

**STRATEGIC REFERENCE GROUP ON A WHOLE SCHOOL
APPROACH TO MENTAL HEALTH AND EMOTIONAL WELLBEING
07 October 2019 (09:00/10:30, Caerdydd 3, Cathays Park 2)**

Present

Jason Pollard (JP), Chair	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Joanne Maddaford (JM)	CAMHS and Mental Health Legislation, WG
Ella Sivan (ES)	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Khalid Afzal (KA) (Secretariat)	Mental Health and Emotional Wellbeing in Schools, EPS, WG
Kolade Gamel (KG)	CAMHS and Public Health Nursing, ABUHB
Tim Opie (TO)	Lifelong Learning, Leisure and Information, WLGA
Deb Austin (DA)	T4CYP Programme
Sarah Stone (SS)	Samaritans Cymru
Kate Henegan (KH)	Papyrus UK
Kirrin Davidson (KD)	Children's Commissioners Office
Lyn Neagle AM (LN)	Chair, Children, Young People & Education Committee
Paul Glaze (PG)	Council for Wales of Voluntary Youth Services
Sharon Lovell (SL)	National Youth Advocacy Service
Jackie Mathias (JM)	Pembrokeshire College
Stephanie Hoffman (SH)	Head of Social Action at ProMo Cymru
Cath Norton (CN)	Paediatrics and Child Health, Powys Teaching Health Board
Simon Jones (SJ)	Mind Cymru
Jo Hopkins (JH)	Public Health Wales

Apologies

Jacinta Tan	Eating Disorders, Bro Morgannwg UHB
Helen Furneaux	Health Visiting and School Nursing, Powys Teaching UHB
Rob Williams	NAHT
Chris Alders	Cardiff LA
Sue Mably	PHW
Nia Evans	Mind Cymru
Ann John	Suicide & Self Harm, Swansea University
Lynzi Jarman	Youth Justice Board Cymru
Rhian Morgan Ellis	Ysgol Gyfun Cwm Rhondda
Heather Potter	NHS Wales
Lisa Dunsford	Children and Women Clinical Board, Cardiff & Vale UHB
Ainsley Bladon	Mental Health Strategy Lead, Welsh Government
Alistair Davey	Deputy Director, Social Services, Welsh Government
Angela Lodwick	Head of Service for Specialist CAMHS, Hywel Dda UHB
Lisa Dunsford	Cardiff and Vale UHB
Dr Kirsty Fenton	Clinical Lead, Hywel Dda UHB
Frances Beecher	Chief Executive, Llamau
Heather Potter	NHS Wales
Zahrah Bashir	Diverse Cymru

1	Welcome and Introductions	Action
1.1	JP welcomed members to the fourth meeting of the Stakeholder Reference Group on a whole school approach to Mental Health and Wellbeing, and round table introductions were made. He read out the list of apologies received, then introduced Ella Sivan who has replaced Clare Van Boheman Hunter.	
2	Minutes and actions from 13 May 2019 meeting	
2.1	The minutes of the previous meeting were discussed and confirmed, all the actions were complete with the exception of 1, 3, 6 and 8, and these will be carried forward for action at the next meeting. Actions 1, 3, 6, and 8 to carried forward for action at the next SRG meeting (please see Annex 1 for further details)	Secretariat
3	Agenda item 3 was dealt with under agenda item 1.	
4	Draft Schools Framework Guidance on developing a whole school approach	
4.1	JP noted the bulk of today's meeting would be focused on gathering feedback on the contents of the draft framework guidance. Before this topic the group considered sub-group activity. The group was updated on the meeting of the advocacy sub-group, the only sub-group that has regularly met and which considers the active offer of advocacy and how this works more generally. The Together for Children and Young People Programme will jointly be commissioning a review mapping current advocacy provision within mental health. The subgroup met and looked at mapping in relation to young people accessing CAMHS or accessing wider mental health provision. They concluded there seems to be a lack of advocacy with no consistency in terms of provision across Wales. However, this is outside the scope of the whole school work programme which is not focused on NHS provision, which falls to the TfCPY programme. The Chief Medical Officer (CMO) recently considered general advocacy within the NHS and is conducting a piece of work around this issue. This will ensure consistency and continuity of provision for young people. A peer review is being conducted by Dave Williams and Iona Bevan with each health board looking at the levels of advocacy available for children receiving CAMHS support, below the inpatient level. This will be compared against the CMO's work. Gwent has good examples of working together with local authorities, which can be applied elsewhere, this information is considered as part of the peer-review. Data is being collected which will be reviewed by April 2020 and which will inform good practice more widely.	

In relation to the wider work of the Stakeholder Group sub-groups, there was discussion as to whether the other sub-groups should continue to meet. JP noted the intention originally was that the sub-groups would progress activity and report in to the full Stakeholder Group. However, this has posed a considerable administrative burden on the small Secretariat team with the focus over the summer being meeting the Minister's commitment to develop the school's Framework.

The Framework

In June (2019) when the Minister for Education gave evidence at the Children, Young People and Education Committee, she indicated there would be a formal consultation on the draft Framework towards the end of the year. A first draft was circulated for comments and feedback to both internal and external stakeholders ahead of the meeting. Initial responses from various professionals including head teachers and teachers has provided positive feedback.

The meeting provided an opportunity to discuss and provide feedback on the framework. During the meeting members noted the following points:

- The guidance contains plenty of useful information, perhaps change the language used to suit a younger audience or develop a user-friendly version.
- There should be more emphasis on in the importance of relationships earlier in the document and on the skills shared by those working with young people. Providing staff with essential skills to look after young people is important so they are able to identify signs of mental health issues. The topic of staffing should thus be central to the guidance, highlighting to staff the importance of relationships and connecting with young people. On this topic, the Attachment Team from Gwent will be attending the Ministerial Task and Finish Group meeting on 4 November to discuss their work.
- The document is too medicalised, with interventions and flowcharts. It needs to be more accessible in terms of tone
- It is quite deficit focused, it was suggested it would be beneficial if instead the framework uses positive language and focuses on some of the positive aspects more.
- It was suggested the framework should move away from the idea of labelling a young person under specific headings. It was also mentioned that the concept of preventing mental health issues should appear earlier in the document as it's a complex issue.
- Other elements that it was suggested could feature more heavily included neurodiversity, values and rights, and Adverse Childhood Experiences (ACEs)
- From the viewpoint of managing council services and school nurses, the framework is seen to be a very good start in terms of showing how staff can be supported. Providing school staff (including school nurses) with support and guidance to manage referrals rather than sending the child

to their GP who would have a more limited understanding of their needs compared to the school.

- The need to create a school environment surrounding the framework which recognises how best to help the young person, giving staff someone to go to and understand how best to help a young person
- How will success in the whole school approach be measured? We need to be careful not to overburden teachers with additional work.
- Transitions are discussed on page 22, and could include the transition to college as well as between primary and secondary school.
- It was noted that on page 25, it refers to youth work strategy for Wales, maybe this could come under the strategic and legislative framework on page 3 along with other strategies mentioned as an important topic which should be mentioned earlier

Strategic legislative Framework

Good feedback was received from stakeholders on the strategic legislative part of the Framework, as many were not aware of the contents. It is important to consider if there is anything further we missed, suggestions from around the table included:

- Social Services and Wellbeing Act could be included looking at the advocacy and legislative.
- Strengthening Mind over Matter.
- Include further reading section at the back that could be useful for teacher.

Referral pathway diagram

Discussion also focussed on the referral pathway, including:

- Diagrams can be helpful to visualise the journey a young person goes on, however concerns were raised the referral pathway might be counterintuitive, typical of what young people say about being moved around the system from one place to another.
- The pathway would benefit from being contextualised, providing the bigger picture of support to build resilience rather than a clear focus on those with emerging difficulties.
- It was considered that before waiting for an assessment there needs to be a mechanism for professionals to understand and ask a young person what outcome they want and how you could respond to that outcome.
- The issue was raised of how do you enable that young person to get help from the GP? From experience members noted this can be a really daunting step for the child, and GPs often do not know young people as well as a teacher does.
- A second diagram could be made that is accessible for a young person, showing their journey and who they may interact with at each stage.

	<p>It was noted some teachers working with young people found it difficult to notice certain emotions, and may misinterpret a young person’s behaviour. It is important for teachers to gain training and understand their own well-being, which in turn helps them become empathetic towards others spotting signs and understanding what action to take. Diverse Cymru have conducted work within communities to discuss the difficult challenges and conversations faced by young people who are unable to discuss these at home, many schools have made positive improvements around involving parents.</p> <p>It was questioned what schools would want from the framework guidance? This should be a living and breathing document that provides guidance for school staff and all those interacting with children and young people. In addition, for the whole school approach to be successful schools need to have practical solutions. The framework is intended to be an overarching document, beneath which there will be a range of other resources that can be accessed by schools. Local Authority and Consortia also have a role in supporting schools in this process.</p> <p>Overall, the consensus agreed by the group is the framework should be less medicalised, more mindful of using positive language and more young-person friendly, with a focus on relationships. It must be relevant for all children and young people, not just those with emotional mental wellbeing, neurodevelopmental and behavioural issues. It should support young people at every stage from their education life into adulthood, and build resilience and empathy when poor mental health is not present.</p> <p>Due to the meeting, overrunning there was no time for further discussion.</p> <p>Action members were asked to provide written comments to the secretariat by mid-October.</p> <p>Action LN asked that Group individual written feedback responses to the Secretariat be copied to all Group members.</p> <p>Action secretariat to consider a young person’s version of the Framework</p>	<p>All Members</p> <p>Secretariat</p>
5	Next Steps	
5.1	This agenda item was not reached.	
6	Any other business and date of next meeting	
6.1	Date of the next meeting: 13 th January 2020 Location: Caerdydd 3, Cathays Park 2	

Annex 1: Actions from SRG meeting on 13 May 2019

Action	Owner	Status
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.	Deb Austin	Following discussions, it is recommended that the Whole School Approach Stakeholder Group considers a LPMHSS lead rather than an adult psychiatrist. Dave Williams has suggested contact should be made with Hywell Dda and/or Cardiff leads for a nomination.
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.	Secretariat	To be pursued for next Group meeting.
Action 6: Secretariat, DA and JM to produce a diagram illustrating how the different work streams and groups fit together and the interdependencies.	JP, DA, JM	A diagram to incorporate the imminent changes to the T4CYP and any reporting requirements will be drafted once these are agreed.
Action 8: Secretariat and SL to discuss organisation of future meetings of the advocacy sub-group.	Secretariat	The Advocacy Sub-Group last met on 6 August. Future activity will be discussed with SL.