

**STRATEGIC REFERENCE GROUP ON A WHOLE SCHOOL APPROACH TO  
MENTAL HEALTH AND EMOTIONAL WELLBEING**

**FIRST MEETING 24 JANUARY 2019,  
CYDWELI ROOM, CP2**

**Item 1: Attendees, Welcome and Introductions**

<b>Present</b>	
Jason Pollard (JP), Chair	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Clare Van Boheman Hunter (CVBH)	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Craig Wilson (CW)	Cwm Taff UHB
Mary O'Grady (MoG)	Powys UHB
Christine Overs (CO)	Aneurin Bevan UHB
Helen James (HJ)	Powys UHB
Rachel Burton (RB)	Cardiff & Vale NHS Trust
Tim Opie (TO)	WLGA
Chris Alders (CA)	Cardiff LA
Amani Hussan (AH)	RC Psychiatrists
Deb Austin (DA)	T4CYP Programme
Kirrin Davidson (KD)	Children's Commissioners Office
Sarah Stone (SS)	Samaritans
Sara Moseley (SM) (for Nia Evans)	Mind Cymru
Liz Mander (LM)	Gofal
Sharon Lovell (SL)	National Youth Advocacy Service
Rhian Morgan Ellis (RME)	Ysgol Gyfun Cwm Rhondda
Jacinta Tan (JT)	Eating Disorders, Bro Morgannwg UHB
Annabel Lloyd (AL) (for Sally Jenkins)	ADSS
Zahrah Bashir-Hicks (ZH)	Diverse Cymru
Hugh Russell (HR) (for Frances Beecher)	End Youth Homelessness
Lorna Bennett (LB) (for Sue Mabley)	PHW
David Tutton (DT) (Secretariat)	Mental Health and Emotional Wellbeing in Schools, EPS , WG
<b>Apologies</b>	
Angela Lodwick	Hywel Dda UHB
Cath Norton	RC Paediatrics and Child Health
Lynzi Jarman	Youth Justice Board Cymru
Joanne Hopkins	PHW

Ann John	Suicide & Self Harm, Swansea University
Vanessa Young	NHS Confederation
Lynne Neagle	Children, Young people & Education Committee

1.1 JP opened the meeting at 14:05.

1.2 He welcomed members to the first meeting of the new Strategic Reference Group (SRG) and explained the background to the meeting, in particular the recommendations of the Children, Young People and Education Committee's *Mind Over Matter* report which highlighted a number of concerns. Perhaps the most important of these are children and young people who don't reach particular thresholds and are unable to access specific support services they may urgently require.

1.3 JP also shared some of the details of the multi-agency workshop held in September 2018 which helped shape a number of ideas and led to the decision by both the Health and Education Ministers deciding to convene a Joint Ministerial Task and Finish Group to ensure necessary change could be brought about quickly. He was aware that the term 'whole school approach' meant different things to different people but basically our shared vision is a model which puts schools at the heart of the community (in effect the main hub), with the necessary support services wrapped around them.

1.4 JP explained that the first meeting of the Ministerial Task and Finish Group had been held in October 2018 at which it was agreed this SRG would be convened to drive the work forward at pace, promoting good practice going forward.

## **Item 2: Terms of reference and membership**

2.1 Moving on to the ToR (which had been shared previously with group members), JP explained that the next meeting of the SRG would follow the schedule (in advance) of the Ministerial Task and Finish Group meetings which were already in calendars for March June and October this year. It was likely therefore that the next meetings of the SRG would be in May and September this year.

2.2 The ToR also contained details of the SRG membership and JP was keen to get attendees' views on whether or not the group has the right mix of experience and whether any other representation was required.

2.3 Both LB and SM wanted to know whether a standing paper from the SRG would be tabled at each meeting of the Ministerial T&F group. JP confirmed that was the purpose of the detailed work programme which was on the agenda for discussion later.

2.4 TO queried youth representation on this agenda and CVBH explained the work she was doing with a group of 24 young people (the 'Youth Stakeholder Group' (YSG)) specifically recruited by WG and the T4CHP programme to ensure the views of young people were taken into consideration and acted upon. CVBH circulated a paper (copy at Annex A) outlining the background to the YSG which held its first meeting on 23 January.

2.5 CVBH confirmed that the papers and minutes etc from the SRG will be shared with the YSG and vice versa. The young people will set their own agenda for each YSG meeting and members will also have the opportunity to attend meetings of the Ministerial T&F Group and also meetings of our SRG. DA (who is hosting the YSG meetings jointly with CVBH) also confirmed that the children and young people had their own areas of interest and were being encouraged to self-select which subgroups of the YSG they wanted to work on in order to address the recommendations of the *Mind Over Matter* report.

2.6 AH noted that the age range of the young people on the YSG was up to 25 years and pointed out that most mental health services go up to 18 years old. DA confirmed that the current work of the T4CYP Programme was to scope out the impact of the 0-25 core transition and so it is important that the age range of the YSG mirrors that.

2.7 Returning to the question of representation, AH felt that adult psychiatric services should be represented on the SRG. Both JP and DA felt this needed further thought and DA agreed to discuss it with T4CYP Programme colleagues.

**Action 1: DA to discuss adult psychiatric representation on the SRG with Carol Shillabeer, Chief Executive of Powys Teaching Health Board and Manager of the T4CYP Programme.**

2.8 There was general consensus from group members that parent representation was required. It was also agreed that more school representatives on the Group would be desirable.

**Action 2: DT to work with relevant WG colleagues to identify a suitable parent representative(s) for the SRG and also more school representatives.**

2.9 TO stressed that youth work needed to be represented on the Ministerial T&F Group and was happy to be the conduit to facilitate this for the young people.

2.10 JP confirmed that Ministers were due to go back to the CYP&E Committee to report on progress in the Spring.

2.11 In what is a very crowded landscape, AL suggested it would be helpful to have a diagram illustrating the various strands of work currently in train on this important area of policy development.

**Action 3: DT to circulate a diagram of the various strands of work to group members.**

**Action 4: JP to refocus the ToR and DT to circulate to group members.**

### **Item 3: Work programme and progress report**

3.1 Working briefly through the draft work programme, JP acknowledged that input was required from group members to ensure its fitness for purpose. Split into 5 priority areas (as highlighted in the first column on the left), JP explained that the work programme is the real focus of the work of this group and asked members for their careful consideration of whether its contents are achievable and to consider their own role in bringing this important work to fruition.

3.2 JP also referred to the recent announcement by the Minister for Health and Social Services of an additional £7.1m (to be made available for 2019-20) to protect, improve and support the mental health of children and young people in Wales. He confirmed the funding will support the work of our SRG.

3.3 There was then a general discussion on what the advocacy services in health might look like and also the role of CAMHS in early intervention. JT felt this area needed to be clarified - in particular the role specialist CAMHS has in reaching the 'missing middle'. CVBH pointed out that some of this was covered in items 4-6 of the work programme but accepted that it needed to be made more implicit.

3.4 Suicide and self harm was highlighted by group members as a hugely important area requiring more work. JP was aware of important work being undertaken by Ann John and her team at Swansea University, which will culminate in a review of child deaths in Wales to be published in March 2019.

3.5 Further discussion then took place on whether the work programme might be skewed in favour of the medical model and MoG felt that in some cases some of our initiatives were perhaps wrongly badged. For example she felt that the CAMHS in-reach pilot projects to be a very misleading title to what is very much a non-medical model designed to help teachers identify and support pupils with MH problems at an early stage.

3.6 Referring to action 23 (for looked after children), AL confirmed that regional partnerships are already putting in bids for this kind of service. Others felt that some of the actions (29 for example) contained neither timelines nor specific actions. JP acknowledged that more work needed to be done on these and other areas and that the team would work with group members to set out specific actions for these areas. He also confirmed that he was content for members to share the work programme with colleagues working in the field.

**Action 5: Group members to take an in-depth look at the work programme and report back to DT with comments in three weeks (by Friday 22 February 2019)**

**Item 4: Creation of sub-groups**

4.1 CVBH explained that the work programme for the Joint Ministerial T&F Group comprises 31 separate actions and in order to make this work more manageable for the SRG, she felt it best if the group were to divide into 5 subgroups tackling the five themes (and containing specific members) as set out below:.

<b>Whole school universal mental health and wellbeing services</b>	WNHSS, WLGA, CYDAG, ALNCo, education stakeholder, educational psychology rep, academic experts, Sport Wales, health board reps, third sector, school nursing
<b>Curriculum</b>	Union rep, school governor rep, ACE Hub, Diverse Cymru, third sector
<b>Professional learning – education</b>	Union rep, education stakeholder, ALNCo, WLGA
<b>Whole school/whole system targeted mental health and wellbeing services</b>	Health board reps, Royal College of Psychiatry, counselling, Together for Children and Young People, academic experts, NHS confederation, third sector, school nursing
<b>Whole system wellbeing and advocacy</b>	Third sector, Children’s Commissioner’s office, Youth Justice Board Cymru, school governor rep, ADSS, Police Liason Unit, Diverse Cymru

4.2 She asked group members to think specifically about how they might usefully contribute to the subgroups and suggested this could be done either by email or in small groups calling on different areas of expertise as necessary.

**Action 6: DT to email group members asking for each to assign themselves to a sub group or sub groups asap (also by Friday 22 February).**

4.3 In the discussion that followed, DA noted that some of the areas don’t match up between the work programme and the subgroups, and promised appropriate action would be taken to align them. She also noted potential overlap with the T4CYP Programme and assured group members that this would be amended to ensure there was no unnecessary duplication.

**Action 7: DA to work with JP to ensure appropriate alignment between work programme and subgroup themes and to also ensure there is no unnecessary duplication between this work and that of the T4CYP Programme.**

4.4 SL felt it would be helpful if the subgroups could nominate a lead for each area to ensure the actions they propose are monitored and delivered within the required timeframes. Some members also believed it worthwhile for the first meeting of each subgroup to take place on a physical basis and thereafter on a virtual (ie by email) basis. AH felt it was necessary for each sub group to contain representatives from different fields to ensure a well-rounded skill and experience base.

### **Item 5: AOB/Date of Next Meeting**

5.1 JT felt it very important to consider how this group dovetails into the work of other groups and campaigns - for example the *Healthy Weight, Healthy Wales* consultation which is currently seeking views on proposals to prevent and reduce obesity in Wales. JP confirmed that officials were ensuring the necessary connections were being made with other group, for example the recently revised School Nursing Framework which is very relevant to the current mental health and wellbeing agenda.

5.2 JP confirmed that the next meeting of the SRG should take place in May 2019, shortly before the 3<sup>rd</sup> meeting of the Joint Ministerial T&F Group is due to take place

**Action 8: DT to arrange the next meeting of SRG for sometime in May 2019.**

The meeting closed at 15:35.

## Annex A

### **Youth Stakeholder Group** **Whole school approach to mental health and wellbeing**

In order to ensure a strong youth voice throughout the whole school approach agenda, we have convened a youth stakeholder group to advise and coproduce policy with us. This group is shared between the Welsh Government whole school approach team and the Together for Children and Young People (T4CYP) programme, and is facilitated through Children in Wales.

We invited applications from children and young people aged 14-25 from across Wales. The application period ran from 29 November 2018 to 10 January 2019. In total, we received 67 applications. From these applications, we selected 24 to be part of the main group, with a shortlist of 5 reserve applicants in the case of group attrition.

#### **Participants:**

Looking at the group as a whole, it appears we have a diverse mix of participants:

**Ages:** 13-16 years old = 12 young people *or: 13-17 = 15*

17-24 years old = 10 young people *or: 18-24 = 7*

**Local Authority Areas:** Caerphilly, Cardiff, Carmarthenshire, Ceredigion, Conwy, Powys, Swansea/NPT, Newport, Pembrokeshire, Wrexham

The largest number of members are from Cardiff (7) although one of them is a student and has a home address of Gwynedd.

**Diversity:** members include: BME, LAC, Kinship Care, LGBT, Autistic Spectrum, physical disability, Gypsy Traveller, EU migrant, Welsh speaker, Hearing Impaired (this person has not accepted his place yet).

#### **First meeting**

The first meeting took place in Cardiff on 23 January 2019 from 11am to 3:30pm. Due to short timeframes, the participants only had one and a half weeks' notice of the meeting but despite this, attendance was positive, with 18 young people attending some or all of the meeting.

The first half of the meeting was taken up with icebreaker activities, discussion of common terms used when talking about mental health and wellbeing, and the writing of a Bill of Rights for group members.

After lunch, Welsh Government and T4CYP officials gave a short presentation on the current landscape of mental health and wellbeing support for children and young people. The group then

split in two to discuss what their perfect wellbeing world would look like. Half of the group focused their efforts on building a wellbeing school and the other half examined what communities could do differently to support wellbeing.

The day had a very positive vibe and all of the young people present were eager to contribute to supporting the work of the Welsh Government and T4CYP. The facilitation by Children in Wales was fantastic and enabled every young person to engage in a way they preferred, and all members left the meeting already looking forward to the next one.

The group will next meet on 6 April 2019.