

### **CYPE(6)-18-22 – Papur i'w nodi 3**

Email to the Chair of the Children, Young People and Education Committee

We hope this finds you rested following the summer break. We would like to make you aware of a letter we wrote recently as a response to an opinion piece in the Child Adolescent Mental Health Journal (May 2022) about diagnosing 'personality disorder' in children and young people which argues for its clinical benefit. We have serious concerns about this kind of recommendation and so have sought to make this public in an attempt to raise awareness of the risks and complexity involved. We have offered some alternative approaches too.

**Please find our statement here: <http://www.psychchange.org/review-of-use-of-dx-pd.html>**

We believe that better recognition and understanding of the impact of the social, commercial, and political determinants of mental health, including, trauma, adverse experiences, diet, toxic stress, systemic and structural inequality, poverty and their impact on individuals, families and communities mental health, must be at the centre of our thinking moving forward.

This approach and perspective would sit comfortably alongside the ambitions set out in the Wellbeing of Future Generations (Wales) Act (2015) and is core to the delivery of the ACEs Hub and Traumatic Stress Wales all-society trauma-informed framework. It should be an important part of the Welsh Government's new Adverse Childhood Experiences (ACEs) plan. It will also help us achieve the actions in the current and further iterations of the 'Together for Mental Health Strategy'.

To achieve these aims long-term we must explore and fund the development of more sophisticated modelling of trauma and mental health to provide better solutions to these complex problems. There are a number of established and emerging fields to draw on including, for example, attachment theory, psychosocial ecology and relational neuroimmunology, alongside models such as [Building Underdeveloped Sensorimotor Systems \(BUSS\)](#), [Dynamic Maturational](#), [Neurosequential](#), [Dyadic Developmental Practice](#) and [Research Domain Criteria](#).

This will be paramount to the Welsh Government's objective of becoming a truly trauma and relationally informed society.

Dr Jen Daffin, Community Clinical Psychologist

Dr Carly Jackson, Clinical Psychologist

Co-Chairs PSC Cymru

**Psychologists for Social Change - South Wales**

**Seicolegwyr dros Newid Cymdeithasol - De Cymru**