

Reference:	FOI.10101.22
Subject:	Services available to under 18s in Pembrokeshire
Date of Request:	22 October 2022

Requested:

Request 1

The following information about the commissioned educational and awareness raising activities and suicide prevention activities aimed at people under the age of 18 in Pembrokeshire, which falls within the geographical remit of your organisation.

- i) educational or awareness raising activities relating to mental health or emotional/psychological wellbeing
- ii) suicide prevention activities aimed at people under 18 that you fund in Pembrokeshire:
 1. The focus of the activity, i.e. mental health awareness raising or suicide prevention
 2. The type of activity
 3. The intended outcome for the activity
 4. The audience for the activity
 5. The structure of the activity, i.e. is it one-off or over several sessions
 6. How many hours does the activity last in total
 7. Who delivers the activity
 8. The number of times the activity is expected to be delivered in a 12 month period
 9. The number of times the activity has been delivered in the most recent reporting period (quarter or year)
 10. The number of people aged under 18 that can access the activity in a 12 month period
 11. The number of people aged under 18 that access the activity in the most recent reporting period (quarter or year)
 12. For each activity, I would also like to request a copy of:
 - The safeguarding policy followed
 - The confidentiality policy followed
 - Any position statements on self-determination, decision making and choice
 - Any feedback about the activity that can be shared

Request 2

Support provided by General Practitioners to people under the age of 18 who are experiencing mental health problems, emotional distress, or suicidal thoughts/feeling in Pembrokeshire, which falls within the geographical remit of your organisation.

1. Number of people under 18 that have received support for
 - mental health problems
 - emotional distress, and/or
 - suicidal thoughts/feelings from a GP in the most recent reporting period (quarter or year)
2. Current waiting time to see a GP
3. Organisations that GPs regularly refer under 18's to
4. Organisations that GPs regularly signpost under 18's to
5. How many GPs have a specialist remit covering:
 - a) mental health,
 - b) suicide prevention, and/or
 - c) support for people under 18 who are experiencing suicidal thoughts/behaviours
6. Any structured educational or awareness raising activities that GPs undertake with:
 - a) people under the age of 18 in relation to mental health or emotional/psychological wellbeing
 - b) professionals who have contact with people under the age of 18
7. Any structure suicide prevention work that GPs undertake with people under the age of 18
8. For each GP in Pembrokeshire, I would also like to request a copy of their:
 - Safeguarding policy
 - Confidentiality policy
 - Policy statement in relation to capacity, decision making and choice

Request 3

1. The number of school nurses that are employed.
2. The number of full time equivalent posts the school nurses employed equates to:
3. The type of support school nurses provide to people under the age of 18 who are experiencing emotional distress or suicidal thoughts/feelings.
4. What channels school nurses use to have contact with people aged under 18, e.g. telephone, text, Whatsapp, email, face to face?
5. Any structured educational or awareness raising activities that school nurses undertake with people under the age of 18 in relation to mental health or emotional/psychological wellbeing.
6. Any structure suicide prevention work that school nurses undertake with people under the age of 18.
7. Is there are any school nurses who have a specific remit covering
 - Mental health.
 - Suicide prevention, and/or support for people under 18 who are experiencing suicidal thoughts/behaviours.

8. If available, the number of people under 18 that have received support for:
 - mental health problems
 - emotional distress, and/or
 - suicidal thoughts/feelings from a school nurse in the most recent reporting period (quarter or year)
9. If available, the number of people under 18 who were provided with crisis support from a school nurse in the most recent reporting period (quarter or year).
10. For each school nurse in Pembrokeshire, I would also like to request a copy of their:
 - Safeguarding policy
 - Confidentiality policy
 - Policy statement in relation to capacity, decision making and choice

Request 4

The following information about support services that you directly fund in Pembrokeshire to people under the age of 18 who are experiencing emotional distress and/or who are at risk of attempting suicide, excluding that delivered through Child and Adolescent Mental Health Services:

1. Inclusion/exclusion criteria
2. How the service is accessed, i.e. open access, self-referral, third party referral
3. Channels of support, e.g. telephone, email, text, webchat, face-to-face, and types of location if face-to-face
4. Opening hours/availability
5. Type of support provided, i.e. structured therapeutic counselling, peer support, helpline
6. If support is provided to parents or carers
7. Length of support offered
8. If the support is provided by paid employees, freelance/contract staff, volunteers.
9. Intended outcomes for the service
10. If available, the number of people under 18 that can be supported i) at any one time and/or ii) in any given twelve month period
11. Where relevant, number of people under 18 that have been referred to the service in the most recent reporting period (quarter or year)
12. Number of people under 18 supported in the most recent reporting period (quarter or year)
13. For each service, I would also like to request a copy of their:

- Safeguarding policy
- Confidentiality policy
- Policy statement in relation to capacity, decision making and choice

Request 5

Information about the Child and Adolescent Mental Health services that you are commissioned to deliver in Pembrokeshire to people under the age of 18 who are experiencing emotional distress and/or who are at risk of attempting suicide:

1. Inclusion/exclusion criteria
2. How the service is accessed, i.e. open access, self-referral, third party referral
3. Channels of support, e.g. telephone, email, text, webchat, face-to-face, and types of location if face-to-face
4. Opening hours/availability
5. Type of support provided, i.e. structured therapeutic counselling, peer support, helpline
6. If support is provided to parents or carers
7. Length of support offered
8. If the support is provided by paid employees, freelance/contract staff, volunteers.
9. Intended outcomes for the service
10. Number of people under 18 that can be supported i) at any one time and/or ii) in any given twelve month period
11. Where relevant, number of people under 18 that have been referred to the service in the most recent reporting period (quarter or year)
12. Number of people under 18 supported in the most recent reporting period (quarter or year)
13. For each service, I would also like to request a copy of their:
 - Safeguarding policy
 - Confidentiality policy
 - Position statement on self-determination, decision making and choice

Response:

Request 1

Hywel Dda University Health Board (UHB) does not have any specific commissioned activity that fulfils the remit of this request. The only outreach activity which supports school aged children is part of the Specialist Child and Adolescent Mental Health Service (sCAMHS), information for which will be provided in response to part four (4) of your request.

Request 2

The UHB has provided a response for Tenby Surgery, the UHB's only Managed Practice in Pembrokeshire at the time of your request. The information provided is what was held at 16 November 2022, for the period November 2021 – November 2022.

1. The UHB can confirm that a total of seven (7) patients received the named support. However, the UHB is unable to provide you with the exact number of patients for the individual categories, due to the low numbers of cases (5 and under), as there is a potential risk of identifying individuals if this was disclosed. The UHB is therefore withholding this detail under Section 40(2) of the Freedom of Information Act 2000. This information is protected by the Data Protection Act (DPA) 2018/General Data Protection Regulations (GDPR) 2016, as its disclosure would constitute unfair and unlawful processing and would be contrary to the principles and articles 6 and 9 of the GDPR. This exemption is absolute and therefore there is no requirement to apply the public interest test.

In reaching this decision, the Data Protection Act 2018/General Data Protection Regulations 2016 define personal data as data which relates to a living individual who can be identified solely from that data or from that data and other information which is in the possession of the data controller.

2. Patients are triaged by a senior clinician and seen on the day, if clinically indicated. Where a follow-up is needed, this would be booked by the clinician.
3. Tenby Surgery refers patients to the following organisations:
 - South Pembrokeshire Cluster Youth Project (H DUHB)
 - Emotional Health & Wellbeing Team (H DUHB)
4. Tenby Surgery signposts patients to the following organisations:
 - Child and Adolescent Mental Health Service (CAMHS)
 - Young People's Counselling Service
 - MIND (mental health support for 11-18 year olds)
 - ChatHealth Pembrokeshire (Young people aged 11-19 can message for advice)
 - Pembrokeshire Counselling Service 18 Years of age upwards

5. The table below provides the number of GPs with a specialist interest within the requested areas:

Specialist area	Number of GPs
A	3
B	0
C	0

6. a) The GPs do not undertake any structured educational or awareness raising activities with people under the age of 18 in relation to mental health or emotional/ psychological wellbeing.

b) The GPs do not undertake any structured educational or awareness raising activities with professionals who have contact with people under the age of 18.

7. The South Pembrokeshire Cluster has recently undertaken a Quality Improvement project to raise awareness of people who are experiencing suicidal thoughts or behaviours. All clinicians are engaged with this.
8. The UHB operates in accordance with guidance on the Safeguarding Wales website, which can be accessed at: [Safeguarding Wales](#). It also has a Corporate Safeguarding Policy which can be accessed via [Safeguarding Policy](#); while the UHB's Confidentiality policy can be accessed at: [Confidentiality policy](#).

Request 3

1. The table below provides the number of school nurses employed by the school nursing service as at the time of your request.

Role	Number
Band 6 – Senior nurse	6
Community staff nurse	6

2. The table below provides the Whole Time Equivalent (WTE) of school nurses employed by the school nursing service as at the time of your request.

Role	WTE
Band 6 – Senior nurse	5.54
Community staff nurse	4.11

3. School nursing staff will provide advice to families regarding recognising unusual behaviour/risk taking conversations and where to get support for the young person, such as sCAMHS, Primary Mental Health or School/external counselling. School nurses/staff nurses will contact the young person's school, parents and GP, plus any other relevant contacts for further information and complete an assessment of mental health using the ASSIST mental health tool method. Following a face to face assessment of emotional and mental health, individuals can be provided face to face support or be signposted to specialist services i.e. sCAMHS, Emotional Wellbeing Service.

For looked after children, face to face health assessments form part of their annual review of health needs, with individuals signposted to specialist mental health services, where required. Information sharing following a mental health related attendance at Accident and Emergency will trigger an investigation and discussion with the parent and/or young person, to ensure the young person is/has been seen and supported via agencies appropriate for them.

4. School nurses are able to contact young people face to face and by telephone. The UHB also utilises ChatHealth. One of the UHB's experienced Band 6 School Nurses will support any young people who access the site; the nurse is not Mental Health trained.
5. In Pembrokeshire, School Nurses do not undertake any regular structured awareness training activities. However, School Nurses do liaise with sCAMHS and the Primary Mental Health Teams for advice and support for children and young people in the county. Due to the COVID-19 pandemic, monthly face to face supervision sessions with Primary Mental Health worker, School Nurse, School Counsellor and pastoral/support staff in school were suspended. The

meetings were valuable to enable working together to meet the needs of the pupils on an individual basis, providing a holistic approach. The reinstatement of this forum has since been delayed due to low staffing levels within Primary Mental Health.

6. No specific preventative work is undertaken but post assessment, the School Nurse will promote good mental and physical health for the young person's wellbeing.
7. A band 6 School Nurse is the link between School Nursing and the UHB's Mental Health teams, supporting the ChatHealth app and supporting prevention work with Mental Health services in Pembrokeshire. It is important to note that the nurse is not a Mental Health trained nurse.
8. The information requested is not held, as the School Nursing teams do not collate this data.
9. School Nurses in Pembrokeshire do not provide crisis support but can assess and refer into specialist Mental Health or Emotional Health Services for support for the young person. However, the number of referrals or the number of young people offered support is not collated.
10. The UHB has provided its policies in response to Request 2.

Request 4

1. The service is available to individuals under the age of 18 years and experiencing:
 - Low aspiration and attainment
 - Anti-social behaviour
 - Substance misuse
 - Social isolation
 - Poor mental health
 - Poor sexual health and risk of pregnancy.

Family issues are likely to be overlapping and include:

- Family conflict
 - Domestic abuse
 - Substance misuse
 - Debt
 - Housing
 - Mental health issues
2. The service is accessible via the team around the family requiring a collaborative effort, with referrals able to be made by:
 - School
 - Social Services
 - Youth Offending Team
 - Youth Services
 - sCAMHS
 - Paediatrician
 - GP
 - School Nurse
 - Pupil Support Officers
 - Carers

3. The service is accessible via telephone or face to face.
4. The service is open Monday – Friday between 09:00 – 17:00.
5. The service delivers brief Psychologically informed interventions.
6. Parents and carers are not typically supported and are only involved if it forms part of the child's support.
7. Typically, service users are offered six (6) – eight (8) sessions.
8. The sessions are delivered by paid employees.
9. The service aims to achieve the following outcomes:
 - Provision of early access to help for mild to moderate emotional and psychological problems
 - Increase access to health assessment and universal health services
 - Improve parenting and raise awareness about children's emotional well-being
 - Provide advice and consultation in relation to children's behavioural difficulties and signpost to appropriate agencies
 - Improve mental health awareness and skills in Primary Care and community staff
 - Provide consultation, training and supervision to other colleagues working with children in the community
 - Provide assessments and brief time limited evidence-based interventions, where appropriate, for all Primary Care staff
 - Maintain safeguarding and child protection awareness within practice
10. The UHB does not hold information on the number of people under the age of 18 that can be supported at any one time or within a twelve-month period.
11. During the period July 2022 – September 2022, the service received eighty (80) referrals.
12. During the period July 2022 – September 2022, the service supported fifty three (53) individuals.
13. The UHB has provided copies of its policies in response to request 2.

Request 5

1. – 9. The UHB has provided a copy of its Service Specification document which contains the information requested in relation to the sCAMHS service at Attachment 1.
10. The UHB does not hold information on the number of people under the age of 18 that can be supported at any one time or within a twelve month period.
11. – 12. The table overleaf provides the number of patients referred and accepted into the sCAMHS service during the months April – September 2022.

		Carmarthen	Llanelli	Ceredigion	Pembrokeshire
April	Received	51	51	28	50
	Accepted	39	33	20	37
May	Received	71	73	59	60
	Accepted	54	44	42	46
June	Received	52	60	30	80
	Accepted	37	40	20	59
July	Received	49	37	35	47
	Accepted	41	27	31	32
August	Received	39	35	33	43
	Accepted	31	32	25	33
September	Received	45	58	44	59
	Accepted	34	45	39	51

13. The UHB has provided copies of its policies in response to Request 2.