

REPORT OF THE DIRECTOR OF COMMUNITIES
SOCIAL CARE & HEALTH SCRUTINY COMMITTEE
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**SERVICES AND SUPPORT FOR CHILDREN AND YOUNG PEOPLE WITH
MENTAL HEALTH ISSUES**

Head of Service & Designation/Report Author Avril Bracey Head of Mental Health & Learning Disabilities	Directorate Communities	Telephone No. 01267 228092
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Context/Purpose

In 2018, colleagues from HDUHB attended Scrutiny Committee to provide information on the programme to transform Mental Health Services. The programme is now at implementation stage with local authorities, third sector organisations, those who use services and their carers working together to deliver a new model of service. The report was well received, but Scrutiny Members were keen to learn what services are available to support young people who are experiencing mental health issues.

Support for young people with mental health issues.

This report provides an overview of the range of services currently available for young people with emotional and mental health issues and outlines future plans to improve the coordination of services and support.

Hywel Dda UHB Specialist Child and Adolescent Mental Health service (S- CAMHS)

Specialist CAMHS provides both mental health services for children, adolescents and their families which are community-based consisting of multi-disciplinary teams and the provision of specialist services which are coordinated and provided from a central base. The aim of the S-CAMHS service is to improve the emotional well-being, mental health and psychological well-being of all children and young people. This is achieved by promoting positive mental health and well-being, reducing risk, building resilience and ensuring the delivery of needs led services which are coordinated, responsive and accessible. There will be a continued focus on prevention, early intervention and the identification of needs, ensuring capacity in targeted and specialist services for those who require them.

The workforce comprises of a multidisciplinary range of professionals trained in a range of therapeutic interventions and the ethos of the service is psychologically focused with the emphasis on ensuring the right service at the right time every time.

The service operates a Single Point of Contact ((SPoC) which provides a single route to process all referrals and obtain advice to all patients referred to our Child and Adolescent Mental Health Services. In addition the service is able to provide a timely response for advice and coordination in urgent situations. All referrals received by S-CAMHS will be screened by the named practitioner for the locality team on a daily basis and a risk assessment undertaken on the information received as to whether the referral would be classed as routine or urgent.

Local Primary Mental Health Support Services

The Local Primary Mental Health Support Services (LPMHSS) for children and young people is provided by specialist CAMHS workers who provide a range of functions and services that support and work alongside non-mental health professionals to meet the needs of young people at risk of developing, or experiencing mild to moderate mental health problems in their community. The service provides early intervention, short term interventions, mental health assessments, self-harm assessments and interventions, routine follow ups, reviews and advice to professionals.

There are a number of jointly commissioned services across both the Health Board and the Local Authority to meet the identified needs of the local population. Service Level Agreements are in place with a number of services including:

- Youth Offending Services
- Children's Continuing Care Team
- Substance Misuse Treatment and Prescribing Service
- Childrens Bereavement Service

Tonic Surf programme

Tonic Surf is an innovative project developed by S-CAMHS in partnership with West Wales Action for Mental Health (WWAMH) and Walk on Water Surf School.

Tonic Surf received the accolade of being named the Hywel Dda University Health Board Charity of the Year in 2015 for its innovative approach to providing pro social activities for vulnerable children and young people within the Health Board footprint.

Tonic Surf is a therapeutic programme utilising the beautiful coast that we have on our doorstep and within S-CAMHS 10 clients from the 3 counties were offered to attend a 6 week pilot surf therapy programme. The pilot surf programme included clients from across the three counties of the Health Board. There were male and females in attendance, age ranged from 14 through to 18 although referrals would have been accepted for younger children if deemed suitable. Hywel Dda University Health Board S-CAMHS was the first in Wales to provide a Surf Therapy Programme. A key aim of the programme was to provide clients with an interest/hobby that can be easily accessible to them following the end of the programme. In addition to clients accessing this programme, there is scope for the supporting staff to be trained by the surf school so that future programmes can be provided 'in-house' by S-CAMHS staff.

A key aspect of the evaluation was to demonstrate that the pilot programme produced significant mental and physical health benefits with clients reporting significant improvements in many domains. Goal Based Outcomes (GBOs) was the measure used to assess the impact of

the therapeutic intervention, with reports indicating; improvements in mood; reduction in thoughts of self-harm and suicidal ideation; improvements in social anxiety and improved self-esteem. In addition, the benefit of regular exercise for people with mental health problems is well known with a vast empirical evidence base. Feedback has demonstrated improvements in mood, reduction in thoughts of self-harm and suicidal ideation and improvements in social anxiety and improved self-esteem. Tonic Surf has evidenced that being part of a group with a common purpose and having fun can be a wonderful alternative. The following comment is from a young person who accessed the programme:

"I was involved in Tonic Surf within Specialist CAMHS. I really enjoyed this experience because it helped me feel more confident in how I look and helped me push off any bad thoughts. It also helped me to enjoy myself and helped me become less anxious. I became happier and looked forward to every session and every session was a laugh and great fun. All the instructors were great and helped me to stick at it and not give up"

Community Crisis Assessment and Treatment Team (CATT)

Following additional funding in 2015 a proposal was agreed to increase support to the current Specialist CAMHS Services by supplementing the current 9-5 service provision and extending the service to include out of hours and weekend provision. The service provides intensive home treatment and support for young people in a mental health crisis.

Suicide and Self Harm

In 2009 Welsh Government published Talk to Me, a five year national action plan to reduce suicide and self-harm in Wales. A review of progress undertaken in 2012 by Public Health Wales found that although good progress had been made, the inclusion of a large number of supporting actions in the plan was felt to have reduced focus on delivering actions specific to suicide and self-harm prevention.

The review contained a series of recommendations. One was that action should be taken to enhance the involvement of health boards, local authorities and a broad range of other organisations named in Talk to Me. Following the review the Minister for Health and Social Services asked the National Advisory Group to Welsh Government (chaired by Professor Ann John, Swansea University) on suicide and self-harm prevention to redraft the plan. The finalised strategy and action plan, Talk to Me 2 was launched in July 2015 and relates to the period 2015-2020. The strategy has six key objectives:

- Further improve awareness, knowledge and understanding of suicide and self-harm amongst the public, individuals who frequently come into contact with people at risk of suicide and self-harm and professionals in Wales.
- Deliver appropriate responses to personal crises, early intervention and management of suicide and self-harm.
- Provide information and support for those bereaved or affected by suicide and self – harm.
- Support the media in responsible reporting and portrayal of suicide and suicidal behaviour.
- Reduce access to the means of suicide.

- Continue to promote and support learning, information, monitoring systems and research to improve on understanding of suicide and self-harm in Wales and guide actions.

Regional Implementation

Three regional fora have been established to support implementation; North Wales, Mid and South West Wales, South East Wales. These fora have been charged with developing a regional suicide and self –harm prevention strategy. The Head of Service for Mental Health and Learning Disability in Carmarthenshire assumed the Chair responsibilities for the Mid and South West Wales forum in October 2017, a draft strategy has been produced which reflects the objectives in the national strategy and also identifies regional priorities.

It is expected that local plans will be delivered in local authority areas and a number of local plans are already being developed via local delivery groups. Carmarthenshire has already established a sub-regional multi agency group which is developing a delivery plan. There has been a significant increase in the incidences in self-harm in children and young people. Early intervention and prevention in relation to suicide and self-harm in young people is therefore a priority for the group.

Education and Children's Services Department

Recent media attention has focused on a crisis in children's mental health and the importance of mental health and wellbeing in education. Teachers increasingly find themselves dealing with a growing number of pupils who experience mental health problems

In Wales the Children's Commissioner's 2015-16 Annual Report recommended 'The curriculum review programme *Successful Futures* should work closely with the NHS *Together for Children and Young People Programme* to promote evidence-based, whole school approaches to healthy relationships, mental health and wellbeing'

The following summary highlights some of the initiatives in the Council's Education and Children's department to illustrate that mental health and wellbeing in young people has a significant profile and there is a focus to intervene and prevent these issues escalating into adulthood.

The National 'Mind over Matter' report which has called for a step change in mental health and emotional support Carmarthenshire Education and Children's department is drafting a wellbeing strategy for schools. The views of young people re wellbeing is being sought, following on from the Carmarthenshire Youth Conference in November 2018.

A wellbeing plan for schools is being developed.

Behaviour Support Community Team

This is an outreach service that schools can contact for training support or make individual referrals. Current behaviour support services are being remodelled to implement a four phase model of behaviour and wellbeing support in the Local Authority which includes:

- Providing a range of training for all schools to be able to deliver a quality programme of wellbeing support that is available in every school for all children across Carmarthenshire
- Programmes that are delivered in schools are around safe relationships, anti-bullying, problem solving, self-esteem, positive relationships, motivation, relaxation
- Promote the wellbeing of our staff in schools and services to ensure that their needs are met to fulfil the changing curriculum and the increasingly complex and demanding role of supporting behaviour and wellbeing of our young learners.
- Schools in Carmarthenshire have been provided with the GL Assessment Emotional Literacy Assessment and Intervention book and software from Southampton Psychology Service. This is available in two age ranges 7-11 and 11-16. This enables schools to produce Individual programmes for their learners based on qualitative data and scores on self-awareness, self-regulation, motivation, empathy and social skills.
- Schools have been requested to provide their provision maps so that what schools are doing can be collated and consistently delivered in every school in Carmarthenshire

Pupil referral Units

The local authority currently has three Pupil Referral Units supporting young people who demonstrate social, emotional and behavioural difficulties.

- **BRO TYWI** - supports young primary aged learners to manage their behaviour and return to mainstream.
- **CARMARTHENSIRE SECONDARY TEACHING AND LEARNING CENTRE (CSTLC)**– Supports pupils aged between 11-16 years old
- **CANOLFAN Y GORS** – supports pupils aged between 11 – 16 years demonstrating significant anxiety and diagnosed emotional and mental health issues.
- **EDUCATION and CHILD PSYCHOLOGY SERVICE** Schools receive support, advice and guidance from the service including school based counselling and family therapy.
- **CYNYDD PROGRAMME** European funded provision which provides support to those young people who require an alternative provision to their mainstream and part of the positive outcomes measure emotional wellbeing scores using self-efficacy models.
- **FAMILIES FIRST** Offer a range of services that include parenting support, youth work, domestic abuse support, family engagement, young carers.

Health and Wellbeing Strategy for Looked After Children (2019) This outlines Carmarthenshire County Council's commitment to actively support the wellbeing of care experienced children and care leavers in line with implementing our corporate parenting responsibilities. Supporting children's wellbeing is a collaborative requirement to work together to improve the physical, emotional, economic, social, environmental and cultural wellbeing of our children. This vision and commitment is embedded in the Corporate Parenting Strategy.

Carmarthenshire Carers Service (Support for Young Carers) The Carers Educational Years (CEY) Project is core funded by BBC Children In Need and has supported over 180 young carers aged 5-18 years by providing 1:1 support to address any issues or concerns they may have as a result of their caring responsibilities. They hold regular groups in Llanelli, Carmarthen and Llandybie to offer fun play opportunities for children to enable them to have time out from their caring responsibilities. In addition, during weekends and school holidays, they offer activities such as day trips and residential opportunities to ensure that young carers have the same experiences as their peers.

Substance Misuse Team Part of the role of the consultant social worker within the adult substance misuse team has included a focus on the transition of young people into adult services. The consultant social worker attends the Risk Management and Transition Meeting, which includes the under 18 substance misuse services (Choices (generic service) and YSS (criminal justice service)). There is also representation from Cam Nessa Youth service and the dual diagnosis CAMHS worker. It is an opportunity to identify young people who are approaching 18 and support their move to an adult service team. This can include signposting to services, information sharing with relevant agencies or face to face appointments and case work.

The consultant social worker leads the transition meeting which brings together services involved in substance misuse and relevant agencies for young people and adults. It has allowed sharing good practice, information and shared challenges there are ongoing links with the Young Carers team and the hidden harm work, which supports young people affected by parental/sibling substance use.

Young People with Autism

Since the Social Services and Wellbeing (Wales) Act 2014 there has been an increased demand for assessment of young people with Autism. As a result a specific social work post within the transition team has been established to create additional capacity and develop expertise in working with young people with autism, particularly those who have Asperger's Syndrome and High Functioning Autism (HFA).

Alongside this, the role of the Autism Spectrum Disorder (ASD) development worker has been reviewed and will now focus on supporting local authority staff to have an increased awareness of autism through specialist training, advice and support. They will also coordinate and deliver local awareness raising events in Carmarthenshire each year.

Many autistic individuals fall between eligibility for mental health and learning disability services and so cannot access emotional, behavioural, low level mental health and life skills support. Welsh Government has committed £13 million up to 2021 to develop an Integrated Autism Service across Wales. This service delivered by Hywel Dda University Health Board became operational in West Wales in March 2019.

Next Steps

This report provides an insight into many of the existing services across the Council and from partner organisations, this list is not exhaustive and there are many other third sector services that offer support and advice to young people experiencing distress.

What has been evident whilst gathering information for this report is the critical role of early intervention for children and young people who are experiencing emotional difficulties. Furthermore, organisations and services need to work together to ensure that there is a collaborative approach to prevention and early intervention.

Addressing these issues is directly linked to the goals in the Wellbeing of Future Generations Act 2015 and the Social Services and Wellbeing (Wales) Act 2014, namely early intervention and prevention, integration, collaboration, involving people and long term planning.

Early intervention can prevent more serious mental ill health in later life and addressing problems early can have a positive effect on the social and educational attainment of young people. It can also give us the opportunity to intervene and prevent further issues developing or continuing into adulthood.

We have set up a multi -agency forum to develop a strategy and delivery plan to address mental health and wellbeing issues in children and young people. Initially we are focussing on what is already in existence to support young people and to identify the gaps. This task will commence with a stakeholder workshop in the summer term which will inform the priorities in our delivery plan.

It is suggested that a further report is presented to Scrutiny at the end of the year to provide an update on this very important area of work.