

CYPE(6)-04-22- Paper to note 4

Children, Young People and Education Committee

Request for information on working with the third sector to provide mental health support services for children and young people

Response from: Child & Family Community Psychology, ABUHB



Child and Family Community Psychology and the Third Sector

Child and Family Community Psychology is a team of Clinical Psychologists, Systemic Psychotherapists and Assistant Psychologists. It is based within the Gwent Child and Family Psychological Health Service.

CFCP is founded upon a number of core beliefs- one of which is that children and young people do not exist in isolation, they are part of a wider network of relationships and systems that create the context for their development. These relationships span across home, the extended family, school and the wider community, recognizing the fundamental role of community volunteers in shaping out young people's development. For some of our more vulnerable young people these relationships will also be with organisations to include social care, the police, housing and the third sector.

CFCP's aim is to develop partnerships across the multiple levels of these systems to change how our communities nurture children and young people's wellbeing and understand and relate to distress. We seek to develop a relational, developmental and contextual understanding of distress and support community members to feel confident in sitting with this distress whilst creating the conditions necessary for change. Drawing on psychological models and theory, we work alongside communities, however defined, to enable and support them to identify needs and to develop and enact their own solutions to these needs.

This document details our recent work in Newport with third sector agencies:

Organisation: Save the children

When: November 2019 – November 2021

Aimed at: Families within Bettws, Newport.

Project: ELC Community Resilience and Wellbeing

The Early Learning Communities project takes a 'whole system' approach to improving the early learning outcomes of children growing up in poverty; seeking to stimulate systems change across the breadth of service providers; thereby resulting in improved outcomes for members of the local early years community. This project is focused on the community of Bettws (Newport, South Wales).

Work completed:

- Transfer of psychological knowledge and embedding psychological thinking and processes into the programmes working structures.
- Community resilience and wellbeing in Bettws questionnaire (based on Adverse Communities Framework.) – 112 responses – analysis and recommendations made (October 2020).
- Bettws place-based formulation completed (December 2020)
- Children's wellbeing workshops: 3 workshops delivered at Millbrook primary school to 36 children attending the SHEP project (summer 2021).
- Parent stories project: 4 parents interviewed about their experience of accessing mental health support. Themes analysed and recommendations made (summer 2021).

Plans for the future:

- Dependent on funding of new CFCP post

Organisation: KidCare4U

When: November 2021

Aimed at: Children, Young People and Members of staff from KidCare 4U Saturday sessions

Project: Emotions and wellbeing workshops

Work completed:

- We were requested to offer some help around wellbeing to children and young people (CYP, aged 5-16) from ethnic minority families who attend Saturday education and play sessions. This request was made in the context of staff from Kid Care 4 U noticing CYP showing distress or talking about distressing experiences in the Saturday sessions, particularly in the context of the pandemic.
- A Clinical Psychologist and Assistant Psychologist from Child and Family Community Psychology were able to offer two Saturday sessions. The aim of the sessions was for CYP attending to feel more able to identify and talk about, to recognise that these feelings are understandable and can affect everyone, and to recognise possible causes for those feelings and to develop some ideas about what might help when they experience distress.

- The workshops were offered according to age group. The workshops gave CYP the opportunity to talk about feelings and experiences they have faced during the pandemic. As staff from Kid Care 4 U already had relationships with the individual children they were able to support them to engage in the sessions. An additional benefit of this was for staff to hear the discussions and hopefully to help them to feel more confident to respond to the children and young people when they shared difficult experiences and feelings of distress outside the workshops.
- The workshops also provided members of staff with practical strategies to talk about feelings with children and adolescents in a fun way and at a child appropriate level.
- Staff were asked to evaluate the workshops using questionnaires, aiming to get an understanding of the impact of the workshops both on staff and upon CYP both during and after the sessions. The CEO of Kid Care 4 U was also interviewed a few weeks after the sessions to gain a more in-depth understanding of the impact of the workshops.

Plans for the Future:

- Due to capacity within our service we are not able to offer any more partnership working immediately, both CFCP and Kid Care 4 U are keen to continue the relationship and to respond to requests for further input from the organisation as future needs are identified.

For further information, please contact:

Dr Rhiannon Cobner, Consultant Clinical psychologist, Lead for Child and Family Community Psychology

Rhiannon.cobner@wales.nhs.uk

01633 436996