

CYPE(6)-04-22- Paper to note 8
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: Cwm Taf Morgannwg Regional Partnership Board



13th January 2022

Jayne Bryant MS
Chair, Children, Young People and Education Committee
Senedd Cymru

Dear Jayne

**WORKING WITH THE THIRD SECTOR TO PROVIDE MENTAL HEALTH
SUPPORT FOR CHILDREN AND YOUNG PEOPLE**

Thank you for your letter dated 1st December 21, regarding the above topic and in particular your queries regarding how Cwm Taf Morgannwg are working with the third sector to support children and young people's mental health.

It should be highlighted that the region very much welcome and supports our third sector, partners and services who are essential in delivering services to support children, young people and their families. Within Cwm Taf Morgannwg we can demonstrate many examples of good practice whereby third sector partners are either involved through commissioned services or deliver direct interventions to support children and young people's emotional and mental health.

Good practice examples can be seen in some of the following services;

- **MAPPS Therapy service for children looked after** – recently commissioned, the Behaviour Clinic, a social enterprise agency, has been awarded a one year **regional** contract (with a potential to extend), to provide direct therapy and holistic therapeutic interventions to be delivered across the region of Rhondda Cynon Taff, Bridgend and Merthyr Tydfil. Services will be delivered to those care experienced children who after who have repeated placement breakdown with foster carers, and those with plans for adoptions, with the most complex emotional and mental health needs. Support for carers to manage ongoing relationships and behaviour management/stability will also be provided preventatively, in order to achieve the best longer term outcomes for these

vulnerable children and young people. This service is currently funded through the **Integrated Care Funding, via the Regional Partnership Board**, but will be funded through the new Health and Social Care Regional Integration Fund (RIF), from April 2022, with a pooled budget and managed by an integrated MAPSS Board, consisting of social care Heads of Children's service and CAMHS health professionals.

- **CAMHS new In-Reach Service and links with Whole Schools Approach Coordinator** – the new CAMHS In-Reach service has received funding to roll out emotional support and wellbeing services supporting children in cluster schools across Cwm Taf Morgannwg. As a new Health Board service it is at the earliest inception stage with staff being recruited, to include 3 x Band 7 Mental Health Nurses and 13 x Band 5 Practitioners. Despite no ICF or regional funding being directed to the service, the Regional Commissioning Unit, on behalf of the RPB has facilitated links are made with the Whole Schools Approach Coordinator who is working with 40 pilot schools to undertake self-assessment in schools, a view to identifying how well equipped schools are to support children's emotional and mental health. The links made have been forged on the basis that they will use the new NEST Framework to plan the operational deliver and development of their service, which takes a holistic approach to integrating services in a No Wrong Door approach, give easier access to expertise, supporting by safe communities. The findings from the self assessment by schools will allow the In-Reach service to act as enablers to deliver interventions, signpost to other services, eg Kooth online counselling service (digital mental health service), Mental Health Matters (Eating Disorder peer support service (commissioned from the third sector). Using the NEST framework will allow both services to plan integrated interventions, thus working to the NEST framework principles. **See Annex A** NEST Mindmap for the In-Reach and Whole Schools Approach model.

Other Integrated Care Funded Projects and Services across the Region

The **Resilient Families Service (RFS)** within Rhondda Cynon Taff, sees the provision of a range of support and early intervention services to parents and children, in the community, schools, supporting wellbeing and emotional health. Regional Integrated Care Funding (ICF) funding, agreed by the RPB, to the value of £250,000 part funds this service with Rhondda Cynon Taff CBC.

- The **Community Wellbeing and Support service**, of the RFS provides a raft of wellbeing and emotional support available to young people aged 11 years and above, both within school and the community. **See Annex B.**
- **Eye2Eye service** - the registered counselling **charity Eye to Eye** are commissioned to deliver counselling services to children and young people aged 3-25. The service was predominately for school based counselling; aged 11 to 18 and year 6 primary school pupils however the service was recommissioned in 2019 to deliver services to a wider age range from primary year 3 to 5, the statutory element (11-18), and from age 19 to 25 in the community. The effectiveness of the intervention is evaluated for the 11-18 year olds using the Young Persons CORE assessment, this a 10 item self-

report measure of emotional wellbeing, this is completed from the first to last session. Eye to Eye developed a pathway as part of the service to particularly support schools to refer to the most appropriate agency and to reduce the number of referrals to them where the person could be supported elsewhere. The development of the pathway supported refers to identify those where counselling would be the most appropriate intervention. All the information on the pathway is consistently checked by Eye to Eye to ensure its accuracy. Referrals to Eye to Eye can be made by parents, schools, other professionals or via self-referral for children and young people over age 11.

- **Children's Disability Team (Rhondda Cynon Taff CBC)** - commission open access play sessions for Children with additional needs, Autism, ADHD, from the third sector. Regional ICF funding is used to support this service for children with additional needs in order to access open access play sessions, with adult support, as required. This supports the wider physical, emotional, cognitive development for children with disabilities and additional needs, as children learn and develop through play. The 'Care to Play' scheme will commission open access sessions from a wide range of third sector organisations across the community, but also provides strategies to allow children with additional needs to fully access sessions, without which would prove distressing for them, ensuring their wellbeing and mental health are stabilised within a supportive environment, promoting their learning, growth and wellbeing. **Annex C.**
- Additionally, there is significant amount of support being provided within localities across the region, see **Annex D** - COVID 10 Sources of Support for Children across Rhondda Cynon Taff CBC, whereby queries via the Information, Advice and Assistance teams can refer and signpost on to many third sector agencies, where there is demonstrable mental health and emotional wellbeing need.

Direct Third sector funded projects across the region, include:

- **Third Sector Revenue Grant (TSRG)** – The RPB provides £153,000 of ICF revenue funding to both Interlink (Council for Voluntary Action CVC)) and BAVO (Bridgend Association for Voluntary Organisations) who facilitates funding to support a number of third sector organisations through their large and small grant scheme, to support children and families, across Merthyr Tydfil, Rhondda Cynon Taff and Bridgend. They fund third sector agencies that aim to solve a lack of access, awareness, connectedness and coordination of community support, by providing local information, advice and assistance for children and families. The long term outcomes are to improve community support and access to information, advice and guidance through creating more resilient communities for children and families, which contribute to the **emotional wellbeing** of children and young people, including support, a reducing open access, universal youth service provision in deprived and remote areas of Bridgend County.

Across Bridgend a range of support is available for children and families promoting their emotional wellbeing and mental health;

- **Emotional Wellbeing Resilience Support** - this project provides support through early help to enable children, young people and their families to take control of their lives and maximise their life chances and reducing the need for statutory support and look to increase children's resilience and develop ways in managing their emotions and feelings effectively. The project is in response to the gap in service for children in primary school around promoting their resilience and emotional wellbeing. There are difficulties in accessing CAMHS support for tier 4 children and support for those children who are beginning to present with some emotional wellbeing issues have little support. Five Wellbeing Workers working with primary school aged children either on a 1:1 basis or in group work at home, community or school, to support their resilience and emotional wellbeing to prevent their needs escalating, strengthening family relations and support networks. Via the RPB, ICF funds this service to the value of £168,020 within Bridgend.
- **(EX5C) 3. Moving Forward at Y Bont** – Via the RPB, ICF provides £35,916 funding to this project which works with; children with complex needs due to disability or illness (including mental health & emotional problems), children with Autism and parents/carers. The aim of the project is to provide children with healthier lifestyle behaviours, improve the development of children, support the wellbeing of children and support carers to feel less lonely and isolated in their caring role for disabled children. Supporting children with early help and prevention, also supporting parents, carers with information, advice and support them with their emotional health & wellbeing. For parents/carers, Y Bont provides a vital lifeline and support mechanism, and respite from the heavy demands and challenges placed on them from their child's complex needs. Without this support, many families escalate to crisis point. Family breakdowns are much higher where there is a child with a disability and additional learning needs. The 24/7 attention needs when caring for a disabled child puts huge pressures on the family members and having the ability to place their child at Y Bont where they are confident they will be cared for and safe allows parents the necessary space to focus on their own needs. Taking part in the Moving Forward project puts them in contact with other parents and carers with the same issues and challenges that they face on a daily basis, this provides the comfort of the knowledge that they are not alone.

Other Third Sector services

- **Valley Steps (third sector organisation) - Steps to Student Wellbeing (funded by ICF Funding)** - Funded via the Integrated Care Fund since January 2020 (with additional funding secured to extend our offer beyond RCT and Merthyr via the South East Wales FE College Consortium) Steps to Student Wellbeing delivers a range of self-help and self management courses to students and learners in the University of South Wales, Coleg y Cymoed and the College Merthyr Tydfil (Extended to include Coleg Gwent, St David's College Cardiff and Bridgend College via consortium funding from Autumn 2020). The service provides a programme of six week programmes to students

including a **six week resilience programme** and six week mindfulness programme developed in consultation with learners. The service also delivers a range of stand alone workshops and provides volunteering opportunities for students to engage in peer support for students. The service has also developed a host of online resources on a dedicated student support webpage found at <https://valleyssteps.org/students/>.

- **Families Together 4 Wellbeing and Support For Schools - Funded via the Taf Ely Primary Care Cluster** - The Families Together Programme and work with schools is an initiative developed with the support of the Taf Ely Primary Care Cluster. Professionals in the cluster see a significant number of young people presenting with mental health and emotional health problems, often supported by their parents. This situation has been exacerbated by a limited range of options below CAMHS. Valleys Steps has developed a programme where young people and their parents learn knowledge and skills to promote resilience and to reduce the need for access to statutory services or prescribing of anti-depressant medication. Consultation on the development of this work has included liaison with schools and to date courses have been delivered to learners in Y Pant and Hawthorn Comprehensive Schools with further work planned with Llanharry Comprehensive in early 2022. Dialogue is ongoing with the Bridgend South Primary Care Cluster in connection to the delivery of the families together programme and work with schools.

Supporting this area of work into future years will see a funding bid application for 'Mind Our Future' funding from the Big Lottery, led by County Voluntary Council (Interlink) within Rhondda Cynon Taff CBC. Interlink have been invited to the next stage of the funding application process, to apply for fund which aim to provide mental health support for children and young people across the region.

Yours faithfully



Luke Takeuchi
Deputy Chair Regional Partnership Board
Cwm Taf Morgannwg