

Cafodd yr ymateb hwn ei gyflwyno i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#) ar [Flaenoriaethau'r Chweched Senedd](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [Sixth Senedd Priorities](#)

HSC PSS 124

Ymateb gan: | Response from: Seicolegwyr dros Newid Cymdeithasol - De Cymru | Psychologists for Social Change - South Wales

Hi,

Firstly apologies for not using the form. I could not get the link to work and the deadline was looming. I hope it is accessible to communicate to you without the form. If so please find our comments below:

- Public health and prevention

We see the public health respond as needing to be more relationally and trauma rather than behaviourally focused. Giving information to people when they are trapped by their circumstances & emotionally dysregulated by distress/stress will not help them be in a position to change that. See <https://www.jrf.org.uk/report/how-poverty-affects-peoples-decision-making-processes>

Prevention and Early intervention services, such as the Families First programme, need to be poverty and psychosocially informed. These services need to house both health and social staff. They need applied psychologically trained practitioners in them as well. See the work by Gwent Community Psychology child & Fam psychology ABUHB (xxxx). also see -

1 [Elections 2021 \(psychchange.org\)](https://psychchange.org/elections-2021)

2 [Briefing paper: from poverty to flourishing - foundations for the best start in life | BPS](#)

3 [Building Resilience and Community Wellbeing \(psychchange.org\)](https://psychchange.org/building-resilience-and-community-wellbeing)

4 <https://pubmed.ncbi.nlm.nih.gov/29852822/> (SDMH)

5 <https://thepsychologist.bps.org.uk/volume-33/october-2020/poverty-flourishing-towards-2021>

- The health and social care workforce, including organisational culture and staff wellbeing

This need to be delivered alongside an adversity, culturally trauma informed, infused & responsive organisations approach. (see <http://www.safehandstinkingminds.co.uk/trauma-informed-trauma-responsive-organisations-systems/>) The current models put the problem on the work and



individualise what is often systems and circumstances led distress. We need psychosocially health workplaces first - free from bullying - <https://www.bbc.co.uk/news/uk-wales-57413875>

- Access to mental health services

It's not about more access to MH services or more 1:1 therapy. We need psychosocially healthy systems. Better access is a **waste of tax payers** money if people go back to poor housing, DV, poverty & other dehumanising and demoralising circumstances. We need to address the social determinants of MH (See above). Services, like with FF, need to be better integrated and designed around the trauma recovery model (<https://www.trmacademy.com/>) and 3Rs principles (<https://www.youtube.com/watch?v=uUAL8RVvkyY> - the model - <https://beaconhouse.org.uk/wp-content/uploads/2019/09/The-Three-Rs.pdf>)

- Evidence based innovation in health and social care

See work by copro and other on complexity and limitations of traditional 'evidence-based' approaches to mental health and distress -

Report <https://collaboratecic.com/a-whole-new-world-funding-and-commissioning-in-complexity-12b6bdc2abd8>

Report <https://collaboratecic.com/exploring-the-new-world-practical-insights-for-funding-commissioning-and-managing-in-complexity-20a0c53b89aa>

Podcast explaining complexity - <https://markfoden.com/clockcat>

Why Public Service need a radical change & how to achieve it: <https://www.newlocal.org.uk/publications/the-community-paradigm/>

- Support and services for unpaid carers

No comment

- Access to COVID and non-COVID rehabilitation services

No comment

- Access to services for long-term chronic conditions, including musculoskeletal conditions

No comment

Many thanks for your consideration of the above and all your work around these issues.

Yours faithfully

xxxx, Community Clinical Psychologist & Chair PSC Cymru

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Psychologists for Social Change - South Wales
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