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## **Children's Mental Health and Psychological Well-Being E- Bulletin**

### **February 2009**

This update summarises the latest additions to the Mental Health and Psychological Well-Being section of the Mental Health and Wellbeing page of the CYPF website, and the Knowledge Community over the last month.

### **News Items**

#### **Prison self-harm levels revealed**

Children and Young People Now article that looks at the scale of self-harming in young offender institutions.

<http://www.cypnow.co.uk/bulletins/Daily-Bulletin/news/883571/?DCMP=EMC-DailyBulletin>

#### **Children counselled for sexual abuse by ChildLine reaches new high**

ChildLine counselled more children for sexual abuse last year than at any other time in its 22 year history. They included 465 children aged seven or under and nearly 6000 of these calls related to rape.

[http://www.nspcc.org.uk/whatwedo/mediacentre/pressreleases/2009\\_09\\_february\\_children\\_counselled\\_for\\_sexual\\_abuse\\_by\\_ChildLine\\_reaches\\_new\\_high\\_wdn63429.html](http://www.nspcc.org.uk/whatwedo/mediacentre/pressreleases/2009_09_february_children_counselled_for_sexual_abuse_by_ChildLine_reaches_new_high_wdn63429.html)

#### **Government support to improve services for services for people with autism and their families**

Details how DH and DCSF are working together to improve services for people with autism and their families.

[http://www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/DH\\_095172](http://www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/DH_095172)

## **Cannabis can mess with your mind**

New government campaign shows teenagers the uninvited side effects of taking cannabis.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=392658&NewsAreaID=2&NavigatedFromDepartment=False>

## **Events and Courses**

### **Supporting Troubled Teenagers and their Parents**

Mindfields College is offering two workshops for practitioners using the human givens approach. "Supporting the parents of troubled teenagers" and "Working effectively with troubled and troublesome teenagers". The workshops combine as a comprehensive two day course, or as two separate workshops on consecutive days.

Dates are 12-13 March in London, 4-5 June in Harrogate, 29-30 October in Bristol, 16-17

November in London and 7-8 December in Manchester.

Workshops can also be booked as 'in house' days for your organisation, tailored to individual need.

Full details at <http://www.mindfields.org.uk>

### **Personality Disorder & Parenting**

16 -18 March or 12-14 Oct, Anna Freud Centre, London. 3 day workshop will examine what Personality Disorder is, how it relates to parenting, and its impact on children's development.

<http://www.annafreudcentre.org/shortcourses.php?id=112>

### **Children on the Edge: Working Together to Safeguard Society's Marginalised Children & Young People**

16th March 2009, Walker's Stadium, Leicester. A national conference on safeguarding children for named and designated health Professionals. This free conference is organised by the children, Young people and Families Programme and sponsored by the DH.

Flyer: <http://www.cypf.csip.org.uk/silo/files/children-on-the-edge-flyer.doc>

Booking form: <http://www.cypf.csip.org.uk/silo/files/children-on-the-edge-booking-form.doc>

### **Parents Matter**

26/27<sup>th</sup> March 2009, London. Two day conference looks at latest research on what influences children and young people as they grow-up and the role of the parent.

[http://www.parentingacademy.org/UploadedFiles/Parents\\_Matter.pdf](http://www.parentingacademy.org/UploadedFiles/Parents_Matter.pdf)

[http://www.parentingacademy.org/UploadedFiles/Parents\\_Matter\\_Ebooking.pdf](http://www.parentingacademy.org/UploadedFiles/Parents_Matter_Ebooking.pdf)

### **The Mental Health Legislation & Children conference**

27th March, Cardiff. Part of the Cardiff Law School Conference Series, Cardiff University.

<http://www.cypf.csip.org.uk/silo/files/cardiff-mha-children-conference-flyer.pdf>

### **PACE Family conference**

30<sup>th</sup> March 2009, London. Conference aimed at professionals who work with lesbian, gay, bisexual and transgendered young people and their families.

<http://www.pacehealth.org.uk/NR/exeres/34512B71-23BE-4BF2-97A9-B6F36421C686.htm>

### **The Mental Health Act 1983: Implementing the Changes in Practice**

2nd April, London. This conference brings together practitioners, managers and commissioners to discuss and share early learning and emerging key themes.

<http://www.pavpub.com/pavpub/conferences/showfull.asp?Conference=819>

### **Dyadic Developmental Psychotherapy - Level 2 Training – with Dan Hughes**

6<sup>th</sup>-9<sup>th</sup> April, Chrysalis Associates, Nether Edge, Sheffield. This course is open to clinicians who have previously attended the four to five day Level 1 training with Dan and will build on their learning from this training. Participants will have the opportunity to bring a video tape of their work for group feedback and to explore their own attachment histories with another participant.

Flyer: <http://www.cypf.csip.org.uk/silo/files/dan-hughes-flyer.pdf>

Booking form: <http://www.cypf.csip.org.uk/silo/files/dan-hughes-booking-form.pdf>

### **Approved Clinicians - An Introductory Workshop for Non-Medical Professionals**

22<sup>nd</sup> April, Manchester. This one-day workshop is directed to all eligible non-medical professionals who wish to acquaint themselves with: (i) the new extended role; (ii) the necessary competencies and how these could be acquired and demonstrated; (iii) the approvals process; and (iv) how to muster support from their organisations.

[http://www.bps.org.uk/conferences-and-events/event-listing/events\\$/2009/april/mha\\_2007/mha\\_2007\\_home.cfm?subsite=](http://www.bps.org.uk/conferences-and-events/event-listing/events$/2009/april/mha_2007/mha_2007_home.cfm?subsite=)

### **Track Symposium: Bridging the Divide: Transition of Care from CAMHS to Adult Mental Health Services**

30<sup>th</sup> April, Birmingham. The symposium will serve as a forum for exchange of ideas among service users, clinicians, managers, commissioners and policy makers on improving transition of care from CAMHS to adult services. Plus, they will present findings from the SDO funded Track study.

<http://www.cypf.csip.org.uk/silo/files/track-conference-flyer.doc>

<http://www.cypf.csip.org.uk/silo/files/track-registration-form.doc>

### **Beyond Conviction ...the story of children and families affected by imprisonment and offending behaviour**

21<sup>st</sup> May, Bradford. Advance notice of a joint conference from The National Offender Management Service (NOMS Yorkshire & Humberside), Government Office for Yorkshire & The Humber (Children and Learners) and Barnardo's.

<http://www.partnersofprisoners.org.uk/public/files/AdvanceNoticBeyondConvictionJan08.pdf>

[http://www.partnersofprisoners.org.uk/public/files/PAYING\\_BeyondconvictionConference09BookingFormversion2.doc](http://www.partnersofprisoners.org.uk/public/files/PAYING_BeyondconvictionConference09BookingFormversion2.doc)

### **Strategically Measure Impacts and Outcomes**

9<sup>th</sup> July, Birmingham. One day conference that is looking at how to strategically measure impacts and outcomes.

<http://www.haymarketevents.com/conferenceDetail/348/strategically-measure-impacts-outcomes>

## **Sport, Education & Culture: Promoting Health, Wellbeing and Positive Identities for Young People**

11<sup>th</sup> November 2009, London. One day conference from The Centre for Applied Research and Evaluation International Foundation (*Careif*), which aims to explore and promote mental and physical health, wellbeing and positive identities for young people through sport, education and cultural practice.. The Scientific Committee invites delegates to submit abstracts for parallel paper session or a poster. **The deadline for this is 15<sup>th</sup> May.**

<http://www.careif.ukevents.org/default.htm>

## **Policy and Government Reports**

### **Practice-based commissioning budget guidance for 2009/10**

This document sets out changes to the recommended methodology for setting practice-based commissioning budgets.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_094364](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094364)

### **Healthy Lives, Brighter Futures: The Strategy for Children and Young People**

Government's vision for vision for children and young people's health and wellbeing. It focuses on both physical and mental health, and covers the whole age range.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_094400](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094400)

### **Securing Better Health for Children & Young People Through World Class Commissioning: A Guide to Support Delivery of Healthy Lives, Brighter Futures: The Strategy for Children And Young People's Health.**

This guide to commissioning will support commissioners in delivering the vision set out in the accompanying child health strategy.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_094401](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094401)

### **Young People and Alcohol Guidance**

The Secretary of State for Children, Schools and Families has launched a consultation on alcohol guidance, advice and information for parents, children, young people. The closing date is 23<sup>rd</sup> April 2009.

<http://www.dcsf.gov.uk/consultations/index.cfm?action=consultationDetails&consultationId=1579&external=no&menu=1>

### **Commissioning Improving Access to Psychological Therapies (IAPT) for the Whole Community**

This guidance aims to assist commissioners (including practice-based commissioners), to deliver Improving Access to Psychological Therapies (IAPT) for the whole community.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH\\_090011](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_090011)

## **Invitation to Bid for Support from the Cross-Government Co-Location Fund**

Invitation to bid for support from the Cross-Government Co-location Fund (the "Fund") for capital projects that will enable the co-location of two or more services for children, young people and families. Closing date for bids is 6<sup>th</sup> April 2009.

<http://www.teachernet.gov.uk/doc/13299/Co-location%20Fund%20Letter%20to%20Chief%20Execs.pdf>

## **Review of Pupil Behaviour: Interim Report 4**

This report presents outcomes from the latest stage of the Steer review on pupil behaviour. It focuses on:

- how school behaviour and attendance partnerships might be developed so as to maximise their effectiveness;
- the impact on pupil behaviour of consistently applied school policies on learning and teaching; and
- the links between behavioural standards, special educational needs (SEN) and disabilities.

<http://www.dcsf.gov.uk/behaviourandattendance/uploads/Review%20of%20Pupil%20Behaviour%20-%20Sir%20Alan%20Steer%20February%202009.pdf>

## **Listening, responding, improving: a guide to better customer care**

This booklet has been developed to help complaints professionals work with colleagues to make their organisations better at listening, responding and learning from people's experiences.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_095408](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_095408)

## **Multidimensional Treatment Foster Care in England (MTFCE)**

The 2008 annual report on MTFC programme.

<http://www.everychildmatters.gov.uk/files/MTFCE%204th%20Annual%20Progress%20Reportfinal3.doc>

## **Autism Bill**

The Autism Bill, which was drafted by the National Autistic Society (NAS) was introduced as a private members bill by Conservative MP Cheryl Gillan and has just had its 2<sup>nd</sup> reading.

<http://www.publications.parliament.uk/pa/cm200809/cmbills/010/2009010.pdf>

## **Children and Young People's Plan**

Updated non-statutory guidance to help local authorities develop their Children and Young People's Plan and improve outcomes.

<http://www.everychildmatters.gov.uk/strategy/planningandcommissioning/cypp/>

## **Reports**

### **Future Rules: Children's Advice on the Regulations to be made under the Children and Young People's Act 2008**

This report from the Children's Rights Director for England, sets out what children and young people in care want the Government to be put in regulations that are to be written to say what must happen under the Children and Young person's Act 2008.

<http://www.ofsted.gov.uk/content/download/9140/100890/file/Future%20rules.pdf>

## **What do they know? Investigating the Children's Rights Concerns of Children and Young People Living in England**

This report is based on research gathered by a group of children's rights investigators to find out what life is really like for different children living in different parts of England. There was a universal agreement that all children and young people should have access to confidential counselling services.

[http://www.getreadyforchange.org.uk/images/uploads/Compressed\\_What\\_do\\_they\\_know\\_FINAL.pdf](http://www.getreadyforchange.org.uk/images/uploads/Compressed_What_do_they_know_FINAL.pdf)

## **Media Portrayal of Young People**

This report from Young NCB, looks at how young people are portrayed in the media, and what impact it has on them.

[http://www.ncb.org.uk/youngncb/images/mediaresearchers/final\\_report.pdf](http://www.ncb.org.uk/youngncb/images/mediaresearchers/final_report.pdf)

## **From Crunch to Crisis**

Report from Barnardo's, claims that poor children's health and wellbeing could hit crisis point as recession takes hold, job losses rise and the harsh weather continues.

[http://www.barnardos.org.uk/news\\_and\\_events/media\\_centre/press\\_releases.htm?ref=44099](http://www.barnardos.org.uk/news_and_events/media_centre/press_releases.htm?ref=44099)

## **Actions Speak Louder: A Second Review of Healthcare in the Community for Young People who Offend**

Report by the Healthcare Commission and Her Majesty's Inspectorate of Probation. It is a follow-up to a review published in 2006.

[http://www.healthcarecommission.org.uk/db/documents/Actions\\_speak\\_louder.pdf](http://www.healthcarecommission.org.uk/db/documents/Actions_speak_louder.pdf)

## **A Comparison of Policies Designed to Enhance Child Well-Being**

Report from the Social Policy Research Unit at the University of York, looks at other countries policies that promote wellbeing and whether the UK could learn from them.

<http://www.york.ac.uk/inst/spru/research/pdf/Unicef.pdf>

## **Choice or Chance: Ending the Information Lottery**

Beat surveyed 1,500 people affected by an eating disorder about their experiences of visiting their GP.

[http://www.b-eat.co.uk/Publications/Reports/main\\_content/BEAT-001\\_Choice\\_or\\_Chance\\_WEB.pdf](http://www.b-eat.co.uk/Publications/Reports/main_content/BEAT-001_Choice_or_Chance_WEB.pdf)

## **World Report on Violence Towards Children**

This report is the outcome of the first comprehensive global attempt to describe the scale of all forms of violence against children and its impact.

[http://www.crin.org/docs/UNVAC\\_World\\_Report\\_on\\_Violence\\_against\\_Children.pdf](http://www.crin.org/docs/UNVAC_World_Report_on_Violence_against_Children.pdf)

## **Happy and Safe: UK's Children's Happiness and Safety**

This report is based on a survey of children and young people, which asked them what made them feel happy and safe (and unhappy and unsafe) in the real world and in their new online worlds and asked them to tell the UK Prime Minister and the government how their lives could be improved.

<http://www.intuitivemedia.com/gm.html>

## Resources

### Good Childhood Enquiry

Presentations from event on the 5<sup>th</sup> February.

[http://www.childrensociety.org.uk/all\\_about\\_us/how\\_we\\_do\\_it/the\\_good\\_childhood\\_inquiry/14813.html](http://www.childrensociety.org.uk/all_about_us/how_we_do_it/the_good_childhood_inquiry/14813.html)

### Systems Model for Planning Age Appropriate Environments

This tool has been designed to help areas to be ready for the implementation of the duty to provide an 'Age Appropriate Environment'. Click on the link below for further information.

<http://www.apho.org.uk/default.aspx?QN=CHMTSMOD>

### Headspace Toolkit

This updated version of the toolkit takes into account amendments to the Mental Health Act.

<http://www.headspacetoolkit.org/>

## Research

### Boarding School Provision for Vulnerable Children

This DCSF funded research used pathfinder projects to explore whether boarding school provision might be used by more local authorities to provide support and stability for, and help improve the life chances of, larger numbers of vulnerable children and young people.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR070.pdf>

### Sure Start Children's Services: Survey of Parents

This DCSF funded research surveyed parents and cares to quantify the reach of Sure Start Children Centres.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR083.pdf>

### Targeted Youth Support Pathfinder Evaluation

Report commissioned by DCSF, presents the summative findings from the evaluation of the Targeted Youth Support Pathfinders.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR078.pdf>

### Re-Arch Project: Evaluation Support

Re-Ach was a two year pilot programme that aimed, through challenging workshops and performance coaching, to "raise aspiration, engagement and achievement among young people who are least likely to succeed and achieve and most likely to indulge in behaviour which is not productive for them".

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR079.pdf>

### Customer Voice Research: Behaviour

This DCSF commissioned research looks at adults perceptions of children and young people both in school and in general.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR074.pdf>

### **Customer Voice Research: Youth Crime**

This DCSF commissioned research looks at adults attitudes to youth crime.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR073.pdf>

If you have received this bulletin via some one else and would like your own copy or have comments please contact [Paula Lavis](#)

department for  
**children, schools and families**



The National CAMHS Support Service is joint sponsored by the Department of Health & Department for Children, Schools and Families. It is charged with improving mental health services for children and young people around the country.