

Dear Vaughan Gething AM,

RE: We Support the Mind over matter Report's Recommendations for better Children and Young People's Wellbeing and Mental Health

The Mind over Matter inquiry makes one fundamental key recommendation; that the Welsh Government makes the emotional mental well-being and resilience of our children and young people a **stated national priority**. Psychologists for Social Change and the below signed to support this recommendation, as well as the other 27 made in the report, and join the call for their implementation.

We particularly welcome the opportunity to include emotional well-being and resilience in the school curriculum. If embedded as a whole-school approach this learning could benefit pupils as well as [teachers](#) by supporting the creation of a well-being minded culture within schools and moving away from the current ['exam factory'](#) mentality. Greater collaborative efforts across government and professionals, as suggested in the inquiry by head teachers, could support the development of this approach. We believe much could be gained from a genuine and properly resourced multi-agency approach, including a health, social, education, third sector and others joint response to tackling the issue of our children's wellbeing. Additionally, we urge the government to ensure cross-governmental work on the whole-school approach is taken forward to support its implementation.

As well as a multi-disciplinary approach to service provision we believe services need to be embedded in the community rather than in clinic-based settings. Many children and young people are unable to access clinic-based services because they are unable to attract a medical model diagnosis. We support the development of the 'missing middle' based on [Dr Gregory's 'iceberg model of services'](#) which would use a [multiple adverse childhood experiences \(ACEs\)](#) informed approach to service delivery. This would allow referrals to be assessed based on observed levels of distress rather than diagnostic labels.

We also support the call by the Royal College of Psychiatrists for improvements to data collection to aid our understanding of why the mental health of children and young people has worsened over recent years. This requires the inclusion of 'non-diagnosed conditions' and 'other distress' in the methodological approach used. We agree that this would be essential in developing a holistic prevalence picture. This data is also crucial in developing adequate prevention planning.

In light of the above considerations, we, the undersigned, call on **Cabinet Secretary for Health and Social Services, Vaughan Gething AM** and the Welsh Government to implement the recommendations made in the Mind over matter report and make the wellbeing and mental health of children, young people in Wales a national priority.

Signed by:

1. Psychologists for Social Change South Wales
2. Psychologists for Social Change North Wales
3. Dr Adrian Neal, Chair on behalf of Division of Clinical Psychology (DCP) Wales
4. Liz Slade Director SYSHP (Swansea Young Single Homeless Project)
5. Sam Austin, Deputy Chief Executive, Llamau
6. Carmen Smith, National Union of Students (NUS) Wales Acting President
7. Gwyneth Sweatman, National Union of Students (NUS) Wales President-Elect and Women's Officer
8. Dr Kerry-Ann Holder, Consultant Clinical Psychologist/Head of Dept Child Health Psychology
9. Allison Hulmes, Professional Officer British Association of Social Workers (BASW) Cymru
10. Adam Johannes, Convenor, Cardiff People's Assembly
11. Abyd Quinn Aziz MA Social Work Programme Director
12. Morve Scriven, Professional Lead for Counselling ABUHB
13. Jen Daffin, Clinical Psychologist in Training Cardiff University
14. Dr Nicole Parish, Clinical Psychologist
15. Dr Robert Searle Clinical Psychologist
16. Dr Emma Johnston, Clinical Psychologist
17. Matthew Yates, Clinical Psychologist in Training Cardiff University
18. Louise Peters, Clinical Psychologist in Training Cardiff University
19. Dr Sarah Brown, Clinical Psychologist
20. Kim Jackson-Blott, Clinical Psychologist in Training Cardiff University

21. Kiran Guye, Clinical Psychologist in Training Cardiff University
22. Phillip Mitchell. Independent Social Worker
23. Jonathan Harold Clinical Psychologist in Training Cardiff University
24. Chris Owen, Teacher
25. Sara Cooper Clinical Psychologist in Training Cardiff University
26. Juliet Young, Assistant Psychologist
27. Sian Davies, Head of Strategic Programmes, Mencap Cymru
28. Alison O'Connor, Therapist
29. Dr Sue Whitcombe, Counselling Psychologist
30. Claire Jenkins
31. Lydia Dramatherapist
32. Dr Siwan Roberts, Senior Clinical Psychologist, BCUHB, North West Wales
33. Clare Stoughton-Harris, Adoptive Parent
34. Jim Wilson Systemic Psychotherapist
35. Karen Hamer Specialist Mental Health Practitioner
36. Dr Zoe Moss, Clinical Psychologist
37. Dr Elanor Maybury, Consultant Clinical Psychologist
38. Joanne Jenkins
39. Dr Judith Storey, Clinical Psychologist
40. Angela Webber Trainee Clinical Psychologist
41. Misbah Gladwyn-Khan
42. Cathy Mclellan, Clinical psychologist in training
43. Carla Benton, Trainee Clinical Psychologist BCUHB
44. Clare Carter, Trainee Clinical Psychologist
45. Dr. Chris James Clinical Psychologist
46. Siobhan Moore Clinical Psychologist in Training, Cardiff University
47. Leah Davies
48. Dee Montague
49. Dr Jo Morgan Trainee Clinical Psychologist

50. Leah Powell, Data Sourcing Manager
51. Kat Rayson, Trainee Clinical Psychologist
52. Emma Reynolds
53. Alex Miller
54. Lianne Williams Classroom Teacher
55. Annon, Accounts Assistant
56. C.Davies-Teacher
57. Lizzie Summers, Clinical Psychologist in Training
58. Dr. Claire Rockliffe-Fidler, Principal Clinical Psychologist for North Monmouthshire CMHT
59. Dr Clare Nott, Clinical Psychologist ABUHB S-CAMHS
60. Helen O'Shea, Consultant Clinical Psychologist
61. Mrs E Williams
62. Emma Harries
63. Erika Lyons
64. Dr Bronwen Davies, Clinical Psychologist
65. Dr Cerith Waters, Clinical Psychologist
66. Lyndon chaney, Parent
67. Kate Jobbins, Assistant Psychologist
68. Genine Bagley Systemic Psychotherapist
69. Dr. Katie Ann Elliott
70. Dr Elin Walker Jones, Seicolegydd Clinigol Ymgynghorol
71. Dr Caroline Jones Uwch Seicolegydd Clinigol
72. Dr Naomi Swift, Clinical Psychologist
73. Meg

We have copied Lynne Neagle in her capacity as chair of the Children, Young People and Education Committee for information.

You can also find the letter here on our website:

<http://www.psychchange.org/we-support-the-mind-over-matter-report-recommendations-for-better-children-and-young-peoplesquos-wellbeing-and-mental-health.html>

Yours Sincerely,

Psychologists for Social Change - South Wales

Seicolegwyr dros Newid Cymdeithasol - De Cymru