

12 July 2017

Dear Colleague

Emotionally Resilient Children and Young People

The National Assembly for Wales' Children, Young People and Education Committee is undertaking an inquiry on the emotional and mental health of children and young people in Wales. The Committee's Inquiry will consider whether the **'Together for Children and Young People Programme'** is on track to deliver the 'step-change' in CAMHS services that is needed. It will also consider how effective the programme has been in promoting the resilience of children and young people, including a focus on the role of education in preventing mental health problems.

The Together for Children and Young People (T4CYP) programme is a multi-agency service improvement programme that is aiming to reshape, remodel and refocus the emotional and mental health services provided for children and young people in Wales.

The Committee's Inquiry is twofold. It will consider:

- how effective the T4CYP programme has been in promoting the resilience of children and young people through early intervention and prevention.
- Access to specialist CAMHS and the next steps for CAMHS; whether we have seen the 'step change' in CAMHS that is needed.

The Committee's Inquiry will consider:

Specialist CAMHS

- The extent to which new (and/or reconfigured) services are helping to reduce waiting times in specialist CAMHS. Whether the improvements in waiting times Welsh Government expected from CAMHS have been met.
- What the data tells us about the variations in practice (equity of access) across Wales.
- The extent to which changes have addressed the over-referral of children and young people to CAMHS.



- Referrals and access to CAMHS by individual Health Board, including the restrictions and thresholds imposed by CAMHS
- Whether the changes have helped to improve specialist CAMHS' ability to respond out of hours and at times of crisis; whether out of hours care is working effectively, and specifically looking at the needs of those children and young people who present and are assessed at hospital A&E departments.
- Whether there is sufficient in-patient capacity in Wales.

Funding

- Annual expenditure on CAMHS in cash terms and as a percentage of the overall spending on mental health, by local Health Board.
- The extent to which access to psychological therapies for young people has improved. Whether there has been a subsequent reduction in the use of medication for young people.
- How the additional funding has been used to improve provision for children and young people in local primary mental health support services.
- The extent to which the funding has been used to meet the needs of vulnerable children and young people, for example, children who are in care, children and young people with ADHD and autistic spectrum disorders, and those who are already in or at risk of entering the youth justice system, including those who are detained under section 136 of the Mental Health Act 1983.
- The effectiveness of current planning and commissioning arrangements to address the needs of young people who have early onset of a severe mental illness, such as psychosis.

Transition to Adult Services

- How well planned and managed transitions to adult mental health services are.

Links with Education (emotional intelligence and healthy coping mechanisms)

- The work being done to ensure children and young people are more resilient and better able to tackle poor mental well-being when it occurs including:
 - The development of the Health and Wellbeing Area of Learning and Experience as part of the new curriculum.
 - Children's access to school nurses and the role schools nurses can play in building resilience and supporting emotional wellbeing.
 - The extent to which health, education and social care services are working together.
 - The take up and current provision of lower level support and early intervention services, for example, school counselling services.



The Committee will consider the evidence it receives as part of this inquiry in the context of the implementation of the Social Services and Well-being (Wales) Act 2014, the Well-being of Future Generations (Wales) Act 2015 and the Rights of Children and Young Persons (Measure) Wales 2011.

The Committee is committed to involving children and young people in its work. This inquiry will ensure the views and experiences of children and young people, their families and practitioners will be captured in a useful, sensitive and constructive way.

Invitation to contribute to the inquiry

The Committee would like to invite you to submit written evidence to assist with the inquiry, please send an electronic copy of your submission to:

SeneddCYPE@Assembly.Wales

Responses should be submitted by **Friday 29 September 2017**. It may not be possible to take into account responses received after this date.

Survey on Links with Education

In September, the Committee will also launch a tailored survey aimed specifically at that part of the inquiry looking at *links with education (emotional intelligence and healthy coping mechanisms)* providing teachers, staff and pupils opportunity to provide direct evidence on their experiences. The survey will be open throughout September.

Guidance

Submissions should be no longer than five sides of A4, with numbered paragraphs, and should focus on the terms of reference.

If you are responding on behalf of an organisation, please provide a brief description of the role of your organisation.

Please see the [guidance for those providing evidence for committees](#).

Bilingual Policy

The National Assembly for Wales has two official languages, Welsh and English.



In line with the Assembly's Official Languages Scheme, the Committee requests that documents or written responses to consultations intended for publication or use in National Assembly proceedings are submitted bilingually. When documents or written responses are not submitted bilingually, we will publish in the language submitted, stating that it has been received in that language only.

We expect other organisations to implement their own standards or schemes and to comply with their statutory obligations.

Disclosure of Information

You can find further details about how we will use your information at www.assembly.wales/InquiryPrivacy. Please ensure that you have considered these details carefully before submitting information to the Committee.

Contact details

If you wish to speak to someone regarding this consultation, please use the following contact details:

Committee Clerk
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Yours sincerely,



Lynne Neagle AC / AM
Cadeirydd / Chair

