CYPE(6)-04-22- Paper to note 6
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: Cardiff & Vale Regional Partnership Board

BWRDD PARTNERIAETH RHANBARTHOL CAERDYDD A'R FRO
CARDIFF & VALE REGIONAL PARTNERSHIP BOARD

Date: 14.1.2022

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

Dear Jayne

Working with the third sector to provide mental health support services for children and
young people.

Many thanks for your letter dated 1st December 2021 asking for an update from our Regional Partnership Board to provide the Committee with further information about the mental health support in place for Children and Young people.

This request is very welcomed and timely. We have established the Starting Well Partnership which is a new partnership mechanism, during 2020/21 to oversee the partnership priorities for infants, children and young people. This partnership has delegated responsibility on behalf of the RPB to deliver against priority areas for this cohort. Improving the experiences and services in place for young people with emotional well-being and mental health is one of our main priority areas, with a delivery group of stakeholders already in place taking actions on improving service delivery.

You have asked how the RPB works alongside the third sector to plan and deliver support services. Our third sector partners are a welcome and active voice in our Regional Partnership Board, Starting Well Partnership and our Emotional Well-Being Delivery Group. These partners help to shape our service priorities, enable the voice of the child and young person to be central to discussions and enable planning.

There are a number of workstreams and projects that are being delivered under the umbrella of the RPB, and also within individual sovereign organisations. An appended list has been provided as an overview of some of these.

The Starting Well Partnership is in the process of shaping a programme of work that supports improvement of infants, children and young people's emotional well-being and mental health, supporting a move to a model focused on wellness. This will include the implementation of the Whole School Approach, embedding the NEST/NYTH framework and modelling further the arrangements in place for No Wrong Door. This programme of work includes all partners, including the third sector partners who currently deliver services and support.

Partnership working has worked well within our Starting Well Partnership, through a trusted and open relationship with the third sector and recognising the value of their subject matter expertise and wider reaching service delivery across other regions and nations. We have been able to hear from partners in the practical delivery of psychologically informed environments which deliver best outcomes to young people in distress, and other organisations who have shared their learning in implementing integrated models of care in England.

There are opportunities to improve further our relationship with the third sector, as there are many organisations that would want to be represented in discussions. As a result, the Starting Well Partnership will be launching a stakeholder engagement group, which will enable an open dialogue between 3rd sector providers who support children and young people or people with mental health needs. This group will be independently facilitated by Cardiff 3rd Sector Council and supported by statutory partners to enable an open platform for sharing information, shaping feedback and providing the representatives of the third sector who attend strategic meetings to gather the broader feedback to bring to the partnership.

There are future plans for continued and further partnership working with the third sector, in delivery of direct support to people, and engagement with children and young people. Our partners also continue to work with the third sector in the delivery of services. Most of these arrangements are in place through formal tender processes which have monitoring and evaluation processes built in to ensure outcomes are met. This includes case studies and impact analysis.

I hope that this provides you with the information you are seeking. Please do come back to me if you need any further information and I will be pleased to provide it.

Yours sincerely

Cllr Ben Gray
Chair, Cardiff and Vale RPB

Cardiff and Vale RPB: Annexe 1 – Examples of arrangements with 3rd sector and the RPB in delivering emotional wellbeing and mental health support to children and young people

Project/ initiative	Organisation involved	Summary	Who can access	Location
Platfform for families – Regional ICF Mental Health funding	Platfform	A service offering support to the families and carers of children and young people with emotional mental health needs that provides practical skills they can use to support the child/ young person as well as peer support.	Parents, siblings and wider family members of children and young people who are receiving support for emotional mental health needs.	Regional across Cardiff and the Vale of Glamorgan
Digital resource development – ICF funded	Promo Cymru	Third sector organisation coproducing with young people to produce digital resources for young people on emotional wellbeing topics. These will be hosted on the C&V UHB emotional wellbeing website and across partners	Children and young people can volunteer to coproduce digital resources via the UHB's youth board or Promo Cymru.	Regional across Cardiff and the Vale of Glamorgan
Subject matter expert and umbrella organisation representation - Starting Well Partnership - Emotional Health and Wellbeing Delivery Group	C3SC, Barnardo's and Llamau; C3SC, Platfform Cymru and Barnardo's	Subject matter expert and umbrella organisation representation on both the regional strategic board and delivery group for children and young people to ensure third sector expertise	All 3rd sector organisations were invited to express and interest with 2 successful applicants. A further stakeholder engagement group will be established to enable wider 3rd sector involvement in the development of support for CYP with emotional and mental health needs	Regional across Cardiff and the Vale of Glamorgan
Reunification – supporting families to remain together	Action for Children	Practical support for families that models behaviours which may be needed to safely reunify a child or young person – for	If children are not placed with their families, reunification will be the assumed aim unless this is not a safe outcome for the	Vale of Glamorgan

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Project/ initiative	Organisation involved	Summary	Who can access	Location
		example maintaining household cleanliness.	child. Family support workers offer practical assistance where assessment identifies that this is needed to facilitate a good outcome for the family.	
First Episode Psychosis Service	Barnardo's	An integrated service, delivered in partnership with the University Health Board that offers support to children and young people experiencing psychosis for the first time or those at risk of developing psychosis.	14-25-year olds who have been referred from secondary mental services.	Regional across Cardiff and the Vale of Glamorgan
Young carers	YMCA	Provision of peer support, youth clubs and social events for children and young people who care for family members. Emotional wellbeing support available for young carers. Family support offer for the families of young carers who access the service.	Children and young people who are young carers.	Regional across Cardiff and the Vale of Glamorgan – but with separate contractual arrangements in each local authority area
Change Grow Live	UHB commissioned	Group or one to work support with mental health and emotional wellbeing, substance abuse, relationships and self-harm.	Young people aged 10-18 for substance abuse support, or 10-17 for emotional wellbeing support. Young people and families can self-refer.	Regional across Cardiff and the Vale of Glamorgan

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Project/ initiative	Organisation involved	Summary	Who can access	Location
			Professionals can refer on behalf of young people.	
Emotional Well Being Service	Barnardo's – Cardiff Families First	Specialist support for families providing Triage and Therapeutic interventions, with a particular focus on families where there is a low level mental health need, have suffered a bereavement trauma or loss, where there is inter - parental conflict, or the family are asylum seekers / refugees or have a child with a disability.	Children, young people and families who have needs the service can support with. Cardiff's Early Help team can signpost and refer to this service.	Cardiff CYP only
CAVAMH	Join the Dots	Direct support for young people and the groups supporting them. Service aims are: - Shared understanding of mental health provision and mental health experiences. - Have a say on how mental health services should be planned and delivered. - Receive feedback from planners/commissioners on young people's views and recommendations. - Share mental health information, resources and news.	Young people aged 11-25 who use mental health services.	Regional Across Cardiff and the Vale of Glamorgan

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Project/ initiative	Organisation involved	Summary	Who can access	Location
School Based Counselling Services	Barnardos	School-based counselling support for children and young people.	Children and young people aged 10-19 who live in the Vale of Glamorgan. CYP can self-refer. Parents and professionals can refer on their behalf.	Vale of Glamorgan only

Future Plans	Aims	Monitoring and Evaluation
Additional digital resources – Promo Cymru	Third sector organisation providing support for young people to produce additional digital resources for young people on emotional wellbeing topics. These will be hosted on the emotional wellbeing website.	Young people co-coproduced the C&V UHB emotional wellbeing website and advised about the resources they would find helpful. Development of additional resources continues this piece of work and will be led by the CYP who are supported to produce these resources. Any issues will be resolved between the UHB (as the commissioner) and Promo Cymru. Evaluation will come via feedback through the website once the resources are uploaded.
Third sector stakeholder group	To ensure the views of the third sector are represented in the Starting Well Partnership and Emotional Health and Wellbeing Delivery Group, and that information from these groups flows to sector to ensure they are fully aware of strategic direction and current activity.	Third sector partners have told us that they want to be partners in RPB activity. We have secured membership from the third sector at each level of governance. However, the sector is too large and varied for nominated representatives to represent all views and it is not practicable to extend membership to all interested groups. The stakeholder group will be supported and monitored by the RPB team and C3SC. Evaluation of the efficacy of this group will initially be anecdotal feedback from the EMH Delivery Group members and C3SC. Further quantitative and qualitative data will follow once the group is established.

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Future Plans	Aims	Monitoring and Evaluation
Third sector engagement tender	A consortium of third sector organisations will engage with children, young people and families on behalf of the Starting Well Partnership, ensuring that we meet people where they are. Infants, children, young people and families will ensure their voice and views are represented. Decisions made and services developed will reflect the changes that infants, children, young people and families want. By using third sector expertise in meeting people where they are, we hope to engage with the widest variety of people, including individuals and groups who do not traditionally engage with statutory organisations.	This will be contract monitored by the RPB team on behalf of the partnership. Children, young people and their parents have engaged through third sector partners as part of the development of the Starting Well Partnership that has helped to identify priorities. This process has been small scale and in response to specific developments or questions. The consortium secured through this tender will formalise this arrangement and bring scale to the way Cardiff and Vale engages with children, young people and families about emotional wellbeing and mental health. The consortium will provide evaluation as part of their contract monitoring process, but the qualitative feedback provided by citizens will support a wider evaluation of whether the RPB's priorities are delivering positive change for people.