress Statements (June 2017): Each health board is encouraged to reflect on the progress made in taking forward innovative and responsive CAMHS services in line with the implementation of the *sCAMHS Framework for Improvement*.

Peer Visits: A Peer Review/Visit approach has been developed by the CAMHS Network Group and supported by the T4CYP Programme. This further cements the collaborative approach developed over recent years. A recent visit to BCUHB for example examined the community services, community intensive support team and the inpatient service provision.

13. Engagement of stakeholders including young people (amber)

Engagement of children and young people: Engagement with young people has underpinned the work of the programme through close links with the Children's Commissioner's office, Children in Wales and the High Needs Collaborative *Making Sense* initiative. The establishment of the National Youth Stakeholder Group and links with the National Youth Parliament are positively developing. This has also included specific engagement events to inform products and service improvement. Future focus needs to develop clear connections at a more regional and local level and will be explored as part of the Early Help and Enhanced Support work.

Expert Reference Group (ERG): The T4CYP programme has a robust governance structure in place which includes an Expert Reference Group (ERG) which advises and challenges programme direction. The ERG meetings include key presentations that inform future discussion and action. Examples can be found below

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=850>

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=851>

14. Contributing to the overview of workforce development (amber)

This is an area of particular development at an All Wales level. With the establishment relatively recently of Health Education and Improvement Wales working together with Social Care Wales, a national health and social care workforce strategy is being developed. The 10 year strategy will provide a focus for enhanced workforce planning across sectors as well as the development of education and training approaches. The all age Mental Health network will feed into this work.

The Programme has actively supported the work of the CAMHS Network group in terms of widening opportunities for workforce development. This however is an area that will require further considerable work across sectors in order to meet the challenges of the supply of workforce in particular.

15. Coordinating the programme of work, agreeing priorities with stakeholders and reviewing progress (green)

An outline of the programme arrangements, priorities, stakeholder engagement and progress has been provided throughout this report. The Programme itself can be viewed in 3 phases. The early work of the Programme focused on supporting improvements and development in specialist CAMHS, particularly given the service pressures including extended waiting times. Whilst there is more work to do in this area, the position has improved over time. The second phase of the Programme has sought to help progress an understanding and approach to universal support in building resilience. Recognising the specific role of schools, the Programme was pleased to have been able to support the thinking on the Whole School Approach. This work does not sit directly with the Programme, although is closely aligned. The final phase of the Programme relates to Early Help and Enhanced Support. Capitalising on the learning from the approach with the Whole School Approach, this work will bring together the different sectors, developing a Framework to guide service development and improvement.

The Programme is giving particular regard to the transition at programme end to other mechanisms. Of particular note is the potentially critical role that Regional Partnership Boards could play, and in some areas of Wales this is already evident. Working with the Children's Commissioner, the Programme is seeking to identify ways in which to assist RPBs in local planning and commissioning of children and young people's mental health services.

Following a detailed programme review in 2018 / 2019 it was concluded that the Programme has seen improvements in the following areas:

- Increased provision and quality improvements of specialist Child and Adolescent Mental Health Services (sCAMHS)
- Increased provision of community intensive services across Wales
- Improved waiting times, recognising that there is more to do to ensure sustainability
- Reduction in inappropriate out of area placements, again however recognising the pressure of demand for inpatient services
- Engagement of Children and Young People (CYP) – Hafal report and the clear recommendation arising from the publication
- Neurodevelopmental (ND) Services: New national pathway development currently being implemented

Consideration for the final phase of the Work Programme:

- A direct link has been made to the findings in the "Mind Over Matter" report.
- The clear views of the constituents of the current work streams and connected stakeholders.
- The programme's progress to date and areas of work that were planned / needed to continue to be developed / embedded.

- Recognition that the mandate for the T4CYP programme runs until the end of October 2019; and consideration of the Welsh Governments Together for Mental Health (T4MH) delivery plan which will run 2019 – 2022.
- The need to establish a legacy and the importance of Regional Partnership Boards (RPB's).

The focus for the remainder of the Programme is therefore based upon the following key summarised areas:

1. Development a national framework supporting Early Help and Enhanced Support. This will include the work undertaken to review all primary mental health support services in Wales, the broader development of psychological therapies, service responses for vulnerable groups and consideration of neurodevelopment for example.
2. Whole school approach and the interdependencies with the work of the newly formed team for Whole School Approach and the Early Help and Enhanced Support.
3. Co – production with the Youth Stakeholder reference group and the potential to build links into regional structures.
4. In relation to specialist CAMHS, further work in inpatient provision model, service specification and the opportunities to develop more integrated care approaches across health and social care.
5. Considering a “perfect world picture” of Neurodevelopment services in order to help inform future planning
6. Build further the networks for sharing experience and practice including through a home countries group.
7. Reviewing the care transition guidance and passport in practice, including consideration of 0-25 model pathways.
8. Enable legacy/transition beyond the life of the Programme specifically including links to Regional Partnership Boards (RPBs) and Mental Health Partnerships.

16. Sharing learning and good practice on improving emotional and mental health services for children and young people with partner agencies (green)

The Programme has strived to help build connections, networks and collaborations. There has been in general strong commitment to the Programme by different sector and this has brought a wealth of knowledge, experience and enthusiasm to this work. The points below demonstrate some of the examples that the Programme has either generated or been a key sponsor/supporter of.

Annual Conference Events: These have provided stakeholders with the opportunity to listen to a wide range of speakers and to share experiences and recommendations for future development. The priority for 2018 focused on supporting thinking in relation to the “whole school approach” enabling engagement across and beyond traditional partners. The initial event was hosted by T4CYP. This area of work has now been transitioned into the Welsh Government newly established “whole school approach” team.

Momentum in this area has continued beyond the work of Welsh Government including the Association of Directors in Wales (ADEW) conference which was held in January 2019. Planning is now well underway for the Early Help and Enhanced Support workshop, being supported by the WLGA.

The final event planned for 2019 relates to Programme transition and will form part of a home countries workshop to coincide with world mental health day in October 2019.

National Youth Stakeholder Group: This was established in partnership with Welsh Government and supported by Children in Wales. The diverse group of young people between the ages of 14 – 25 are central to the co-production of future areas of work. Discussions have already taken place regarding the link to the National Youth Parliament which has confirmed emotional wellbeing and mental health as its key priority.

Future Regional Coproduction: The volume and quality of applicants for the National Youth Stakeholder Group (67) could support the voice children and young people in the work being undertaken at Regional Partnership Board level. The specific emphasis of Welsh Government in the Integrated Care Fund guidance (2019/20) draws out the need for RPBs to consider children and young people's emotional and mental health.

<https://gov.wales/docs/dhss/publications/180329icf-en.pdf>

Newsletters: These have been issued to a wide range of stakeholders to update on progress have received positive feedback. Editions specifically edited for children and young people are developed and Newsletter # 7 was an interactive newsletter.

Newsletter # 8 will be co produced by the newly established Youth Stakeholder Group.

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=830>

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=831>

You Said We Did: In addition to newsletters regular updates that outline the action to respond to key issues identified by children and young people, reflecting that their input is leading to tangible action. This also includes social media platforms and proactive awareness plans such as the week long programme of events as part of the Children and Young People Mental Health Awareness week February 2019. Key partners for this event included the CYP Mental Health Coalition (England), Intellectual Property Office, Ebbw Fawr Community School, Welsh NHS Confederation Conference, links with WLGA and the Childrens Commissioners team. The work is supported by a clear stakeholder map which identifies current and future stakeholders

<https://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=849>

T4CYP Website: This is hosted by the Welsh Local Government Association as part of Good Practice Wales and provides an easy to navigate on-line resource for children and young people, their families and carers as well as those partners that work with them. It contains

a range of documents and links to useful resources, identifying best practice across all of the programme areas and sharing programme products. www.goodpractice.wales/T4CYP

Conclusion

The report sets out the progress made since the inception of the Together for Children and Young People Programme in February 2015. Significant progress has been made in relation to understanding the needs of children and young people, the prevalence of emotional and mental disorders and the pattern of provision of services. Evidence and understanding is continuing to develop, given the focus on children and young people's mental health across the UK and internationally.

The report highlights the areas of improvement and in doing so, makes specific reference to the findings and recommendations of the Children, Young People and Education Committee in its report 'Mind Over Matter' published in 2018. These include the increased provision and quality improvement of specialist child and adolescent mental health services, increased provision of community intensive services across Wales, improved waiting times, a reduction in inappropriate out of area placements and the development of a new national pathway for neurodevelopmental services.

Following the development of the initial CYP Hafal report, the programme has developed a National Youth Stakeholder Group in partnership with the Whole School Approach team at Welsh Government. The Group will help to drive engagement plans beyond the lifespan of the programme, with an ambition of fully supporting co-production at a national, regional and local level.

There remain key areas of work for the Programme to support and the report has sought to highlight those that will have a particular focus during the remainder of the Programme. Importantly, developing a Framework for Early Help and Enhanced Support is key which is intended to move forward the work around what the Committee called the 'Missing Middle' in its report.

The information provided in this report will be supplemented by a summary of service data/information, which will be submitted at the end of April 2019 and will include the most up to date information based on the full 2018/19 reporting year.