

National CAMHS Support Service

Lakeside House
4 Smith Way
Enderby
Leicester
LE19 1SS

Tel: 0116 295 7574
Fax: 0116 295 7599

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

January 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

Everybody's Business On-Line Learning Materials

The first moderated e-learning course start on the 12th January for 4 weeks for anyone working in children's services. There are dates throughout the year to book yourself onto a moderated course so please visit the site <http://learning.camhs.org.uk> register yourself and then book a place on 'In a Group' under the module headings on the right hand side."

NCSS Programme Meeting: December 2008

Briefing notes from the bi-monthly CAMHS Programme Meetings.
<http://www.cypf.org.uk/silo/files/ncss-briefing-dec-2008.pdf>

Teenage pupils get class therapy

BBC news item about a research project that aims to look at whether a programme aimed at secondary age children, and based on CBT prevents depression in young people.
<http://news.bbc.co.uk/1/hi/health/7846578.stm>

Children in line for more talking therapies

Article from Pulse magazine which states that a new report from Lord Richard Layard recommends improved access to psychological therapies for young people with mental health problems.

<http://www.pulsetoday.co.uk/story.asp?storyCode=4121609§ioncode=23>

Children's Minister: Call on Schools to Promote Out of Hours Activities

Children's Minister Beverley Hughes today called on all schools and local authorities to do more to develop out of hours activities for children and young people, and make sure that all sections of their communities are aware of what's on offer.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0021

Ground-Breaking Youth Justice Schemes Get Under Way

Work begins today in six pilot sites to ensure children and young people with mental health, learning disabilities and other difficulties such as family conflict, homelessness or drug and alcohol misuse get the help they need as soon as they come into contact with the police.

http://www.scmh.org.uk/news/2009_youth_justice_schemes.aspx

'One stop shop' on what works in children's services'

The Centre for Excellence and Outcomes in Children and Young People's Services (C4EO) launched a major new knowledge resource and sector-led support programme.

<http://www.c4eo.org.uk/news/files/mediareleases/release22jan09.pdf>

The Good Childhood Inquiry Launches its Findings

The inquiry's final report and recommendations, A Good Childhood: Searching for Values in a Competitive Age is on sale from 5 February. The book is written by Richard Layard and Judy Dunn and published by Penguin.

http://www.childrensociety.org.uk/all_about_us/how_we_do_it/the_good_childhood_inquiry/1818.html

Evaluation of the Choice and Partnership Approach in CAMHS

The Mental Health Foundation has been commissioned by the National CAMHS Support Service to evaluate how the Choice And Partnership Approach (CAPA) is being implemented into CAMH teams across the country.

<http://www.cypf.csip.org.uk/silo/files/capa-evaluation-info.doc>

In-Time Bed Availability for CAMHS - Mapping In-patient Beds for CAMHS in England as a Web-based Resource

This pilot, which was commissioned by the National Tier 4 Reference Group, will develop Tier 4 service maps into an up-to-date interactive web based resource to enable local, regional and specialist commissioners and CAMHS professionals to identify NHS and independent in-patient units in each region of the UK and their current bed availability.

<http://www.csip.org.uk/silo/files/in-time-bed-availability-for-camhs-flyer.pdf>

Events and Courses

Participation with a Purpose: Effective Participation for Comprehensive CAMHS

The NCSS will be running a series of regional events on participation in early 2009. The aim of the conferences will be to promote the inclusion of children, young people, their families and carers as equal stakeholders in the development and delivery of a truly comprehensive CAMHS.

30 Jan 2009, London (RCP, Regents Park)

26 Feb 2009, York (The Royal York Hotel)

24 Mar 2009, Peterborough (Holiday Inn West)

<http://www.cypf.csip.org.uk/camhs/ncss-conferences.html>

Getting Your Act Together: Preparing the Workforce for the Changes to the Mental Health Act

This is a free, 2 day train the trainer event is aimed at key members from CAMHS who can then deliver training to their colleagues.

Dates and Venues:

Eastern Region: 29/ 30 January 2009 Cambridge

North West Region: 3/4 February 2009 Manchester

South East Region (1): 16/17 February 2009 Gatwick

East Mids Region: 23/24 February 2009 Derby

North East Region: 26/27 February 2009 Newcastle

South East Region (2): 5/6 March 2009 Newbury

Flyer: <http://www.cypf.csip.org.uk/silo/files/mha-flyer-train-the-trainer-event.pdf>

Booking form: <http://www.cypf.csip.org.uk/silo/files/mha-train-the-trainer-event.doc>

MyCare: Young carers' resilience, coping strategies and cultural differences in caring for parents with a mental illness

MyCare is a new project from the Mental Health Foundation and The Princess Royal Trust for Carers. They are holding 3 free conferences on the subject of young carers of parents with a mental illness. Each conference is aimed at different groups of professionals.

10th Feb, 2009 – for professionals who work in Child and Adolescent Mental Health Services

13th Feb, 2009 – for professionals who work in Adult Mental Health Services

18th Feb, 2009 – for professionals who work in the Education Sector

<http://www.mentalhealth.org.uk/mycare/#Event>

12th National Chinese Mental Health Conference

24th Feb 2009, Swansea. Conference about mental health and it is about developing and accessing mental health services to meet the needs of the Chinese people.

<http://www.scvs.org.uk/dld/2458>

Child and Adolescent Mental Health in Schools

6th March 2009, Tavistock Centre, London. The conference offers an opportunity for education and mental health professionals to come together to share experience, ideas and thinking about creative practice in this area.

<http://www.tavi-port.org/conferences/forthcoming-conferences/child-and-adolescent-mental-health-in-schools-sharing-innovative-practice.html>

Everybody's Business: Perinatal and Infant Emotional Wellbeing Workshops

23rd February – workshop aimed at those with specialist/knowledge about this subject who wish to contribute to the NCSS training module

10th March – aimed at trainers who can help shape the design and delivery of the module.

<http://www.csip.org.uk/silo/files/every-bodys-business-pimh-flyer.pdf>

Self Harm: an Effective Response: Understand and Working with Children Who Self-Harm

28th February 2009, Newcastle. Counselling Children and Young People, a Division of the BACP, are holding a one day conference to address self-harm amongst children and young people.

<http://www.cyp.co.uk/2008brochure.pdf>

Improving Futures: Working Together to End Domestic Violence: New Solutions for a New World

9th March, Wolverhampton. This international conference aims to aid the sharing of best practice, publicise new ways of working to prevent Domestic Violence and bring to light the latest research on rebuilding the lives of those affected by this form of abuse.

<http://www.havenrefuge.org.uk/Events/International%20Conference.html>

Universal and Specialist, Targeted Youth Services: Responding to the Needs of Lesbian, Gay, Bisexual and Transgendered (LGBT) Young People

25th February, Halifax. This is an important joint GALYIC and NCSS conference. It aims to raise awareness of the needs of LGBT young people in Calderdale and within a national strategic context; show how appropriate intervention can reduce the high level of vulnerability in this group of young people, and build resilience amongst LGBT young people; and to provide management tools that will enable services to develop ways of working that meet the needs of all young people. NCSS and GALYIC have been working collaboratively for the past two years.

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

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>

Dyadic Developmental Psychotherapy - Level 2 Training – with Dan Hughes

6th-9th 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>

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>

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

21st May, Bradford. Advance notice of a joint conference from The National Offender Management Service (NOMS Yorkshire & Humber), 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

Policy and Government Reports

Independent Mental Health Advocacy: Guidance for Commissioners

Guidance from NIMHE outlines the statutory Independent Mental Health Advocacy role.

<http://www.mhact.csip.org.uk/silo/files/imha-guidane-for-comms-15-jan-2009.pdf>

The Legal Aspects of the Care and Treatment of Children and Young People with Mental Disorders: A Guide for Professionals

Operational guidance and good practice recommendations to assist practitioners to identify the appropriate legislative framework to use assessing or treating a child or young person who may require inpatient treatment for mental health problems.

<http://www.mhact.csip.org.uk/silo/files/cyp-legal-guide.pdf>

New Opportunities: Fair Chances for the Future

Government White paper sets out plans for investment in communities, families and citizens that will give all people the best possible chance of fulfilling their potential.

<http://www.hmg.gov.uk/media/9102/NewOpportunities.pdf>

Five Point Plan for Alcohol Free Childhood

Guidance, announced by the Chief Medical Officer Sir Liam Donaldson, is being published for consultation. It will recommend that young people up to the age of 15 should avoid alcohol altogether.

Five Point Plan

http://www.dh.gov.uk/en/News/Recentstories/DH_093912

Consultation

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

HM Chief Inspector of Prisons for England and Wales: Annual Report 2007–08

<http://inspectorates.homeoffice.gov.uk/hmprisons/docs/annual-report-2007-2008/annual-report?view=Binary>

Reports

Stuck in the Middle: The Importance of Supporting Six to 13 Year Olds

This Action for Children report looks at why it is important to support children through middle childhood.

<http://www.actionforchildren.org.uk/uploads/media/36/4442.pdf>

Social Cohesion for Mental Well-being among Adolescents

This report from the WHO Regional Office for Europe, aims to share Member States' concrete experiences in addressing challenges and identifying opportunities for increased focus and action for safeguarding the mental health and wellbeing of young people.

<http://www.euro.who.int/Document/E91921.pdf>

Talking Therapies Explained

Report from the Mental Health Foundation, which looks at different types of talking therapy Health Foundation, which looks at the different types of talking therapy.

<http://www.mhf.org.uk/publications/?entryid5=66635&q=684278%C2%ACtalking%C2%AC>

National Accounts of Wellbeing

Report from the National Economic Foundation is based on a survey of 40,000 people across Europe regarding their wellbeing. The report looks at both personal and social wellbeing. In the UK, young people 16-24 years, scored low for trust and belonging (trusting other people, being treated fairly and respectfully by them, and feeling a sense of belonging with and support from people where you live) compared to other European countries, and compared to other age groups in the UK, especially the 75+ age group.

<http://www.nationalaccountsofwellbeing.org/learn/download-report.html>

Adult Psychiatric Morbidity in England, 2007: Results of a Household Survey

Report, commissioned by the Information Centre, provides data on the prevalence of both treated and untreated psychiatric disorder in the English adult population (aged 16 and over).

<http://www.ic.nhs.uk/statistics-and-data-collections/mental-health/other-related-publications>

Ethnicity and family - Relationships Within and Between Ethnic Groups: An Analysis Using the Labour Force Survey

Report from the Equality and Human Rights Commission, outlines the ethnic composition of families in Britain today. It also looks at the experience of children living with parents of the same or different ethnic groups (to each other and to the child).

<http://www.equalityhumanrights.com/en/publicationsandresources/Pages/Ethnicityandfamilyrelationships.aspx>

Resources

Safe and Appropriate Care for Young People on Adult Mental Health Wards

This tool is for mental health professionals working with young people placed on adult mental health wards. It sets standards for adult mental health wards for those occasions when young people under 18 are placed on the ward.

<http://www.rcpsych.ac.uk/clinicalservice/standards/centreforqualityimprovement/safecareforypaudittool.aspx>

TellUs4 Portal

This portal contains the latest information about the TellUs survey.

<http://www.tellusurvey.org.uk/>

An RCN Toolkit for School Nurses: Developing Your Practice to Support Children and Young People in Educational Settings

This RCN toolkit provides school nurses with information, examples of good practice, and useful websites to support and develop their professional practice.

http://www.rcn.org.uk/data/assets/pdf_file/0017/201635/003223.pdf

Local Index of Child Well-being 2009

This index represents the first attempt to create a small area index exclusively for children in England.

<http://www.communities.gov.uk/publications/communities/childwellbeing2009>

Children and Young People's Rights at the Doctor: A Poster

Poster designed by young people to help others know their rights when they are visiting the doctor.

http://www.ncb.org.uk/dotpdf/open_access_2/gmc_poster_english_web.pdf

Parents Are Not My Patients

Item on the BBC website, written by Dr Ann McPherson, on the importance of confidentiality for under 16s and the difficult balancing act doctors have in supporting young people and their parents.

<http://news.bbc.co.uk/1/hi/health/7834445.stm>

QINMAC-QNIC position statement: Improving access to in-patient CAMHS - and appropriate alternatives

QINMAC position statements in response to issues raised in QINMAC's annual CAMHS reviews.

<http://www.rcpsych.ac.uk/pdf/QINMAC-QNIC%20position%20statement%20-%20Access%20to%20IP%20beds.pdf>

A Young Person's Guide to CAMHS

QINMAC are developing a booklet to tell young people more about what to expect from Child and Adolescent Mental Health Services. They are looking for feedback from young people. A questionnaire is available to download on the QINMAC website

<http://www.rcpsych.ac.uk/clinicalservice/standards/centreforqualityimprovement/qinmaccamhs/youngpersonsquidetocamhs.aspx>

Antisocial Personality Disorder: Treatment, Management and Prevention

This NICE clinical guideline includes information relevant to children and young people, especially in relation to preventing antisocial personality disorder.

<http://www.nice.org.uk/Guidance/CG77>

Borderline Personality Disorder: Treatment and Management

NICE clinical guideline covers the care, treatment and support that people with borderline personality disorder should be offered.

<http://www.nice.org.uk/Guidance/CG78>

Child Workforce Network E-Bulletin Jan/Feb 2009

http://www.childrensworkforce.org.uk/assets/0000/0304/CWN_eBulletin_14.pdf

Getting the Best from Neurological Services: A Guide for People Affected by Conditions of the Brain, Spine and Nervous System

Guide for people with neurological conditions and their families living in England. It includes information relevant to children and young people.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_093975

The Mental Health Act: Essential Information for Parents and Carers

This booklet, from Rethink, is for parents and carers of children and young people who need to be admitted to hospital for treatment of a mental disorder.

<http://www.rethink.org/document.rm?id=7666>

http://www.rethink.org/about_mental_illness/who_does_it_affect/children_and_mental_illness/index.html

Research

Clinical effectiveness of health visitor training in psychologically informed approaches for depression in postnatal women: pragmatic cluster randomised trial in primary care

This study by C.J. Morrell et al, examined the outcomes for postnatal women who received one of two psychologically informed interventions by health visitors, or usual care. They found that either of the psychologically informed approaches was beneficial and were more effective than usual treatment.

http://www.bmj.com/cgi/content/full/338/jan15_2/a3045

Systematic Review and Mapping Study of Alternatives to Inpatient Care for Children and Adolescents with Complex Mental Health Needs: Alternatives to Inpatient Mental Health Care for Children and Adolescents

This systematic review assesses the evidence of effectiveness, acceptability and cost of the alternative forms of provision. They also identify the range and prevalence of different models of service that seeks to avoid inpatient care for children and young people in the UK.

<http://www.sdo.nihr.ac.uk/sdo1412006.html>

Effect of Peer Support on Prevention of Postnatal Depression Among High Risk Women: Multisite Randomised Controlled Trial

Paper in the BMJ by C-L Dennis et al., which aimed to evaluate the effectiveness of telephone based peer support in the prevention of postnatal depression.

http://www.bmj.com/cgi/content/abstract/338/jan15_2/a3064

The Challenge of Child and Adolescent Mental Health

This paper in the British Journal of School Nursing by Steven Walker, looks at the role of school nurses with CAMHS

<http://www.internurse.com/cgi-bin/go.pl/library/abstract.html?uid=31722>

An Evaluation of an Innovative Project Designed to Enhance Child and Adolescent Mental Health Provision

This paper in The Journal of Mental Health Training, Education and Practice, by Steven Walker, focuses on the evaluation of a voluntary sector service called The Junction. It was one of the services involved in the Mental Health Foundation's Youth Crisis project.

<http://www.pavpub.com/pavpub/journals/JMHWD/index.asp>

Outcomes of Conduct Problems in Adolescence: 40 Year Follow-Up of National Cohort

Study by I Coleman et al., looks at the outcomes in adulthood for people who experienced severe and mild externalising behaviours as reported by their teacher when they were adolescents.

http://www.bmj.com/cgi/reprint/338/jan08_2/a2981

Increasing Participation: Understanding Young People Who do Not Participate in Education or Training at 16 or 17

This study aimed to explore the characteristics and experiences of young people who are not in education, employment or training (NEET) or in jobs without training (JWT).

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR072.pdf>

Extended Schools Survey of Schools, Pupils and Parents: A Quantitative Study of Perceptions and Usage of Extended Services in Schools

These surveys aimed to assess current levels of provision of extended services, rates of usage and users' perceptions of the current offerings.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR068.pdf>

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