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Child and Family Services Scrutiny Panel

Emotional Health & Wellbeing update

May 2021

Joanne Abbott-Davies, Assistant Director of Strategy & Partnerships,
Swansea Bay University Health Board

Julie Davies Head of Child & Family Services Swansea Council

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Impact of covid

- ▶ Disruption to partnership meetings
- ▶ Slower progress in certain aspects of plan
- ▶ Increasing demand for both emotional and mental health services as the pandemic progressed
- ▶ Still learning about the emerging impact of the pandemic on children and young people's emotional health and wellbeing

Impact of covid

Coronavirus and Me

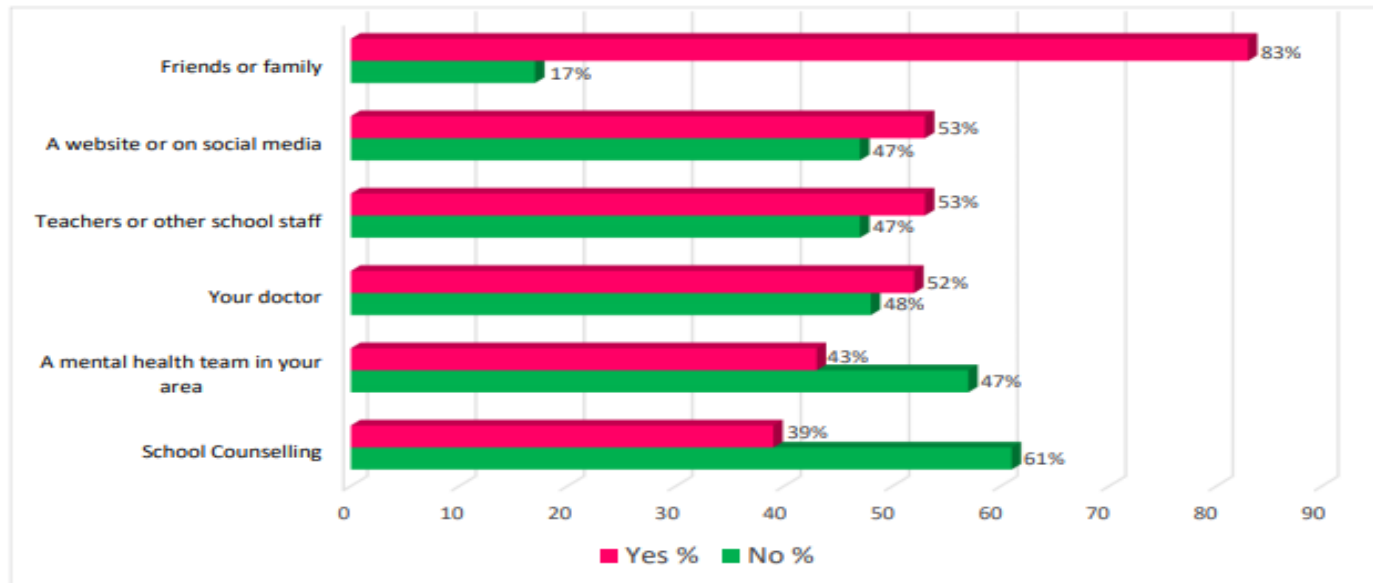
Emotional and Mental Health Support

UNCRC Article 24: a child's right to good quality health care

Many have expressed concerns about the mental health of people of all ages during the crisis. Children and young people were asked about seeking help for this. Younger children and those answering the accessible version were asked whether they knew where to get help if they need support to feel happy and well. 77% of 7-11 year olds said 'yes', 16% were not sure and 7% answered 'no'. Of those answering the accessible survey, 70% said 'yes', 23% were not sure and 8% answered 'no'.

Young people responding to the 12-18 survey were asked about different types of support available:

Table 4: 12-18 Survey. If you need help with your emotional or mental health now, would you be confident to get help from these places? (n= 11,002)



Working together in partnership

- ▶ Emotional Health & Wellbeing for CYP (including CAMHS) agreed as priority for West Glamorgan Regional Partnership Board & acceptance that response needs to be multiagency
- ▶ 3 year delivery plan 2018-21 agreed and implemented
- ▶ Delivery plan for 2020-23 under-development
- ▶ Multi-agency discussions on-going to improve access to ensure children & young people get access to services at the right time, and in the right place
- ▶ Regional model developed during COVID, and discussions on-going to agree as a permanent structure
- ▶ Future plans to map services at each level of the model, and review demand and capacity. This will be a priority in the Emotional & Mental Health Delivery plan for 2021/22, in addition a focus on increased psychological therapies

Progress to Date

- ▶ Establishment of Single Point of Access to CAMHS from March 2020 (ahead of target date of March 2021)
- ▶ Investment by partners to increase support in all settings including school counselling
- ▶ This is not just about specialist CAMHS but having a full range of services available to support children & young people's emotional and mental health
- ▶ Plans being developed to provide support for the emotional health and wellbeing of children and young people, including the joint agency development of tier 1 and 2 interventions to avoid referral into specialist CAMHS where this is not appropriate
- ▶ Pace of implementation of plans slowed due to Covid-19 response

Progress to Date

- ▶ Additional P-CAMHS staff have been recruited utilising Welsh Government Service Improvement monies.
- ▶ NPT Hospital site is now the CAMHS management centre, and Fairfield (Cefn Coed Hospital) is now closed.
- ▶ Children from NPT are being seen in Children's Development Centre at NPTH
- ▶ A new property is opening on the Kingsway - Ty'r Meddwl in June 2021 to allow Trehafod (Cefn Coed Hospital) to close - CYP will then be seen for the Swansea area at this location, adjacent to Infonation
- ▶ The recruitment of emotional health & wellbeing officers to support the liaison model with an increased focus on psychological therapies.

Services to Support the Emotional Health & Wellbeing of Children & Young People 2021-23 Delivery Plan

Strategic Objective	METHOD/ ACTION	WORK STREAM/ GROUP AND LEAD
Improved accessibility to CAMHS and specialist advice & support in all settings including the provision of safe accommodation for CYP	<p>Improve compliance against Welsh Government Targets (CAMHS & NDD)</p> <p>Integration of CAMHS</p> <p>Review the need for increased presence in clinical areas such as A&E and children's services.</p> <p>Monitor and review the changing needs of young people – COVID 19</p>	CAMHS Commissioning - Michelle Davies
Partnership working to improve multi-agency working and support the delivery of the Transforming Complex Care Work Programme	Receive regular updates on the Transforming Complex Care programme in relation to Transition, Continuing Health Care and Safe Accommodation	West Glamorgan Partnership, Transforming Complex Care – Melanie Blake
Further develop and sustain the ND Service in line with recommendations on the All Wales Pathway	Continuously review demand & capacity for the ND Service to develop a sustainable service model and improve performance.	SBUHB Childrens Services – Michelle Mason-Gawne & Katherine Ellis
Develop Plans for CAMHS Prevention & Wellbeing	Mapping of Tier 1/ Universal Services including demand & capacity Review of training needs for professionals	Improving access to support for Emotional Health & Wellbeing – Julie Davies/ Helen Foster
Improved access to Psychological therapies	Multi-agency mapping of therapies aligned with the publication of Matrics Plant and gap analysis	Improving access to psychological interventions including psychological therapies – Vanessa Hammond/
Monitor and review services with regular engagement from children & young people throughout the life of the Delivery Plan	Development of more robust co-production and engagement techniques to inform and test plans	Engagement and experience work stream - tbc

Kooth - launching in May

Need urgent support? Get help from a crisis service →



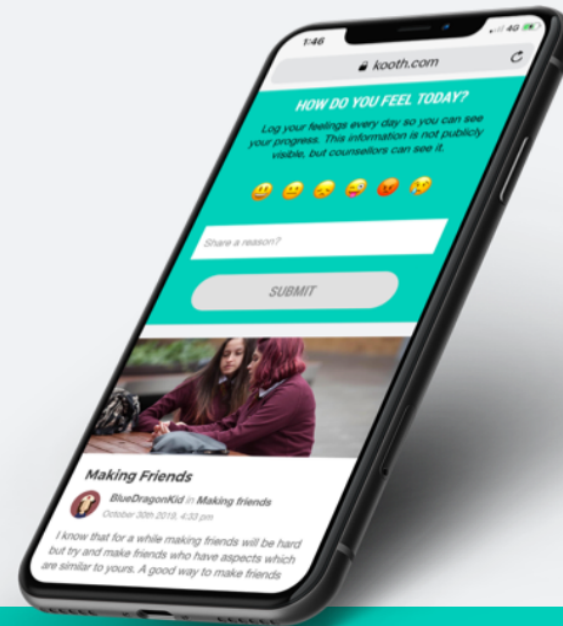
[Log in](#)

Your online mental wellbeing community

Free, safe and anonymous support

▶ [Watch our Kooth video](#)

[Join Kooth](#)



Kooth is currently contracted in Cardiff and Powys and in 109 out of 137 CCG areas, and is accessible to almost 80% of 11-18 year olds across England, supporting over 5.4 million young people nationally.

The target group:

- ▶ Children and Young People with emotional wellbeing and/or emerging mental health problems, many of whom will require a low-level/targeted/short-term intervention
- ▶ CYP who are hard to reach and do not engage with services through traditional routes

Regional Website - launching in June

tidyMinds

[I'm a young person](#) ▾

[I'm a parent or carer](#)

[I'm a professional](#)

Search this website...



[Home](#) > [I'm a young person](#)

How are you feeling?

Coping with common issues

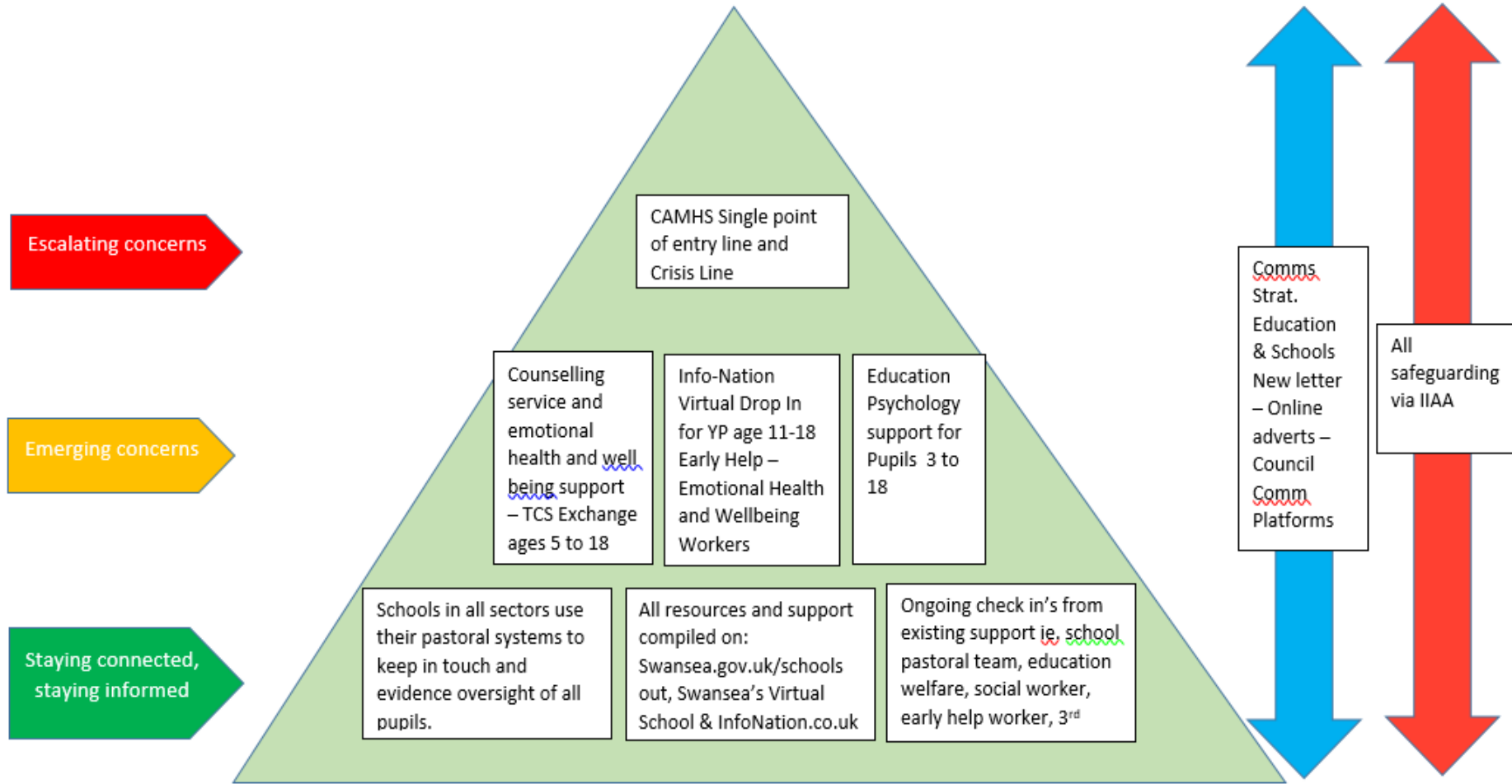
Getting the support you need

Understanding what's happening to you and why you might be feeling the way you do isn't always simple

[Learn more](#)

Mapping for Mental and Emotional Health and Wellbeing Concerns during Covid 19 Situation

#staying connected #staying informed #keeping yourself & others safe



Child & Adolescent Mental Health Service

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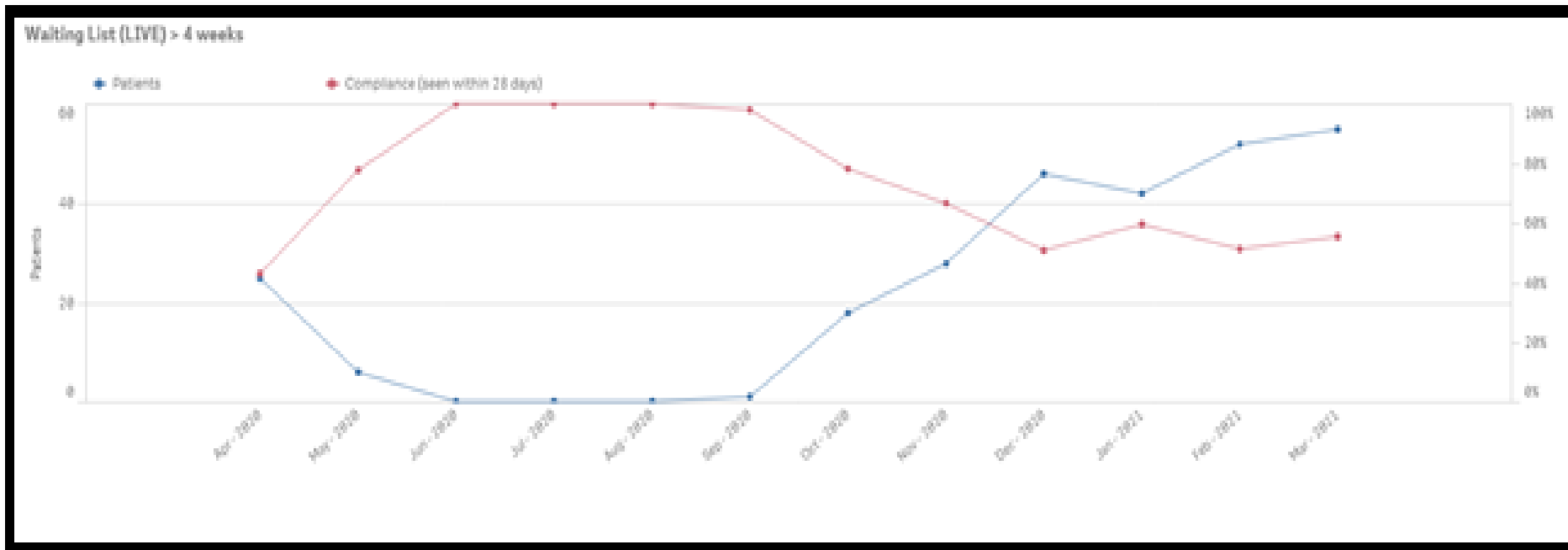
Performance - Welsh Government Targets - CAMHS

The current performance against the 28 day target, as at 17 May 2021

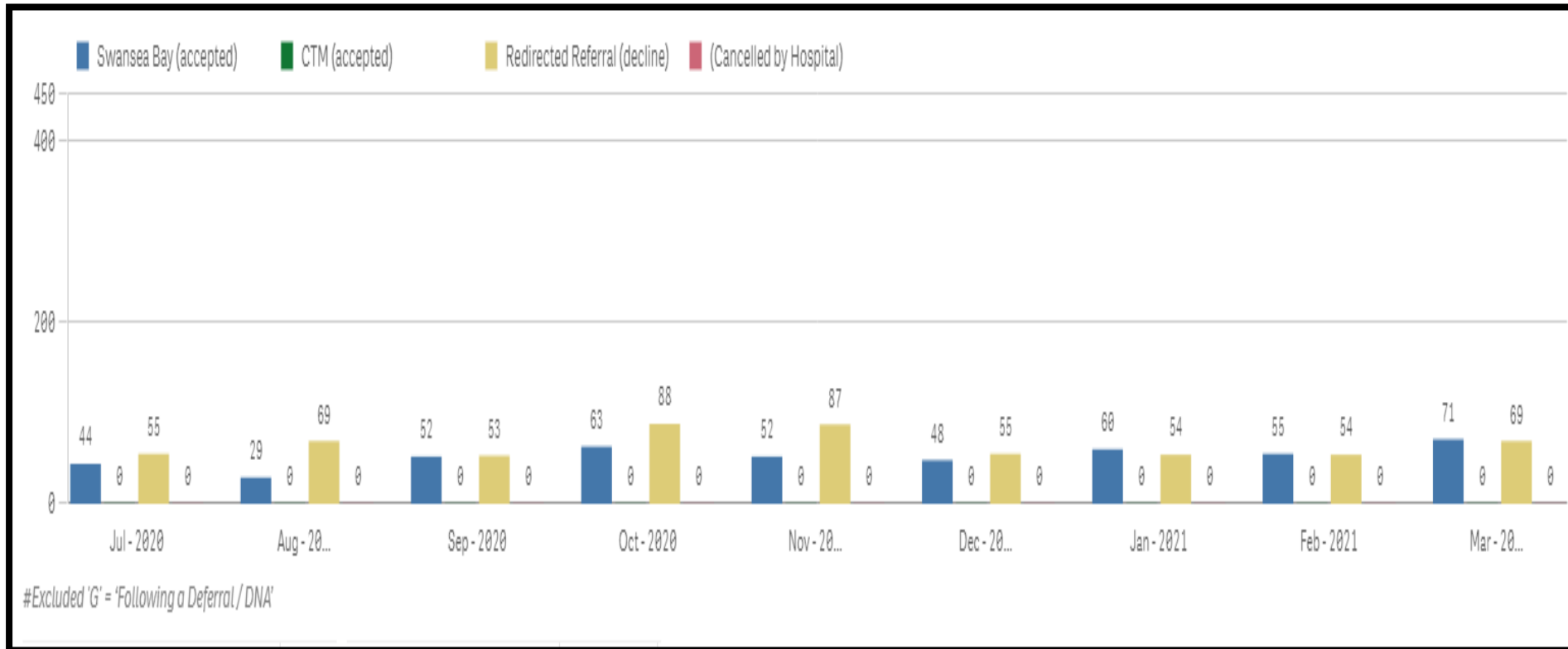
Team	Total waiting	Waiting >28 days	% compliance	Average wait (weeks)
SCAMHS Swansea Bay	156	73	53.5%	5.4
PCAMHS Swansea Bay	105	48	54.3%	4.0

Performance - Welsh Government Targets - S-CAMHS

- ▶ Compliance has deteriorated due to vacancies, sickness and internal movement
- ▶ Increased demand - demand & capacity modelling ongoing and job plan infrastructure re-introduced



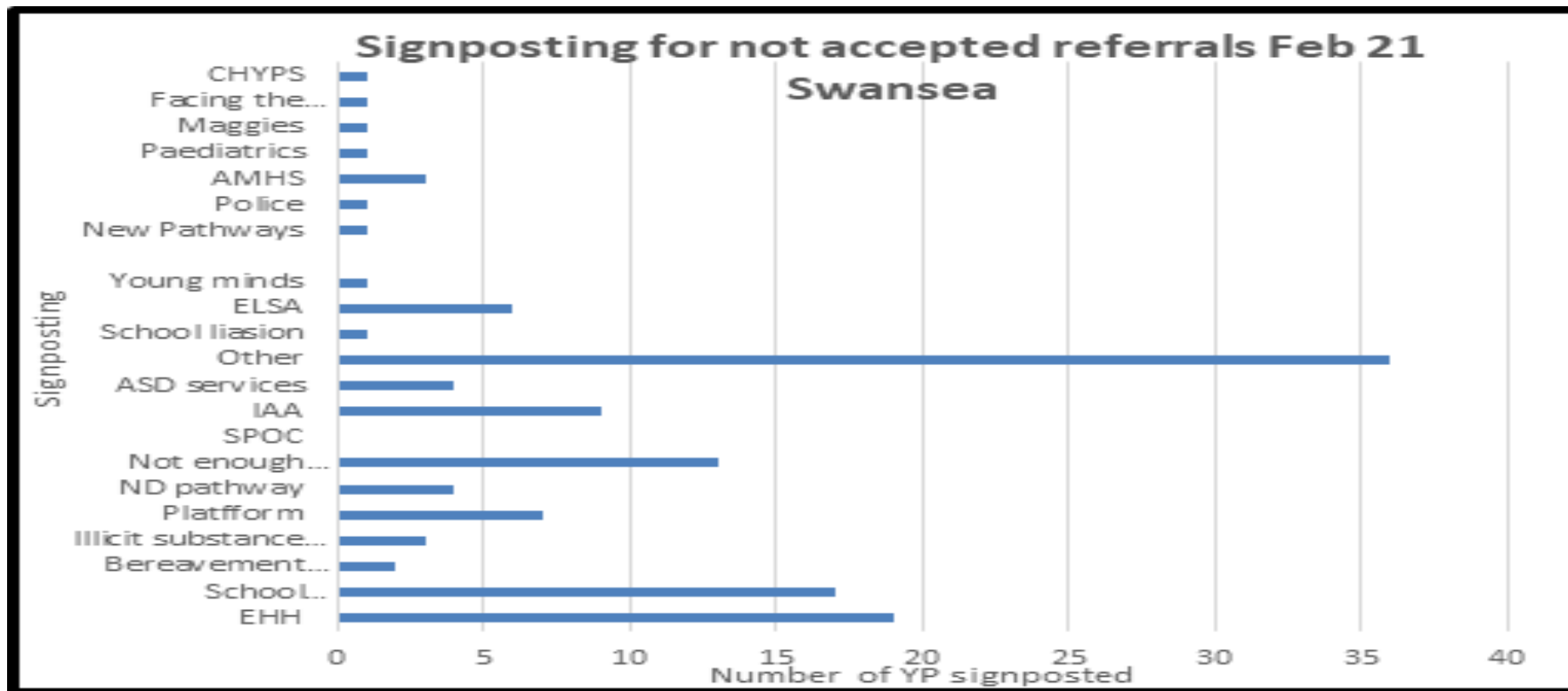
S-CAMHS - referrals



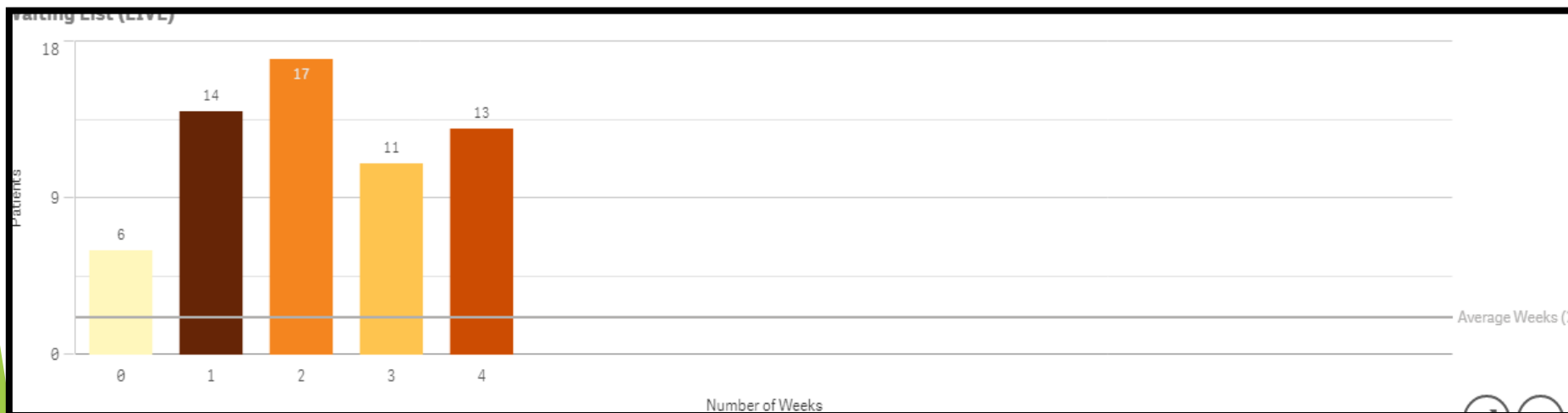
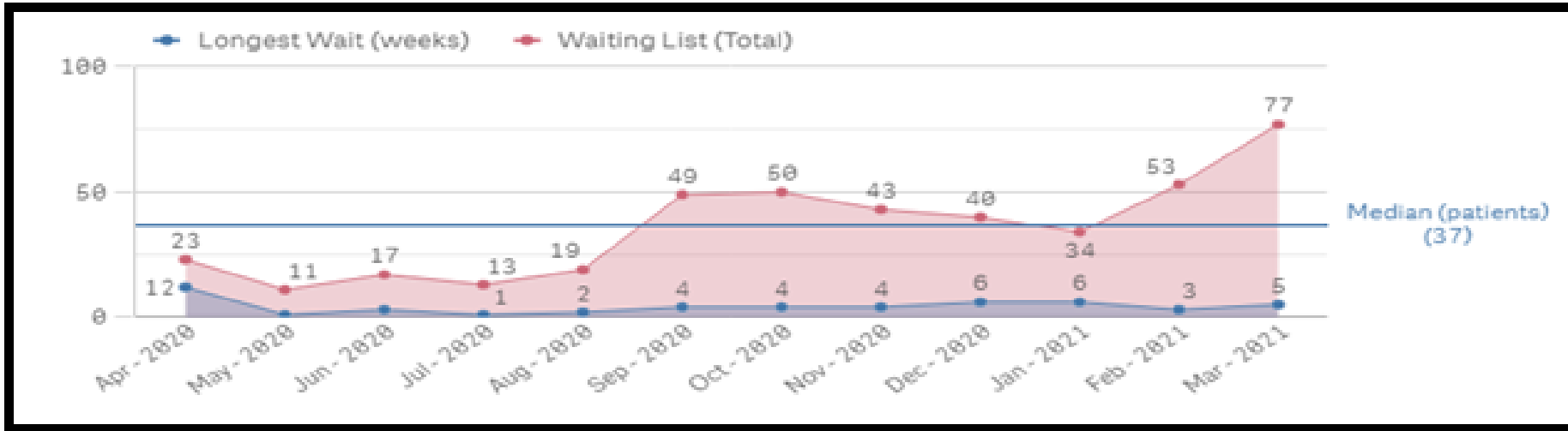
S-CAMHS -referrals not accepted

The number of referrals received in recent months has gradually increased, and the number referrals re-directed remains high. The rate of acceptance during 2020/ 21 was 48%.

Below is a detailed report on all referrals which were not accepted/signposted to other services during the month of February 2021.



Performance - Welsh Government Targets - P-CAMHS



Progress to Date

- ▶ Acknowledged that increased CAMHS liaison is required in schools, and social care;
- ▶ Additional input from CAMHS into schools and resources allocated by Local Authorities to support schools working together to provide appropriate support for individuals in need
- ▶ Monies secured via the Integrated Care Fund for the last three years to increase liaison input into the local authority single point of access teams;
- ▶ A liaison model has now been drafted by CAMHS and is currently under review and discussion with partners. Aim to agree the model to include education and social care by April 2021;
- ▶ This model will see the CAMHS single point of access accept all enquiries with a pathway that allows for dedicated liaison support.

Challenges and Barriers

- ▶ CAMHS Performance has deteriorated in recent months following a period of significant improvement and achievement of the Welsh Government targets for the first time.
- ▶ Demand is increasing, particularly for Eating Disorder Services and is likely to continue to increase in line with COVID projections and modelling;
- ▶ CAMHS continues to be a small service, and reliant on a small specialist team. Recruitment and retention has improved, but still remains a challenge;
- ▶ Multi-agency partnerships are required to ensure children & young people get the right advice at the right time, and this is time consuming to get agreement of the right models going forward.

Future Plans

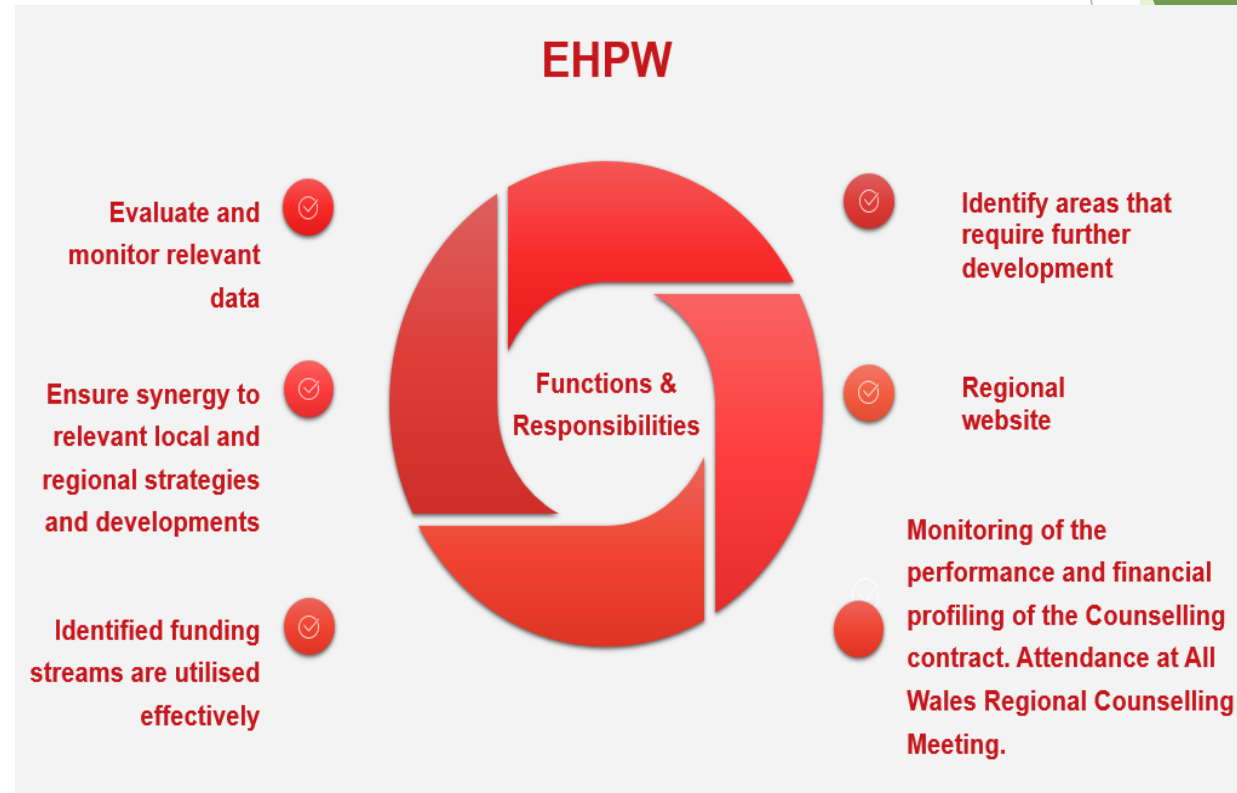
- ▶ Full integration of CAMHS with one single base for staff to be achieved by June 2021
- ▶ Roll-out of low level emotional health and wellbeing support for children and young people to prevent and avoid the need for referral to specialist CAMHS is being implemented with partners
- ▶ Launch of dedicated website for CYP with emotional health and wellbeing issues, signposting to appropriate support, advice and self-help
- ▶ Secure Welsh Government monies to improve access to crisis care out of hours, Eating Disorders and Psychological therapies
- ▶ Development of the CAMHS In-reach service on receipt of WG monies to support the Whole Schools Approach

Child and Family Service updates and progress

- ▶ Joint communication throughout the pandemic focussed on keeping in touch and staying connected - CAMHS, Education and Social Services. Went out across corporate comms, education and social service comms
- ▶ 5 Emotional Health and Wellbeing Workers embedded within a new Early Help Hub structure, group supervision and staff development with CAMHS Emotional Health and Wellbeing Workers to create one cohesive approach.
- ▶ 1 Youth Justice Service (YJS) Emotional Health and Wellbeing lead has been established and link to the support above. CAMHS nurse link worker appointed and in post to provide specific support to YJS
- ▶ Joint training and development opportunities provided for staff from different sectors.
- ▶ All service provision has been adapted to be accessible virtually and a blend of virtual and face to face has operated throughout the various phases of the pandemic.
- ▶ An online drop in in set up Children and Young People to directly access run by the EHWP
- ▶ School nursing referrals from hospital were re-directed via our IAA team to filter through to our emotional health and wellbeing workers due to re-deployment of school nursing staff during phases of the pandemic

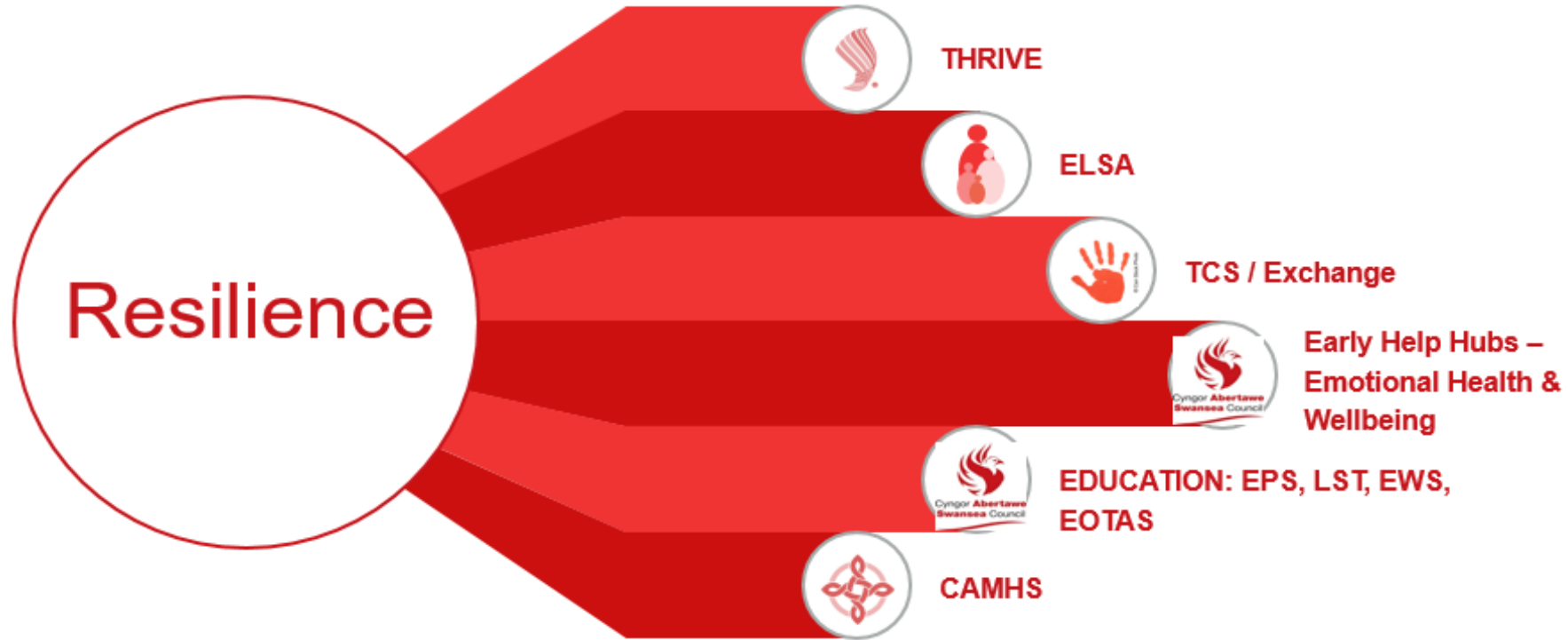
Swansea Emotional Health & Psychological Wellbeing Group (EHPW)

- ▶ Jointly chaired by C&F and Education
- ▶ Sits under the regional sub group for Improving access to support for Emotional Health & Wellbeing
- ▶ Has reps from primary heads, secondary heads, health, education, child and family, 3rd sector



Education updates and progress

Pupil & Staff Wellbeing Key Strategies



Collective Opportunities & Challenges

Collective Opportunities

- ▶ Strong strategic direction -
- ▶ Developing strong a partnership and working relationships
- ▶ Significant funding from WG
- ▶ Numerous collaborative projects taking place

Collective Challenges

- ▶ Understanding the impact and needs of our children and young people in relation to the pandemic
- ▶ Co-ordinating multiple different funding streams in different sectors with very short notice timeframes from WG
- ▶ Ensuring that services meet need, have synergy and that there is no duplication between services
- ▶ Ensuring effective pathways to access provision
- ▶ Ensuring that there are no gaps in provision