

STORY OF CHANGE TEMPLATE

Reporting Period	Q4 April 23-March 2024
Strategic Partnership	West Glamorgan Regional Partnership
Programme Name	Children and Young People Programme
Programme Reference	

Programme Overview

The Children and Young People [CYP] Programme covers the services and support for people who are under the age of 18 (supporting children and young people to 25 with Additional Learning Needs-ALN). This programme focuses on:

- Emotional wellbeing of children and young people including behavioural support
- Children and young people who require specialist support from health and social care, such as children who are looked after or at risk of being looked after by the local authority and children and young people with complex needs such as mental health conditions, learning disabilities or illness.
- Supporting children and young people who receive services and support as they transition into adulthood, where they may receive a different type of service as an adult.

An underlying principle of this work is to follow a 'whole systems approach' to change which will form a part of a new framework across health and social care services for children and young people (covering statutory and voluntary sectors).

Our vision as outlined in the Business Case from 2022 for this programme is that

West Glamorgan will support children and young people to be safe, healthy and prosperous.

To achieve this, we will need to work closely with CYP, their carers, their families, local communities and other important stakeholders such as Education in order to hear the 'voice of the child' and understand their rights/needs and what matters to them, in order to co-produce services and support that will meet those needs.

In order to achieve our vision, our mission for the next five years will be to deliver the following priorities as set out in the Programme business case:

- Support CYP to remain within their family.
- CYP with emotional well-being and mental health needs have access to the right services at the right time to prevent escalation of need.
- CYP with complex needs have access to the right services at the right time to meet their needs.
- Young People who need to transition to adult services have help to do so at the right time.
- More CYP have their needs met closer to their home.

The table below outlines the outcome themes, workstreams and delivery mechanism to achieve the outcomes of the programme:

Outcome Theme	Workstream	Delivery
Theme 1: Prevention and Community Coordination	Transition (from child to adult services (CYP Complex Needs))	Co-produce, pilot and implement a Regional Transition Policy for Children and Young People with complex care needs to ensure smooth transition into adult services at the right time. This will result in a comprehensive and robust process in place to guide the transition of all young people from Children Services to Adult Services by all partners within the West Glamorgan Region. The policy establishes key principles and standards of practice for a coordinated multi-agency approach.
	CYP Accommodation	The purpose of this project is to develop a regional approach to improving our provision of safe, secure accommodation and wrap around support for children and young people with complex needs, with a focus on prevention and early intervention to reduce the need for this service. This includes several capital schemes, funded through HCF, for internal residential children's homes supporting the rebalancing care agenda.
Theme 2: Supporting families to stay together safely and therapeutic support for care experienced children. and Theme 3: Promoting good emotional health and wellbeing	Emotional Wellbeing and Mental Health	The Emotional Wellbeing and Mental Health (EW&MH) Group have committed to developing a regional EW&MH Strategy for CYP that dovetails a wider EW&MH Strategy that had been developed for adults. This will work towards improving the emotional well-being and mental health for Children, Young People and Families. Work continues to develop the 'No Wrong Door' approach to increase opportunities for access to the right service, at the right time, by the right provider and also to enhance information, advice and assistance services to support Emotional Wellbeing via digital platforms (Tidy Minds & Kooth).
Supporting Work	Participation and Engagement	Develop a robust communication and engagement plan that will ensure the voices of Children and Young People, Parents, Carers, Families, guardians and others are considered and heard. A best practice resource has been produced to demonstrate participation and engagement work with CYP across the region. A new working group has been established to support, involve and amplify the "Voice of the Child" when developing services, given this is a key priority for the region.

There are also links to the other following Regional Partnership Board (RPB) programmes although specific actions around these cohorts may be delivered via the specific programmes:

- Learning Disability Programme-development of CYP Learning Disability (LD) strategy.
- Emotional Well Being and Mental Health Programme-all age strategy.

- Neurodiverse Programme (ND)-development of all age strategy.
- Carers Programme-Young Carers.

Delivery Partners

Across the Regional Partnership we take a comprehensive approach to Partnership working. Statutory Partners included in the delivery are Swansea Bay University Health Board, Neath Port Talbot Council and Swansea Council also included are our 3rd sector and volunteer representatives.

The CYP Programme and workstreams all have Chairs / Leads from partner organisations and membership reflects the partnership working and engagement taking place. We endeavour to include people with Lived Experience, but we recognise the need for different ways of working for the programme cohort. We therefore ensure representation from carers and volunteers in all levels of our governance as we believe their voices need to be integral to the work we deliver.

Where there are particular elements of work that require direct engagement with children and young people, we work closely with our partners to utilise their structures and networks as well as develop and deliver bespoke workshops to capture the direct voices of children and young people.

Theme 1: Prevention and Community Coordination

There are two Third Sector RIF Funded (£67,733) projects delivering 'Place Based Care - Prevention and Community Coordination':

Y-Hub (YMCA, Swansea) is a direct response to the needs of young people in Swansea who may be engaged in or vulnerable to; County Lines, Antisocial Behaviour and Exploitation as well as young people who may be not in education or employment. Y Hub deliver two strands: the drop-in youth club which runs on a Friday evening and an outreach provision which also runs on a Friday evening. The aim is creating communities where young people truly belong, contribute and thrive through offering a range of activities and opportunities to engage in.

Glantawe Outdoor Education Academy (NPT) support young people who are struggling with mainstream school. Some are on the autistic spectrum, or have literacy difficulties, emotional or behavioural, or mental health issues such as anxiety or depression. Young people take part in a wide range of activities which develop their practical skills and resilience.

Theme 2: Supporting families to stay together safely and therapeutic support for care experienced children.

There are three statutory initiatives RIF funded (£1,894,177) and two Third sector RIF funded (£49,682) projects which offer a range of support that aims to strengthen the offer for 'Supporting families to stay together safely and therapeutic support for care experienced children'. These are split into early help and support, intensive support and specialist support.

Third Sector - Early help and support:

The Circus Development Project (Circus Eruption, Regional) delivers creative, integrated interventions to support young people on the edge of care/care experienced, to reduce the need for more intensive forms of support.

The SGO Kinship Care project (SCVS, Swansea) aims to meet the needs of children and young people subject to Special Guardianship Orders (SGO's) and similar kinship orders whereby volunteers are matched to children and families to offer various support stabilising the children in their placement and helping the relatives to cope.

Statutory: Intensive Support:

The Multi Agency Therapeutic Support Service is a regional approach with local delivery by NPT Council and Swansea Council. The project provides support to vulnerable families with complex issues, and where there may be a possibility that a child or children could be taken into care. By providing a preventative approach the model brings all therapeutic service provision together to create a much larger Multi Agency Therapeutic Support Service. The service delivers a brokerage

type system that ensures consistency in referral information and response avoiding the need for residential care due to placement instability.

The Edge of Care, Working Together delivers a regional approach with local delivery from NPT Council and Swansea Council work intensively over multiple weeks in the home environment as well as in *intensive residential setting if needed (*Swansea only). It provides families with the help they need to ensure children and young people grow up in conditions that are safe, that do not impact negatively on their well-being, and allow them to develop to their full potential.

Specialist Support:

Western Bay Post Adoption Service (Regional) provides specialist support to the parent / family/ recognising the impact of early traumatic experiences which result in many children with an adoption plan having complex psychological, social and emotional needs which can have a profound effect on the psychological health and well-being of the family as a whole.

Theme 3: Promoting good emotional health and wellbeing

There are 14 projects funded via RIF (£900,895) which offer a range of support under the Promoting good emotional health and wellbeing' model of care. These projects deliver a wide range of interventions that enable children and their families to achieve improved emotional health and wellbeing.

These are split into 4 categories:

Information, Advice and Assistance (IAA)

- **Bouncing Back Plus-Action for Children** deliver a lower-level, early intervention, resilience building programme for Young People, Key Stage 2 and upwards across the region through group discussion and practical tools/coping skills to manage day-to-day emotional wellbeing. It is derived from a targeted Cognitive Behavioural Therapy evidence-based programme designed for YP aged 12-19, which combines coping skills and physical exercise to build resilience and reduce depressive/anxiety indicators.

Early help and support

Early Help Hubs-Swansea Council have 5 Early Help Hubs across the locality; ensuring that children and families have access to the right support at the right time from the right person regardless of age and location. They include multi-agency representation providing a single, integrated resource for family support.

- **Well Being Worker-** Hosted by Dewis, with a background in Mental Health and supporting young people the Well Being Worker role adds value to the support offered to young people. Dewis has been delivering housing related support to children and young people (aged 16-25) since 1987, to provide supported accommodation within Neath Port Talbot. Every young person who is accommodated by Dewis has a support plan. As part of referral assessments a wellbeing assessment with the young people at the point of access to the local based service, the well being worker co-produces a support plan with the young person, and work in a trauma informed way to provide targeted work.
- **Farm Ways to Wellbeing- Swansea Community Farm** hosts a wellbeing project, designed to improve the wellbeing of young people struggling with their mental health, and to offer them opportunities to engage in healthy outdoor activities, peer support and learn self-management skills for their mental health. They learn to support others and reduce social isolation for young people struggling long-term Mental health effects of the pandemic.
- **Care for our children -Chinese in Wales** aims to improve mental health well-being and prevent mental ill-health for children and young people with Chinese heritage living in Swansea and Neath Port Talbot, aged between 11-24. The project provides regular social and physical activities to improve mental health well-being, professional counselling sessions to children and young people who are having mental health issues or at high risk of ill mental health and relevant training to enhance interpersonal skills of the project staff and volunteers.

- **Swans supporting the mental health of children & Young People-Swans Foundation.** The project provides themed sessions that support children and young people across the region ages 8 – 18, at school settings, community venues in the evenings and through provision delivered at the Swansea.com Stadium for home schooled children with practical information to increase their understanding of emotional health and wellbeing and support positive mental health whilst understanding themselves.
- **Interplay's Wellbeing 4 Early Years – 4 -11** Through play the project enables young people aged 4-11 year olds living in Swansea and Neath Port Talbot with physical disability, neurodiversity, mental health and emotional support needs to keep active, stay well and be happy. In both projects children take part in free choice play and structured activities that increase independence skills, and group sessions that encourage social interaction.
- **Interplay's ENSpir & Wellbeing Project 12-18** Through play the project enables young people aged 12-18 year olds living in Swansea and Neath Port Talbot with physical disability, neurodiversity, mental health and emotional support needs to keep active, stay well and be happy.
- **Swansea Autism Movement CIC** The project works with autistic children and young people, in Swansea, their siblings and parent carers in family based activities receiving referrals via health and social care professionals, other third sector organisations, and recommendations/referral from our existing members. **CEASED TO OPERATE**

Intensive Support

- **The Play Room Project-The Family Therapy Place** are Swansea based and provide services for people across Swansea, Neath and Port Talbot and also work in schools to provide children and young people with play therapy, one to one and group therapy, counselling and family support. Counsellors work with CYP aged from 3 and their parents to alleviate distress over such issues as parenting and attachment issues, childhood adverse experiences, anxiety, depression, trauma, suicidal thoughts, eating disorders, self-harm and OCD.

Specialist Support

- **Counselling for near miss suicide cases-Jac Lewis Foundation** This regional project provides a preventative service to decrease the risk of suicide and increase the wellbeing of the persons being referred into the project by providing easily accessible access to mental health support through both professional and self-referral routes.
- **Brighter futures: ACE recovery and Brighter Futures -Faith in Families** works with over 30 schools across Swansea through group and one-2-one non-intrusive interventions, therapeutic play and emotional literacy support supporting children who have experienced often multiple ACE's and are struggling with big emotions such as anger and anxiety, which displays in unwanted behaviours meaning that they find school, friendships and life in general difficult.
- **Therapeutic Counselling Services for Children/Young People-New Pathways** provides therapeutic counselling to children and young people from aged 3 to 18 years old regionally, who have experienced sexual violence (rape, sexual assault and sexual abuse) to overcome their experiences and regain a normal life. Therapists with specialist skills and training such as psychotherapists and music therapists work with children and young people with specific trauma informed approaches.

Assessment of Delivery

The CYP programme has identified six specific deliverables outlined in a CYP action plan which has been developed to reflect the population needs assessment and regional area plan (approved by CYP Programme Board April 2023):

- Review and improve models of care that wrap around families to keep families together.
- Identify and implement transformative prevention and early intervention services.
- Develop a regional EW&MH Strategy for CYP.
- Co-produce, pilot and implement a Regional Transition Policy for Children, Young People with learning disabilities and complex care needs to ensure smooth transition into adult services at the right time.
- Deliver a new regional model for safe, secure accommodation and wrap around support for Children and Young People with complex needs, with a focus on prevention and early intervention.
- Develop a robust comms and engagement plan that will ensure the voices of Children and Young People, Parents, Carers, Families, guardians and others are considered and heard.

Outcome Theme	Workstream	Method of delivery	Comments on progress
Theme 1: Prevention and Community Coordination	Transition from Child to adult services	<i>Bi Monthly meetings</i>	<ul style="list-style-type: none"> • Undertaken a review of regional principles and standards. • Principles and Standards strengthened. • Policy updated. • Policy under period of review underway by partners.
	CYP Accommodation	<i>Bi Monthly meetings</i>	<ul style="list-style-type: none"> • Research undertaken into other regional models of accommodation for children with complex needs. • Local authorities progressing with development of Capital Schemes: internal residential homes for CYP to increase local provision in line with the eliminate and rebalancing care agendas.
Theme 2: Supporting families to stay together safely and therapeutic support for care experienced children. and Theme 3: Promoting good	CYP Emotional Well Being and Mental Health Group	<i>Bi Monthly meetings</i>	NEST/NYTH: <ul style="list-style-type: none"> • Beginning to plan for NEST/NYTH Self-Assessment (2024). • Continuing to attend Welsh Government Supporting Families and NEST Community of Practice • Organising Regional Integrated Fund (RIF) Networking event to increase knowledge and understanding of Framework and to promote training materials. Facilitated shared learning from Aneurin Bevan/Gwent on: <ul style="list-style-type: none"> • Community Psychology Model.


emotional health and wellbeing			<ul style="list-style-type: none"> • SPACE (Single Point of Access for Emotional Well) Being Model. • Discussions held to determine aspiration for West Glam SPOA (Single Point of Access) model. • Lead established for a task and finish group to progress with development of Business Plan.
Supporting Work	Participation and Engagement	<i>Bi Monthly meetings</i>	<ul style="list-style-type: none"> • Engagement work has commenced scoping partner organisations relevant participation and engagement work that has taken place over the last 12 months. • Ongoing development of CYP Participation and Engagement best practice document that includes case studies of NEST/NYTH Framework in action.

Update on Programme Delivery-Q4 returns

Theme 1	Quantitative Measures	Qualitative Indicators
<p>Theme 1: Prevention and Community Coordination</p>	<p>Currently there are 2 projects sitting under this model of care</p> <p>Theme 1: Prevention and Community Coordination</p> <ul style="list-style-type: none"> • A total of 684 people have accessed the services • 228 new people accessed the services • 684 receiving early help and support • 103 activities provided <p>111 individuals have completed a survey asking difference made measures: This is a 16% sample of the 684 people of have accessed these services.</p> <ul style="list-style-type: none"> • 84% reported feeling less isolated • 87% reported that the service maintained or improved their emotional health and wellbeing • 84% reported the service maintained or improved their independence 	<p>Both projects have forged strong partnerships, and it is evident they work in collaboration with multiple organisations/partners/schools and youth groups to deliver successful prevention and coordinated community activities. The youth-led approach means that the young people are empowered to have full autonomy, improving social skills and communication through team building activities, 121 and group support. Both projects encourage building confidence and self esteem through mastering new skills.</p> <p>Both projects work with the individuals to plan activities that develop new skills and discover their potential, for example experiential learning so they can gain a better understanding of themselves and others. Research has shown that creative ideation promotes feelings of autonomy and fosters a sense of empowerment. Engaging in creative activities gives individuals a sense of agency and control over their thoughts and actions, which can positively affect their mental health (Kim et al., 2023).</p> <p>Of the children that access and completed the course offered by the Glantawe programme, they have achieved 100% pass rate for the qualifications entered.</p> <p>Testimonials:</p> <ul style="list-style-type: none"> • <i>T has been attending Riverside since December 2023 and believes they are failing at school. In 3 months, T has 100% attendance at Riverside has taken part in and achieve a Level 2 qualification. They have said: "I've really enjoyed the experience of cutting down trees, make fires etc. I feel more capable of doing things in the outdoors and more comfortable within myself. When I'm in school I feel overwhelmed but when I'm in Riverside I feel more free and less agitated with certain things, I don't feel attacked here, I feel that it's very breathable."</i>

- *J has been attending Riverside on a weekly basis (term time) since October 2022. He was on course to be permanently excluded from mainstream education and his attendance at Riverside was seen as a 'last ditch attempt' at changing antisocial behaviour exhibited at school. J's behavioural change was instant from the first session attended and has since gone on to attend and complete a L2 qualification in Team Working at Riverside.*
- *"Without YHub I wouldn't get to do social activities apart from school". YHub received a referral from NHS nurses. This YP was on the child protection register and was referred in for work surrounding social needs and to give mum respite. RLG showed very complex emotional needs and behaviour challenges, would have regular breakdowns and struggle to express themselves. Through attending YHub sessions weekly, 121 support and a referral to an LGBTQ+ youth club RLG helped explore their identity. RLG has developed in all aspects, emotionally they have found healthier ways to express themselves and their feelings, now have fewer breakdowns and outburst. RLG is now able to make and maintain healthy relationships with other YP and staff.*
- *Y was extremely nervous coming into our first session; 'Everything makes me embarrassed' and appeared to have extremely low confidence. The first 2-3 sessions were spent getting to know one another in an attempt for Y to feel comfortable and for us to establish a relationship. ... As the sessions progressed, we began to work on self-esteem, Y struggled initially and needed lots of encouragement. ... Mum was finding it increasingly difficult to get Y to school particularly on a Monday, however Y was unable to talk about this. ... Also, following the death of Y's Auntie we completed some work on bereavement. As the sessions progressed Y was far more relaxed coming into sessions, she no longer covered her face, shrugged her shoulders, or responded with "I don't know, I don't know" (Worker, Y-Hub).*

	<p>Programme Contribution to Model of Care and exploration of what is different?</p>	<p>What have we learned about things that went well? What have we learned from any challenges that occurred?</p>
	<p>The projects aim to improve people’s well-being through accessing coordinated community-based solutions and to provide local prevention and early intervention solutions to support people to avoid escalation and crisis interventions.</p> <p>Through providing support to CYP in their environments such as schools and youth groups and targeting at risk/ disengaged youth groups individuals are better supported to live their lives to the fullest via essential skills building both practical and social. By participating in such activities, they provide increased opportunity for self-care while re-connecting people to their own social networks, ultimately reducing impact on statutory services and enables young people to support themselves which supports their own independence.</p> <p>Such skills include namely, stress reduction and emotional regulation, building confidence and self-esteem, improved social skills and communication, developing emotional intelligence. These skills learned are essential for preventing escalation and crisis intervention. Both projects advocate for empowerment ensuring young people have autonomy in developing and accessing the services they need.</p> <p>Environmental factors contribute to the success of both projects allowing individuals to connect with their surroundings as well as accessing interventions in spaces that are supporting of their needs.</p>	<p>Overall, the projects highlight the importance of youth-led initiatives, school partnerships, additional funding, outdoor activities, and skill development in supporting the growth and well-being of young people:</p> <ul style="list-style-type: none"> • Youth-led Approach: giving young people ownership over activities, workshops, and opportunities they engage in. This approach fosters leadership and decision-making skills among the youth. • School Groups: establishing strong relationships with most schools helps advocate for vulnerable young people experiencing difficulties within education. • Skills Building: These skills include stress reduction, emotional regulation, building confidence and self-esteem, improving social skills and communication, and developing emotional intelligence. These skills are essential for preventing escalation and crisis intervention. • Additional Funding: Y-Hub Services, YMCA Swansea identified a lack of open-access youth support provision in the City Centre of Swansea and applied to the National Lottery Fund for additional staff. This funding facilitates a 5-day drop-in, expanding the existing Friday night youth club, schoolwork, and outreach work <p>Challenges</p> <ul style="list-style-type: none"> • With increasing demand and staff costs such as sessional staff costs, logistics and practical issues such as transportation challenges, clothing and equipment need and time constraints results in less outreach. <p>Addressing these key points can help improve the programme’s effectiveness and reach.</p>

Theme 2	Quantitative Measures	Qualitative Indicators
<p>Theme 2: Emotional Health and Wellbeing</p>	<p>Currently there are 14 projects sitting under this model of care, delivering a range of services from Information Advice and Assistance (IAA), Early Help and Support, Intensive Support and Specialist support (see Delivery Partner section for further categorisation).</p> <p>Third Sector - Early help and support: Statutory: Intensive Support:</p> <ul style="list-style-type: none"> • A total of 5068 people have accessed the service. • 2648 new people accessed the service. • 2239 referrals received. • 2069 activities provided. • 500 professionals/volunteers accessing training. <p>Based on the type of intervention:</p> <ul style="list-style-type: none"> • 969 individuals received IAA • 3478 individuals received Early Help • 78 individuals received Intensive Support • 543 accessing Specialist Intervention. <p>3024 individuals have completed a survey asking difference made measures: This is a 59% sample of the 5068 people of have accessed these services.</p> <ul style="list-style-type: none"> • 93% reported that the services maintained or improved their emotional health and wellbeing • 92% reported that the services have made them feel more confident to access support • 99% have reported that the services have prevented escalating levels of need • 87% have reported that the services have helped them achieve their personal outcomes 	<p>Information Advice and Assistance</p> <p>Due to the blend of Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) & <i>Decider Skills</i> within Bouncing Back Plus, the CYP are equipped with different strategies and skills, to find their best fit solution and outcome at the child/young person's own learning ability and pace and then relate the learning to their own needs. The programme teaches responsibility and accountable for emotions and when and who to ask for support. They learn to establish the link between physical and mental health (body and brain).</p> <ul style="list-style-type: none"> • <i>"It gives you lots of self-confidence and puts you in a good mood & I liked listening and knowing to how to deal with difficult things"</i> (Child, Bouncing Back Plus, Action for Children). • <i>"You helped me to encourage myself and know everything is going to be alright"</i> (Child, Bouncing Back Plus, Action for Children).  <p>Bouncing Back Plus Celebration Event. Swansea.com Stadium</p> <p>Early Help and Support</p> <p>Increased awareness and understanding among staff of recognising crisis and opportunity for early intervention</p>

ensuring children and families have been key to improved mental health, supporting children to peak up on issues affecting them at home or school preventing escalated crisis intervention.

Activities enabling helping to build their natural support network to build resilience and prevent the need for specialist support services to be involved for long periods and group activities to build friendships. As a result, they have become more aware of each others needs and emotions, have started to support each other relying less on staff intervention ((EHH, Interplay).

Young people who present with anxiety and school refusal, take part in the #Wellbeing Wednesday sessions. These sessions are aimed at young people who are not engaging in formal education due to anxiety or poor mental health.

Teachers' report seeing *"pupils who normally exclude themselves from school-related activities, totally engage and embrace each experience"*. The young people built on their experience of previous activity days and designed games for the public to take part in. This boosted their confidence with members of the public complimenting them, on their games.

At the Swansea Community Farm (Farm Ways to Well Being Project) they are social, have friends, join in with group activities and take the lead in the animal house with animals' husbandry tasks (Farm Ways to Well Being).

- *"The Farm is the only place I don't have to mask my autism"* a 15-year-old girl who is neurodivergent and moved to Wales as an economic migrant. This young person struggles in school and often doesn't feel accepted. They have reported eating alone at lunch and spending their time in the school library alone as they feel they have no friends at school. This young person has found somewhere that they belong with people who accept them for who they are (Child, Farm Ways to Well Being).

Intensive Support

Through the provision of specialised and intensive support to children, young people, and their families in Swansea and Neath Port, the Play Room project directly supports individuals (children and parents) to improve their skills, knowledge, and confidence to be independent in recognising their own well-being needs. Activities delivered by *British Association of Play Therapists Registered Play Therapists®*, utilise a child-centered approach that emphasises play as the primary medium for communication and healing. This method is not only pivotal for the children we support but also instrumental in empowering parents and caregivers with the knowledge and skills necessary to understand and respond to their child's well-being needs effectively.

- “[The therapist] actively involved us as parents in the therapeutic process. Through regular consultations, and guidance on how to support our daughter outside of therapy sessions, we felt empowered and able to understand and meet our daughter's needs, it helped us understand who she is.” The benefits of play therapy extended far beyond the therapy room; her improved communication skills, enhanced self-esteem, and ability to manage her emotions have had a ripple effect on our entire family dynamic”. (Parent, The Play Room)

Specialist Support

Through tailored programs and support services, participants develop a deeper understanding of their own mental health needs and acquire the tools necessary to address them independently. Activities delivered such as 1-2-1, group and drop-in sessions focused on mental health literacy, self-care practices, and coping strategies, equip individuals with the knowledge to recognise signs of distress and the confidence to seek help when needed ensuring they are proactive advocates for their own wellbeing. Skills to identify triggers, manage stressors, and implement healthy coping mechanisms empowers individuals to navigate life's challenges with resilience and confidence.

		<ul style="list-style-type: none"> • Through the projects support Y was able to communicate with much more confidence. Y is now able to look at conflicts she has with friends with resiliently and problem solve, one goal is to meet new people and make more friends (Worker, Brighter Futures and Brighter Futures ACE Recovery - Faith in Families).
	<p>Programme Contribution to Model of Care and exploration of what is different</p>	<p>What have we learned about things that went well? What have we learned from any challenges that occurred?</p>
	<p>The projects aim to primarily enable individuals to be better supported to take control over their own lives and well-being and to improve skills, knowledge, and confidence to be independent in recognising their own well-being needs. The projects teach responsibility and accountability for emotions, when and who to ask for support building confidence to contribute to their own well being.</p> <p>Clear evidence indicates projects are enabling individuals to be better supported to take control over their own lives and well-being. Commonality of delivery include:</p> <ul style="list-style-type: none"> • Building of skills, knowledge to be independent in recognising and communicating their own well-being needs individuals feel empowered. This resulted in increased knowledge and risk management and experiencing positive experiences. • Fostering a sense of belonging has increased individuals understanding of themselves resulting in improved wellbeing • Projects have been able to provide a safe space to increase skills and confidence of parents to better understand and support their children • Additionally, benefiting children to build their own confidence and implement coping skills, strategies and knowledge of self care <p>Early Identification of need and availability of the right support at the right time has been instrumental in prevention of</p>	<p>IAA</p> <ul style="list-style-type: none"> • Collaboration has enabled widespread regional reach and development opportunities and facilitating the voice of the child/young person is clear throughout resulting in significant positive difference. • Teaching staff note the benefit for their young people but also of the difference the programme makes to their work practice and personal lives. <p>Early Help and Support</p> <ul style="list-style-type: none"> • Strong collaboration and links with other partners have been established. • Engagement with children and young people a strength-fosters sense of belonging • Early identification of need • Better understanding of self and others <p>Intensive Support</p> <ul style="list-style-type: none"> • The number of sessions delivered by The Play Room with positive feedback received from parents, schools and teachers. • Specialist support • A 7-year-old girl with a complex trauma history, has turned a huge developmental corner and can now safely identify sensations in her body, name and talk about feelings and better regulate overwhelming emotions.

	<p>escalation. Specialist lead workers in early help are preventing the requirements to escalate to statutory services. Collaboration among partners, professionals, parents and CYP has been key in being able to identify plan and deliver interventions that equip individuals to recognise own needs as well as act to manage/de-escalate. Professional consultations held providing early preventative support for universal and third sector services to prevent the escalation of need supporting families to identify their 'circles of support' network to build resilience and prevent the need for specialist support services to be involved for long periods.</p> <p>A diverse range of therapeutic interventions and approaches are offered, providing versatility to respond to the presenting needs of children and young people. Therapeutic excellence and standards are maintained and reviewed through regular and robust quality assurance processes.</p>	<p>Challenges</p> <ul style="list-style-type: none"> • 5 out of the 8 projects cited Demand and Capacity issues leading to long waiting lists. <p>Other challenges cited include:</p> <ul style="list-style-type: none"> • Recruitment Challenges: There are challenges in recruiting into short term funded posts. • Loss of Expertise: Workers with specialist knowledge, skills, and expertise progress into other sectors due to the short-term nature of funding. • One project (Swansea Autism Movement) has ceased to operate within the period and has now dissolved. Factors including lost two directors due to ill health and fragility in terms of strength at operational level, and lack of currently being able to find alternatives who are skilled enough to slot into a management role.
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Theme	Quantitative Measures	Qualitative Indicators
<p>Families to stay together</p>	<p>There are 5 projects sitting under this model of care. 3 statutory and 2 third sector.</p> <ul style="list-style-type: none"> • A total of 2737 people have accessed the service <ul style="list-style-type: none"> ○ 1620 CYP ○ 746 Families • 1191 new people accessed the service • 997 referrals received • 464 new families supported • 768 new CYP supported • 348 professionals/volunteers accessing training <p>Based on the type of intervention:</p> <ul style="list-style-type: none"> • 334 individuals received early Help • 1608 individuals received Intensive Support 	<p>All projects foster an environment that build positive relationships.</p> <p>Statutory Post Adoption Service</p> <p>Historically the provision of adoption support and access to therapeutic support has been poor and inconsistent resulting in many families reaching crisis point with a high level of adoption disruptions in later teenage years. A Monthly Support group for adoptive parents of teenagers has been started this has been well received and the parents are supported by a family therapist and adoption support social worker who co produce the group and work through issues and themes raised by the parents. Some qualitative feedback in this early stages of the group was:</p> <ul style="list-style-type: none"> • <i>“This group is so good, it’s the only time I have to myself, where I can have a good laugh and just be myself”.</i>

- **795** accessing Specialist Intervention.

913 individuals have completed a survey asking difference made measures: This is a 33% sample of the 2737 people of have accessed these services.

- 64% reported that the services maintained or improved their emotional health and wellbeing
- 58% have reported that the services have prevented escalating levels of need
- 78% have reported that the services have helped them achieve their personal outcomes

- *“Really enjoyed the session last night. Such a hoot. Can’t wait to see you all again.”*

Care experienced children in particular benefit from targeted therapeutic formulation which supports and enhances their wellbeing through focused and informed care planning. Being able to restore resilience through confidence and self-esteem building, it enables children to share their experiences in a safe environment, while engaging in positive relationships. Learning trust and respect the children will hopefully recognize they are not alone and will understand how to keep themselves safe and where to get help.

MATTS

As a therapeutic service within an Edge of care provision within a statutory organisation, the project receives referrals via a single point of entry process. This enables a better understanding of the presenting need for children, young people and families and to understand what matters to offer the right service at the right time. From a workforce perspective, this represents an important shift in embedding the therapeutic model.

Working together (NPT) supports families to make improvements to their home conditions to mitigate risks so that statutory services are less worried about the potential impact that poor home conditions are having on children. The team meet with the family (Family Consultation) to gain their thoughts and feelings in relation to the presenting concerns. This enables the family to express their goals / outcomes and fully participate in a plan of action to address those concerns.

One of the ways this project identifies from a qualitative perspective if the project is working is by using picture-based tools to ask children how they are feeling during the support.

One example is where a child age 3: Picked a happy bear and kept shouting "I'm happy" (Working Together Project).
another example is where a child age 8: Picked the happy face bear and said she "really loves the new carpet and her clean bedroom in the house and us all being back together" (Working Together Project).

Third Sector

SGO Kinship Care project (SCVS, Swansea)

Families are supported to play together, through games and skills, providing a positive alternative to negative patterns, or building new bonds, contributing to the ability to take control over their own lives and well-being and to improve skills, knowledge, and confidence to be independent in recognising their own well-being needs.



"I enjoyed travelling by bus as I had not done this before, we usually go places in the family car. I even got to press the bell stop button when we were close to our stop to get off, which was fun. I was a bit nervous as I had not played this before. But after the volunteer gave me some tips on how to hit down the pins, how to select the right bowl for me and how to hold and throw the bowls. I soon got the hang of it and we both had a good laugh and enjoyed it. We also had some sweets from the vending machine which we both enjoyed. We chatted a lot and had a good time. I would like to do this again" (Child, SGO Kinship Care)

		<p>Project staff communicate effectively, provide sounding board for which can improve things for the whole family and is solution focused. Outcomes are coproduced as they work through issues and themes raised together. An example provided by a worker from Circus Eruption:</p> <p><i>“One young person who has accessed long term circus workshops through this project at a point when they were in residential care has continued very regular attendance now, they are back home. They frequently arrive needing 1:1 support but have made friends and usually engage in games and skills at some point. It’s reasonable to assume that their consistent attendance indicates a need for our work. Noting an opportunity for additional intervention we believed would be beneficial, we actively encouraged them to access that service as well over time (a specific, appropriate Action for Children intervention) and after several months they took this up, with patient support from our staff. We know that connection with our team is an important part of this young person’s current ability to thrive, and welcome supporting them into and beyond additional support from other agencies. We do not think this young person would have accessed this additional support without our encouragement (Worker, Circus Eruption)”</i></p>
	<p>Programme Contribution to Model of Care and exploration of what is different</p>	<p>What have we learned about things that went well? What have we learned from any challenges that occurred?</p>
	<p>Through creative early intervention and prevention activities, projects work with families get better support to help them stabilise and stay together, reducing the need for children to become looked after.</p> <p>The projects provide therapeutic support where complex psychological, social and emotional needs present which</p>	<p>Key Successes:</p> <ul style="list-style-type: none"> • Upskilling the workforce - 3 of the 5 (2 statutory and 1 third sector) projects cited continual learning of staff and volunteers which has shown commitment to professional development by taking up various training opportunities in ACES, trauma-informed approaches, brain training, youth work, etc.

improves and enhances the well-being of care experienced children.

For those at risk of becoming looked after **MATSS** provides a single point of entry process, helping to understand the presenting need for children, young people and families to offer the right service at the right time, avoiding the need for residential care due to placement instability. Through consultation families are able to gather their thoughts and feelings in relation to the presenting concerns. This enables the family to express their goals / outcomes and fully participate in a plan of action to address those concerns together. This builds upon their internal motivation, confidence and sense of achievement enabling them to sustain positive change and remain together safely. Being better supported to manage the demands of children who have experienced significant early trauma and enjoy family life, achieve positive wellbeing and a wider range of support. The psychological and therapeutic teams have continued to provide direct therapy resulting in no longer being a need to commission new therapy cases to external resources for children in Swansea and NPT.

The **Working Together Service** (Regional, delivered locally) provides families with the help they need to ensure children and young people grow up in conditions that are safe, that do not impact negatively on their well-being, and allow them to develop to their full potential. Swansea have successfully run a new offer which is the 'In-House Rota' offer. Where the family are at risk of significant breakdown they offer the families the option of in home support which is tailored to the family's needs and can be anything from a few hours every day to 24hour support. They will continue to develop and improve this offer to support families to stay together.

Adoptive families continue to have access to a wider range of different support through the Post Adoption Service. The therapeutic team have continued to provide direct therapy to a considerable number of children with there no longer being a need to commission any new therapy cases to external

- **Community, Engagement and Participation:** 4of the 5 projects cited community links, engagement in activities and participation enabling voice and choice as to support offered, activities and direction of support.
- **Effective Referrals (Working Together Service) -** All appropriate referrals have resulted in an intervention offer, and families have been supported to access financial support (DAF grants etc). Evidence shows that the project has de-escalated needs of people for external support and concerns held.

Challenges

- **Service Demand and Capacity:** All 3 statutory projects (MATTS & Working Tother Service) cited there is high demand for services which impact resource and capacity.
- There has been an unprecedented number of placement breakdowns which result in strain on resources and on the intense offer usually provide (Working Together Service, Swansea).
- Varying degrees of capacity and pace mean it can be difficult to predict some aspects of demand and speed of progress in the wider system (MATTS).
- Parental mental health is becoming a more frequent and primary concern with longer interventions required due to more complex needs (Working Together NPT).
- **Short-Term Funding (Post Adoption & Circus Development):**
- The static grant funding remains a concern, as the RIF grant is due to end at the end of March 2025.
- The short-term nature of funding makes it difficult to plan long-term activities, especially with one-year funding commitments.
- Rising living costs and pressures from other funding sources add to the difficulties.

	<p>resources for children in Swansea and NPT, enhancing the well-being of care experienced children.</p> <p>All projects work to ensure children and young people grow up in conditions that are safe, that do not impact negatively on their well-being, and allow them to develop to their full potential.</p>	
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System Constraints

Service Demand and Organisational Capacity/Pressures: Demand outstrips resources and capacity leading to long waiting lists and possible increased attrition, rising living costs and pressures from other funding sources add to the difficulties, referrals for complex/behavioural needs with a strain on resources and the intense offer usually provided via therapeutic services.

Short Term Funding – insecurities, short term contracts, loss of expertise when staff move on due to short termism.

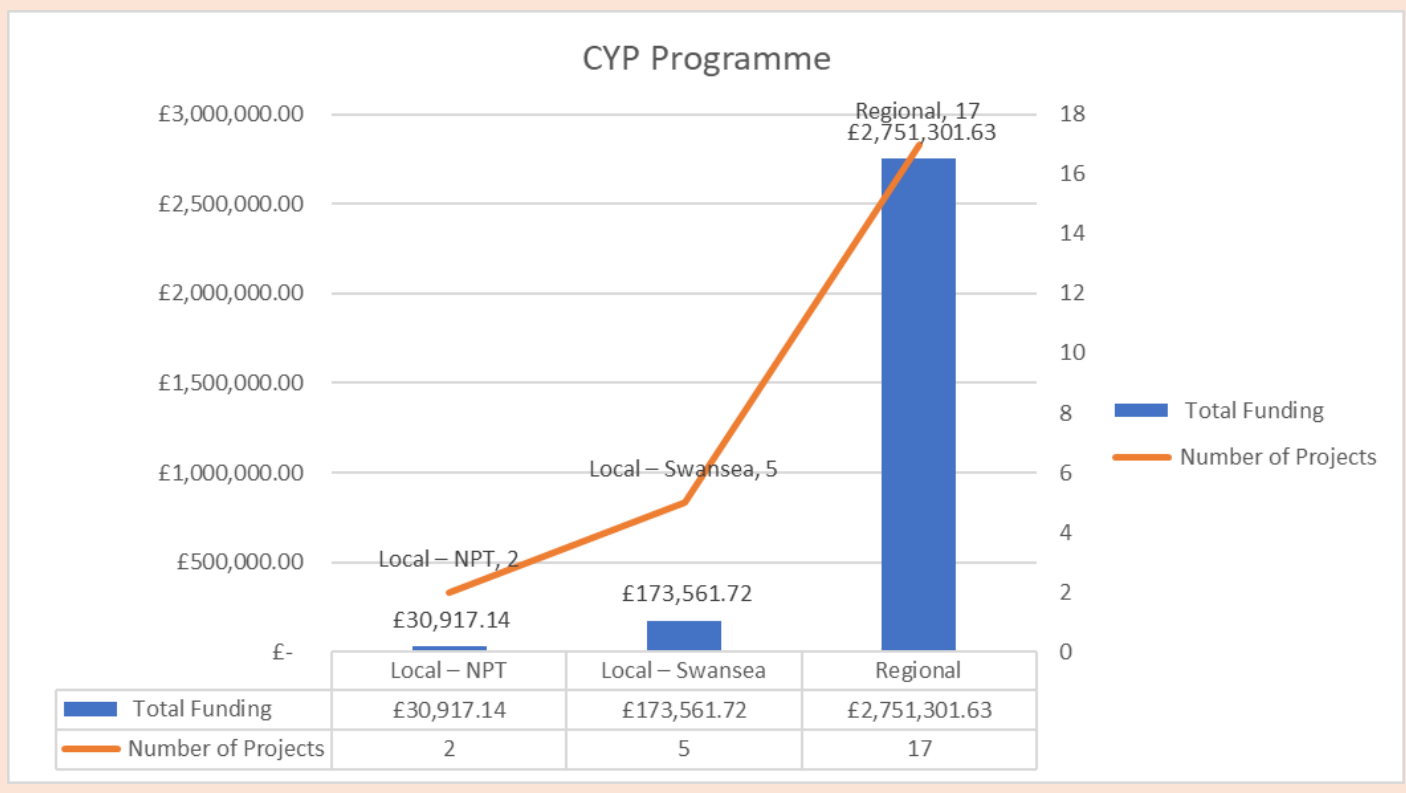
Lessons Learned

Prevention/early identification/ help and support- being able to identify and support early on continues to have a significant impact on reducing the need for escalation into statutory services.

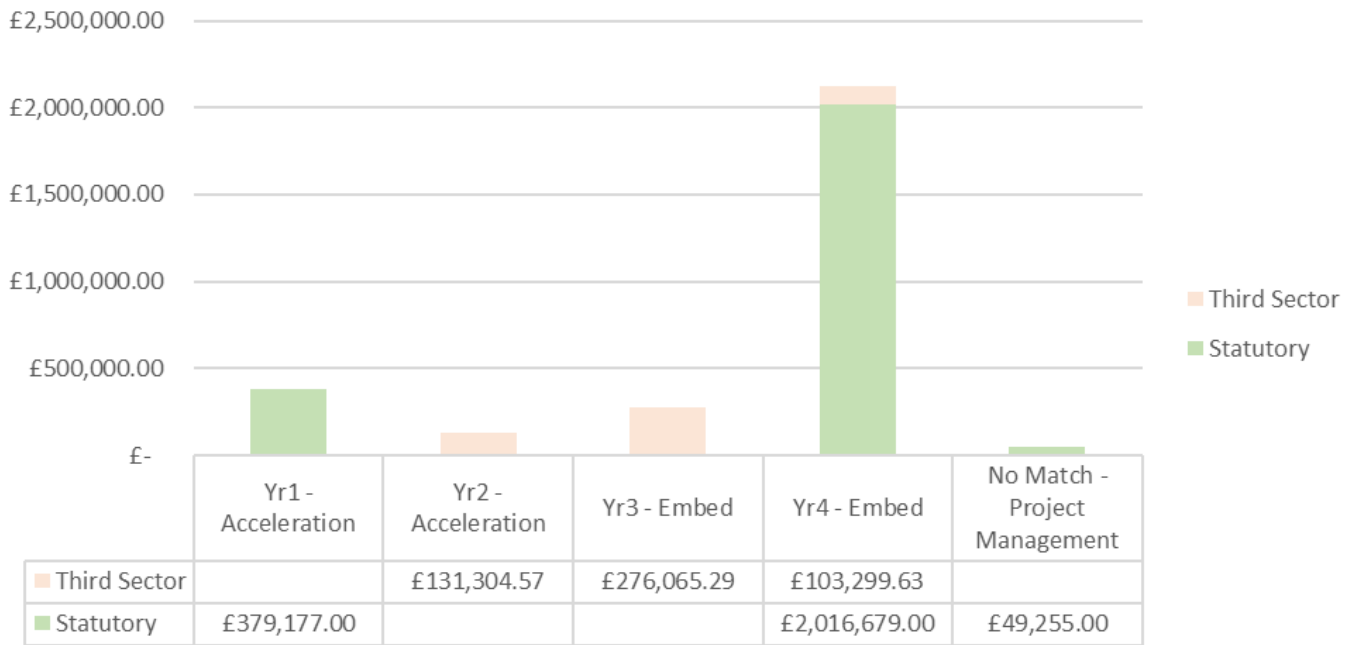
Collaboration and Engagement: there are efforts being made to collaborate and to link with other partners as well as ensuring cyp and families are considered in the design of services and interventions.

Funding Utilisation

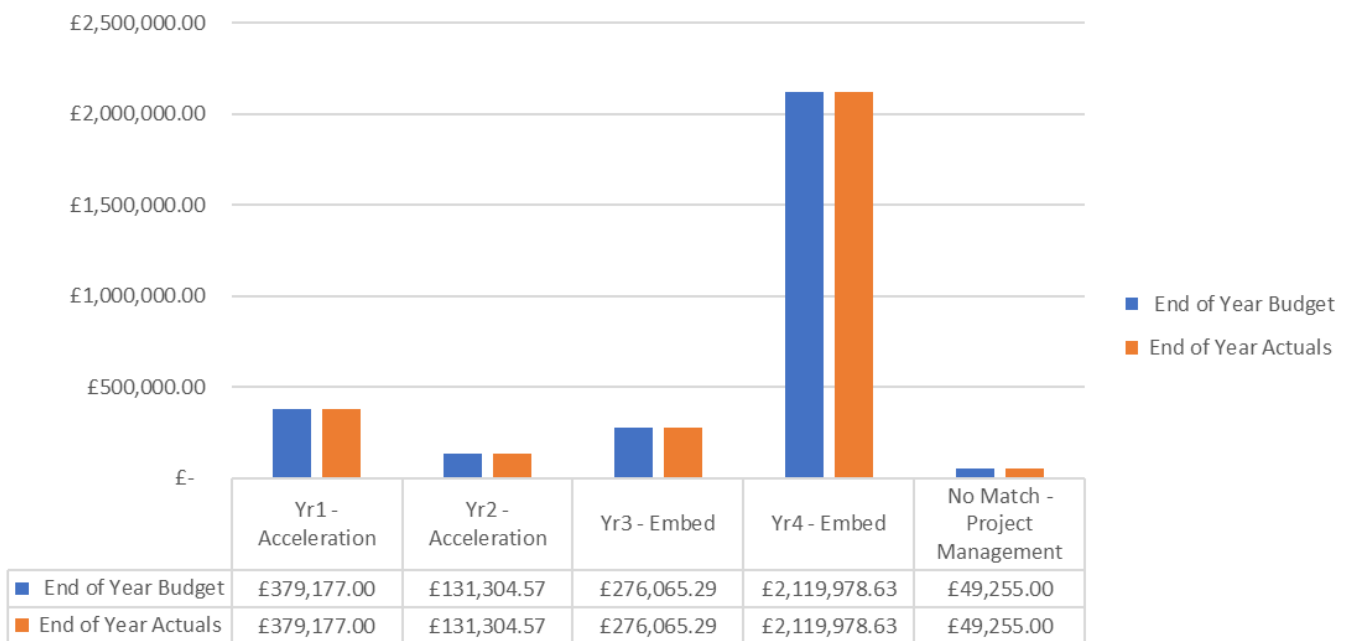
The total allocation for the CYP Programme for 23/24 is £2,955,780.49. 19 organisations were provided with RIF Funding in 2023-24. There are 7 statutory schemes and 17 third sector schemes. There are 17 regional schemes and 7 local schemes (2 in Neath Port Talbot and 5 in Swansea).



CYP



CYP End of Year Budget/Actuals



Financial and Economic Data

The third sector schemes provide essential additional support when meeting increasing and more complex needs of service users and communities, enabling further opportunity to meet the outcomes of the Children and Young People Programme.

Measuring Social Return on Investment (SROI) can be challenging especially when a lot of the work is categorised as preventative. However, identifying and implementing transformative prevention and early intervention services result in improved care and support that wrap around families to keep families together. This in turn reduces cost for more intensive specialist service support at high costs both local, regional and out of county. Delivering successful solution focused interventions results in happier families, parents, children and young people enabling a prosperous start in life. By developing appropriate accommodation solutions that meet the needs

of CYP and that are properly resourced it will keep children out of high end, high-cost accommodation placements. For every child that is prevented from coming into care there is an approximate **cost avoidance saving of £5,000 per week, £260,000 per year.**

Projects delivering against the Promoting Good Emotional Health and Wellbeing model of care better equip individuals with skills and strategies for improved well being and mental health. This results in children becoming more resilient adults whom self-manage their emotional well being and mental health as adults and be able to in future self care with coping mechanisms, solutions, improved skills when recognise need for help and increased confidence to access support when they need it.

All projects prioritise engagement and opportunities to ensure the voices of children and young people, parents, carers, families, guardians and others are considered and heard in the design and delivery of their activities/interventions. This in result allows for the best possible services to be established to meet the current needs of the population but also considers what might need to change for future generations. This itself, hearing children's views and opinions on what society and services should look like in the future better aligns plans, early investment opportunities and social regeneration. An exercise is currently underway with partners of the CYP Programme on engagement undertaken in the last 12 months-we will use this information to ensure population views feed into current programme priorities, also to highlight any gaps to forward plan.

Investing in more therapeutic, edge of care and specialist type services, under the model of care for **supporting families to stay together**, together with early help and wellbeing support and emotional wellbeing and mental health support, under the model of care for **promoting good emotional health and wellbeing** is key to supporting more families and children, thereby reducing potential future numbers and associated costs of looked after children.

Programme Case Studies

Digital stories

- Jac Lewis <https://vimeo.com/911397094?share=copy>
- [Y-Hub - Regional Integration Fund on Vimeo](#)
- [Fin Families Brighter Futures: Brighter Futures/Faith in Families - RIF on Vimeo](#)

They are also available publicly on Vimeo here: [West Glamorgan Partnership \(vimeo.com\)](#)