

## POP

### STAKEHOLDER REFERENCE GROUP ON A WHOLE SCHOOL APPROACH TO MENTAL HEALTH AND EMOTIONAL WELLBEING

**SECOND MEETING 13 MAY 2019,  
CAERDYDD 3 ROOM, CP2**

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

<b>Present</b>	
Jason Pollard (JP), Chair	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Joanne Maddaford (JM)	CAMHS and Mental Health Legislation, WG
David Tutton (DT) (Secretariat)	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Khalid Afzal (KA) (Secretariat)	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Amani Hassan (AH)	RC Psychiatrists
Kolade Gamel (KG)	CAMHS and Public Health Nursing, ABUHB
Catherine Davies (CD) on behalf of Tim Opie	WLGA
Deb Austin (DA)	T4CYP Programme
Jacinta Tan (JT)	Consultant Child and Adolescent Psychiatrist
Kate Henegan (KH)	Papyrus UK
Kirrin Davidson (KD)	Children's Commissioners Office
Lynne Neagle (LN)	Children, Young people & Education Committee
Paul Glaze (PG)	Council for Wales of Voluntary Youth Services
Sharon Lovell (SL)	National Youth Advocacy Service
Rob Williams (RW)	NAHT
Chris Alders (CA)	Cardiff LA
Helen Furneaux (HF)	Health Visiting and School Nursing, Powys Teaching UHB
Sue Mably (SM)	PHW
Nia Evans (NE)	Mind Cymru
Craige Wilson (CW)	Cwm Taff UHB
Angela Lodwick (AL) Video Link	Hywel Dda UHB

<b>Apologies</b>	
Ann John	Suicide & Self Harm, Swansea University
Cath Norton	RC Paediatrics and Child Health
Heather Potter	NHS Wales
Lisa Dunsford	Children and Women Clinical Board, Cardiff & Vale UHB
Lynzi Jarman	Youth Justice Board Cymru
Rhian Morgan Ellis	Ysgol Gyfun Cwm Rhondda
Sarah Stone	Samaritans
Tim Opie	WLGA

## **1. Welcome, introductions and apologies**

1.1 JP welcomed members and round table introductions were made. He read out the list of apologies received.

## **2. Minutes and Actions from first meeting (24 January 2019)**

2.1 The minutes and actions of the previous meeting were discussed. All actions were complete with the exception of Action 1 and Action 7. DA confirmed that Action 1 was on-going and should be carried forward to the next meeting. Both JP and DA confirmed that as they generally maintain a close working relationship, Action 7 should be considered complete.

**Action 1 (carried forward from first meeting): DA to discuss adult psychiatric representation on this group with Carol Shillabeer, Chief Executive of Powys Teaching Health Board and manager of the T4CYP Programme.**

## **3. Update on outcomes from last (4 March 2019) Ministerial Task and Finish Group meeting and priorities for next (3 June) meeting**

**[Minutes of the last T&F group meeting attached]**

3.1 JP provided an update on the key issues discussed at the last Ministerial Task & Finish group meeting on 4 March 2019. Firstly the work plan which was deemed too long and process based. It has since been revised to focus more on deliverables. The revised work plan will be circulated to the group for comments by email.

**Action 2: Secretariat to circulate the revised work plan to group members for further feedback and comments.**

3.2 A paper outlining funding had also been discussed. JP confirmed that £2.5 million of recurrent funding from the health budget for the programme had been secured. The group's views were sought on the spending priorities for this funding, which is discussed further in agenda item 5c.

3.3 JP confirmed that mapping data had also been discussed and a questionnaire had been developed by ADEW to capture existing school based activity. This had

been circulated to all schools for completion by 14<sup>th</sup> June. SM stated that Public Health Wales had previously conducted work on mapping interventions too so from both these exercises a comprehensive picture of good practice in schools should be forthcoming. RW also confirmed the NAHT are willing to help with this activity.

3.4 JP indicated that discussions had also taken place on data collection with DECIPHer - the lead for the SHRN survey. There was wide agreement that primary school health and wellbeing data needed to be collected as well - to cover the early years' perspective. This would help with self evaluation. JP also noted that Cardiff University were in the process of compiling a research bid to the Wolfston Institute to explore children mental health including in schools.

3.5 Finally there had been some discussion about future membership of the T&F Group and it was also agreed that Steve Davis (Chair of the Principle Youth Officers Group) would be invited to future meetings of the T&F group.

3.6 JP confirmed that the next meeting of the Ministerial T&F Group is scheduled for 3 June 2019, with the agenda currently being finalised. The meeting will include presentations from the WG's Knowledge and Analytical Services (on research and evaluation to support the programme); Mark Campion (presenting on Estyn's Health and Wellbeing Thematic Review which will be published in June 2019) and Julie Bishop (PHW) who will be presenting on what a 'mentally healthy' school might look like.

3.7. There was then a wider discussion during which the following points were noted:

- Good to see the T&F Group wanting more focus on primary schools data - which was highlighted in the *Mind over Matter* report. Early indicators show there is a lot good work happening and it will be interesting to see what the Estyn survey says about this.
- Would be helpful to have presentations on the SHRN data collection (for this group) when discussions with DECIPHer to extend the SHRN data collection should be clearer.
- Really important to ensure that the voice of the children and young people are heard as we develop our priorities and policies. Our Youth SRG has met twice and good progress is being made. There does need to be a flow of information across all three groups (SRG, Youth SRG and the Ministerial T&F Group). Perhaps an individual from the Youth Group could attend this group to represent their views. The next meeting of the youth group is scheduled for 6 July where we can raise this issue.

**Action 3: CvBH to ascertain whether a member of the Youth SRG would be willing to attend the next meeting of this group to ensure their views are heard.**

- LN - the Youth Parliament has recently identified children and young people's emotional and mental health as a top priority. The CYP&E Committee is looking how we can work together/meet relevant WG officials to further discuss this agenda to get wider views as soon as possible.
- JT shared LN's concerns about the quality and availability of specialist mental

health data. There is a pressing need to capture this data and if we are to do it properly it will need to be appropriately coded etc. GP data is primarily diagnosis-focussed. JP aware of the fact that there is no complete data picture available but data is being collected from various sources wherever possible. JM confirmed that the WG Health Department is developing a mental health core dataset and she will feedback detail to the next meeting of the Group.

**Action 4: JM to share current status of the development of the mental health core dataset and to form part of a wider discussion on data at the next meeting.**

#### **4. Update on progress of SRG sub-groups [Verbal update from CvBH, papers attached to note]**

4.1 Setting the background to the establishment of the SRG sub-groups, JP noted that we envisaged these groups would support us as experts in the field in drafting guidance and assuring other 'products' which stem from the programme.

4.2 CvBH fed back to members on sub-group progress. Whilst the general points are summarised below, the minutes from each of the sub-group meetings (attached) set out progress so far.

- The clear message received from each group is the need for a targeted whole school approach which ensures peer support can be made to work more effectively;
- Long-term thinking was important to ensure appropriate services will still be in place 10 years down the line;
- Outcomes-focussed approaches will be necessary to examine whether different services are required and what differences they would make to young people.
- A holistic approach is necessary across the piece.

4.3 Some members were concerned about the lack of school representation on the sub-groups - particularly on the advocacy sub-group. JP agreed this was a concern and wondered whether RW could arrange for NAHT representation at future meetings.

**Action 5: Secretariat to liaise with RW on the issue of school representation at future sub-group meetings.**

4.4 NE asked for clarification on how this group fits into the wider landscape of children wellbeing and who is responsible for different areas of policy (i.e. which parts of *Mind over Matter* fall within this Group's remit and which fall within the remit of the T4CYP Programme). It was agreed that a schematic showing the interdependencies and how each group is working together to deliver the recommendations outlined in the MoM report could be developed.

**Action 6: Secretariat, DA and JM to produce a diagram illustrating how the different workstreams and groups fit together and the interdependencies.**

4.5 JP informed members that the CYP&E Committee received an update on progress from Ministers in March 2019. Both the Minister for Health and Social Services, and the Minister for Education had agreed to appear before the CYP&E Committee on 20 June to update on progress on the MoM recommendations. Shortly afterwards, the Committee would also be scrutinising Carol Shillabeer as lead for the T4CYP programme.

**Action 7: Secretariat to circulate a copy of the May 2019 Committee update to group members.**

4.6 KG informed the group that headteachers in schools in Newport and Torfaen are making good progress in the development of a whole school approach and may be useful contacts from whom activity can be tested and input sought.

4.7 SL asked about dates for the next sub-group meetings. CvBH confirmed the first meeting was to establish priorities and communication thereafter the intention was for Groups to meet virtually to ease the burden on members and in reduce administration. SL felt future meetings of the advocacy sub-group needed to be more robustly managed to ensure discussions were actioned appropriately. She was happy to contribute to organising and facilitating future meetings.

**Action 8: Secretariat and SL to discuss organisation of future meetings of the advocacy sub-group.**

4.8 The meeting then focussed on discussions which took place in the professional learning sub-group. CvBH confirmed that there have been internal meetings with the head of teacher training in Welsh Government to build more focus on emotional health issues in initial teacher training (ITT). It was also noted that officials had met Welsh Universities and agreed an initial plan to develop teacher training materials for the PGCE and B.Ed intake. Whilst planning was still at an early stage, it was noted that the course content for the September 2019 intake was already set, so activity would focus on developing a training module around child development and emotional mental health which could be available from September 2020.

4.9 RW also felt it important to note that only about 60% of teachers are in full-time employment so it is very important to ensure that they, as well as full-time teaching staff, have access to appropriate professional development opportunities.

## **5. Priorities for remainder of 2019**

### **(a) Whole School Implementation Framework [Paper to note attached]**

5.1 JP explained that WG had begun to draw together framework guidance for schools and the intention to produce such guidance was flagged in the Welsh Government's follow-up response to Committee. The purpose of the guidance is to help schools to assess their own emotional and mental health needs and develop a plan to address issues, improve provision.

5.2 JP saw the role of the SRG and its sub-groups as further developing the framework for more formal consultation later in 2019.

5.3 JP stressed that the document was not intended to increase the burden on schools, but rather to encourage them to think about the importance of pupil wellbeing, good mental health and resilience. It will also encourage them to have a champion or lead to take this forward in the school. JP acknowledged there is a good deal of commonality between the guidance framework and the Welsh Network of Healthy School Schemes (WNHSS) documentation.

5.4 It was noted that in relation to the section which dealt with relationship with other agencies, and specifically pCAMHS that the NHS Delivery Unit was currently conducting a review of pCAMHS provision. The results would be available shortly and would be shared with the Group once available.

5.5 The group discussed the importance of including GP representatives in the process as they are often the first line of health response. However, it was noted that it was often difficult to secure GP representation on such groups due to the need for locum backfill, though this would be looked into.

**Action 9: Secretariat to ask WG Health colleague Liz Davies (SMO) for advice on how best to secure GP representation on the Group.**

5.6 A number of comments and issues to include in the outline guidance were suggested during the meeting, which have been incorporated into the current draft. It was further agreed that it would be circulated to Group members with a four week 'window' within which to provide further comments. Following this and any comments received we would then seek to work through the sub-groups to further develop the guidance document.

**Action 10: Secretariat to circulate framework to Group for comment.**

5.7 NE informed members that Mind Cymru is currently piloting a whole school approach to mental health in schools in Newport and is looking at networking across Wales. The pilot complements and builds on the SHRN data and the WNHS and the early findings (covering pupils, parents and school staff) will be launched in the next few weeks.

**Action 11: NE to share these early findings with the group shortly.**

#### **(b) Update on specific activities (verbal)**

5.8 JP shared some of the key areas for development for the rest of this year. These include:

- *School counselling.* We are working with local authority counselling leads across Wales to review capacity and demand within the system. This was a key recommendation from Mind over Matter report.
- The outdated *counselling toolkit* is being updated and we are working closely with a stakeholder group comprising local authority counselling leads and

providers. We expect the revised toolkit to publish towards the end of this year (2019).

- *On-line counselling services.* Some local authorities are already providing on-line support for children and young people. In order to ensure on-line provision is consistent and equitable across Wales we are working with counselling leads and have asked Health Technology Wales to do an initial exercise to scope this provision.
- We are in the process of finalising for publication the *suicide and self harm guidance* developed for WG by Swansea University and the National Advisory Group to Welsh Government on Suicide and Self Harm Prevention. We are also working with Swansea University to see what other materials can be produced to support schools' young people and parents/carers.

### **(c) Funding priorities (verbal)**

5.9 As previously mentioned, £2.5 million of recurring funding has been secured for the development of a whole school approach work. Full details of how the distribution and breakdown of the funding are still to be agreed by Ministers, although our initial thinking is that funding could support:

- On-line counselling and other resources;
- A new ITT module
- The testing of interventions in schools - possibly funded via a third sector grant scheme.

## **6. AOB**

6.1 It was agreed that the group requires Further Education (FE) input and a rep should be sought.

**Action 12: Secretariat to ask Marian Jebb from the WG's FE Division for help identifying a suitable FE rep for this group.**

6.2 PG informed members of a forthcoming showcase event to be held at the Senedd which will provide youth workers and young people with an opportunity to celebrate the achievements of youth work, as well as promote a wider understanding and support for youth work. Sponsored by Llyr Gruffydd AM, the event will include a range of speakers and a marketplace of stalls showcasing the diversity and impact of youth work across Wales. The Minister for Education will also be attending and will launch the new Youth Work Strategy for Wales. The event will take place on 25 June 2019.

Further details are available from [rachel@youthcymru.org.uk](mailto:rachel@youthcymru.org.uk)

6.3 A date for the diary was announced:

- Wednesday 19 June, All Nations Centre, Cardiff - *T4CYP: Early Help and Enhanced Support*. Further information is available from DA.

### **Date and time of Next Meeting**

The next SRG meeting has been arranged for Monday 2 September 2019, from 10:00 - 11:30, in Caerdydd 2, CP2.

The meeting closed at 11:00am.