

Emotional Wellbeing & Mental Health Services

Children, Young People and Families Health Services
Cardiff & Vale University Health Board

Strategic Vision and Transformation for Emotional & Mental Health Services



Strategic Vision and Transformation for Emotional & Mental Health Services

1

Underpinning principles

Child Rights approach

Coproduced services

Multiagency response

Focus on early intervention and prevention

Easy and timely access to appropriate service

2

NHS Mental Health Services for Children and Young people delivered through a single point of access to include:

Specialist CAMHS

Primary Mental Health

Emotional wellbeing service

Consultation and advice

Digital Platform

Neurodevelopmental Assessment services which are delivered as a shared Community Child Health/SCAMHS model will also form part of the single point of access model.

3

Family Help and Support Services

Embedded mental health workers as part of the family advice and support services in Cardiff and Families First advice line in the Vale of Glamorgan providing support to the wider team. These will act as 'trusted referrers' to the NHS CAMHS services.

4

A locality wellbeing approach with skilled mental health workers providing consultation and advice and a conduit to NHS mental health services.

The locality model will work with Primary care, Schools, School Nurses, School counsellors, 3rd sector organisations, 'Not for profit' social enterprise and community assets to deliver early support and access to Mental Health NHS services if required

The locality approach will work in partnership with other services to provide consultation and advice. It will deliver training and development activity to support other services to identify early signs and highlight appropriate routes to access early help.

This model supports a whole school/community approach which respond to the 'Mind over Matter' report.

5

Adverse Childhood/Developmental Trauma

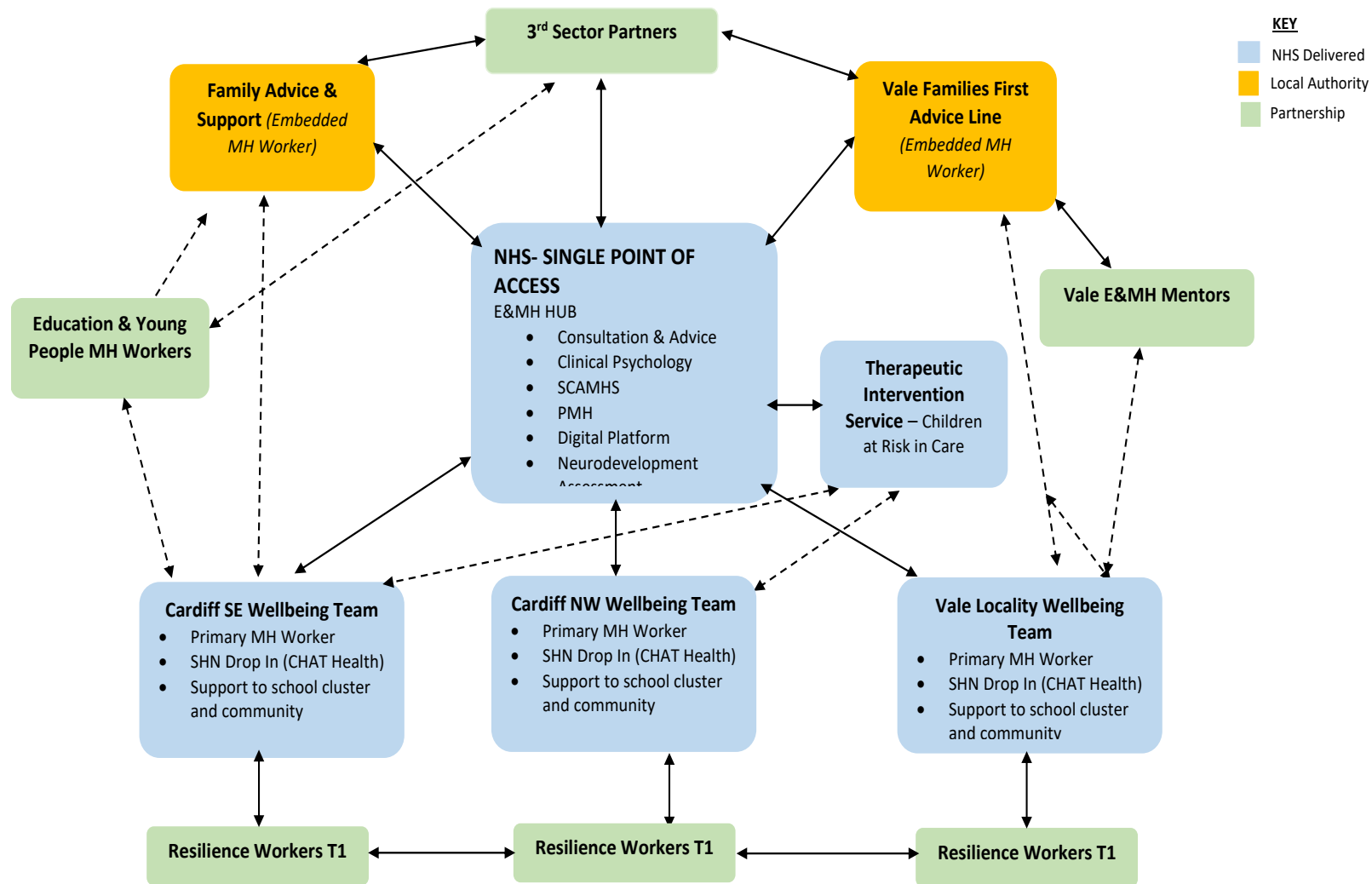
Psychologically led universal work with Education wellbeing teams and schools, building ACE aware behavioural approaches through Transformation (T1).

A Psychology led therapeutic and evidence based intervention service for children on the 'edge of care', 'in care' and those in the adoption system, working in partnership with Social Services and Education.

Cardiff & the Vale of Glamorgan, Emotional & Mental Health Support Network



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Progress Towards Delivery

In Place

- Administrative single point of access for referrals.
- Clinical multidisciplinary referral triage between SCAMHS, PCAMHS, ND.
- Change, Grow, Live UHB commissioned open access early support.
- Council Early Help hubs and advice line.
- Digital platform option for assessment and intervention; pilot commenced
- CHAT Health for School Nursing (text service for young people to obtain support).
- Child Psychology part of single point of access

Mobilising

- Transformation programme (18months). Resilience workers supporting adverse childhood experiences embedded with Psychology and Education Wellbeing teams.
- Embedded Mental Health Workers in the Council's family advice and support services (supported by the Regional Partnership Board Integrated Care)
- Additional roles within the single Point of Access to deliver clinical consultation, advice and triage to both professionals and parents
- School Health Nurses with a focus on emotional health to undertake drop in clinics
- Parent Support Worker and third sector parent support offer for parents of children and young people experiencing emotional wellbeing and mental health and/or accessing services
- New roles to support the delivery of an improved Eating Disorder pathway
- New roles for therapeutic support for Children in Care

In Development

- Websites and information to be updated / developed

How Do I Get Help?

FOR MY PATIENT

Refer to the NHS Single Point of Access for all routine referrals via the Welsh Administration Portal (WAP). You can also ring for clinical advice on Tel:

FOR MY CHILD

Cardiff - Contact the Family Advice and Support Service on Tel: ____
Vale of Glamorgan - Contact the Families First advice line on Tel: ____.

These services have trained mental health workers who can refer to the NHS Mental Health Services if required.

FOR MYSELF

Speak to your school wellbeing worker, youth worker, or school nurse. If they are unable to help, with your consent, they will discuss with a Mental Health worker who will help you to get the right service for you. You can also self-refer to the Emotional Wellbeing Service 0800 008 6879 or emotionalwellbeingservice.org.uk.

Primary Mental Health & Mental Health Measure Part 1

PART 1 Mental Health Measure

Assessments: Target 80% assessed within 28 days of referral

Interventions: Target 80% treated within 28 days of assessment

ASSESSMENTS		
	Nov-19	Dec-19
<=28 days	7.5%	13%
29 - 56 days	19.2%	51.9%
>=57 days	73.3%	35.1%
INTERVENTIONS		
	Nov-19	Dec-19
<=28 days	55.6%	61.0%
29 - 56 days	17.5%	24.4%
>=57 days	27.0%	14.6%

Longest wait is 95 days with appointment booked for January

Recovery plan in place and expect to see significant improvement in delivery against the target from February 2020

Specialist
CAMHS
&
Mental
Health
Measure
Part 2

Part 2 Mental Health Measure

90% of patients who are in receipt of secondary mental health services have a valid Care and Treatment plan (CTP) at the end of each month

Current performance 88.9%

Specialist CAMHS current wait is 10 weeks, this has reduced over the last quarter from 24 weeks

Recovery work in place to support an improved access time to service



Any Questions?