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Children and Young People – Emotional Wellbeing Project



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Background



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- During the COVID-19 pandemic Cardiff experienced an increase in the number of children and young people (CYP) presenting to emergency units following self-harm or suicide attempts.
- Whilst the majority of young people were able to be discharged back to their homes or previous placements once they were medically fit, there were a small but growing number of young people who did not meet the criteria for Child and Adolescent Mental Health Services (CAMHS) or tier 4 in-patient support because their needs were not best described as related to a 'mental illness' but did require ongoing support to enable them to safely return to living within the community.
- These young people were best described as experiencing past and current extreme emotional crisis and were often not able to return home or to previous placements because this was either not an appropriate environment to meet their needs and allow a period of emotional stabilisation, or there were multi agency concerns in relation to the ability for risk to be mitigated within these environments.
- The project was approved as part of the Starting Well Board in which Health commissioned a piece of work to be undertaken to look at Emotional Wellbeing and Mental Health Services for children and young people . As part of this work Childrens Services were tasked with leading on the crisis work where there were safeguarding issues. The purpose of the crisis work was to look at a Social Care integrated model between Health and Children's Services.
- The outreach staff team and the accommodation solution provide support and safe space for a young person to stabilise following their emotional distress and become ready to start the intensive therapeutic work that addresses the cause(s) of their distress.



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Project Overview



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- **Issue** : Significant increase in the number of children and young people presenting at hospital in emotional crisis.
- **Project Aim**: Improve outcomes for children and young people in emotional crisis;
 - Reduce time spent on the paediatric ward for children and young people
 - Improve multi-agency discharge planning to ensure a safer move on
 - Wrap around clinical to team to work with children and young people in the community or in the stable base accommodation.
 - Education from both Local Authorities involved for the children and young people.
 - Improving collaborative work between Cardiff and Vale of Glamorgan Childrens Services and CAMHS (Child and Adolescent Mental Health Services)
 - Increased practitioner confidence when working with emotional distress or mental illness



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Progress



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- Close partnership working with Health to create joint hospital discharge procedures and safety plans for our children and young people in emotional crisis
- Successful implementation of weekly multi-agency meetings between Local Authorities and Health colleagues to discuss any issues or concerns and discuss any young people currently in hospital.
- Recruitment of a dedicated CAMHS Social Worker to work across agencies and is available for consultations with Social Work staff to provide a space for professionals to discuss young people where there are concerns about emotional crisis or mental illness. The CAMHS Social worker also arranges and chairs joint safety discharge meetings which take place when a young person is in hospital and there are concerns about the young person being safely discharged. This ensures information is shared between services and a plan is agreed to ensure a safe discharge from hospital.
- Creation of bespoke options for C&YP in urgent need of safe discharge until the accommodation is complete.
- Staff from across agencies have undertaken training to help with understanding and supporting this group of young people.



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Progress Continued..



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- Recruitment of Clinical team that will provide support to children and young people in emotional distress across all settings including community, home, and the accommodation.
- Child/Young Person Participation . Working with children and young people, the service has been named Goleudy which means Lighthouse in Welsh. Lighthouses have traditionally been viewed as symbols of hope and security. As beacons of light, they provide guidance for safe passage to sailors and protect not only their lives but the land nearby.
- A property has been identified for the accommodation solution and is currently working through the legal purchase process.
- Architects have been identified who will work closely with staff and the Clinical team to inform the space requirements, overarching design principles and environment.
- Working across agencies, the specification for the service is being finalised. Cardiff's Childrens Services Commissioning Team are working closely with Corporate Procurement in relation to the commissioning of the support provider. A successful market engagement event was held to brief providers on the project.
- Suicide Prevention and Self Harm Protocol in development with both local authorities



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Data



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- There have been 132 referrals to the CAMHS Social Worker in Cardiff (some of these are re-referrals between September 2021 – April 2023).

Data from referrals shows:

- The most common age group at referral is age 14 – 17.
- The most common age at referral is 16 (23 young people).
- 78 referrals required a consultation providing advice and support to Social Workers.
- 66 young people presented to A&E.
- 54 young people were admitted to UHW (not under the Mental Health Act) for safeguarding and received a Crisis Assessment.
- Of the 54 young people admitted to UHW, 28 were subject to a Care and Support Plan, 19 were Children Looked After and 7 were on the Child Protection Register.
- 39 referrals required joint discharge planning meetings. If the professionals involved are confident that all relevant information has been shared and the case will be a safe discharge, then a discharge planning meeting is not required.
- Positive Outcomes – Case Study



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Recovery Step down team & home providing accommodation and assertive outreach



Independent living



Foster home



Kinship home



Birth Family home



Childrens home



Adoptive home

Project Staffing

Clinical Team

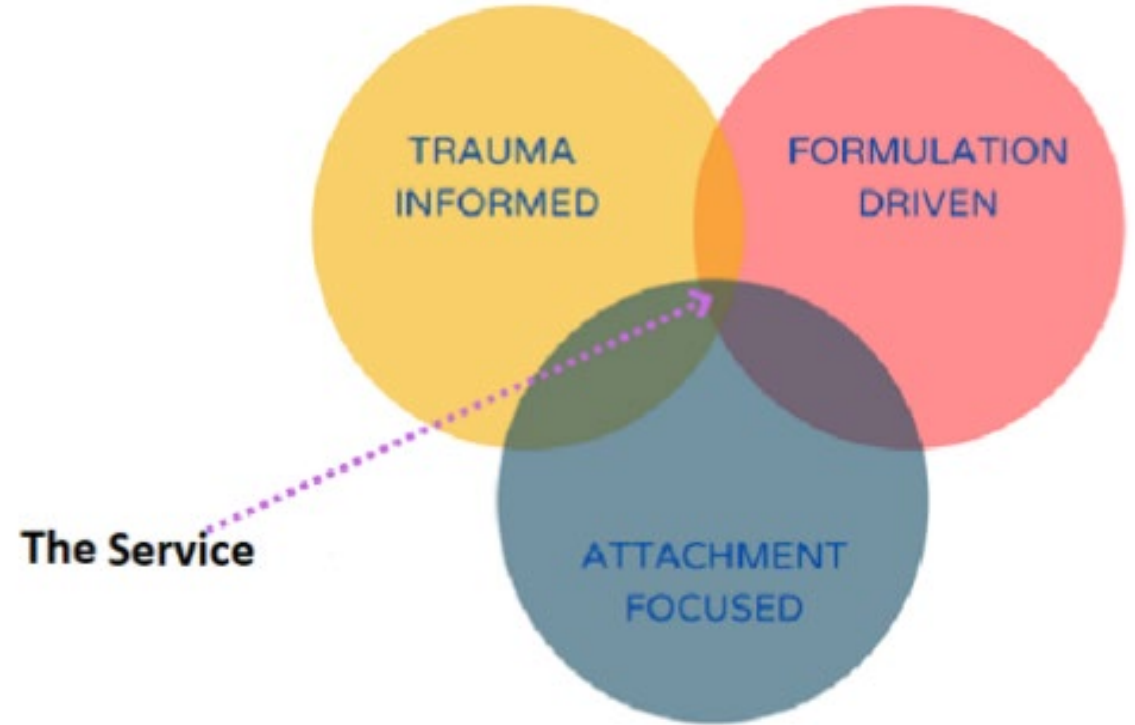
- Consultant Clinical Psychologist Leadership
- Consultant Clinical Psychologist
- Clinical Psychologist
- Occupational Therapist
- Graduate Mental Health Workers
- Administrator

Local Authority (Cardiff and Vale of Glamorgan)

- Specialist Teacher x2
- CAMHS Social Workers x2

Contracted Service

- Registered Manager
- Deputy Manager
- Young Peoples Specialist Support Workers
- Housekeeping and Maintenance



Next Steps



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- Accommodation – complete purchase process, work with architects to design space
- Commission the Service
- Continue with the collaborative working between Childrens Services and Health to improve the outcomes for Children and Young people open to both services.
- Ongoing Training Development Plan to staff members

Community Engagement Event – representative to attend

Any Questions?



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