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Arts Boost / Hwb Celfyddydol

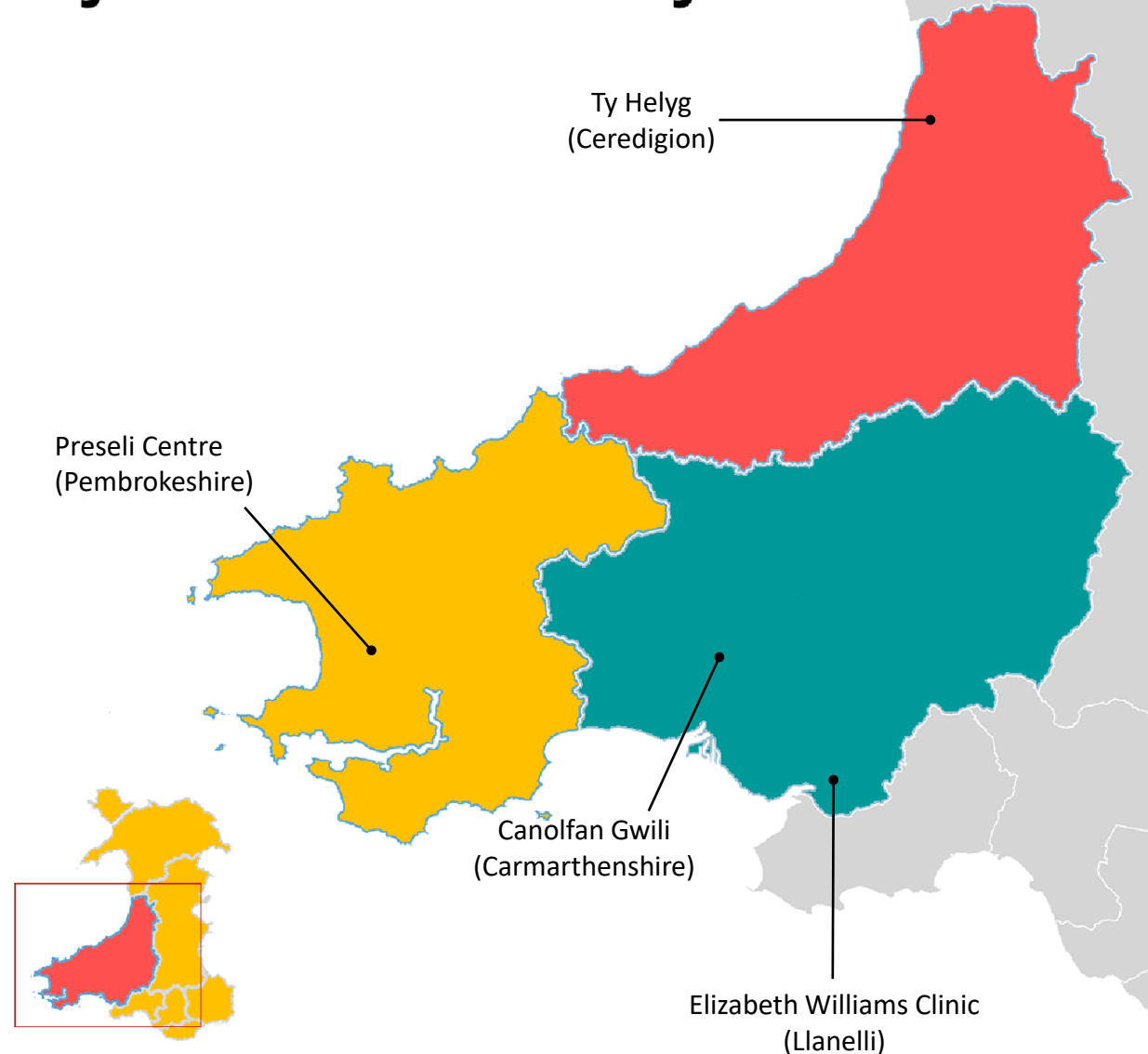
HDUHB Population of around 385,615 across Carmarthenshire, Ceredigion and Pembrokeshire

Specialist Children and Adolescence Mental Health Service (S-CAMHS); Primary & Secondary Services

Approx. 300 children and young people (CYP) receiving mental health services at any given time

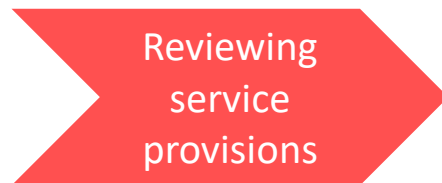
Four community hospitals covering geographical area 12,000 square kilometres

Hywel Dda University Health Board

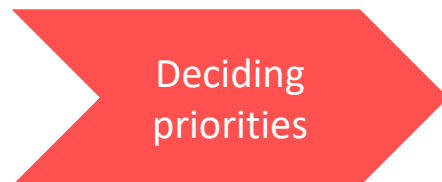




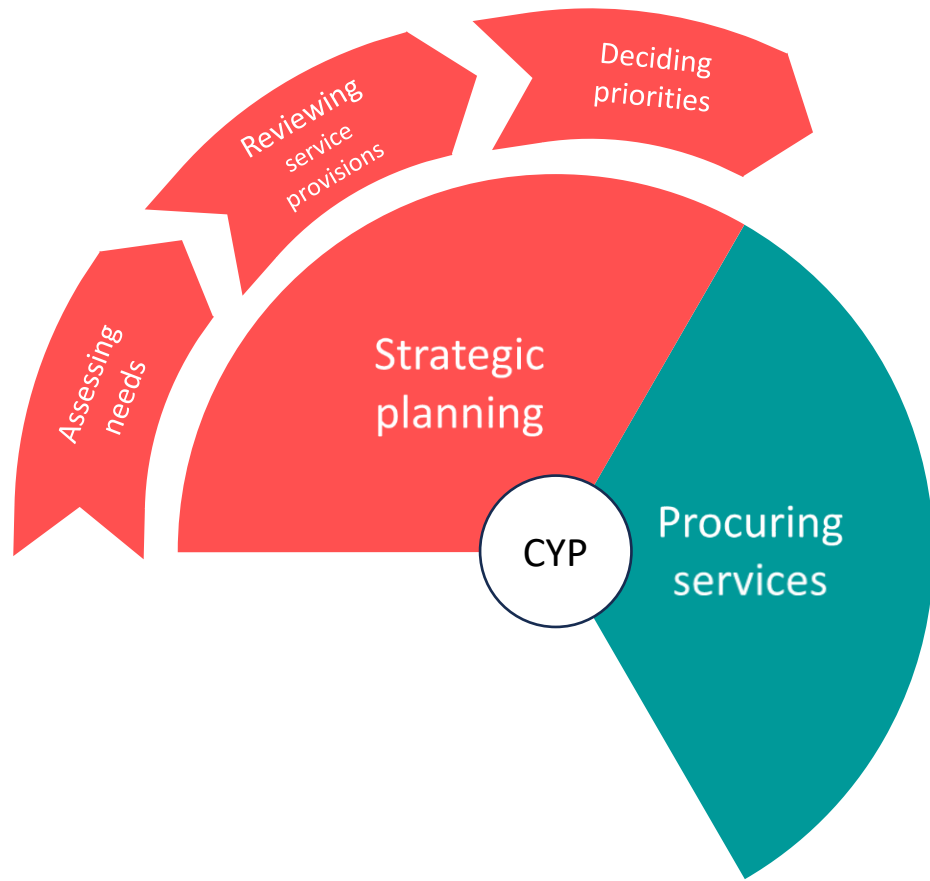
- Rise in S-CAMHS referrals by 30% post pandemic
- Rise in presenting concerns of low mood; anxiety; and lack of control = changes in CYP relationship to food
- Demand outreaching capacity in community teams = waiting lists



- Front care pathways of S-CAMHS Primary mental Health Services
- Waiting list initiatives
- Engaging S-CAMHS CYP participation group 'Future Minds'
- Strengthening models of care – emotional well-being, resilience and early intervention



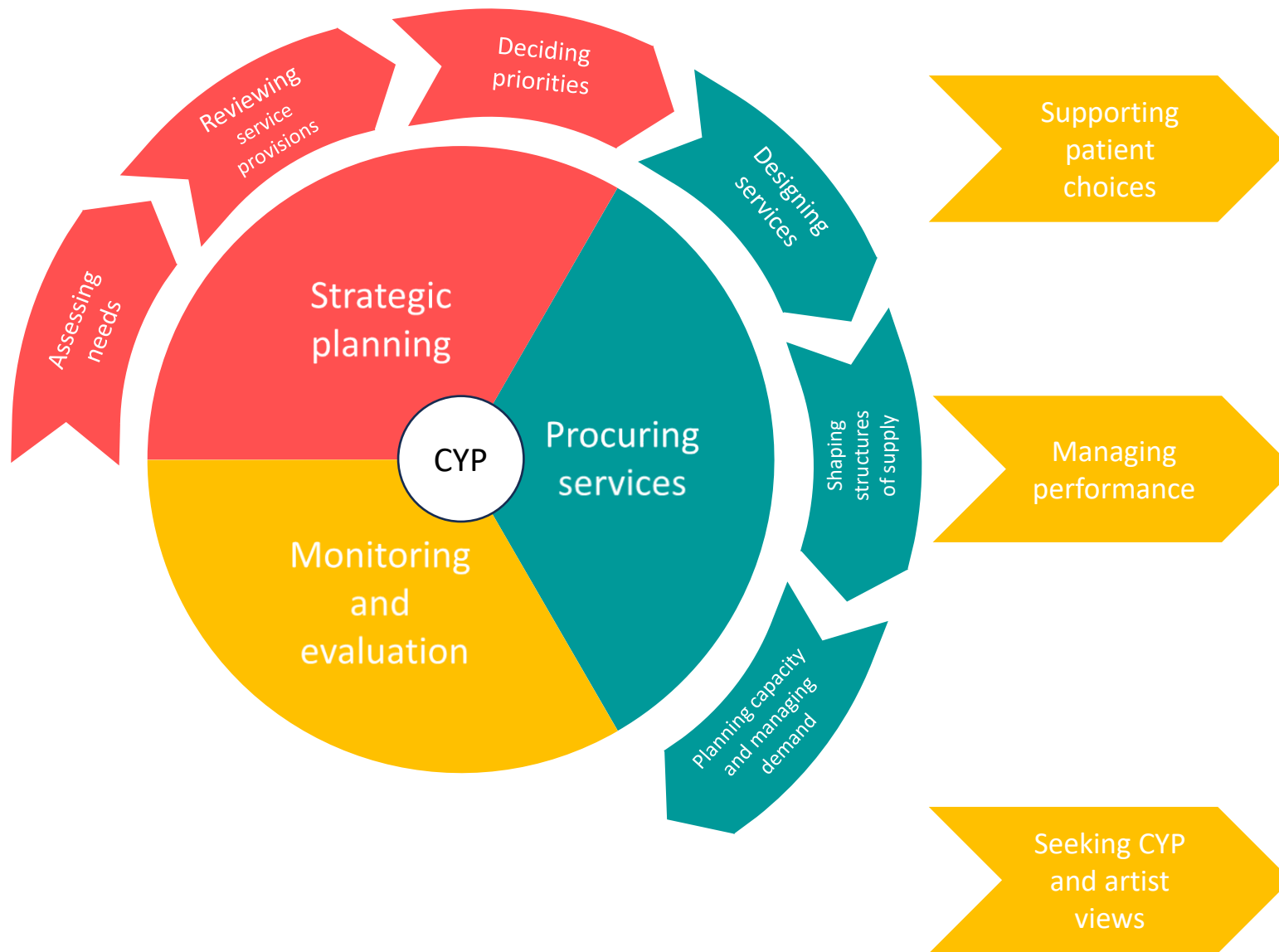
- Enhancing patient experience and quality of care
- Improving CYP health & well-being through engagement & active participation
- Delivery of needs-led service which are co-ordinated, responsive and accessible
- Focus of prevention, early intervention, and the needs identification



- Commission arts partners to deliver arts activities across Hywel Dda footprint
- Design new models of care; patient pathways; risk assessments and data collection systems
- Collect quantitative and qualitative data to support evaluation; and patient stories
- Training and induction packages for arts partners
- Deliver therapeutic sessions for artists by S-CAMHS arts psychotherapist
- S-CAMHS Young Person Participation Officer and a representative from the CYP Forum 'Future Minds' to be involved throughout the stages of commissioning (shortlisting and interview process/panel)

- Require to cover Hywel Dda footprint
- Be accessible and equitable for patients
- Sustainable and efficient use of resources

- Pilot the intervention with up to 30 CYP meeting eligibility criteria 12-17 years old
- Funding allowed for 46 activities to be planned.



- Commissioning of 3 arts partners, Span Arts in Pembrokeshire, People Speak Up in Carmarthenshire, and Small World Theatre in Ceredigion
- Offering a range of artist-led creative activities including animation, mixed media art and aerial movement
- Mix of online delivery and face to face
- CYP eligible were invited a Choice of the 3

- A mixed-methods approach
- Assistant Psychologist from S-CAMHS to collate data PROM's & PREM's
- Equality form for patient demographic
- HDUHB's Research & Innovation (R&I) Department supported an independent evaluation of the project.

- Well-being measures: Short Warwickshire & Edinburgh Wellbeing Scale (SWEWMS) & The Outcome Rating Scale (ORS)
- Evaluation of Service (ESQ)
- Online questionnaires for arts partners
- Interviews conducted by HDUHB's R & I

Findings

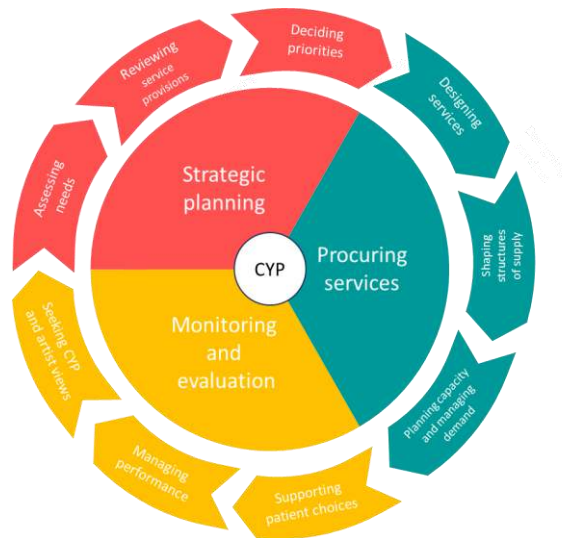
Year 1:

Content analysis themes of CYP:

- Increased in confidence, development of self-expression, improvement in mood and the provision of a calming, relaxing environment.

CYP PROM's & PREM's outcomes:

- Evidence of CYP mood was better after the sessions
- Increase in wellbeing post programme



Year 2:

- Adapted the care model following 'assessing need' to all CYP know to S-CAMHS mild to moderate mental health needs 12-17
- Continued partnership working with same 3 arts partners
- CYP becoming ambassadors for arts partners
- Sharing learning nationally via presentations at Welsh Governments, Cross Party Group on Arts and Health for Wales
- In process of evaluating Year 2 and finding will drive continuous improvement

Feedback:

- “This is how I show my feelings” CYP
- “Art is the best way I can express myself” CYP
- “X was unsure at first and then came out buzzing” Parent
- “they felt listened to with no judgment” Artist
- “I learnt how to be confident and open up around strangers” CYP

