

Children, Young People and Education Committee

Inquiry into the emotional and mental health of children and young people in Wales

The Committee's Inquiry will consider whether the review of CAMHS – the 'Together for Children and Young People Programme' is on track to deliver the 'step-change' in CAMHS services that is needed. The Committee's Inquiry will consider:

Specialist CAMHS

- The extent to which new (and/or reconfigured) services are helping to reduce waiting times in specialist CAMHS. Whether the improvements in waiting times Welsh Government expected from CAMHS have been met.
- What the data tells us about the variations in practice (equity of access) across Wales.
- The extent to which changes have addressed the over-referral of children and young people to CAMHS.
- Referrals and access to CAMHS by individual Health Board, including the restrictions and thresholds imposed by CAMHS
- Whether the changes have helped to improve specialist CAMHS' ability to respond out of hours and at times of crisis; whether out of hours care is working effectively, and specifically looking at the needs of those children and young people who present and are assessed at hospital A&E departments.
- Whether there is sufficient in-patient capacity in Wales.

Funding

- Annual expenditure on CAMHS in cash terms and as a percentage of the overall spending on mental health, by local Health Board.
- The extent to which access to psychological therapies for young people has improved. Whether there has been a subsequent reduction in the use of medication for young people.
- How the additional funding has been used to improve provision for children and young people in local primary mental health support services

- The extent to which the funding has been used to meet the needs of vulnerable children and young people, for example, children who are in care, children and young people with ADHD and autistic spectrum disorders, and those who are already in or at risk of entering the youth justice system, including those who are detained under section 136 of the Mental Health Act 1983.
- The effectiveness of current planning and commissioning arrangements to address the needs of young people who have early onset of a severe mental illness, such as psychosis.

Transition to Adult Services

- How well planned and managed transitions to adult mental health services are.

Links with Education (emotional intelligence and healthy coping mechanisms)

- The work being done to ensure children and young people are more resilient and better able to tackle poor mental well-being when it occurs including:
 - The development of the Health and Wellbeing Area of Learning and Experience as part of the new curriculum.
 - Children's access to school nurses and the role schools nurses can play in building resilience and supporting emotional wellbeing.
 - The extent to which health, education and social care services are working together.
 - The take up and current provision of lower level support and early intervention services, for example, school counselling services.

The Committee will consider the evidence it receives as part of this inquiry in the context of the implementation of the *Social Services and Well-being (Wales) Act 2014*, the *Well-being of Future Generations (Wales) Act 2015* and the *Rights of Children and Young Persons (Measure) Wales 2011*.