

**HW&SC – DP 3
CYMORTH DEVELOPMENT PROPOSAL PROFORMA**

PRIORITY AREA OF WORK: CHILDREN & YOUNG PEOPLES EMOTIONAL & MENTAL HEALTH FRAMEWORK- CORE AIM 3 PRIORITY 8

MAIN CORE GROUP (proposing): (3) Health, Wellbeing and Social Care

**LINKS TO OTHER CORE GROUPS: 2- Purposeful Learning
1- Nurturing families & communities**

Background

The areas for development outlined within this Emotional & Mental Health Framework are priorities within the Cardiff Children & Young Peoples Emotional & Mental Health action plan. This plan is planned, implemented and monitored by a multi-agency Task Group the Children & Young Peoples Emotional & Mental Health Task Group, which reports to the Health, Well-being & Social Care Core Group.

The action plan and Task group were established in 2005 when the Children and Young Peoples Partnership Board identified Emotional & Mental Health as one of its top three priorities (the others being Family Support and Purposeful Learning) and allocated a total of £234,000 of Cymorth funding to address this priority (2006-7).

The task group then used the findings of a literature review of best practice and the findings of a mapping exercise of initiatives to support the emotional and mental health of children & young people in Cardiff to inform a prioritization exercise in which 3 areas of need were prioritized, they were :-

- The development of structured and informal support mechanisms appropriate to meet the emotional & mental health needs of young people;
- School- based mental health promotion intervention for primary aged children
- Support for schools and youth and community settings to provide safe environments for young people which are free from bullying.

Consequently a partnership approach was used to commission the following projects :-

1. Cardiff Against Bullying Project (CAB)- lead by Schools Service
2. Cardiff Pyramid Project- lead by Cardiff and Vale NHS Trust School Health Nursing Service
3. Bounceback- lead by Barnardos.

In addition to this, in 2008 the Local Service Board identified the emotional and mental health needs of young people aged 16-18 years who are not in Education, Employment or Training (NEET) as a key priority. Action to address this is being taken forward by a Task and Finish group of the Children & Young Peoples Emotional & Mental Health Task Group.

Description of work to be supported

The proposed emotional & mental health framework would aim to promote the emotional health & well-being of children and young people within the context of a Healthy City. Specifically, the framework includes the following components :-

DOC 4.

1. To support schools and youth and community settings to provide safe environments for children and young people which are free from bullying, as part of a city-wide Anti-bullying Strategy (Critical High A1)
2. To work in targeted Primary schools to improve the self esteem and resilience of primary school aged children. (Critical High A1)
3. To work in targeted secondary schools to support emotionally vulnerable young people aged 14-16 years to develop emotional resilience and coping skills. (Critical High A1)
4. To support young people aged 16-28 years who are Not in Employment Education or Training (NEET) and are experiencing emotional and mental health problems (Critical High A1)

1. To support schools and youth and community settings to provide safe environments for children and young people which are free from bullying, as part of a city-wide Anti-bullying Strategy

Aim: To support schools and youth and community settings to provide safe environments for young people which are free from bullying.

Objectives:

- To develop, implement and monitor an anti bullying strategy for Cardiff
- To support schools in developing a whole school approach to anti bullying
- To support youth and community settings in providing safe environments for young people
- To participate in the Welsh Anti-Bullying Network and ensure that local activity is in line with national developments
- To ensure that young people are involved in the planning, implementation and evaluation of the anti-bullying project.
- To reduce, over time, the incidence of bullying in Cardiff, recognising that as new reporting systems are put in to place reported incidents of bullying will increase.

Target group- all young people in Cardiff

Geographical area- city wide

Description of Project –

The project will employ an anti-bullying strategy coordinator to :-

- work with key stakeholders represented on the anti-bullying task group to ensure the development and implementation of the Cardiff anti-bullying strategy
- promote awareness, and develop a common understanding of what bullying is, together with the message that bullying, wherever it takes place, will not be tolerated
- develop and deliver an anti-bullying practice training programme for schools and informal youth and community settings
- work with partners to develop a clear, simple and consistent framework for the

DOC 4.

reporting and recording of bullying incidents

- evaluate the effectiveness of the Anti-bullying project , including the Anti-bullying strategy

The project will also employ a project officer to:-

- work with schools, youth organisations and children and young people to develop and implement strategies and action plans for tackling bullying as part of a wider whole school or youth setting approach (incorporating Behaviour and Discipline and PSE Framework and associated programmes; Healthy Schools ; Social and Emotional Aspects of Learning; peer support Citizenship and the Police Schools Liaison Programme)
- support the development of activities to address specific types of bullying including identity based (racism, homophobic) and cyber-bullying
- provide direct support and advice to schools, their staff, pupils, parents and governors.
- act in a mediation role to support schools pupils and parents in resolving issues related to alleged bullying incidents, including follow up work with the perpetrators of bullying.
- work with young people and the CYPP participation worker to develop and implement a schools 'Stop Bullying Award' and link with school councils and youth forums.
- organise work-shops and assemblies as part of anti-bullying week
- work with partners including community safety, the police and Communities First to address bullying in the wider community

The project will also employ a casework officer to:-

- 1:1 work with individuals experiencing bullying and providing advice and support to schools and families.

2. To work in targeted Primary schools to improve the self esteem and resilience of primary school aged children.

Aim: The project will aim to assist participating schools to identify and help children achieve improved self esteem and resilience, enabling them to cope more effectively with school life

Objectives:

- To identify children at risk of potential mental/emotional health problems in participating schools
- To provide the Pyramid prevention programme for those identified as being at risk
- To recruit and train volunteers from UWIC teacher training course and Cardiff University psychology and other courses to run 10-week Pyramid clubs

Description of project

The Pyramid project is offered in Cymorth area only but there has been interest express in other areas. Working with Community Focused School Co-ordinators there is potential to open this service across Cardiff.

DOC 4.

Pyramid Clubs are run using a 3 stage model and are run by trained Volunteers' :-

- Screening
- Multi-agency meeting
- Pyramid clubs

Year 3 / 4 Clubs

Pyramid clubs run after school for an hour and a half and involve fun games, cooking, circle-time discussion, art and craft and a trip or a party at the end of the ten weeks . All activities are purposeful and have an evidence base.

Transition Clubs

The move to secondary school can be an anxious time for all children but for quieter, shy children it can sometimes be particularly stressful. Pyramid clubs give children the opportunity to start Year 7 confidently and happily, ready to make the most of everything the School has to offer and to achieve both academically and socially.

Transition clubs follow the same Pyramid ethos as year 3 clubs and have the same aim; to improve the resilience, self-confidence and self-esteem of children.

Additional Development - Pyramid for Parent Clubs. These groups have been developed in consultation with The Family Support Strategy and compliment the work currently been undertaken locally

3. To work in targeted secondary schools to support emotionally vulnerable young people aged 14-16 years to develop emotional resilience and coping skills.

Aim: The project aims to support emotionally vulnerable young people aged 14+ develop coping skills and emotional resilience to manage the demands of adult life.

Objectives:

- To identify Year 11 children at risk of emotional ill health and offer them holistic personal support in the transition from school to independence
- To provide anti stigma information, literature and training for young people aged 16 – 25 and the professionals working with young people
- To develop models of good practice for working with emotionally vulnerable young people following a trusted adult approach and based on young peoples understanding of informal support.

Target group project will address

Year 10 and 11 young people in four high schools (if additional resources were available the number of schools could be expanded). The support at the end of year 11 continues in the months immediately following the end of statutory schooling. In addition to the four schools receiving direct weekly sessions the anti stigma and awareness raising work would be provided to a much wider range of schools, young people's projects and sixth forms.

Geographical area to be covered

Four high schools (Cathays, Fitzalan, Llanedryn, Willows) as identified in the original Cymorth funding with additional schools if funding is available.

DOC 4.

Detailed description of the project (including any developmental work required)

The development work for this project has already been completed. The current evaluation as part of a research grant with Cardiff University would inform any further developments. The project focuses on the particular concerns young people have at the transition at the end of school with support being available post year 11 to ensure young people are emotionally settled. Staff and young people link with relevant agencies (education, children’s services, CAMHS, Careers Wales, Youth Gateway, DWP). The project uses a range of tools to measure outcomes and to ensure young people are best placed to move forward positively. The support enables young people to consider how to problem solve and how to develop emotional resilience. The staff will also deliver whole class and targeted sessions on emotional well being. These sessions will be tailored for needs as outlined by young people and schools but with an emphasis on contributing to whole school emotional literacy and giving young people the emotional skills to move from school into different settings post 16.

How the project will be delivered e.g. staffing arrangements

The project will be delivered by two full time members of staff with management and administration support. The staff will deliver at each school. The support is via informal sessions where young people can explore in a safe environment issues of concern to them.

4. NEET emotional & mental health pilot project

The proposal is to pilot a project which would provide emotional and mental health support for young people who are NEET. Key to the project would be an Emotional and Mental Health Transitions post which would be both a coordination post and provide direct support to young people drawing on a range of interventions according to the needs presented by the young person. The pilot project would work very closely with Primary Mental Health and Adult Mental Health Services and Careers Wales.

LINK TO PRIORITIES:

- 1. Core aim 3 priority 8 (8.1; 8.2; 8.7; 8.8; 8.9; 8.10)
 - 2. Core aim 2- purposeful learning
 - 3. Core aim 1- nurturing families & communities
- Overarching

Strong

Strong
Medium

LINK TO CYMORTH THEMES (Please indicate all activity and process themes that apply):

ACTIVITY THEMES:

- 1. Family Support *
- 2. Health improvement *
- 3. Play, leisure and enrichment
- 4. Empowerment, participation and active citizenship
- 5. Training, mentoring and information*

PROCESS THEMES:

- 1. Disadvantaged neighbourhoods*
- 2. Partnership working*
- 3. User involvement*
- 4. Adding value to mainstream*
- 5. Early preventative intervention*
- 6. Delivery from integrated centres and networks
- 7. Inclusion*
- 8. Evidence based practice*

HOW HAS THE NEED FOR THIS WORK BEEN IDENTIFIED?

DOC 4.

<p>(e.g. reference to CYP Plan / Delivery Plan / key strategy / new research)</p> <p>The C&YPP Board identified children and young people’s emotional and mental health as a key priority and agreed the allocation of Cymorth funding to support the three identified projects.</p> <p>The need for this work is also outlined in the following strategies :-</p> <p>Welsh Assembly Government strategy <i>Child and Adolescent Mental Health Services: Everybody’s Business</i> (2001);</p> <p><i>National Service Framework for Children, Young People and Maternity Services in Wales</i> (2006)</p> <p>Welsh Assembly Government (2009) Suicide prevention action plan;</p> <p>It is anticipated that the work will also meet the need identified in the forthcoming Welsh Assembly Government <i>Mental Health Promotion Action Plan for Wales</i></p> <p>The Local Service Board (under the auspices of the Kafka project has identified the emotional and mental health needs of NEET young people as a priority.</p>	
<p>MAIN PROPOSED OUTCOMES FOR CHILDREN AND YOUNG PEOPLE: How would these be measured? Which outcomes in the CYP Plan do these link with?</p> <ol style="list-style-type: none"> 1. CAB-No’s of practitioners engaged in anti-bullying practice (including reviewing policy; training/workshops; anti-bullying actions undertaken as part of healthy schools scheme; implementation of anti-bullying and toolkit) 2. The Pyramid project-No’s of schools; children and volunteers participating in Pyramid clubs. 3. The Bounceback project-No’s of young people receiving Bounceback project intervention. 4. NEET E&MH Pilot project-No’s of NEET young people receiving intervention 	
<p>WOULD THE WORK BE TIME-LIMITED OR ON-GOING?</p> <p>If the work is time-limited, please give estimated date of completion</p>	<p>Projects 1-3 on-going Project 4 & 5 time limited (2010-2011)</p>
<p>OTHER SOURCES OF FUNDING AND RESOURCES Could there be added value from links with other sources of funding, projects or programmes?</p> <p>If ‘yes’, please give brief details</p> <p>Is this other funding secure?</p> <p>Would other programmes be at risk if Cymorth funding were not agreed for this area of work?</p>	<p>YES</p> <p>Cardiff Network of Healthy Schools Scheme School Based counseling Service The Place2Be The Social and Emotional Aspects of Learning (SEAL) programme</p> <p>Until 2011</p> <p>Yes –3 projects are already funded by Cymorth which are integrated into wider</p>

DOC 4.

Level of risk to CYP and families if this work is not delivered (taking into consideration likelihood & consequences):	High
Overall importance to delivery of priorities:	Critical
RECOMMENDATION:	