

Agenda – Children, Young People and Education Committee

Meeting Venue:

Committee Room 1 – Senedd

Meeting date: Wednesday, 12 July
2017

Meeting time: 09.30

For further information contact:

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Committee Clerk

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Pre-meeting (09.15 – 09.30)

1 Introductions, apologies, substitutions and declarations of interest

(09.30)

2 Inquiry into Perinatal Mental Health – Evidence session 11

(09.30 – 11.00)

(Pages 1 – 22)

Vaughan Gething AM, Cabinet Secretary for Health, Well-being and Sport
Joanna Jordan, Director of Mental Health – NHS Governance & Corporate Services
Karen Jewell, Nursing Officer for Maternity and Early Years

Research Brief

CYPE(5)-22-17 – Paper 1 – Welsh Government



Cynulliad
Cenedlaethol
Cymru

National
Assembly for
Wales

3 Paper(s) to note

(11.00)

Note on the All Wales Perinatal Mental Health Steering Group

(Pages 23 – 29)

CYPE(5)-22-17 – Paper 2 – to note

**Letter from the Chair to the Cabinet Secretary for and Economy and Infrastructure
– Learner Travel in Wales**

(Pages 30 – 31)

CYPE(5)-22-17 – Paper 3 – to note

**4 Motion under Standing Order 17.42(ix) to resolve to exclude the
public from the meeting for remainder of the meeting.**

(11:00)

5 Inquiry into Perinatal Mental Health – Discussion of evidence

(11.00 – 11.30)

Document is Restricted

**NATIONAL ASSEMBLY FOR WALES: Children, Young people & Education
Committee - Inquiry into Perinatal Mental Health**

Date: 12 July 2017

Venue: Senedd, National Assembly for Wales

**Title: Overview of Welsh Government support for perinatal mental health
services in Wales**

Purpose: To outline the Welsh Government's major policies to support mothers and families affected by perinatal mental ill health in Wales.

Contents:

1. Development of community perinatal mental health services
2. Development of an All Wales Perinatal Mental Health Community of Practice
3. Specialist perinatal training
4. The Enjoy Your Baby project
5. Together for Mental Health Delivery Plan 2016-19 – Perinatal Mental Health
6. Specialist mother and baby units

Annex A – List of Community of Practice aims

1. Development of community perinatal mental health services

In June 2015, the Welsh Government announced £1.5m of new recurrent funding to improve mental health outcomes for women with perinatal illnesses, their babies and families. The funding would be used to establish community based specialist perinatal services across every health board in Wales.

Following the funding announcement, the Welsh Government explored the various community based services currently in operation in Wales. The Welsh Government met with stakeholders including nominated perinatal service managers and practitioners, the third sector, midwives, Welsh Health Specialist Services Committee (WHSSC), Flying Start and the National Centre for Mental Health. The group considered the core components of a community-based service.

The Welsh Government requested health boards submit proposals that were collaborative and multi-disciplinary; to ensure that services best fit the needs of local populations. Health boards were asked to consider what professional roles (i.e. community psychiatric nurses, medical and psychology sessions, occupational therapy and nursery nursing) each team should comprise. Due regard was given to current services and how the improved services would be delivered equitably across the health board area. For example, in Flying Start areas, health boards were required to demonstrate appropriate linkages.

There is now a service in place in nearly all of Wales, with the final service at Betsi Cadwaladr UHB set to be in place this month (July). To note - Powys THB has a service but does not have statistics available at present. Public Health Wales (PHW) staff are currently supporting health boards to agree a consistent method for data collection on a national basis.

The plans submitted by LHBs for the use of the £1.5m additional investment included proposals to recruit around 30 new specialist staff.

The information provided by LHBs in terms of referrals to the community services is as follows:

Number of referrals by LHB

	ABMUHN	ABUHN	BCUHB	CTUHB	CVUHB	HDUHB	PUHB
	Referrals	Referrals	Referrals	Referrals	Referrals	Referrals	Referrals
2016	510	186	-	307	284	117	-
Jan-May 2017	258	274	-	107	170	102	Data unavailable.

2. Development of an All Wales Perinatal Steering Group (AWPMHSG) and All Wales Perinatal Community of Practice (COP)

In 2016, following the announcement of new community perinatal mental health services, an 'All Wales Perinatal Mental Health Steering Group' (AWPMHSG) was established to support the development of services and work to improve consistency. The group includes representation from the health boards, perinatal teams, midwifery, obstetricians, health visitors, third sector organisation (including NSPCC and MIND), as well as those with lived experience. The group is co-chaired by Prof Ian Jones, National Centre for Mental Health (NCMH) and Dr Sue Smith, Cardiff & Vale University Health Board.

The reporting arrangements for the group is via the CAMHS/ED Network Steering Group in the form of a regular agenda item reporting progress on a quarterly basis to the network steering group. This facilitates the reporting of perinatal mental health service developments to the NHS Wales collaborative to inform the chief executives of the seven health boards in Wales.

The steering group has recently convened two sub groups, one focussing on the development of the all Wales perinatal pathway and another to describe the generic and specialist training needs and competencies for staff working with mothers and babies.

Perinatal Community of Practice (COP)

The Perinatal COP aims to improve and develop community services across Wales by sharing learning, resources and materials to develop effective, efficient, empowering and equitable services to women in need of these services, and to promote pathways to the relevant stakeholders in Wales to ensure timely and appropriate access to care. The Clinical Lead and/or Nurse Specialist Lead are represented on the AWPMHSG.

Mission Statement:

To ensure that every mother in Wales suffering with or at risk of mental ill health has timely access to appropriate treatment & support to assist them in alleviating their maternal distress, and in developing a loving & nurturing relationship with their baby during pregnancy and the first year of the baby's life.

Each health board has identified its 'community' for improving perinatal mental health services, including:-

- Perinatal 'Champion' at Executive/Board level
- Perinatal Clinical Lead
- Perinatal Nurse Specialist Lead
- Perinatal Service Improvement Team – which will be a multi-agency, multi-professional 'team' operating across primary, secondary and tertiary care levels.

See also a list of the COP's aims at Annex A.

3. Specialist Training

The Welsh Government has also provided funding for training for specialist perinatal training in 2016-17 at a total cost of £9,750.

Training places for Welsh psychiatrists on the Royal College of Psychiatrists specialist perinatal course

Since last year, the Royal College of Psychiatrists have run a three day course specifically for Perinatal Consultant Psychiatrists. Five Welsh psychiatrists have so far attended the specialist training, funded by the Welsh Government.

The feedback from participants has been excellent, reporting that they have gained skills, specialist knowledge and new contacts. There are plans for the five psychiatrists to facilitate a 'Specialist Perinatal Training' day to the wider Perinatal Community of Practice and relevant others (dates to be confirmed).

VIG – Video Interactive Guidance training

15 participants from all seven HB's attended this two day training of which feedback has been positive.

We are aware a further proposal is being made by the health boards to fund 10 places for the Level One and Level Two VIG training. This will ensure that there are fully accredited VIG trainers in Wales to further cascade this intervention, to Midwives, health Visitors, Mental Health, Nursery Nurse, Psychologists, etc. A CORE Welsh VIG Group has been established led by the National Clinical Lead for Perinatal Services and Psychologists.

4. Health Challenge Wales Voluntary Sector Grant Scheme - Mind Cymru's "Enjoy Your Baby" project on Perinatal Mental Health and Resilience – Early Support

The Welsh Government's Health Challenge Wales Voluntary Sector Grant Scheme has provided funding for Mind Cymru's Perinatal Mental Health and Resilience – Early Support project, 'Enjoy Your Baby', since 2013. The aim of the project is to raise awareness of perinatal mental health problems, and to increase recognition of the early signs of problems developing, in order to encourage people to seek support. The project, which was initially North Wales based also, has a dedicated website, "Enjoy Your Baby", now in its third year of activity. The project has developed early intervention resources for use in primary care and built capacity in primary care by improving the skills of professionals.

To date, the project's achievements (against their targets in brackets) include:

- 78 (75) health professionals have been trained to deliver the "Enjoy Your Baby" programme and gone on to deliver courses.
- 39 (16) health professionals have been trained to deliver Maternal and Infant Mental Health qualification. These trainers are now preparing to deliver courses across the whole of Wales.
- 969 (700) health professionals including midwives have also been trained through Mind's new Perinatal Mental Health Awareness course in North Wales from October 2016 – March 2017 which compliments the "Enjoy Your Baby" programme.
- The "Enjoy Your Baby" website has had over 10,000 visitors with a 70% new visitor and 30% returning visitor rate since September 2014.

The project has helped raise the profile of perinatal mental health and the importance of optimising the mother/baby relationship with many different organisations throughout Wales, becoming a key perinatal representative of the third sector in Wales

The project has received total funding of approximately £175,000 over the last 4 years and concludes on 31st July 2017. An evaluation of the project will then consider next steps and how the outcomes can be integrated into a national programme.

5. Together for Mental Health Delivery Plan 2016-19 – Perinatal Mental Health

The 2016-19 delivery plan includes Priority Area 5: "All children have the best possible start in life which is enabled by giving parents / care givers the support needed", with the following actions:

- Health boards and PHW to offer information and support to pregnant women (before / during / after pregnancy) to support healthy attachment, using Welsh Government programmes like Flying Start; Families First; Bump, Baby and Beyond and third sector initiatives.

- All health boards to have a perinatal service in place
- Health boards to ensure that educational and training programmes are in place across Wales to improve awareness and management of perinatal mental health problems

Progress against the Delivery Plan 2016-19 actions is overseen by the National Partnership Board, who will receive biannual reports from each health board area to update on progress.

6. Specialist mother and baby units

Services to support mothers with mental ill health should be provided as close to home as is practical. The £1.5m of additional recurrent funding to develop community based specialist perinatal services across every health board in Wales was provided in recognition of the need to improve these services.

However it is recognised that some mothers and their babies will require inpatient support. Until 2013 there was a specialist mother and baby unit at University Hospital Wales, but Cardiff and Vale UHB took a decision to close it because of low occupancy over the previous two years. In recognition of the concerns expressed that such a facility no longer exists in Wales, we have commissioned a review of demand for tier 4 services by WHSSC.

WHSSC is the body responsible for commissioning placements at the specialist mother and baby units and details of their review is set out below. However, we need to recognise that the level of demand across Wales varies both in numbers and geography across the year. It may be difficult to find a location for such a unit within Wales that does not result in mothers and their families travelling long distances, even if the WHSSC work demonstrates a demand for such a unit.

In terms of actual placements, WHSSC has provided the following data on the number of specialist placements they have commissioned over the last three years. These figures will not take account of mothers who may have elected to be admitted to a local adult mental health unit, to enable them to be closer to their families.

	2014/15	2015/16	2016/17
Funding approved for placements (new) of Mother and Baby in Perinatal Unit	Fewer than 5	Fewer than 5	6

Review of Tier 4 perinatal mental health services

The review of Tier 4 perinatal mental health services mentioned above commenced in August 2016, and is being undertaken by a task and finish group of the All Wales Perinatal Steering Group (AWPMHSG). Third sector organisations have been involved in the work, including Action on Postpartum Psychosis (APP), Perinatal Mental Health (PMH) Cymru and the NSPCC. Mind Cymru is also a member of the AWPMHSG.

A number of service visits have been undertaken to support the work and a multi-professional stakeholder workshop has developed a shortlist of models. A final report was due to be presented to the Joint Committee of WHSSC on 27 June 2017.

Annex A

Aims of the All Wales Perinatal Community of Practice (COP):

- To share resources such as operational policies, job descriptions and person specifications to assist the development of service models to an acceptable standard across Wales.
- To attain and monitor compliance to at least type 1 of the standards set out in the Royal College of Psychiatrists CCQI Network for Perinatal Mental Health Service Standards (Second Edition April 2014).
- To benchmark service data to compare service demand, performance and development across Wales.
- To co-ordinate events as required to promote Community Perinatal Mental Health Services within specialist mental health services, primary care and with the wider network of relevant stakeholders.
- To dovetail the work of the Community of Practice with other networks including the CAMHs/ED network steering group, WHSSC Perinatal Psychiatry steering group, and the All Wales Perinatal Steering Group, the Maternity Network Wales and the Neonatal Network Wales.
- To act as a conduit for the dissemination of relevant research and practice information.
- To provide reports as required to Welsh Government on progress in the development of services.

A three year improvement work programme is being developed with annual milestones in collaboration with the following national programmes:-

- Together for Mental Health Delivery Plan 2016-19 – National Programme Board
- Together for Children & Young People's Programme Board
- Early Years Collaborative programme – the first 1000 days.
PHW WLGA United in Improving Health Strategic Leadership Group
- Maternity Services Improvement Network & Heads of Midwifery Advisory Group (HOMAG).

Report to the Children, Young People and Education Committee

This paper has been prepared to provide the Committee with information on the All Wales Perinatal Mental Health Steering Group and its associated Community of Practice.

All Wales Perinatal Mental Health Steering Group (AWPMHSG)

In 2016 the Welsh Government announced funding to support health boards deliver community perinatal mental health services across Wales. The 'All Wales Perinatal Mental Health Steering Group' (AWPMHSG) was established with representation from all key stakeholders to offer advice and information as well as support the development of all Wales standards and pathways for the delivery of services. This group is chaired by Prof Ian Jones National Centre for Mental Health (NCMH) and Dr Sue Smith, Cardiff & Vale University Health Board with project support from Lisa Kinsella, who has been seconded into the position of 'National Clinical Lead for Perinatal Services' Public Health Wales, 1000 lives, and overseen by Dr Leslie Rudd Public Health Wales and Andrea Gray, Public Health Wales.

The AWPMHSG reports to the Children and Adolescent Mental Health Services/Eating Disorder Network Steering Group (CAMHs/ED network steering group) in the form of a regular agenda item reporting progress on a quarterly basis to the network steering group. This facilitates the reporting of perinatal mental health service developments to the NHS Wales Collaborative to inform the chief executives of the seven health boards in Wales.

Membership of the group includes those with lived experience, third sector organisations including the NSPCC and MIND, the NCMH, midwives, health visitors, obstetricians, psychiatrists as well as specialist perinatal practitioners.

In 2016, perinatal services in Wales were limited in scope and coverage, there was the

- Cardiff & Vale community perinatal service
- PRAMS (perinatal response and management service) in Bridgend and
- Pembrokeshire Perinatal Pilot in Pembroke dock

There are now 5 fully functioning community perinatal services across Wales with another imminently introducing a community perinatal service and the 7th exploring preventative pathways between midwifery and local primary mental health support services directly after perinatal training.

The current steering group held its first meeting in early 2016 and for the rest of that year met bi monthly. Since 2017 it has convened on a quarterly basis.

The group has supported the development of perinatal services throughout Wales by for example:

- Initiating the agreement between all health boards to adopt the Royal College of Psychiatrists community perinatal service standards¹ and work towards their implementation.
- Supporting the work of the NCMH research regarding perinatal mental health.
- Receiving and disseminating research and current good practice presentations which have ranged from, the importance of intervening in the early years to SSRI antidepressant's in pregnancy and the congenital anomalies.
- Supporting the ongoing work of MBRRACE-UK² - to facilitate further research.

¹ <http://everyonesbusiness.org.uk/wp-content/uploads/2015/04/Perinatal-Community-Standards-2nd-edition.pdf>

² <https://www.npeu.ox.ac.uk/mbrance-uk>

- Assisting in the launch and full integration of the Maternal Mental Health Campaign, (MMHA)³ in Wales. The campaign has highlighted the significance of perinatal mental health in England and Scotland, promoting the importance of 'early identification' of those 'at risk' of perinatal mental health problems, with an emphasis on prevention. The MMHA has also pioneered the provision of perinatal service delivery through multi agency/multi discipline approaches, naming the campaign 'Everyone's Business'⁴.
- Championing and facilitating the provision of perinatal training by bidding for additional monies from Welsh Government for example: Video Interactive Guidance(VIG) which, which was a two day introductory training held in Cardiff and attended by 15 perinatal health professionals from the 7 different health boards.. All participants found this perinatal intervention useful, expressing an interest in further training to become fully accredited in VIG.

A further proposal for additional funding will be submitted to Welsh Government shortly in order to train a further 10 staff so that in two years, Wales will have its own cohort of fully accredited VIG trainers to further cascade this fully evidenced based perinatal intervention to all identified relevant perinatal health professionals in Wales. Video Interactive Guidance has been designed to enhance and support the development of the mother and baby bond, which has significant implications for the future generations.

- Another 'Once for Wales' funding application was made to Welsh Government for 5 Welsh psychiatrists to attend the Royal College of Psychiatrists, Specialist Perinatal Psychiatrist's training in England. This 3 day course provided the latest evidence and research regarding diagnosis and treatment. It also enabled the participating psychiatrists to further enhance their links/relationship with their English and Scottish peers, and gather further ideas on process and systems already in use elsewhere.

³ <http://maternalmentalhealthalliance.org/>

⁴ <http://everyonesbusiness.org.uk/>

Feedback has been very good, with most Welsh psychiatrists now feeling more confident regarding their own facilitation of specialist perinatal clinic's, where to obtain further support and Information, if required, and relevant networks/forums that they are eligible to join to further enhance their perinatal practice.

- Promoting the Maternal and Infant Mental Health (MIMH) training, across Wales to increase awareness of perinatal mental health and in particular the importance of maximising mothers' mental health and the relationship between mother and baby. This fully accredited and Agored certified training is a 'trainer train's a trainer' course with qualifications at two levels. By ensuring the quality and standard of the MIMH's training is consistently maintained, it is hoped that this will enable a standardised perinatal awareness and training to continue to be 'rolled out' across Wales. Several health boards have adopted this as their formal perinatal training with members of fully accredited trainers increasing.
- Acting as a specialist advisory group the National Society for the Prevention of Cruelty to Children's project which is looking at the provision of perinatal services in Wales.
- Proving advice and support to the Tier 4 specialised service provision task and finish group, which is considering the provision of in patients services (mother and baby unit) for women in Wales who need to be admitted to hospital with perinatal mental health problems.
- Co producing a collaborative conference with the Royal College of Midwives, which clearly established and promoted the necessity of the 'early identification' of those 'at risk' of Perinatal Mental Health problems, and timely 'prevention' by working in close collaboration with Midwifery. Each health board presented either their current provision or shared their future delivery plan.

- Supporting the equitable delivery of services for those with a learning disability including the development of appropriate documentation and interventions, this will be delivered by learning disability nurses working with women with a learning disability across Wales who may experience a perinatal mental health problem.
- Initiating two task and finish sub groups which are:
 - developing all Wales unified pathways and associated documentation and criteria, which will also support consistent data collection
 - developing an agreed competency perinatal training framework at different levels of service provision.

The AWPMHSG also facilitates the all Wales perinatal community of practice

All Wales Perinatal Community of Practice (COP)

A community of practice is defined as:

“A process of social learning that occurs when people have a common interest in a subject or area, collaborate over an extended period of time, sharing ideas and strategies, determine solutions and build innovations”.

To this end, each health board has identified its ‘community’ for improving perinatal mental health services in Wales, this includes a:-

- Perinatal ‘Champion’ at Executive/Board level
- Perinatal clinical lead
- Perinatal nurse specialist lead
- Perinatal service improvement team – which will be a multi-agency, multi-professional ‘team’ operating across primary, secondary and tertiary care levels.

The clinical lead and/or nurse specialist lead for each health board is a member of the AWPMHSG. The service 'teams' (which may be actual specialist teams and/or wider 'virtual' teams) participate in national collaborative learning/conference events and webinars planned by the AWPMHSG. These will adopt the Institute of Health Improvement (IHI) Breakthrough Collaborative Improvement methods <http://www.ihl.org/> and members of the Perinatal Community of Practice will be invited to join the 1000Lives Improving Quality Together programme www.iqt.wales.nhs.uk/

Aims of the COP

The Perinatal COP aims to improve and develop community services across Wales by sharing learning, resources and materials to develop effective, efficient, empowering and equitable services to women in need of these services, and to promote pathways to the relevant stakeholders in Wales to ensure timely and appropriate access to care. It has facilitated the:

- Sharing of resources such as operational policies, job descriptions and person specifications to assist the development of service models to an acceptable standard across Wales.
- Agreement that health boards will attain and monitor compliance to at least type 1 of the standards set out in the Royal College of Psychiatrists CCQI Network for Perinatal Mental Health Service Standards (Second Edition April 2014).
- Agreement to benchmark service data, when available, to compare service demand, performance and development across Wales.
- Co-ordination of events as required to promote Community Perinatal Mental Health Services within specialist mental health services, primary care and with the wider network of relevant stakeholders.

- Dovetailing of the work of the Community of Practice with other networks including the CAMHS/ED network steering group, the Maternity Network Wales and the Neonatal Network Wales.
- The dissemination of relevant research and practice information.
- Provision of reports as required to Welsh Government on progress in the development of services.

A three year improvement work programme will be developed with annual milestones in collaboration with the following 7 national Programmes:-

- Together for Mental Health Delivery Plan 2016-19 – National Programme Board
- Together for Children & Young People’s Programme Board
- Early Years Collaborative programme – the first 1000 days.
PHW WLGA United in Improving Health Strategic Leadership Group
- Maternity Services Improvement Network & Heads of Midwifery Advisory Group (HOMAG).

Reporting and accountability of the Perinatal COP within the NHS will be to the CAMHS/Eating Disorders Network (Service Planning Group) chaired by Carol Shillabeer on behalf of Health Board Chief Executive’s, and facilitated by WHSSC. The AWPMHSG and Perinatal COP maintains a close relationship with perinatal voluntary services, across Wales, with relevant members participating on the national steering group. Since its foundation, the steering group has ensured that the voice of those with ‘lived experience’ maintains a consistent presence and position at steering group level, and within the Perinatal COP, contributing to all discussions and decisions made.

Paper developed by:

Lisa Kinsella: National Clinical Lead for Perinatal Services, Public Health Wales

Andrea Gray: Mental Health Development Lead for Wales, Public Health Wales

3 July 2017

Ken Skates AM
Cabinet Secretary for Economy & Infrastructure

5 July 2017

Dear Ken,

Learner Travel in Wales

The Children, Young People and Education Committee recently considered its forward work programme. Members of the Committee have indicated an interest in examining the development of learner travel in Wales, particularly issues around compliance of local authorities to undertake hazardous route assessments for walking routes to pick up points.

The Committee has received evidence suggesting that there may be differences in the way that local authorities are interpreting learner travel legislation and guidance in the way that hazardous routes are assessed, particularly in relation to walking routes from home to transport pick-up points.

Section 2 of the *Learner Travel (Wales) Measure 2008* places a duty on a local authority to assess the travel needs of learners under the age of 19 and the Learner Travel Operational Guidance lists a number of things that a local authority is also required to have regard to in assessing learner's travel needs. This includes 'the nature of the route that the learner is expected to take between home and the places where they receive education or training.'

In the Fourth Assembly, the former Minister for Minister for Economy, Science and Transport informed the Assembly:

"Where travel arrangements made by local authorities require children to walk to and from pick up points for learner transport, they must ensure that both the walked route and the learner transport itself are suitable; such transport arrangements must be safe, not take unreasonable time and not cause unreasonable stress."¹

The Minister in her letter to Members, indicated she had written to each local authority to remind them of their duties and seek assurances that they were compliant with their duties.

¹Letter from Minister for Minister for Economy, Science and Transport, **9 October 2015**



It would assist the Committee in its work if you could provide us with information on the following:

- The status of each local authority in complying with their duties to learners;
- Any outcomes from the previous Minister’s correspondence with each local authority; and
- If there is still non-compliance in local authorities, what action is the Welsh Government taking to ensure they meet their duties. On this point, information related to specific authorities would be welcomed.

For information, the Committee has also written to today to the Children’s Commissioner for Wales, the WLGA and the National Association of Head Teachers seeking their views on this matter.

I very much look forward to hearing from you and I hope we will be able to welcome you to the Committee in the near future.

Yours sincerely



Lynne Neagle AC / AM
Cadeirydd / Chair

