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What is NYTH/NEST ?

Traumatic Stress Wales Conference
March 2022

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Cydweithrediad Iechyd GIG Cymru
NHS Wales Health Collaborative

Together for Children and Young People
Law yn Llaw at Blant A Phobl Ifanc

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T4CYP (2)
Work Streams

Partnership Working

Early Help and Enhanced Support

Neurodiversity

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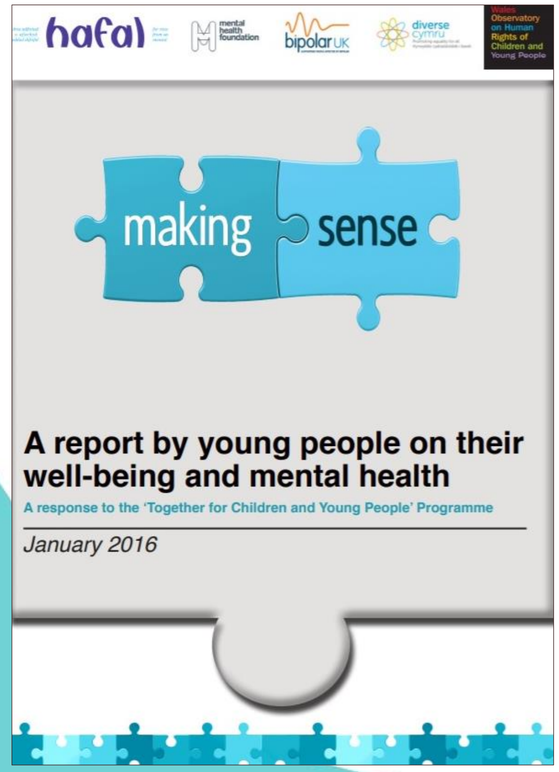
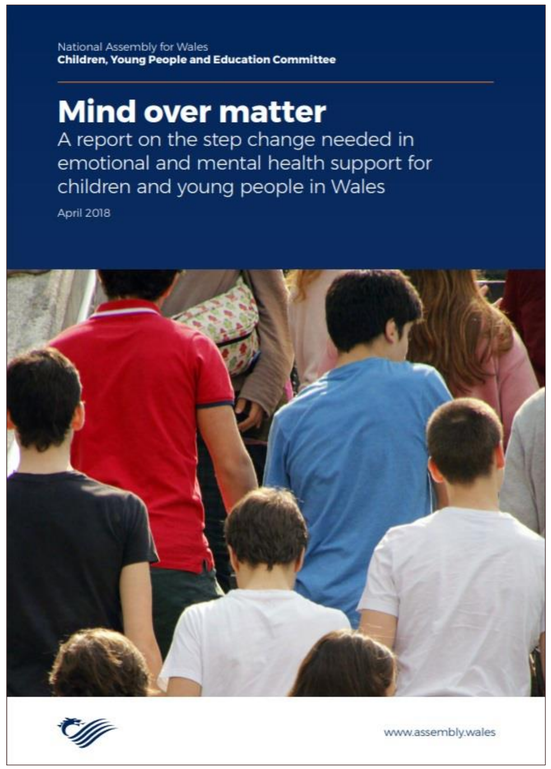
T4CYP (1) – Foundations for Early Help and Enhanced Support





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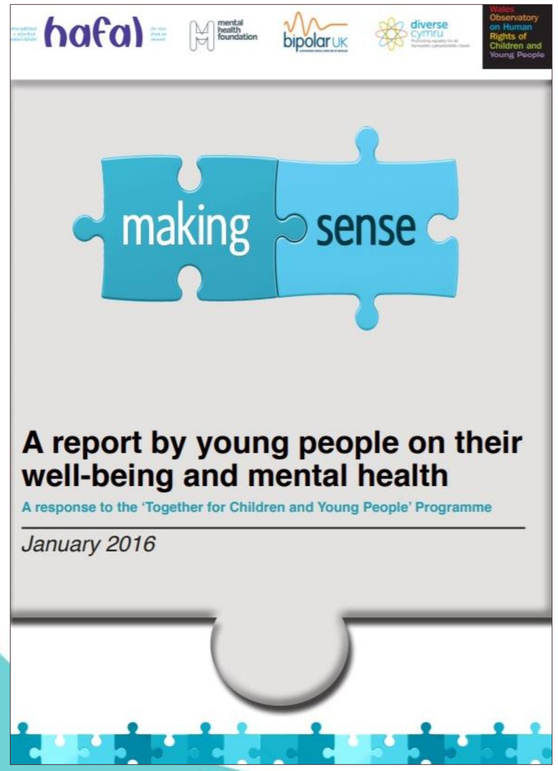
Making Sense Report - 2016



- Don't medicalise growing up
- Help those who are closest to us, like our teachers to understand and support our mental health

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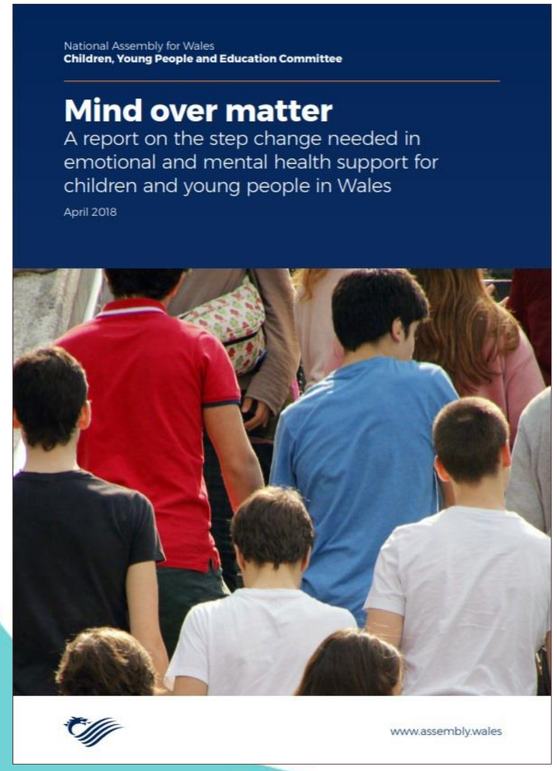
Mind Over Matter - 2018



- ‘Missing Middle’
- ‘Step change’ in how we understand and support mental health
- ‘Whole System Approach’ and a ‘Whole School Approach’
- Culture shift from ‘specialist services’ being the solution towards a focus on the relationships and contexts where children live their lives

Missing Middle Event – June 2019

- Core values to run through all children's services
- 'Psychologically Informed Environments'
- Rights based
- Trauma informed
- Co-produced
- Digitally enhanced

- Youth stakeholder group
- Parent and carer network
- Third Sector
- Social care
- Education
- Public health
- SCAMHS/Psychological Services
- General Practice
- Paediatrics/Allied Health Professions
- Housing
- Youth Justice
- Police
- Ambulance Service

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WHY NESTs?

- Safe and nurturing base
- Enabled to fly the nest
- Return to the nest if need to
- Unique to the individual
- Builds on natural resources
- Multi-layered
- Same basic need for every child – but some need additional layers
- Every interaction is an intervention
- It’s the little things that make the biggest difference
- Culture shift away from asking What is wrong to What is strong?

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A planning tool to ensure mental health and well being is at the heart of all services and to create a whole system approach

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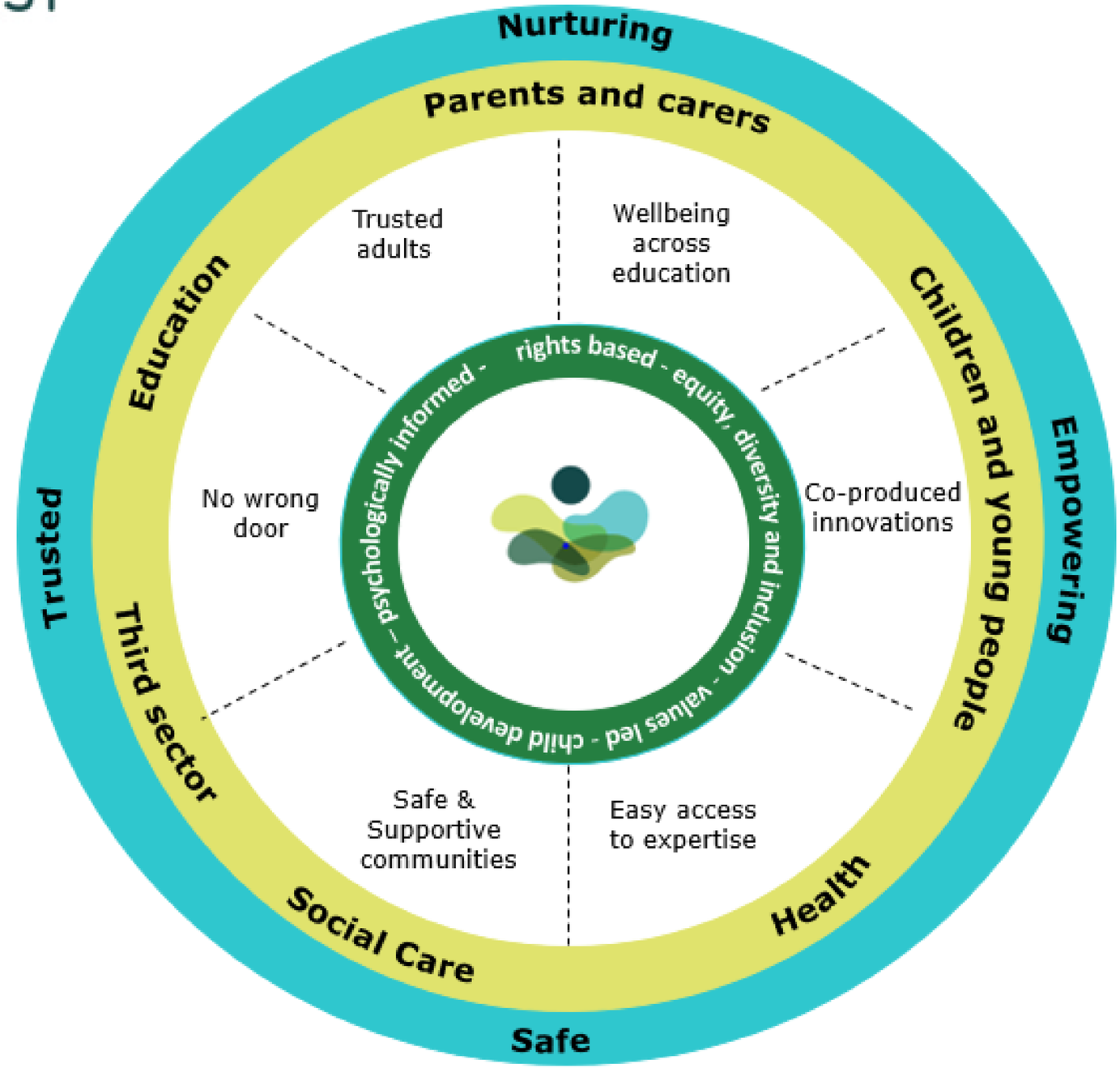
Nurturing
Parents and carers
Children and young people
Empowering
Health
Social Care
Safe
Third sector
Trusted
Education
Trusted adults
Wellbeing across education
Co-produced innovations
Easy access to expertise
Safe & Supportive communities
No wrong door
rights based - equity, diversity and inclusion - values led - child development - psychologically informed -

NYTH / NEST Framework

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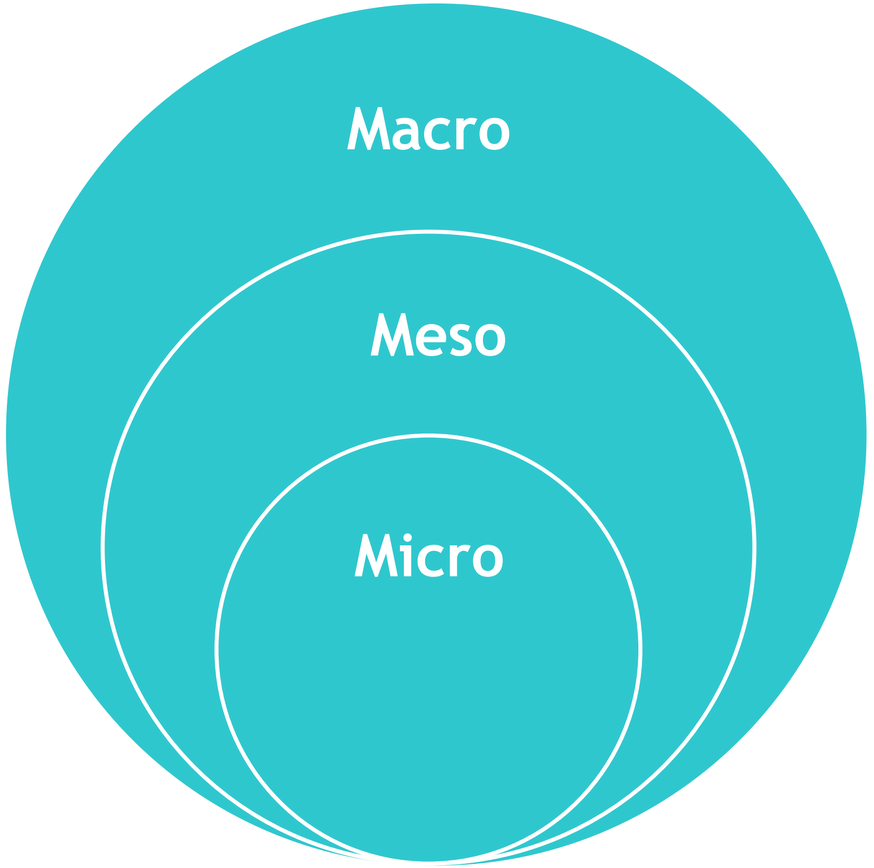
Where To Start



Tanker or Flotilla?

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Starting From Scratch

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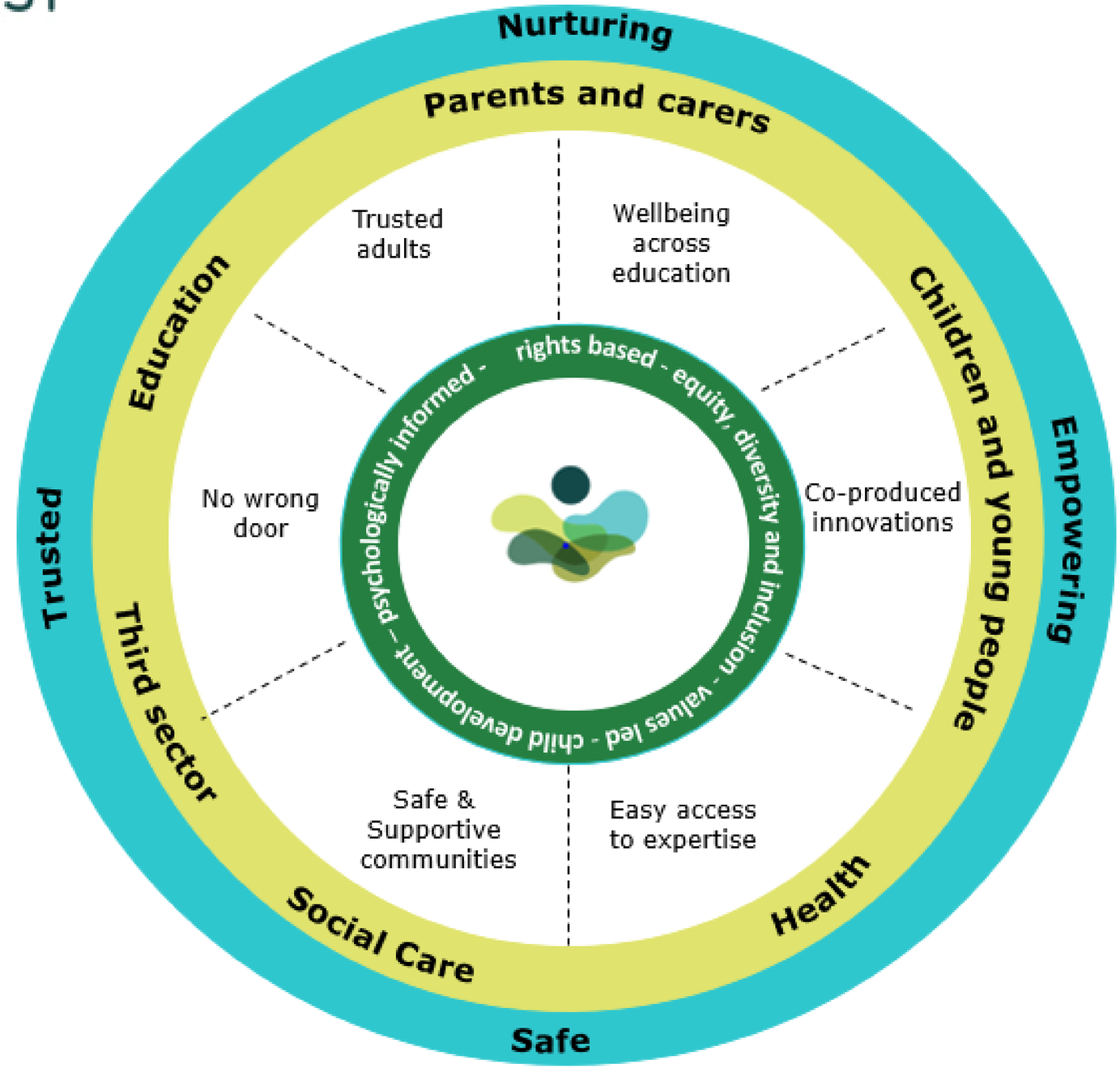
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Doing Things Differently

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Shared Learning

School Nurses

Educational Psychologists

Support Workers

Psycho-therapists

Health Visitors

Social Workers

Clinical Psychologists

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T4CYP (2) Implementation

Inspiration & Momentum Events

Bespoke Support to RPBs

Enablers & Blockers

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New and Existing Services

Do they meet the NEST Framework Criteria?

Developed in partnership?	?
Developed in response to need?	?
Fits with ‘No Wrong Door’?	?
Child and families at the heart? Co-produced?	?
Creative? Innovative? Responsive to need?	?
Takes the whole person/family/context into account?	?
Nurturing/Empowering/Safe and Trusted?	?

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Inspiration and Momentum Events

Modelling the Model

The Power of Language	Karen Treisman
Psychologically Informed Environments	Karen Treisman
Co-production	Co-pro Wales
Spirals of Enquiry	Whole School Approach
Asset Based Community Development	Cormac Russell
Well-being Across Education	Wolfson/WSA
Trusted Adults	Gwent Attachment Service
Equity Diversity and Inclusion	Children's Commissioner for Wales & Hon Stuart Lawrence

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The Carousel Approach

Who Are T4CYP?

Deb Austin
T4CYP Programme Manager

Dr Liz Gregory
Chair of Early Help and Enhanced Support Workstream

Helen Ranson
Programme Support Officer

Carol Shillabeer
Chair of T4CYP

Dr Cath Norton
Chair of ND Workstream

Annapurna Barry
Programme Support Officer ND Workstream

Lesley Singleton
Network Manager
NHS Collaborative