

Cardiff and Vale University Health Board

Children and Young People Emotional and Mental Health

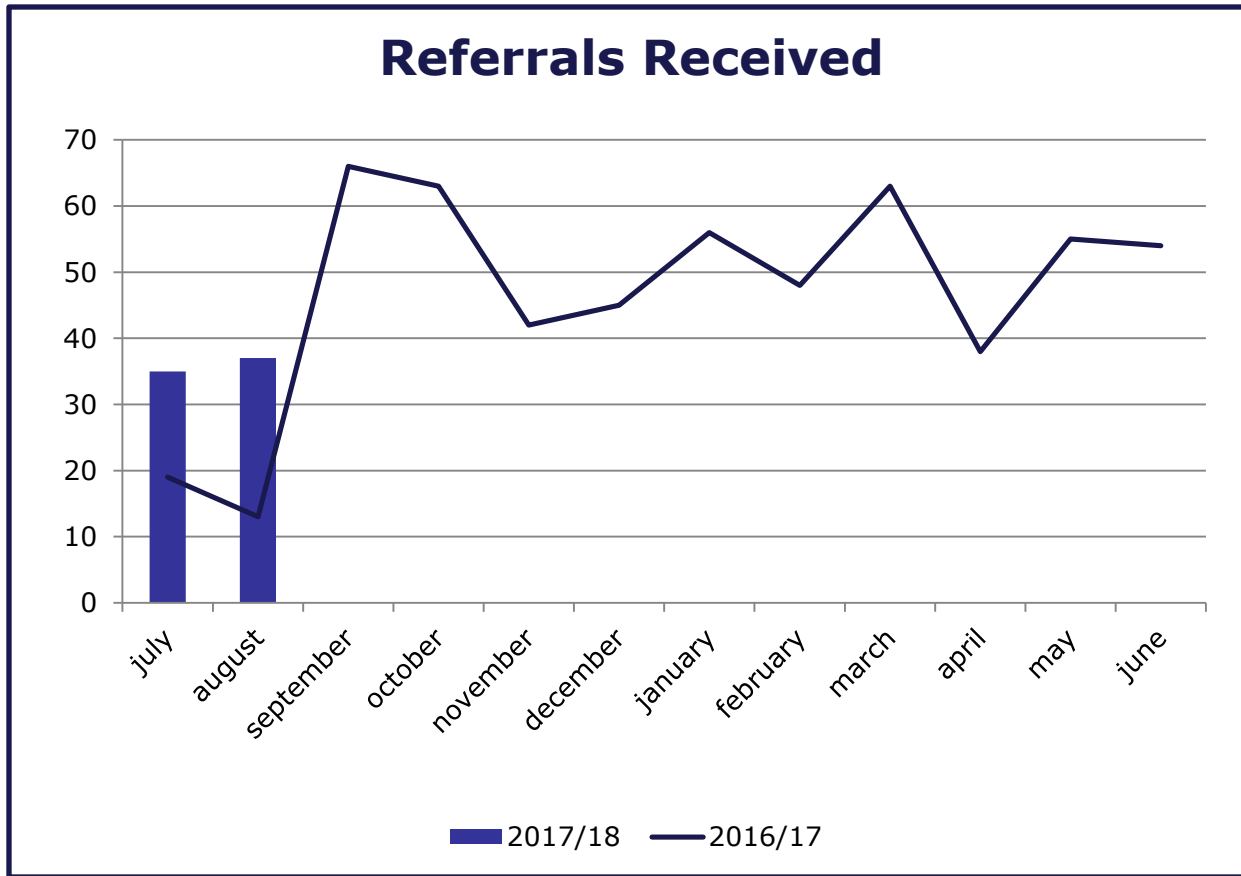
Update to Vale of Glamorgan
November 2017



The Emotional Wellbeing Service launched in July 2016 as an open access provision of early intervention for Mental Health and Emotional Wellbeing for Young People up to the age of 18.

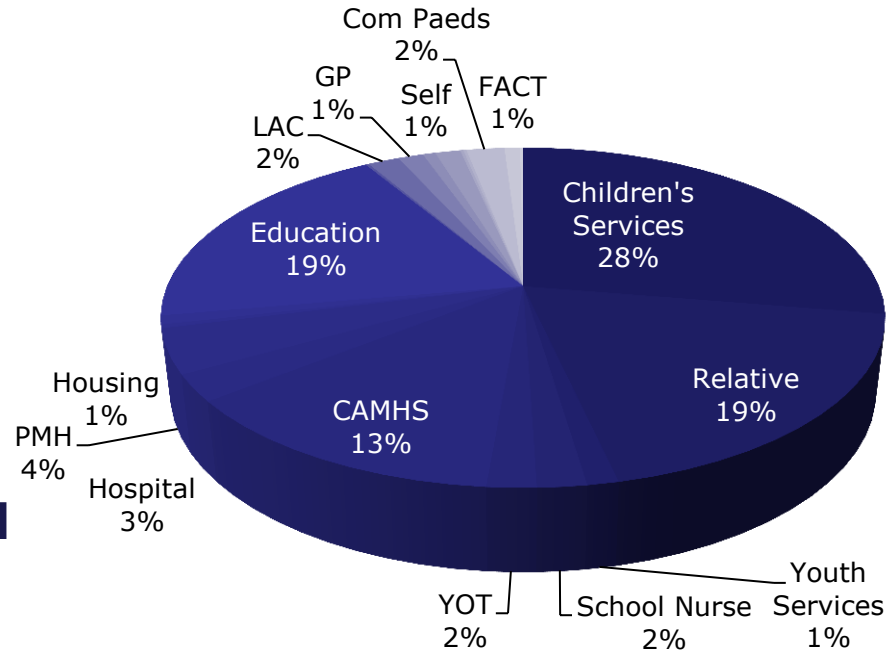
The service provides 1:1 sessions, group sessions and parent sessions (for those young people using the service)

The service works closely with Primary Mental Health and CAMHS and other 3rd sector providers to enhance the services available for Young People.

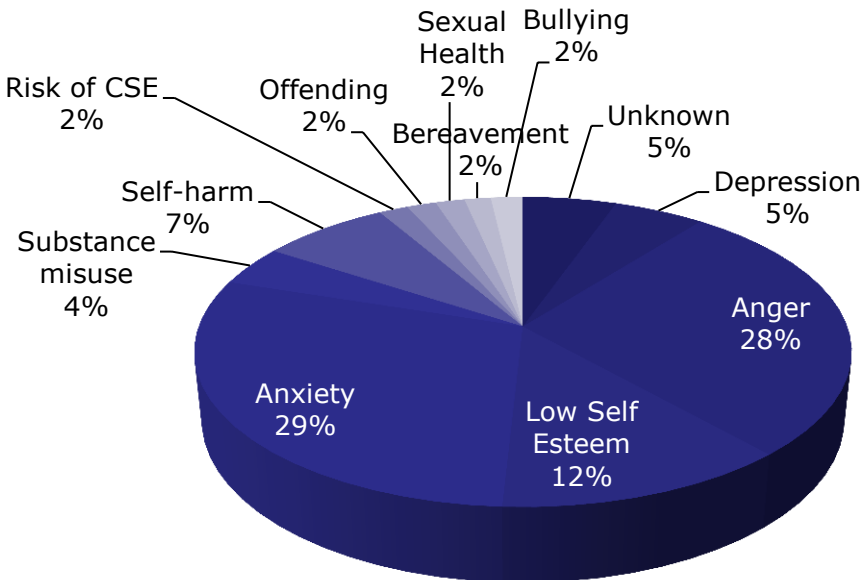




Referral Source



Primary Reason For Referral



562 Referrals in the first year



Some Reported Outcomes following Intervention

- ✓ Improved wellbeing for child and parent
- ✓ Increased knowledge and awareness of the effects of alcohol
 - ✓ Benefitting from Relaxation techniques
 - ✓ Reduced young person's anger significantly
- ✓ Young person is more confident carrying out extracurricular activities and hobbies
 - ✓ Has a clear understanding of boundaries, actions and consequences
 - ✓ Improved mental health
 - ✓ Improved relationship with family
 - ✓ Improved inclusion in community
- ✓ Increased knowledge of support services
 - ✓ reduced anxieties of parent

Some Feedback from Users

"The service has helped me to be happier and find the good in things"

"Things are better for me now because...I have a way to calm myself and focus on what is good for me"

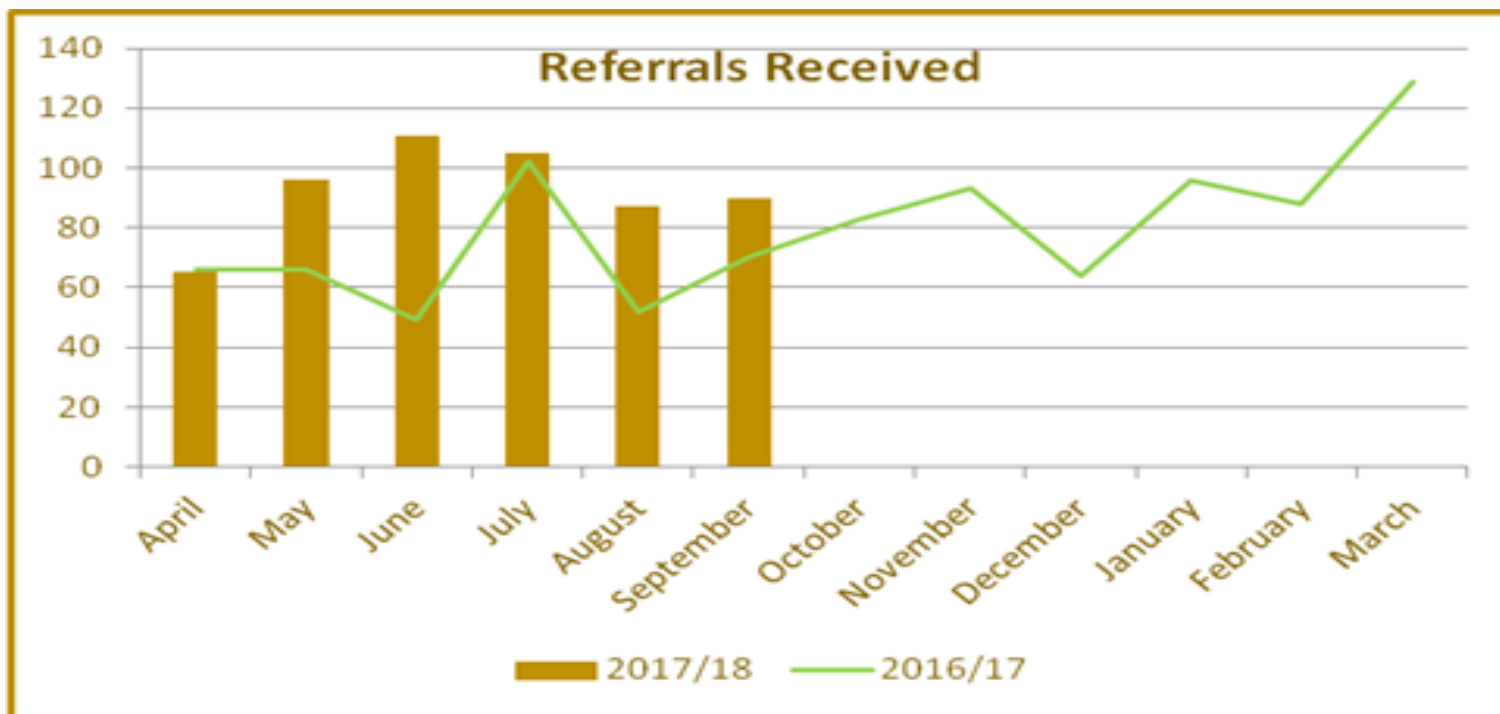
"The best thing about working with this service is...they listen and don't tell you that you're wrong"

"The emotional wellbeing service has helped me to reduce my anger, build a better relationship with my mum and given me the confidence to do scooting and free running which I love"

"The EWS was really helpful and offered me guidance and support when I needed it most, not only that family services also closed our case which is brilliant" – parent

"I now accept myself" (disclosure of thoughts that they are transgender during intervention)

Primary Mental Health for Children and Young People Referral Profile

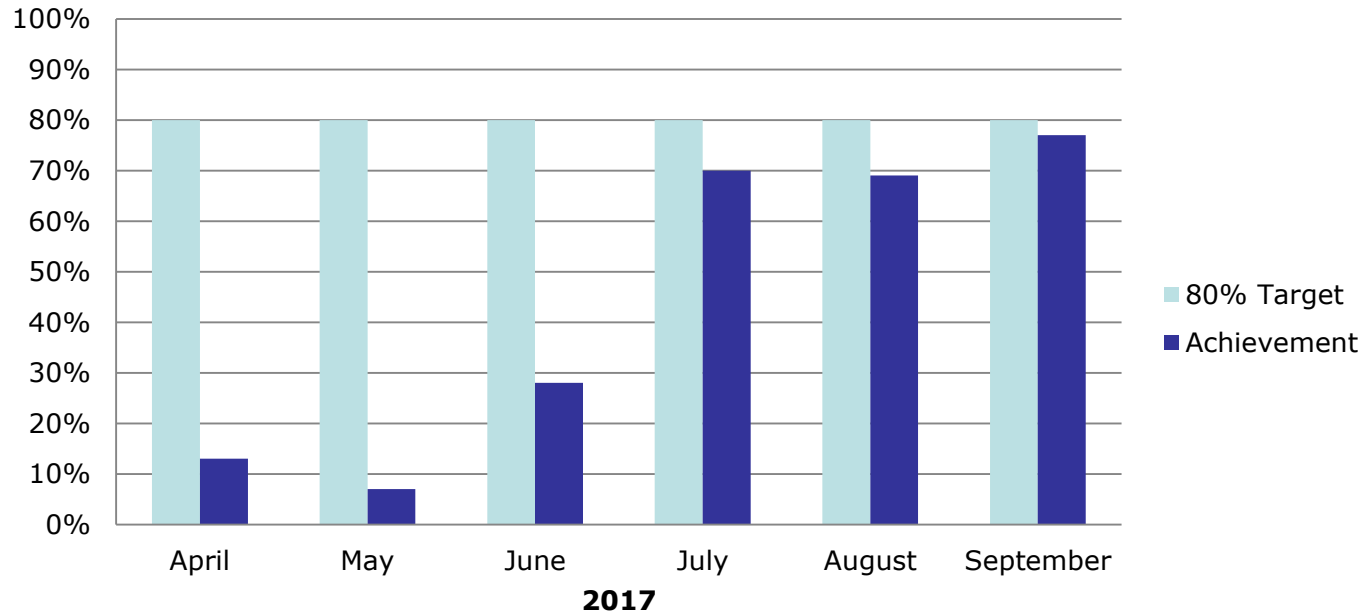


Performance Against Part 1



- Target: The percentage of Children and Young People assessed within 28 days should be 80%.
- Waiting list for assessment at transfer 36 weeks.

Activity Target



Actions Taken to Improve Performance



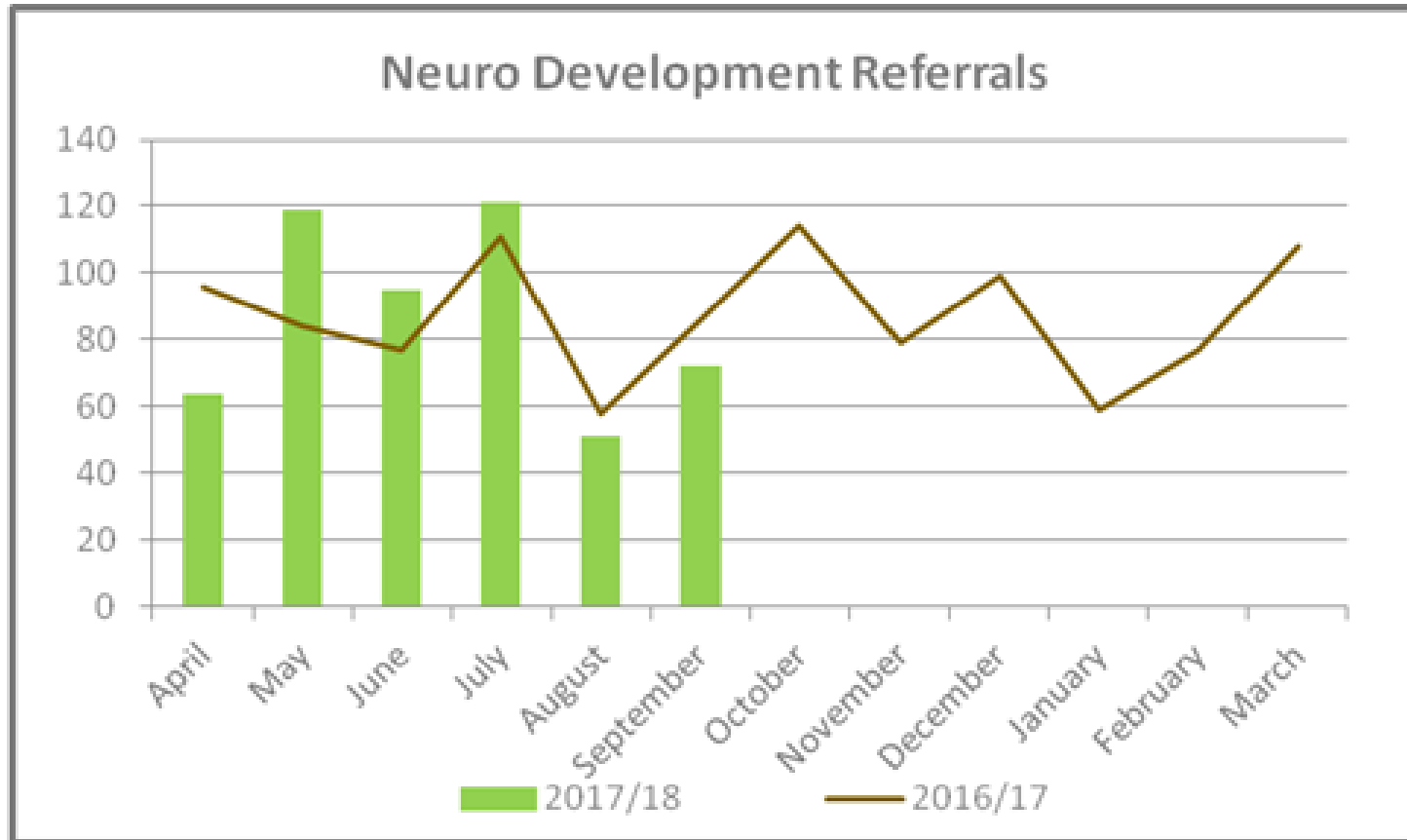
- Improved data capture.
- Electronic referral process introduced reducing delays.
- Referrals being appointed to in month available slots.
- Vacancies filled with new staff now operational and delivering Part 1 assessments.
- Staff have job plans with allocated assessment /clinic slots.
- Telephone assessment piloted and used in suitable circumstances.

Developing a Sustainable Model



- New guidance produced by the Together 4 Children and Young People National Programme .
- The new guidance has been developed because nationally and locally the focus on the Part 1 assessment measure has led to reduced delivery of other preventative elements.
- Peer review of services to be introduced.
- Working with partners to develop a sustainable GP/school cluster model with a single point of access.
- Scoping the development of a 5 day consultation/advice line.

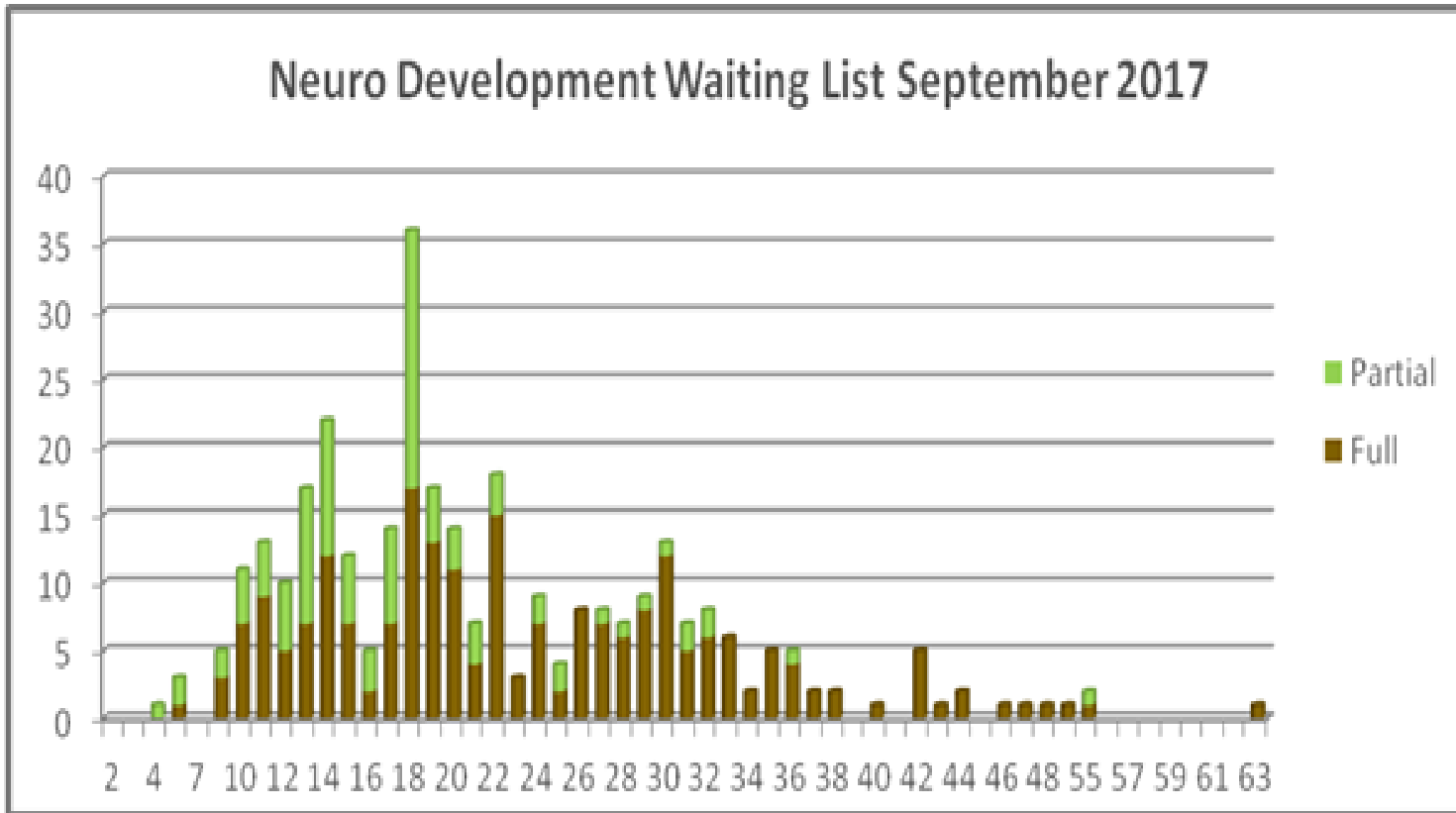
ND Referral Information



Neurodevelopmental Assessment Services



Neuro Development Waiting List September 2017



Progress and Service Development



- Continued high number of referrals for assessment – demand or backlog?
- Waiting times improving but still some long waits. Usually complex cases.
- Positive feedback from parents with regards to earlier service engagement.
- Good links with 3rd sector disability services and links with support for families.
- Working closely with new National Autism Service for adults.

Specialist CAMHS

- Target :Children and Young People to be seen in 28 days.
- Met at the End of March following investment in a waiting list team
- Actual End of September position is: Longest wait 26 Weeks and Mean wait 10 weeks.

Introducing CAPA

- CAPA – The choice and partnership model is a service transformation model.
- CAPA aims to put the service user at the centre. To aid their choices and goals aiming to use expertise in a collaborative manner.
- Implemented in September.
- Should Improve waiting times.
- Early days!

Current Actions

- Scoping of future plans for specialist CAMHS
- Developing Single Point of Access
- Western Vale changes - All referrals to St David's Children's Centre with the following exceptions:
 - a) A&E presentations.
 - b) Acute Paediatrics.
 - c) Neurodevelopment registered at a Cwm Taf or Bridgend practice **and** at Bridgend school.

Any Questions?