Bwrdd Iechyd Prifysgol Bae Abertawe
Swansea Bay University Health Board

Plant a Phobl Ifanc - Iechyd Meddwl ac Emosiynol

Children & Young People – Emotional & Mental Health

Michelle Davies, Head of Strategic Planning

Pennaeth Cynllunio Strategol

Bae Abertawe – Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc (CAMHS)

- Dychwelwyd i Fwrdd Iechyd Prifysgol Bae Abertawe ym mis Ebrill 2023.
- Canolfan Reoli ar gyfer CAMHS Bae Abertawe - Safle Ysbyty Castell-nedd Port Talbot.
- Lleolwyd yn CNPT a Thŷ'r Meddwl, Ffordd y Brenin.
- Ymdrech benodol i weithio mwy yn y gymuned, gan gynnal asesiadau yn y cartref neu mewn lleoliad cymunedol lle nodwyd.

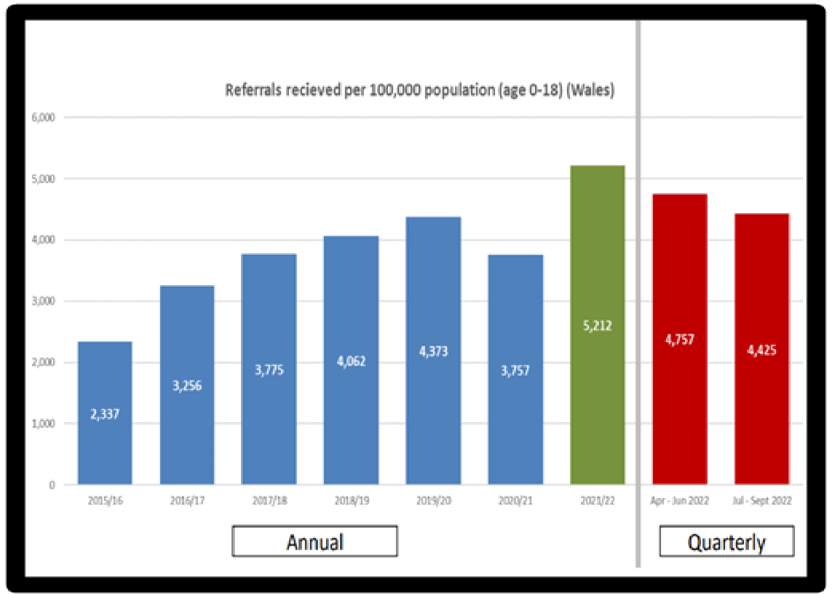
Swansea Bay – Child & Adolescent Mental Health Service (CAMHS)

- Repatriated to Swansea Bay University Health Board April 2023.
- Management Centre for Swansea Bay CAMHS – Neath Port Talbot Hospital Site.
- Based out of NPT & Ty'r Meddwl, Kingsway.
- Focused attempt to work more within community- taking assessments to home or community base where indicated.

Atgyfeiriadau CAMHS CAMHS Referrals

- Cynyddodd nifer yr atgyfeiriadau i Dimau Iechyd Meddwl Cymunedol Cymru 39% yn 2021/22*
- Mae olrheiniwr chwarterol 2022/23 yn dangos bod lefel yr atgyfeiriadau wedi parhau'n uchel.
- Cynyddodd nifer yr atgyfeiriadau i CAMHS Bae Abertawe yn 2019-2022 23% i'r rheini rhwng 11 ac 18 oed. (Mae hyn yn is na'r cynnydd cymedr ar gyfer Cymru, ond nid yw'n cyfateb i duedd yng Nghymru a'r DU ar gyfer cynnydd yn nifer yr atgyfeiriadau)
- Roedd yr atgyfeiriadau o fewn Bae Abertawe ar gyfer plant 10 oed ac yn iau rhwng 2019-2022 wedi gostwng 17%

- Referrals to Wales CMHTs increased by 39% in 2021/22*
- Quarterly tracker in 2022/23 shows the level of referrals have remained high.
- 2019-2022 Referrals to SB CAMHS increased by 23% for 11-18 year olds.
(This is below the mean increase for Wales, but does match a trend within Wales and the UK for increased referrals)
- Referrals within SB for 10 and under between 2019-2022 reduced by 17%



Bae Abertawe – Gwasanaeth Iechyd Meddwl Plant a Phobl Ifanc (CAMHS)

- Mae CAMHS Bae Abertawe'n darparu amrywiaeth o swyddogaethau a gwasanaethau sy'n cefnogi ac yn gweithio ochr yn ochr â gweithwyr proffesiynol nad ydynt yn weithwyr iechyd meddwl i ddiwallu anghenion pobl ifanc hyd at 18 oed sydd mewn perygl o ddatblygu neu brofi problemau iechyd meddwl ysgafn i gymedrol yn eu cymuned, ynghyd ag annormaleddau parhaus neu arwyddocaol o ran hwyliau neu bryder, seicosis posib ac anhwylderau bwyta.

- Mae aildrefnu'r gwasanaeth wedi nodi 1 llwybr ar gyfer ymyriadau Rhan 1 a Rhan 2. Mae hyn yn sicrhau:

- Bod yr holl bobl ifanc yn derbyn yr un amserau aros, ni waeth beth yw eu côd post
- Bod gan yr holl bobl ifanc fynediad at yr un dulliau triniaeth.

Swansea Bay – Child & Adolescent Mental Health Service (CAMHS)

- Swansea Bay CAMHS provide a range of functions and services that support and work alongside non-mental health professionals to meet the needs of young people up to the age of 18 - at risk of developing, or experiencing, mild to moderate mental health problems in their community alongside persistent or significant abnormalities of mood or anxiety, possible psychosis and eating disorders.

- Reorganisation of service has identified 1 pathway route for both Part 1 & Part 2 interventions. This ensures:

- All young people access the same waiting times irrespective of postcode
- All young people have access to the same modality of treatments

Targedau Llywodraeth Cymru - Rhan 1a

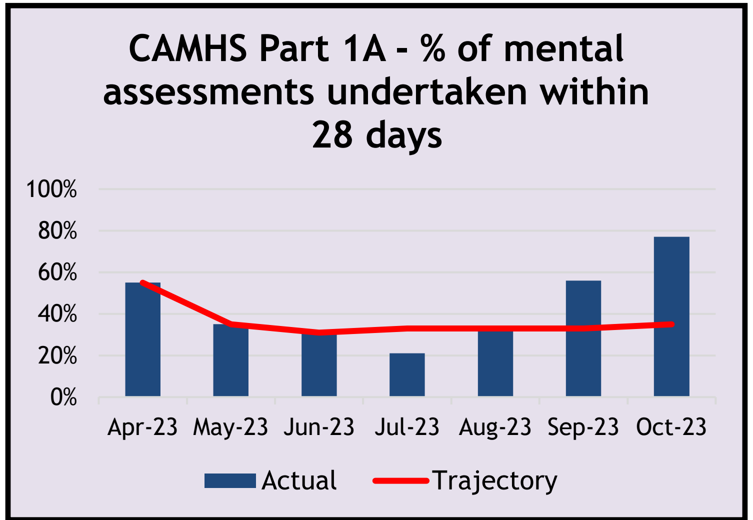
Welsh Government Targets – Part 1a

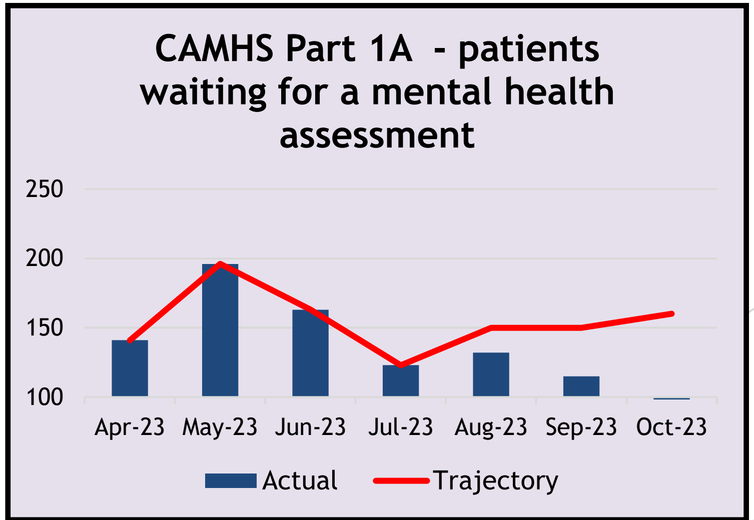
Camau Gweithredu i Gyflawni Gwelliannau: Rhan 1a:

- Gor-recriwtio staff nyrsio asiantaeth i gynnal asesiadau - contractau wedi'u hestyn tan fis Mawrth '24.
- Proses recriwtio lwyddiannus er mwyn sefydlu swyddi parhaol 1.8 wte
- Adolygu cynlluniau ar gyfer swyddi nyrsio er mwyn cynyddu'r gallu i asesu.
- Tachwedd: 86% o gydymffurfedd.

Actions to deliver improvements: Part 1a:

- Over recruitment of agency nursing resource to undertake assessments – contracts extended until Mar 24.
- Successful recruitment in to established 1.8 wte substantive posts.
- Revision of nursing job plans to increase assessment capacity.
- Nov: 86% compliance.





Targedau Llywodraeth Cymru - Rhan 1b

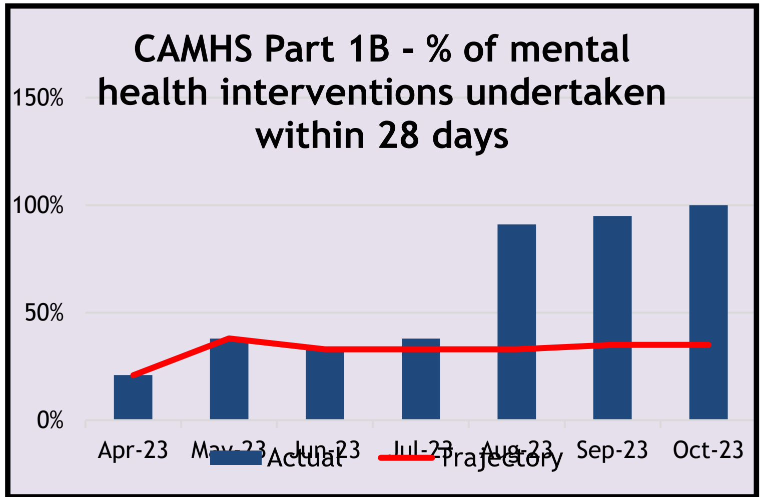
Camau Gweithredu i Gyflawni Gwelliannau:
Rhan 1b:

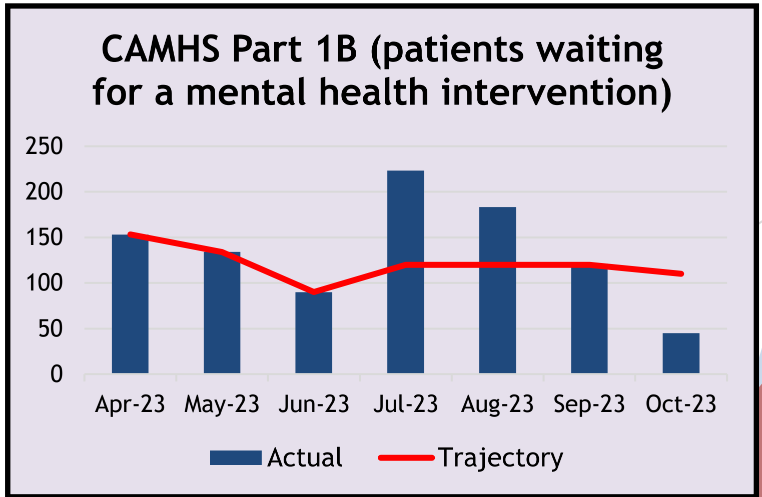
- Cafwyd 100% o gydymffurfedd yn gysylltiedig â gor-recriwtio staff nyrsio asiantaeth.
- Dilysu'r sefyllfa o ran rhestrau aros a symud yr holl weithgarwch a rheolaeth o restrau aros i System Gweinyddu Cleifion Cymru (WPAS).
- Yn aros i aelod o staff newydd ddechrau yn y swydd Seicoleg 8B, a fydd yn cefnogi cyflwyno gwasanaethau ac ail-ddylunio'r gwasanaeth/gweithlu CAMHS.
- Gostyngiad posib mewn perfformiad ym mis Rhagfyr/Ionawr o ganlyniad i waith dilysu (tua 50 pwynt)

Welsh Government Targets – Part 1b

Actions to deliver improvements:
Part 1b:

- 100% compliance achieved linked to over recruitment in agency nursing.
- Validation of waiting list position and movement of all activity and WL management into WPAS.
- Pending new starter to psychology 8B post which will support service delivery and CAMHS service/workforce redesign.
- Potential dip in performance in Dec/Jan due to validation work (approx. 50 pts).





Targedau Llywodraeth Cymru - Rhan 2

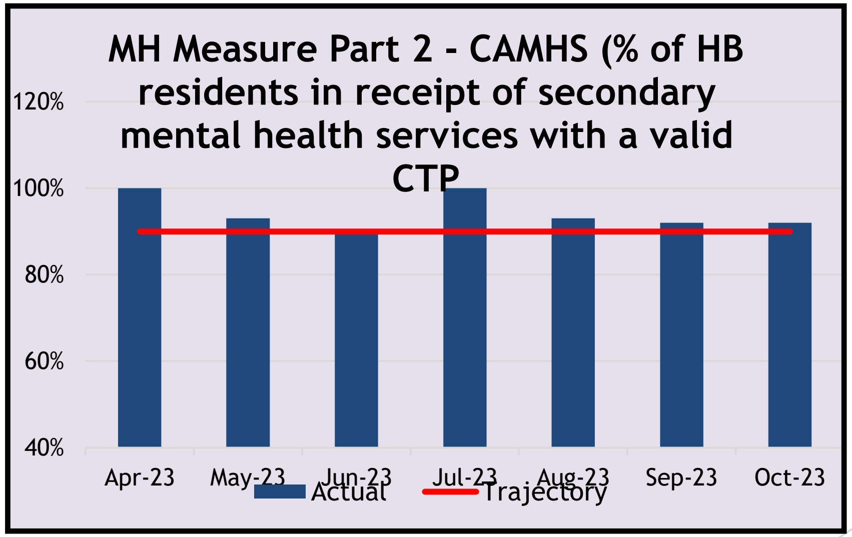
Camau Gweithredu mewn perthynas â Chyflawni Rhan 2:

- Adolygiad clinigol wythnosol o PPI ar draws y llwybr Mesur Iechyd Meddwl drwy eithriad, gan gynnwys PPI sy'n gymwys ar gyfer Rhan 2.
- Adolygu'r holl PPI sy'n derbyn ymyriadau i asesu a ydynt yn gydgysylltiedig â gofal.
- Niferoedd yr adroddwyd amdanynt yn gyson â safle Cymru gyfan.
- 2 swydd nyrsio wte yn cael eu hysbysebu.

Welsh Government Targets – Part 2

Actions in relation to delivery of Part 2:

- Weekly clinical review of CYP across the MHM pathway by exception, including Part 2 eligible CYP's.
- Review of all CYP's receiving interventions to assess whether they are care co-ordinated.
- Reported numbers consistent with the all Wales position.
- 2 wte nursing vacancies out to advert.



Cynllun Cyflawni Iechyd a Lles Emosiynol

- Datblygwyd Cynllun Cyflawni Iechyd a Lles Emosiynol yn unol â Chynllun Gweithredu Plant a Phobl Ifanc Gorllewin Morgannwg
- Cynllun amlasiantaeth sy'n hyrwyddo gweithio mewn partneriaeth i wella gweithio amlasiantaeth
- Dull o ddarparu sawl nod strategol gan gynnwys:

  1. gwella mynediad at gymorth a chefnogaeth iechyd a lles emosiynol

  2. datblygu amrywiaeth well o wasanaethau i bob plentyn ag anawsterau emosiynol.

Emotional Health & Wellbeing Delivery Plan

- Emotional Health & Wellbeing Plan was developed in line with the West Glamorgan Children and Young People Programme Action Plan
- Multi-agency plan which promotes partnership working to improve multi-agency working
- A vehicle to deliver several strategic aims including:

  1. improving access to emotional health and wellbeing support and advice

  2. develop a better range of services for all children with emotional difficulties.

Fframwaith NYTH

- Offeryn cynllunio sy'n ceisio sicrhau ymagwedd system gyfan at ddatblygu gwasanaethau iechyd meddwl, lles a chefnogaeth ar gyfer babanod, plant a phobl ifanc.
- Cynllun gweithredu amlasiantaeth wedi'i ddatblygu a'i arwain gan Fwrdd Partneriaeth Rhanbarthol Gorllewin Morgannwg
- Adolygiad Blynyddol wedi'i gyflwyno i Lywodraeth Cymru ym mis Hydref
- Digwyddiad Lansio Offeryn Gweithredu NYTH I'w gynnal ar 28 Chwefror yn ystod cyfarfod y Gymuned Ymarfer

NEST Framework

- A planning tool which aims to ensure a whole system approach for developing mental health, wellbeing and support services for babies, children and young people
- Multi-agency Implementation plan developed and led by West Glamorgan Regional Partnership board
- Annual Review submitted to Welsh Government in October
- NEST Implementation Tool Launch Event to be held 28th February during the Community of Practice meeting

tidyMinds

- Mae cynnwys y wefan tidyMinds bellach ar gael yn Gymraeg ac yn Saesneg.
- Mae cydlynydd tidyMinds bellach yn y swydd

  - Datblygu'r brand tidyMinds
  - Hyrwyddo
  - Grwpiau Ffocws
  - Adolygiad Cynnwys

- Website content is now available through the medium of English and Welsh
- tidyMind co-ordinator is now in post

  - Developing tidyMinds brand
  - Promotion
  - Focus Groups
  - Content Review

tidyMinds

www.tidyminds.org.uk

Kooth

- Cymuned lles meddwl ar-lein am ddim i blant a phobl ifanc
- Fe'i hariannwyd i ddechrau gan CAMHS fel gwasanaeth ychwanegol ar gyfer Plant a Phobl Ifanc yn ystod y pandemig.
- Adolygiad amlasiantaeth i nodi pa adnodd tebyg sydd ar gael yn y rhanbarth. Os yw'r gwasanaeth am barhau yn 2024/25, mae angen dod o hyd i ffynhonnell ariannu amgen/a rennir

- Free online mental wellbeing community for Children & Young People
- Initially funded through CAMHS as an additional service for Children & Young People during the pandemic
- Multi-agency review identifying what similar resource is available in the Region. If Service is to continue in 2024/25 alternative/shared funding source needs to be identified

Strategaeth Iechyd Meddwl ac Emosiynol

- Mae Strategaeth Iechyd Meddwl ac Emosiynol i bobl o bob oedran wedi cael ei datblygu
- Mae nifer o sesiynau cynnwys yn cael eu cynnal i hyrwyddo'r strategaeth
- Y Camau Nesaf: Datblygu cynllun gweithredu ar gyfer y strategaeth

Emotional & Mental Health Strategy

- All age Emotional & Mental Health Strategy has been developed
- A number of engagement sessions are being held to promote the strategy
- Next Steps: Develop an implementation plan for the strategy