INTRODUCTION

Improving the emotional and mental health for children and young people in Wales is a priority for Welsh Government and one that requires new ways of working across all agencies and sectors.

BACKGROUND

‘Together for Children and Young People’ (T4CYP) was launched by the Minister for Health and Social Services on 26th February 2015. Led by the NHS in Wales, this multi-agency service improvement programme will consider ways to reshape, remodel and refocus the emotional and mental health services provided for children and young people in Wales, in line with the principles of prudent healthcare. The multi-agency nature of the programme was reinforced by the Minister for Education and Skills as part of his keynote address on the 22 June.

Windscreen Model

The programme has adopted the Windscreen Model (set out below) to inform its thinking. This provides the context of a continuum of support for children and families and was developed by the former CAMHS National Expert Reference Group. Each layer builds upon services to the left, so for instance, it assumes that health promotion and protection, and universal services continue across the model.

This model will underpin T4CYP. The programme will take forward work right across the spectrum focussing on:
- supporting early years’ development;
- promoting wellbeing and resilience of all young children;
- early identification and intervention; and
- more specialist services.

Across this model, a continued emphasis on emotional and mental health and well-being is essential. The ability to identify early on where there may be additional need for support is critical and will require increased focus to prevent young people needing the services of specialist CAMHS.
IMPLEMENTATION

T4CYP is focussing on implementing service change at pace. This ‘Framework for Action’ has been developed in consultation with individuals from across health, education and the third sector and has built on issues jointly identified as drivers for change.

Initial Engagement
During the initial launch event participants debated the priority elements for improving existing services. It was agreed that all of the priorities would require a cross agency approach in order to achieve real change. The following key themes were identified:

- Building the resilience of children and young people;
- Early intervention and prevention;
- Provision for those at risk and /or with challenging behaviours;
- Access to specialist CAHMS;
- Listening to children and young people;
- Workforce, Training and Education; and
- Care transitions,

Work Streams
A small high level multi-agency Programme Board has been established, to oversee the development and implementation of T4CYP. Work will be delivered through the following theme based priority work streams:

- Early Years, Resilience and Wellbeing.
- Early Intervention and Enhanced Support.
- Neuro Developmental and Co-morbid Mental Health/Learning Disabilities (LD).
- Specialist CAHMS

The following additional cross-cutting work streams will act as enablers to delivery:

- Workforce, Education and Training
- Care Transitions

Engagement of Children and Young People
Children and young people will be given the opportunity to develop and shape the future delivery of emotional and mental health services through broad based engagement that captures the well being of all children and not just those who use CAMHS services. T4CYP is linking with engagement events and established networks at both a local and national level to continue to inform and test priorities and actions. Close work will take place through the Children’s Commissioner’s office, Children in Wales and the third sector ‘High Needs Collaborative’.

The ‘Check and Challenge’ event provided people with the opportunity to identify networks that currently exist across Wales, both in the public and third sector. These will be added into the stakeholder database that is being developed to provide the central reference point for engagement across the programme.
PRIORITY AREAS FOR ATTENTION

Individuals from across health, education and the third sector were invited to attend a ‘Check and Challenge’ event on 22 June 2015 to test the thinking to date and as a result agree the ‘Framework for Action’. Attendees were asked to choose two workshop groups based around the care pathway to enable them to contribute to the shaping of priorities for the T4CYP work streams. A list of areas that had been identified to date was provided and facilitated discussions were held so that these could be further refined to provide focussed work plans for the next 12 months, to enable the programme to achieve real change.

These are outlined below, with the agreed priorities to drive implementation.

**Early Years and Resilience of Young People:**
- Whole school approaches to promoting mental health and wellbeing
- Attachment issues for mothers with perinatal problems
- Training professionals across statutory and third sectors in child development and mental health
- Early years’ support

**Early Intervention and Enhanced Support:**
- Identification of young people at risk of development of severe mental illness such as psychosis, severe eating disorders or severe self-harm
- Cross sector services with emphasis on early support
- Support for the most vulnerable children and young people (CYP) including Looked After Children (LAC)

**Neuro Developmental Issues and Co-morbid MH/ LD:**
- Better understanding of ADHD/ASD across all agencies
- Bespoke care pathways for individuals with ADHD/ ASD
- Timely access to those needing specialist assessment and treatment services
- Drawing together the skills of mental health, paediatrics, therapists and LD

**Specialist CAHMS Pathway:**
- Crisis care and out of hours provision
- Cross sector working to deliver best possible care to improve outcomes
- Early intervention for young people with psychosis
- Evidence based psychologically-minded therapies

Priorities will be fed into the formal work streams that are currently being established. Progress will be monitored through the work of the Project Team, chaired by the Programme Director.

**ENABLING WORK AND PROGRESS TO DATE**

**Health Needs Assessment**
Work is underway to update and refresh the following Public Health Wales reports:
- ‘Health of CYP in Wales’ (*November 2013*)
- ‘2011 Children and Young People’s Wellbeing Monitor’ (*Welsh Government*)
- ‘Child and Adolescent Mental Health Services in Wales: a review of highly specialised services’ (*December 2011*)
Baseline Variations and Opportunities Audit
A baseline audit tool developed with colleagues in the NHS Quality Assurance and Improvement team was completed by all CAMHS services in Wales in May. High level messages from the benchmarking exercise will be presented to HBs on 21 July, to start to influence thinking on ways to minimise variation and adopt best practice. NHS Benchmarking will be finalising individual reports for each HB to use, together with an all Wales summary report in October.

Collaborative National Framework
This was introduced on 1 April for tier 4 services and governs the commissioning of all CAMHS Low secure and acute in patient placements provided for Welsh CYP by NHS England and the Independent Sector. Central to this is a set of standards aimed to drive up the quality of provision. Both NHS In patient CAMHS units have agreed to audit their own services against these standards.

ADDITIONAL FUNDING
Welsh Government has recently announced an additional annual investment of £7.6m in mental health services for children and young people in Wales. Health Boards (HBs) have been advised to review their recent CAMHS baseline assessments to help them identify those areas where investment should be targeted to address variations in access and provision across Wales. Collaborative proposals are being encouraged for those areas that are highly specialised, where there is not a critical mass of demand locally and/or where staff resources are scarce.

Welsh Government has requested that proposals are submitted against an indicative HB allocation (based on the resident population under 18 years of age) for consideration on 14 August, against the following:

- Tangible improvements in access and a reduction in waiting times for both those children with neuro-developmental and specialist CAMHS needs by the end of December 2015
- All urgent specialist CAMHS assessments to be undertaken within 48 hours, by the end of October 2015
- All routine specialist CAMHS assessments to be seen within 28 days, by the 1 April 2016.

In advance of this formal submission, all bids will be scrutinised by a panel of representatives from the Welsh Specialist CAMHS and Eating Disorder Network Steering Group and the T4CYP Programme Board on 31 July. The Network will advise HBs on their proposals.

Longer term proposals for service redesign will be firmed up over the course of the current financial year in line with the priorities of T4CYP.

GOVERNANCE
The Chair of the Programme Board, Carol Shillabeer, Chief Executive Lead for CAMHS, is responsible for the leadership, direction, delivery of the programme and management of risk. The Chair will report progress to the combined NHS Chief Executive and Directorate General Health and Social Services monthly meetings. A small yet representative mix of senior leaders will provide the leadership, direction and support to public, independent and third sector organisations to improve the quality of mental health and well-being for children and young people in communities.
Implementing Change
The responsibility for delivery will sit with the Local multi-agency Partnership Boards (LPBs) already established on the health board footprint. Accountability at health board level sits with the executive lead for CAMHS within each health board. Each LPB has been tasked with ensuring that it is fit for purpose both in terms of membership and focus of agenda to deliver this work.

The Expert Reference Group
Expert advice and scrutiny will be provided through a small 'virtual' group chaired by Professor Dame Sue Bailey OBE, DBE Chair, Academy of Medical Royal Colleges and Member of the Children and Young Peoples Mental Health Task Force England. This Group has been established, with high level membership linked to a broad basis of professional advisory structures and networks across Wales.