SPACE-Wellbeing

Single point of access for children's emotional wellbeing



monmouthshire
sir fynwy

Bwrdd Partneriaeth
Rhanbarthol Gwent
Gwent Regional
Partnership Board

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



HOW WE CAN SUPPORT CHILDREN'S EMOTIONAL WELLBEING

SPACE-Wellbeing (single point of access for children's emotional wellbeing) is a process through which professionals and families can seek early help and support with issues that affect families including housing, finance, parenting, children's mental health, and behavioural difficulties.

Monmouthshire's SPACE-Wellbeing panel meets every week. It aims to make sure that services work together to ensure that children and their families get **the right help, first time, at the right time.**

Requests for support may be allocated to a service who will provide help to children and their families. Sometimes, specialist staff will talk to childcare professionals who are already working with the family to offer them support and guidance.

WHO IS PART OF MONMOUTHSHIRE'S SPACE-WELLBEING PANEL?

The panel brings together a wide range of services provided by Monmouthshire County Council, Aneurin Bevan University Health Board and the third sector. More information about these services is provided overleaf.

HOW DO I REQUEST SUPPORT AND WHAT HAPPENS TO MY INFORMATION?



Families, young people and professionals can request support through SPACE-Wellbeing. The person with parental responsibility and/or the young person (as appropriate) must be provided with information about SPACE when support is requested and must agree with the request for support being made.

To get help, the **Request for Support Form** should be completed. The form can be accessed by via the weblink or QR code at the end of this leaflet, or alternatively by contacting the SPACE-Wellbeing Coordinator, on 07970 166875 or SPACEWbandFamilySupport@monmouthshire.gov.uk. If your GP is making the referral, they may ask you to complete a questionnaire so that the panel know what you think and what you're hoping for.

Information that we receive will be stored on the Monmouthshire County Council database and used for the purpose of providing services to children, young people and their families. Before the SPACE-Wellbeing meeting, the services who make up the panel and the child's school and/or local authority education services may share information with each other about the child for whom support has been requested. Discussions are held in the strictest confidence. This sharing of information is to help panel make good decisions: so that children and their families get the right help, first time. For more information about what happens with your data visit: https://www.monmouthshire.gov.uk/your-privacy/

If you have any queries please contact the Monmouthshire SPACE-Wellbeing Coordinator on **07970166875 or SPACEWbandFamilySupport@monmouthshire.gov.uk**

SERVICES THAT ARE PART OF THE MONMOUTHSHIRE SPACE-WELLBEING PANEL

MONMOUTHSHIRE COUNTY COUNCIL



Acorn Project
The Acorn Project is a parent support service which offers a range of groups, workshops and one-to-one support covering a range of topics to parents/carers who have children aged 3-18 years. These include:

- Circle of Security (all ages)
- Incredible Years (3-8 years)
- Take 3 Teenage Programme (10-18years)
- Workshops – focused on children's sleep, children's emotions and the teenage brain.

Building Strong Families Team (TAF). The Building Strong Families will undertake a JAF (Joint Assessment Framework) Assessment to ensure the most appropriate level of provision is offered to the family. This will highlight strengths and areas of support needs. The team will work to provide a flexible programme of intervention to the family. The team can provide a wide range of approaches including Circle of Security, Non-Violent Resistance (NVR), as well as other bespoke interventions. Working with children, young people and their families who may require additional support with family relationships, confidence-building, and self-esteem, parenting and behaviour management.

Creative Therapies. The Creative Therapies Team within Monmouthshire County Council offers a range of Play Therapy-based interventions, which support both the child and their family. Play Therapy is an appropriate intervention for children aged between 3 and 12 years old, also work with our colleagues in Flying Start to provide Play Therapy for the early years. Offered to children either in community venues or in schools and undertake home-based work with parents if required.

- Play Therapy
- Child Parent Relationship Therapy
- Filial Therapy
- Theraplay-based approaches
- Parent Child Attachment Play
- Dyadic Developmental Psychotherapy-informed work.

Family Therapy offer supports families experiencing challenges in family relationships and offers a range of interventions that support the whole family. Our Family Therapists can work with individual parents, couples or whole families and offer sessions within the community and online. They are also able to offer a wide range of interventions that utilise several different family therapy models, including Non-Violent Resistance (NVR), Supportive Parenting for Anxious Childhood Emotions (SPACE), as well as systemic family coaching.

Family Group Conferencing. A family group conference is a meeting where family members, relatives and friends get together to discuss problems and make a plan to help and support one another in the future. It is a different way of dealing with family difficulties – as families know one another best, it is a way for them to take responsibility for planning for their children. This is a chance for families to meet together, to ask questions and be given information and support from professionals. It allows families to take responsibility for making good, safe decisions about their children. The independent family group conference coordinator will meet and talk to members of the family, including the children. They will help to prepare the family for the meeting and listen to any worries they may have and answer any questions. The co-ordinator will ensure that the family understand the professional's concerns. Together they will decide where and when the family meeting will happen, in a time and place convenient for all the family.

Family Mediation. Relationship breakdown in the home is the leading cause of youth homelessness in Wales. Families can face challenges that make it difficult to communicate openly and calmly, which may result in young people leaving the family home. Mediation is a voluntary and impartial process that provides a safe and structured space for families to talk, share viewpoints, and work through conflict with the support of a neutral mediator. It helps reduce misunderstandings that can otherwise escalate into tense situations.

We offer parent-to-young person mediation to support communication and resolve difficulties within the home, as well as parent-to-parent mediation, including for separated parents who are struggling with contact and co-parenting.

This helps improve communication, reduce conflict, and create a more stable and consistent home environment for children. The service is flexible and aims to help families strengthen relationships and stay together, welcoming self-referrals and referrals from schools and local authorities.

Flying Start The Flying Start Service offers intensive support and early intervention services to families in targeted areas of Monmouthshire from the antenatal period, through to four years of age. Services include health visiting, parenting support and programmes, child development interventions, speech and language development support and funded childcare for two-year-olds. Flying Start offers an Outreach service for families with children aged 0 to 1 who live outside Flying Start areas who would benefit from the full support of the programme. Teenage parents, care leavers, homeless families, refugee, and gypsy traveller families are also included for Flying Start Outreach. Families can be referred for Outreach by an appropriate professional using the Early Years and Parenting Gateway - Request for Support Form.

The Dads Programme sits within Flying Start and the Early Years Integration and Transformation Programme (0 to 7). The Dads Advisors are able to provide bespoke support to fathers and those taking on the role of a Dad across Monmouthshire, providing support following a referral through the Early Years and Parenting Request for Support Panel for children up to the age of 7 years. Dads with children of any age can attend a group when available.

Housing. MHA provide support and advice to tenants including advice and support to manage money, finding employment, education or training.

- A person is 'threatened with homelessness' if they, for example:
- Are likely to become homeless in 56 days
- Have been asked to leave their property
- Are at risk from harm in their current property
- Have received a valid notice to quit from their landlord

Youth Employment & Skills offers the following support:
Compass Project - Compass aims to identify and support young people aged 11 – 25 that are struggling with their emotional well-being, or at risk of homelessness or have become homeless. We work in partnership with schools, health services, Social Care and other agencies, offering support with:

- Mental & Emotional Well-Being
- Issue-Based support
- Homelessness Prevention/Early Identification

- Mentoring/Advocacy
- Independent Living Skills
- Support in School
- Managing Finances
- Employment Support

Inspire - supports young people aged 14-19 who are at risk of leaving education, employment and training (NEET). We have an Inspire worker in each of our Monmouthshire secondary schools to provide support with attendance, achieving qualifications, as well as wellbeing. This support can also continue beyond school if the young person is unsure of the next steps after year 11.

Inspire Outreach - works across Monmouthshire to engage with young people who have an attendance of less than 50% in school. In partnership with the young person, school and other partners, we support the identification of barriers to full time education and work to reduce these with the goal of transitioning back into school and increased attendance. If this is not the right pathway for the young person we will work with them and their families to identify appropriate steps forward.

Communities4Work+ 16-24 - CFW+ works with young people who are currently not in education, employment or training to provide employment support. This includes accessing work related training, employability skills such as CV and job applications and interview techniques, coaching & confidence building and some support with funding for barriers such as PPE or equipment. Monmouthshire County Council Economy, Employment & Skills team are able to support residents aged 16+ through supporting people into work, to gain work-related qualifications, gain GCSE Maths and improve everyday life numerical skills.

Youth Offending Prevention Project

The Prevention Project - is a multi-agency project with the aim of reducing the risk of crime, anti-social behaviour and/or social exclusion in young people aged 10 – 17 years. The project is aimed at young people who are showing signs of offending or committing anti social behaviour. As part of the Prevention Project, the team will also work closely with the families offering additional support and intervention.

Turnaround - is an additional project offered which is an early intervention and prevention project for 10–17-year-olds. The project is voluntary and consent from the child and their parent/carer is needed. Examples for referral can include mental health concerns, substance misuse, child in need of care and support, being a victim of crime/abuse, unstable family setting, school absence and exclusions and/or undiagnosed educational needs. Referrals can be made by the Police, Youth Offending Service, Social Services, Education, Child Adolescent Mental Health Service (CAMHS) and parents/carers.

Youth Service and SHIFT - The SHIFT Project sits within Monmouthshire Youth Service and offers non-clinical support to young people aged 11-25 in Monmouthshire who are experiencing issues which are impacting on their mental health and/or emotional wellbeing. This support is carried out one to one by qualified and EWC registered Youth Workers, over a 6-8 week period during school term-times, using Youth Work approaches and methodologies including listening, supporting, mentoring, advocating and signposting. Youth Work is a voluntary relationship where together the Youth Worker agrees the level of involvement/engagement with each young person.

YOUTH SERVICE PROJECT - The Youth Service offers a variety of youth provisions such as youth clubs and youth centres. Through attending these, young people aged 11+ get the opportunity to meet other young people, socialise, develop personal, interpersonal and team skills and take part in activities and opportunities that also support their personal, social and educational development. Youth Work is about empowering young people to develop their voice and influence and supports them to reach their full potential.

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Primary Child & Adolescent Mental Health Service (PCAMHS) provides assessment and brief intervention to children and young people where there are mild to moderate mental health needs or concerns about their behaviour.

Specialist Child & Adolescent Mental Health service (S-CAMHS) supports children and young people with moderate to severe mental health needs.

Child and Family Community Psychology works with professionals from a range of services and with Communities, helping them to support children's mental health and emotional wellbeing,

School Nursing Service offers school 'drop-in' clinics to support children and young people with their emotional wellbeing as well as a confidential text service for young people aged 11-19. Young people living in Gwent can anonymously text Chat Health on 07312 263 262 for confidential advice and support.

ISCAN (Integrated Support for Children with Additional Needs) is a referral pathway for children with additional and complex needs and children where there are neurodevelopmental concerns.

OTHER SERVICES

Action for Children - North Gwent Family Intervention Team. The North Gwent Family Intervention Team (FIT) is a time-limited therapeutic early intervention family support service (for up to 12 weeks). The service offers therapeutic support in a whole family approach for children and young people and their families aged 3 to 16 years old. Seconded Clinical Psychologists from Aneurin Bevan University Health Board work in the team offering clinical guidance and supervision. The service is underpinned by psychological and systemic psychotherapeutic models of practice. Families accessing the FIT service can also access family therapy support from the services' systemic psychotherapist.

Monmouthshire Young Carers Service. We provide support to young carers who are under the age of 18 that care for a family member, who, due to illness, disability, or poor mental health; cannot cope without the support of the young carer. We provide three levels of support:

Level 1 (Low Level) – Young Carers are on a mailing list for respite activities, have access to group sessions at some schools, community group sessions, access to small grants, training and information and advice as and when needed;

Level 2 (Medium Level) – Young Carers receive 1 to 1 weekly direct work sessions based on their goals. (The number of sessions can vary - will normally be between 6-9 sessions). They also have access to Level 1 support;

Level 3 (High Level) – Young Carers can be referred for a Statutory Assessment. They also have access to Level 1 and 2 support.

Platfform - Gwent4YP. The Project offers young people aged 14-18 access to 1:1 or group support, giving the opportunity to develop resilience, coping strategies and maintain positive mental health. Support can be offered within schools, in the community and online. Our groups are delivered throughout Gwent and are hosted both online and in person depending upon the preference of the young people.

Sparkle Family Liaison Service. Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available. We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access. We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources. We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.

Family Intervention Team (FIT) (delivered by Action for Children and ABUHB) provides brief, psychologically-informed family interventions, working with families in their communities.

Gwent NGAGE (delivered by Barod) provides drug and/or alcohol-related support, information and advice to young people, their families and professionals.

School and Community Counselling (SCC) provide counselling to 11–18-year-olds, in schools, community settings and through our online video/chat platform. We support young people with the full range of emotional difficulties that can be expected as part of adolescent development, but also those that are brought about traumatic life experiences.



HOW TO MAKE A REQUEST FOR SUPPORT IN MONMOUTHSHIRE

PLEASE NOTE THAT THESE REQUESTS ARE FOR ROUTINE REFERRALS ONLY

Families are now able to submit a request for support and/or provide additional supporting information alongside the GP referral electronically. Our form can be accessed by following the weblink below, or by scanning the QR code.

* Please note that we are unable to accept requests for a Neurodevelopmental assessment (i.e. to assess for a diagnosis of ASD/ADHD). These requests are dealt with via the Neurodevelopmental Team and self-referrals are not accepted. The preferred process for submitting a Neurodevelopmental referral is for parents to liaise with their child's school to provide a full referral with school and parent information so it can be progressed to the ND screening assessment stage. Referrals from the GP are accepted but must be accompanied by supporting parent and school information (unless the child is home-schooled).

https://forms.office.com/e/2MKp33SN0f



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