

## Regional Integration Fund - Two-page profile

### Promoting good emotional health and wellbeing (PR002)

This profile shows the high-level details relates to the annual proposal, monitoring and evaluation, including indicators, performance measures, expenditure and the impact for service users.

#### Overview/summary of the programme

The programme focuses on supporting children aged 8-11 years and their families who need additional help to build resilience and improve their wellbeing. It employs a mixed model of provision, offering both school-based and out-of-school support. Out-of-school sessions are conducted during evenings, weekends, and holidays in various community settings, including homes, parks, and leisure centres.

Key themes include emotions, anger, anxiety, confidence, friendship, separation, bereavement, self-harm, and eating disorders. The programme uses a strengths-based approach, tailoring support to individual needs and focusing on resilience-building activities. A collaborative model of support is integrated, involving 1:1 support, group sessions and resources for parents and school staff to sustain therapeutic outcomes. However, the program faces challenges as it can only directly support children aged 8-11, limiting the ability to provide holistic support to families with children of different ages who may also need help. Also apparent is the need to encourage parents to reinforce strategies at home.

The main objectives are to enhance emotional wellbeing, promote resilience, and foster a supportive environment through adult engagement. By equipping children with tools to manage their emotions and involving their support networks, the programme aims to create lasting positive impacts on the lives of these children and their families.

#### RIF deliverables:

##### Primary model of care:

Promoting positive emotional wellbeing

##### Enablers:

Promoting the social value sector

Workforce development and integration

##### Priority population group:

Children and young people

##### Regional approach:

The programme is delivered by multiple partners across the region including the statutory and third sector. RIF funding contributes towards a larger investment from statutory partners. It is an integrated programme that works closely with partners from across all sectors.

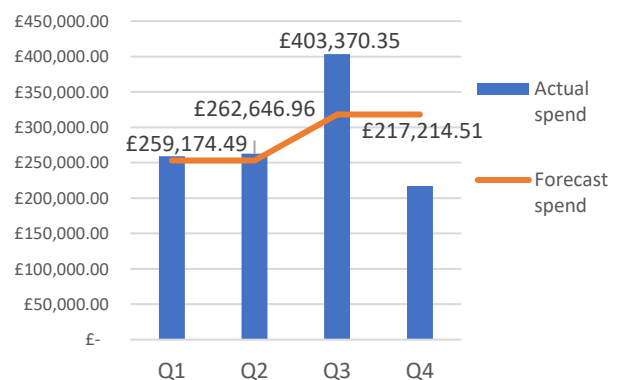
#### Priority (Linked to Area Plan)

Deliver an improved whole system approach for providing mental health support to children and young people across the region.

People across the region who are waiting for a diagnosis for a mental health condition have access to the support they need so they are able to 'wait well'.

Behaviour support for children, young people and their families.

#### Project expenditure – £1,142,406.31 (2023/24 FY)



#### Projects/partners supporting delivery:

CTM UHB
Local authorities
PHW
Third sector
Community providers
SWP

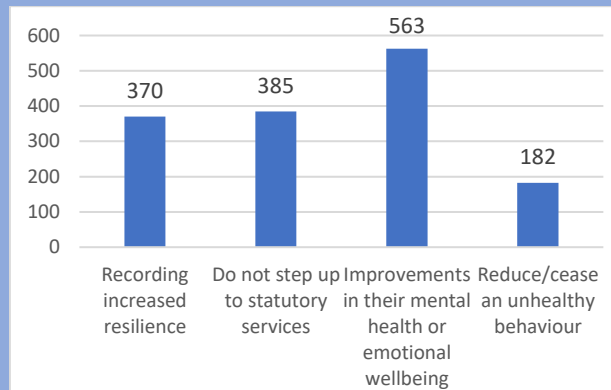
#### Summary of expenditure:

The funding received from RIF is a contribution towards the delivery of a wider range of services operating across the region. The funding provided during 2023/24 was fully utilised during the year.

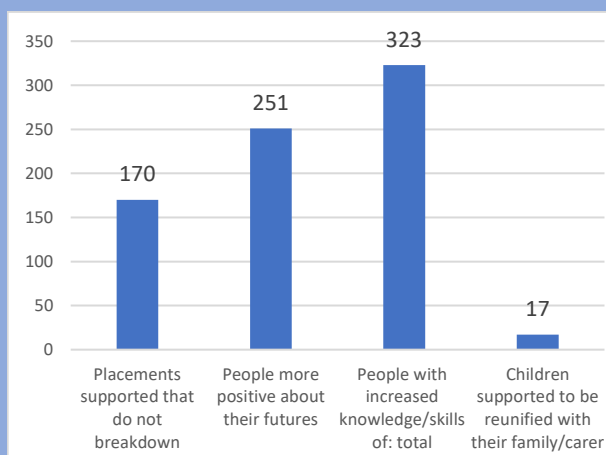
**Programme outputs (annual figures):**  
(includes additional outcome measures)

No of people supported	2,144
No of 121 sessions	3224
No of group sessions	291
No of CBT sessions delivered	650
No of non-therapy sessions attended	192
No of workshops delivered (education)	12
No of professionals or foster carers attending workshops	323
Increased knowledge of the services available to them	4,749

**Programme outcomes: (primary measures)**  
(Numbers)



**Programme outcomes: (primary measures)**



**Performance overview: (summary)**

The Programme supports children aged 8-11 and their families by building resilience and enhancing emotional wellbeing. It supported 2,144 individuals through 3,224 one-to-one sessions, 391 group sessions, and 650 CBT sessions. It has also conducted 192 non-therapy sessions and 12 educational workshops attended by 323 professionals and foster carers. As a result, 4,749 individuals gained increased knowledge of available services. Key outcomes include increased resilience in 370 individuals, 385 avoiding statutory services, improved mental health for 563 individuals, reduced unhealthy behaviours in 182 individuals, stability in 170 placements, a more positive outlook for 251 individuals, increased knowledge and skills for 323 individuals, and family reunification for 17 children.

The programme integrates school-based and out-of-school support, with interventions lasting up to four weeks and involving parents and other professionals to ensure sustainable outcomes. The Programme has demonstrated success in fostering resilience and emotional health, significantly impacting the lives of children and their families across the CTM region.

**Impact of the programme (qualitative):**

The qualitative impact of the programme is multifaceted, significantly enhancing the emotional and social wellbeing of children and their families. Participants have demonstrated marked improvements in managing emotions, reducing anxiety, anger, and other emotional struggles, leading to better overall mental health. The strengths-based approach has increased the self-esteem and confidence of children, making them more resilient and capable of handling challenges. This resilience has fostered a more positive outlook on their futures, helping them set personal goals. Family relationships have strengthened through the active involvement of parents and staff in the therapeutic process. This inclusion has improved communication within families and provided parents with valuable skills to support their children, creating a more cohesive and supportive home environment. The reduction in unhealthy behaviours, highlights the effectiveness in teaching healthier coping mechanisms and self-regulation techniques.

Feedback has been positive, with personal stories of transformation underscoring the significant impact.

**Recommendations:**

Some potential recommendations to consider:

- Continue funding on current levels.
- Continue and expand the training for carers, school staff, and professionals to enhance the sustainability of therapeutic outcomes.
- Align these models with the Welsh Government's NYTH/NEST Framework to maintain coherence with national standards.
- Develop a unified regional service specification to ensure consistency in delivery models, referral routes, interventions, and assessment tools.
- Advocate for sustained and increased funding to ensure the longevity and stability.