

## ***Transforming Child and Adolescent Mental Health Services: community empowerment and prevention***

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Aneurin Bevan University Health Board, together with our partner agencies, are in the process of transforming Child and Adolescent Mental Health Services. The aim is to place as much emphasis on the development of services that focus on supporting the systems and relationships that surround children as is currently placed on more traditional, clinic based interventions. This recognises the significant role that adversity, poverty and context plays in both the development and exacerbation of mental health difficulties; but also the crucial role everyone who comes into contact with children can play in supporting and influencing the trajectory they may otherwise be on.

The foundations for this transformation have been laid over many years and Dr Liz Gregory will outline the key milestones on this journey. Core values running through all aspects of service design have played a central role, as has a philosophy of working in partnership and focusing efforts where there is energy for innovation. At its heart is a belief that change happens through relationships, and a shift in culture from 'referring on' to 'holding on', recognising that access to specialist support is needed to achieve this. Examples of how this works in practice will be described, along with a clear framework for a whole systems approach that highlights and addresses the gaps that our vulnerable children and families are often most at risk of falling through.

From early intervention and prevention through to intensive services for our most at risk children, who are often placed out of county at a high emotional and financial cost to all concerned, a range of service models will be outlined in brief. The 'Iceberg Model' will describe how they fit together to ensure all agencies are working collaboratively; and future service developments can emerge based on need, and in a culture of partnership and co-production.