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Llywodraeth Cymru  
Welsh Government

Eich cyf/Your ref  
Ein cyf/Our ref MA/KW/3941/20

1 December 2020

Dear Lynne,

Thank you for your letter of 17 November regarding the £5m investment we have made in supporting the wellbeing of learners as part of our Whole School Approach to Emotional and Mental Health.

As you know the funding has been jointly provided from the Education and Mental Health budgets recognising the cross cutting nature of this work and emphasising our commitment to progressing this agenda.

We are pleased to provide the Committee with the information requested in your letter as follows:

- **further detail about what specific work the £3.75 million is being spent on.**

As you will know from the Task and Finish Group meetings, funding is supporting a diverse range of work-streams that contribute to the whole school approach. This ranges from our research and evaluation programme, to delivering interventions that seek to support learners and school staff wellbeing, and extending and improving existing services such as school counselling provision. The table at annex A provides a breakdown of the allocation of funding. This reflects actual commitments we have made against the budget and is currently £189,000 below budget as a result of:

- some activity being lower than originally anticipated;
- some work not now progressing; and,
- primarily, as a result of research and evaluation work extending into 2021-22, slipping as a result of the Covid19 pandemic which delayed procurement.

- **how the Welsh Government is monitoring use of this funding and its impact.**

Some of the funding has been directly targeted at the evaluation of our activity. The research investment includes funding for Cardiff University to undertake an evaluability assessment. This will develop a theory of change, which makes explicit the scope of the whole schools approach and the evidence-based assumptions about what makes the inputs produce the outputs and outcomes. It will also establish what criteria should be used to measure success, what data is already available and what is missing that needs to be

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Rydym yn croesawu derbyn gohebiaeth yn Gymraeg. Byddwn yn ateb gohebiaeth a dderbynnir yn Gymraeg yn Gymraeg ac ni fydd gohebu yn Gymraeg yn arwain at oedi.

We welcome receiving correspondence in Welsh. Any correspondence received in Welsh will be answered in Welsh and corresponding in Welsh will not lead to a delay in responding.

collected to do this. In addition Cardiff University is also leading a separate contract to evaluate school counselling provision. This includes an evaluation of the existing scheme to ensure it remains fit for purpose and an examination of the scale of need for support in primary schools below Year 6. You will also be aware that People and Work has been contracted to evaluate the CAMHS School In-reach Pilots. The final evaluation is expected in March.

LAs were asked to submit proposals against broad criteria before funding was agreed in relation to school counselling; delivery of universal and targeted interventions in schools; teacher training; and the delivery of age appropriate interventions to primary school age children. This included impact and output information. Towards the end of the financial year we will be contacting LAs again asking them to confirm that the funding and agreed targets have been met. The table at annex B provides a flavour of how LAs have targeted funding.

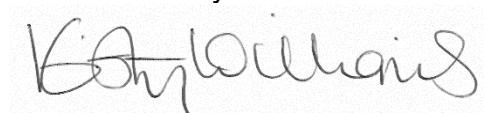
- **In respect of school counselling funding, information about how this has been allocated, and any statistical information available at this stage.**

The table at annex C provides the individual LA breakdown, we would add that officials also meet regularly (most recently on 12 November) with LA commissioners and providers of counselling services to discuss issues and ensure activity is progressing as agreed. LAs have informed us, from their proposals submitted, that the £1.252m additional investment will enable an additional 14,500 counselling sessions to be provided, supporting an additional 3,100 children and young people. As you know the Welsh Government publishes an annual statistical bulletin on the provision of counselling services, this has shown that on average around 11,500 children and young people receive support each year. We would expect the expansion in provision to be reflected in future bulletins.

- **assurances that all of this money is being used as intended, and outline how you are seeking feedback about the impact this money is having.**

As detailed above, we believe we have robust mechanisms in place to ensure that all our funding is being targeted at the areas of greatest need and is being used as intended. That is not to say we cannot do more and, as this agenda has developed and with the publication of our Whole School Framework Guidance early in 2021, we will wish to re-examine our funding streams to ensure they are fully joined up and supportive of each other. The Committee may not be aware that we have agreed to fund implementation leads to work with schools and partners to take forward the framework locally, this will provide an opportunity to join up activity at the local and regional level. However, we have been open and transparent in this work from the outset and welcome views from the Committee and others on how the impact of our funding can be further maximised.

Yours sincerely



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## Whole School Approach Budget Commitments 2020-21

<p><b>LA funding</b></p> <p>a) Funding to improve and extend counselling provision and address the impact of Covid19.</p> <p>b) Delivering universal and targeted school based interventions for children and young people.</p> <p>c) Delivering teacher and other school staff training on children’s emotional and mental wellbeing.</p> <p>d) Funding to support recruitment and training staff to work with children below Yr6.</p>	<b>£2,798,000</b>
<p><b>CAMHS school in-reach pilots</b></p> <p>Costs associated with extending pilots (original establishment and additional staff recruited in 2019-2) for full financial year (2020-21).</p>	<b>£991,000</b>
<p><b>Research and evaluation</b></p> <p>a) Funding the feasibility stage of extending the School Health Research Network and Student Health and Well-being Survey to primary school settings (jointly funded with Public Health Division).</p> <p>b) Funding Cardiff University to develop a theory of change and an evaluability assessment for the whole school approach.</p> <p>c) Funding Cardiff University to evaluate the effectiveness of the existing school counselling service and examine the scale of need for counselling below the current Yr6 threshold.</p> <p>d) Funding Swansea University research into self-harm, online bullying and bystander interventions.</p> <p>e) Funding People and Work to evaluate the CAMHS School in-reach pilots.</p>	<b>£370,000</b>
<p><b>Whole school framework implementation</b></p> <p>a) Implementation leads to work across local authority and health boards, working with schools to support Framework implementation and the development of consistent whole school approaches.</p> <p>b) Commissioning HEIs to develop a range of playlists (digital and on-line resources based on Hwb) which support both the whole school approach and Covid19 related activity.</p> <p>c) Commission Public Health Wales to develop a resource for schools to support them in identifying and selecting evidence-informed approaches.</p>	<b>£162,000</b>
<p><b>Teacher wellbeing</b></p> <p>e) Commission the Education Support Partnership to develop teacher wellbeing activity.</p>	<b>£450,000</b>
<p><b>Misc</b></p> <p>a) Small projects; support for conferences and groups such as CiW for administering the National Youth Stakeholder Group; external translation; production of docs (e.g. child friendly version of framework consultation).</p>	<b>£40,000</b>
<p><b>Total</b></p>	<b>4,811,000</b>

## Examples of how funding has been used

### (a) Counselling, £1.252m

**Caerphilly:** In order to reduce existing waiting lists, Caerphilly LA has recruited one additional counsellor to deliver 64, 1:1 counselling sessions per month. Funding has also enabled them to secure provision of online counselling from 9 of their school based counselling team to supplement face to face counselling as well as to employ a cognitive behavioural therapist (CBT) to deliver 1:1 counselling and CBT-based anxiety groups 144 (1:1) and 12 group sessions – all to meet increased Covid demand. Funding has also paid for the purchase of a zoom license. In all, Caerphilly estimates additional funding allocation will enable them to deliver an additional 448 counselling sessions to 75 children and young people up to end March 2021.

**Cardiff:** In order to reduce waiting lists, Cardiff has employed an additional school based counsellor and an additional 55 school based counselling sessions will take place per month. This will allow an additional 10.5 children and young people to receive counselling based on an average of 6 sessions of support per young person. To address Covid demand funding will provide an additional 145 hours of online counselling service to 130 CYP aged 11-18 per month. In all, Cardiff estimates funding will enable them to deliver an additional 550 counselling sessions to 110 children and young people up to end March 2021.

**Neath Port Talbot (allocation £57,779):** To reduce waiting lists for counselling and increased numbers due to Covid, NPT will provide 20 additional telephone counselling sessions per month (5 days per month). It has also purchased various training in telephone and online counselling provision, introductory sessions of EMDR (therapy used in treatment of trauma) with EMDR therapist and specialist training in trauma. In all, NPT estimates funding will enable them to deliver an additional 400 counselling sessions to around 100 children and young people up to end March 2021.

### (b) Delivery of teacher and other school based staff training, both on their own and child wellbeing, £450k

**Carmarthenshire:** This allocation has enabled Carmarthenshire to purchase the following training:

- ELSA (including supervision)
- Youth Mental Health First Aid (2 day course)
- The Effective Treatment of Anxiety in Children and Adolescents (2 day course)
- Trauma Informed Practice Diploma (12 day course)
- Trauma Informed Practitioner Supervision Course

In all, around 115 teaching staff in Carmarthenshire will receive this additional training.

**Conwy:** Funding has enabled 3 Conwy education staff to attend training to become Adult MHFA instructors to deliver MHFA training for Head Teachers / members of SMT. It has also enabled 3 other staff to attend Mental Health First Aid Youth Instructor Training to become MHFA Youth instructors to deliver MHFA training for teachers. Other training purchased includes DBT skills development groups training in order to establish and carry out group work in schools. Staff who have received this training will go on to train up to 120 other staff in schools in Conwy.

**Gwynedd:** The additional WG funding has provided the following:

- (a) Developed e-resources in promoting Mental Health and Wellbeing in response to Covid19. The resources will be available to CYP, School Staff and Parents and will focus on 5 ways to wellbeing.
- (b) Provided Mental Health training to all Secondary School staff.
- (c) Facilitated a workshop of key players around supporting mental health in schools in order to identify workforce training needs and hosted a PATH session looking at developing further joint working possibilities. Over 1,000 teaching and other staff will benefit from this training in Gwynedd.

### (c) Delivery of school based universal and targeted interventions, £600k

**Wrexham:** FRIENDS Resilience Programmes - To support pupils with anxiety-based interventions. Wrexham is supporting current facilitators at 38 schools to deliver more sessions by funding the purchase of additional e-books. To enable 20 schools who want to access or re-access the programme. Training can be delivered remotely.

Emotional literacy support assistants – Roll out programme to increase number of ELSA's to increase capacity of learning support assistants and teacher aides to meet the needs of children and young people who have social and emotional needs.

Potentially all children attending Primary and Secondary schools (some 13,600) will benefit from these interventions.

**Rhondda Cynon Taff:** RCT is using the additional funding to provide a full-time 12 month Assistant Educational Psychology (AEP) Post. The post will include therapeutic intervention within the county PRU for most vulnerable pupils. The post will also include outreach support to schools for wellbeing support and intervention. The funding will also provide ICT maintenance of the PERMA wellbeing Tool and MiSpace App for RCT users. RCT expect all 29,200 of its pupils in mainstream schools plus the 50 in its PRU to benefit from these interventions.

**Denbighshire:** Seasons for Growth (a programme which offers pupils an opportunity to process their experiences following significant change, loss or bereavement) – 348 pupils; The Friends Resilience Programme (recommended by the World Health Organisation and designed to increase resilience and reduce anxiety and depression in children) - 900 pupils benefitting; and ELSA – 300 pupils benefitting.

#### **(d) Extending age appropriate wellbeing support to children below Y6**

**Anglesey:** This LA is also using its allocation to provide Seasons for Growth training (for approx. 40 Teachers/ TA's) and also Play Therapy (an art based therapy) from which approx. 5 School Counsellors/EPS staff will benefit.

**Newport:** Newport's counselling provider TalkingZone will extend support to 76 primary school children via Teleplay Therapy (10 -12 sessions per episode). Through the virtual Community Provision an additional 420 sessions (six session per episode/group support) will be available for CYP and families including primary and secondary aged pupils.

**Bridgend:** Recruited an integrative counsellor and play therapist who is working with pupils, families and staff to promote wellbeing. The benefits to teachers pupils and parents include:

- Reduced anxiety about traumatic events.
- Improved confidence and a sense of competence.
- Better ability to form healthy bonds in relationships.
- Improved ability to trust themselves and others.
- Enhanced creativity and playfulness

Over 1,600 pupils are expected to benefit from this service.

	<b>Counselling Allocation</b>
Isle of Anglesey	£26,012
Gwynedd	£46,584
Conwy	£41,668
Denbighshire	£42,216
Flintshire	£63,164
Wrexham	£53,768
Powys	£47,672
Ceredigion	£25,414
Pembrokeshire	£46,198
Carmarthenshire	£73,436
Swansea	£95,606
Neath Port Talbot	£57,502
Bridgend	£60,100
The Vale of Glamorgan	£59,140
Rhondda Cynon Taf	£102,664
Merthyr Tydfil	£24,274
Cardiff	£144,446
Caerphilly	£75,990
Blaenau Gwent	£25,336
Torfaen	£40,608
Monmouthshire	£31,196
Newport	£69,006
<b>Wales</b>	<b>£1,252,000</b>

Based on PLASC  
2019 data