

Resilience Project Update

Reasons for the Report

1. The report aims to inform the Committee on the current work that is undertaken by The Resilience Project to build greater capacity, expertise and mental health resilience for Children and Young People (CYP) in educational settings across Cardiff and the Vale.

Service Information

2. The Resilience Project is a project of led by Cardiff and Vale Health board, in partnership with the Mental Health Foundation, education and children's service funded by the Welsh Government's 'A Healthier Wales' Transformation Fund. The aims of the Resilience Project are:
 - To enhance joint working between education and health to improve mental well-being of Children and Young People (CYP)
 - Increase mental well-being support and interventions for CYP through supporting education staff
 - Increase the confidence of all those working with CYP in relation to mental health
 - Decrease inappropriate referrals to Child and Adolescent Mental Health Services by providing support to the 'missing middle'
3. The Resilience Project is a psychology-led service that draws on a range of psychological approaches, including Dyadic Developmental Psychotherapy, Cognitive Behaviour Therapy, Dialectical Behavioural Therapy, Acceptance and

Commitment Therapy and systemic approaches. As per Figure 1, the service's needs-led approach incorporates:

- Developing mental health and resilience resources for staff, young people and families. These are housed on the UHB website: Resilience Project - Cardiff and Vale University Health Board (nhs.wales)
- Providing training for education staff,
- Clinically led consultation for education staff regarding specific CYP with complex presentations,
- Group work to promote CYP's resilience and wellbeing
- Clinically-led direct intervention for CYP and families most in need who do not meet the criteria to access other services (up to 12 sessions).

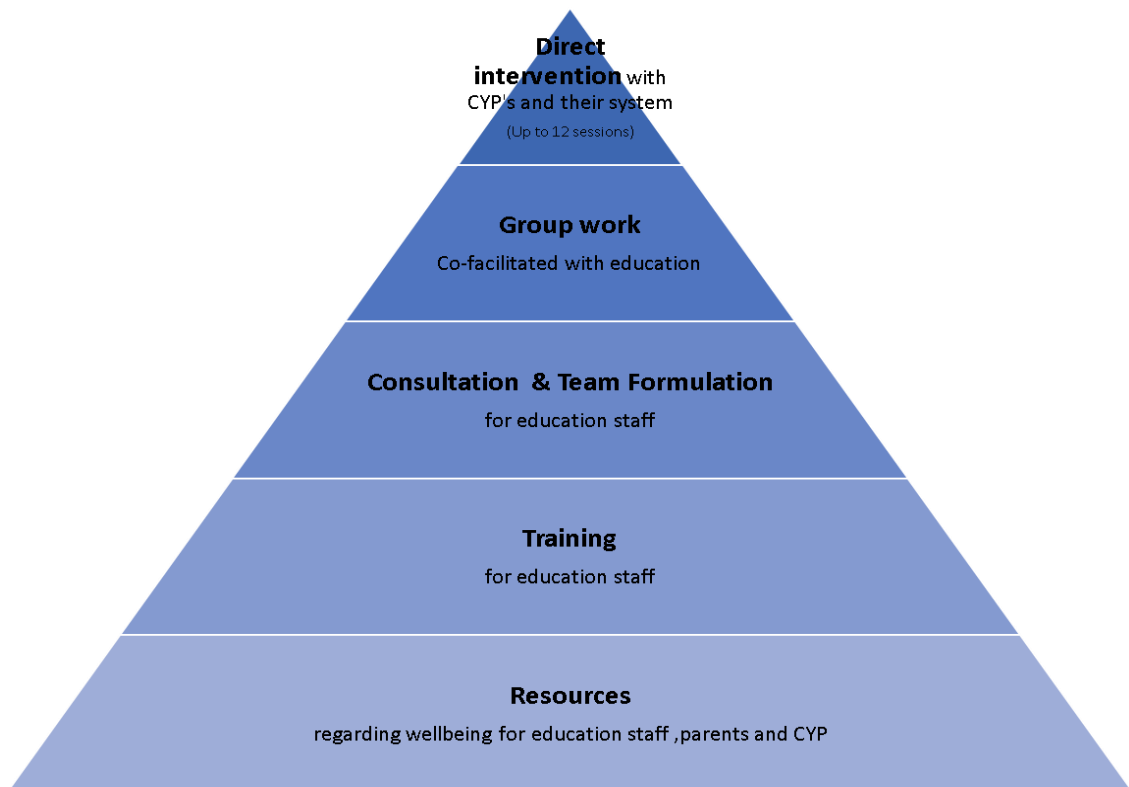


Figure 1: The Resilience Project service model

4. The staffing model for the Resilience Project is 1 WTE Band 8b Clinical Lead, 0.3 WTE 8a Clinical Psychologists, 0.8 Band 7 Occupational Therapist, 0.6 Band 7 Art Psychotherapist, 6.8 WTE Band 5 Graduate Mental Health Workers. The project receives external evaluation support from The Mental Health Foundation.
5. There is a broad acceptance criteria for support from the Resilience Project. Access to the service in Cardiff is via submission of an Additional Learning

Needs referral to the Emotional Health and Wellbeing Team, or the Educational Psychology Service.

6. Exclusion criteria:

- CYPs open to existing NHS Child and adolescent mental health teams (including: Primary Mental Health Service (CAMHS), Child and Adolescent Mental Health Service (CAMHS), Community Child and Family Psychology, Enfys).
- Special schools due to levels of needs likely to afford access to existing additional services
- CYPs in crisis or with current active suicidal ideation or self-harm who are likely to need mental health assessment
- Those with a diagnosis of ASD

Financial Implications

7. This report is for information only and does not, in itself, lead to any new financial commitments. The Resilience Project is funded by Welsh Government's Transformation fund through to 31st March 2022. The Resilience Project are exploring options and developing a business case for funding beyond this time.

Legal Implications

8. There are no legal implications arising from this report

RECOMMENDATION

9. The Committee are recommended to note the Resilience Project update and to make any observations or comments.

DEBORAH DRIFFIELD
DIRECTOR OF CHILDREN'S SERVICES

11 May 2021