

Senedd Cymru
Y Pwyllgor Plant, Pobl Ifanc ac Addysg

Welsh Parliament
Children, Young People and Education Committee

Ymchwiliad i effaith argyfwng Covid-19 ar
blant a phobl ifanc yng Nghymru

Inquiry into the impact of the Covid-19 outbreak on
children and young people in Wales

COV 32

Ymateb gan: Dr Pippa Mundy,
Seicolegydd Clinigol Ymgynghorol a Dr
Omer Minhas, Seiciatrydd Ymgynghorol
Plant a'r Glasoed

COV 32

Response from: Dr Pippa Mundy, Consultant Clinical
Psychologist and Dr Omer Minhas, Consultant Child &
Adolescent Psychiatrist

Impact of Covid-19 Crisis on Young People with Intellectual Disabilities and Complex Mental Health Needs'

We are both clinicians working with children and young people in South Wales.

Pippa is a consultant clinical psychologist who is clinical lead for an interdisciplinary team employed by Cardiff & Vale UHB

Omer is a consultant child & adolescent psychiatrist (locum) leading the tertiary child and adolescent intellectual disabilities team hosted by Cwm Taf Morgannwg, also providing services to young people and families in Cardiff & Vale and Swansea Bay health UHB catchment area.

We are noticing some interesting variations across areas in how families of children and young people are managing with the loss of school and respite packages, as well as with the general restrictions facing the community as a whole. In particular, we are detecting differences in requests for help from specialist CAMHS in the form of medication reviews, suggesting an imbalance created by strain on the system, due to Covid-19 crisis.

We want to explore with others, possible factors that might account for these differences. Our initial thoughts are that whilst there are pre-existing socio-demographic differences and in the presence of specialist provision across the area, there may also be different approaches being used by other health, social services and schools to keeping in touch with families in response to Covid-19.

We plan to look in more detail at these regional variations to generate ideas about key themes and to engage and collaborate with other agencies to share ideas about best practice between areas. This would also enable a proportionate multiagency response ensuring holistic care is continued to be offered, for this highly vulnerable cohort of young people and families.

We will also monitor closely to better understand how service systems over time can best support the coping, wellbeing and resilience of families, and identify what implications this might have to support service development for families of children with intellectual disabilities beyond the Covid-19 crisis.