

Lynne Neagle MS
Deputy Minister for Mental Health and Wellbeing

Dyddiad | Date: 31 March 2023

Pwnc | Subject: Mind Cymru "Sort the Switch"

Dear Lynne,

Thank you for giving evidence to the Committee on 15 December 2022 on the important issue of transitions between Child and Adolescent Mental Health Services ("CAMHS") and Adult Mental Health Services ("AMHS"). As well as informing our work on transitions, it was very timely for our report on mental health support in higher education, in which we called for the recommendations from Sort the Switch to be implemented in full

As you are aware this session was a result of hearing directly from young people who were involved in Mind Cymru's Sort the Switch report. The session with young people was incredibly powerful. They shared their experiences with great eloquence, and with a very clear sense of the changes they want to see to improve things for other young people making this transition. As you are aware we asked questions that directly came from the young people. Hearing from, and acting on the direct experiences of children and young people is a central focus of our work.

We know that you are personally very committed to ensuring significant improvements in children and young people's mental and emotional wellbeing and the services that support this. You were clear during the session that transitions is an area of priority. Following this session, and the budget scrutiny sessions in January, we noted that there are a number of priority areas for the Welsh Government. With Ministers regularly telling us that different areas are priorities for them, it is sometimes difficult to understand exactly what are the key priorities. Can you outline how you ensure

there is a cross government commitment to your priority areas when we know other Welsh Government Ministers have other priority areas.

During the session we explored the “implementation gap” between the existing transitional strategies and policies and young people’s experiences of how they are being delivered across Wales. To inform our understanding of this gap, it would be helpful if you could share with us the full suite of strategies and guidance produced by the Welsh Government that are relevant to the transition between CAHMS and AMHS. We are aware that there are a range of documents that come into play, and for our clarity it would be helpful to have them all set out.

In December, you highlighted the challenges around data, saying that some things are difficult to measure. As you described there is work being done on developing outcome measures both in CAMHS but more generally across mental health services in Wales. We would welcome more information on this work; what the likely outputs will be and whether this will be data that will be available more generally, or will just be used for management purposes by Health Boards and the Government?

We heard about the series workshops with CAMHS and AMHS, which you were hopeful would “really drill down into what the implementation challenges are....” It would be very helpful to our work if you could provide us with more information on the workshops, including the outcomes and your view on how they will feed into policy development and improvement?

We would also welcome you setting out how you more generally evaluate the effectiveness of transitions support and services across Wales. In December, you discussed your regular meetings with Health Board Vice-Chairs and that you have discussed transitions with this group.

During the session you referenced the work of the Welsh Government’s Delivery Unit on CAHMS. We would welcome more information on the findings of this work, and what are the next steps. While we are interested in this specifically in the context of transitions, we are also more broadly interested in this work as it relates to our wider interest in children and young people’s emotional and mental wellbeing.

We also touched on eating disorder services during the session, where you described the progress being made in these services. We would welcome more information on the improvements being delivered across eating disorder services, in particular around the transitions between child and adolescent; and adult services.

Due to the shared interest in this area, I am copying in the Chair, Health and Social Care Committee.

Yours sincerely,

Jayne Bryant

Jayne Bryant MS

Chair

Croesewir gohebiaeth yn Gymraeg neu Saesneg.

We welcome correspondence in Welsh or English.