



**Children Young People and Families**  
Programme  
**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**

### **March-April 2009**

This monthly bulletin is produced as a partnership venture between the National CAMHS Support Service and YoungMinds.

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 over the last month.

### **News Items**

#### **Participation with a Purpose**

The handbooks and presentations, including the resources that were launched at the 3 supra-regional conferences are now available to download from the link below.

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

#### **Turning What Young People Say into What Services Do**

Products and tools from this DH funded HASCAS project - the literature review, annotated bibliography and quality standards for children and young people's participation in CAMHS - can be downloaded from the HASCAS website. This project was led by HASCAS, and is collaboration between HASCAS, NCSS and YoungMinds. It was launched at the Participation with a Purpose conference.

[http://www.hascas.org.uk/hascas\\_publications\\_downloads.shtml](http://www.hascas.org.uk/hascas_publications_downloads.shtml)

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.

### **CAMHS Self Assessment Matrix (SAM)**

This tool, which was launched 5 years ago to help CAMHS Partnerships keep track of their implementation of Standard 9, is now being revised to bring it up to date.

The new revised CAMHS SAM will be launched in the autumn. In the meantime, although Partnerships may wish to use their existing SAM for reference, we suggest that you do not embark on any major review of your self assessment until the new version is available.

We would like to learn from your experience of the CAMHS SAM. If you have comments on the content of the CAMHS SAM or on the functionality of the existing web site, please send these to Richard Moore, Assistant Director, Cernis Ltd. Email: [richard.moore@cernis.co.uk](mailto:richard.moore@cernis.co.uk)

### **Presentations from the Healthy Lives, Brighter Futures Conference now Available**

This was a national DH/DCSF conference on the Child Health Strategy held in London, 2<sup>nd</sup> April 2009.

<http://livegroup.co.uk/healthylivesbrighterfutures/index.php?view=presentations>

### **Gang Membership: Top Danger Signs**

Children and Young People's Minister Beverley Hughes is today publishing a consultation on new guidance to help professionals spot the first signs of gang membership.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0059](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0059)

### **Regional Children's Commissioners to be Piloted**

11 Million announces plans to pilot regional Children's Commissioner in the South east.

<http://www.cypnow.co.uk/news/ByDiscipline/Youth-Work/login/893059/>

### **Future of Nursing and Midwifery - Commission of experts to improve quality of patient care**

A new Commission of experts to advise the Government on the future role of nurses and midwives will be announced by the Prime Minister and the Health Secretary.

<http://nds.coi.gov.uk/content/Detail.asp?ReleaseID=394981&NewsAreaID=2>

### **Young People Help Design First-Class Youth Facilities**

Beverley Hughes, Minister for Children and Young People, announces the 41 successful myplace projects to be awarded a share of £180 million.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0046](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0046)

## Events and Courses

### **National Advisory Council for Children's Mental Health and Psychological Wellbeing – Regional Seminars**

The National Advisory Council (NAC) are holding seminars in every region. They aim to gather views on what can, and must be done nationally and locally to help children with mental health needs. The dates are as follows:

Tuesday 21 April 2009 - South Central and South East - London Hilton Metropole

Wednesday 22 April 2009 - West Midlands - Birmingham Hilton Metropole

Thursday 23 April 2009 - North West - Palace Hotel, Manchester

Tuesday 28 April 2009 - Yorkshire and Humberside - Mercure St Paul's, Sheffield

Wednesday 29 April 2009 - East of England - The Bull Hotel, Peterborough

Tuesday 5 May 2009 - London - London Hilton Metropole

Tuesday 12 May 2009 - South West - Thistle Hotel, Exeter

Friday 15 May 2009 - East Midlands - Hilton Nottingham

Monday 18 May 2009 - North East - Newcastle United Football club

Follow the link below for more information.

<http://www.livegroup.co.uk/NACregionalevents/index.php?view=introduction>

### **Advanced Studies in Child and Adolescent Mental Health**

28 Jan 2010, Chelmsford and Cambridge

Anglia Ruskin University, Faculty of Health and Social Care are offering

BSc; Post Grad Cert; Post Grad Diploma; and MSc courses for all staff working with troubled young people

[http://www.anglia.ac.uk/ruskin/en/home/prospectus/pgppt2008/msc\\_child\\_adolescent\\_mental\\_health.html](http://www.anglia.ac.uk/ruskin/en/home/prospectus/pgppt2008/msc_child_adolescent_mental_health.html)

### **Introductory Practitioner Course (IPC) in Using a Cognitive Behaviour Approach for Staff in Children & Adolescent Mental Health Services (CAMHS) – University of Birmingham.**

[http://cbt.bham.ac.uk/camhs\\_1.php](http://cbt.bham.ac.uk/camhs_1.php)

### **Alternatives to In-Patient Care**

23<sup>rd</sup> April, London. ACAMH London and South East Branch day conference.

[http://www.acamh.org.uk/pooled/articles/BF\\_EVENTART/view.asp?Q=BF\\_EVENTART\\_308523](http://www.acamh.org.uk/pooled/articles/BF_EVENTART/view.asp?Q=BF_EVENTART_308523)

### **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>

### **Association for Infant Mental Health Annual Conference – Making Links: Crossing Boundaries**

15<sup>th</sup> May, London. Go to the AIMH website for more information <http://www.aimh.org.uk/agm.php>

Flyer - <http://www.cypf.csip.org.uk/silo/files/aimh-flyer-09.pdf>

Booking form - <http://www.cypf.csip.org.uk/silo/files/aimh-booking-form-09.pdf>

### **The Future of CAMHS: Best Practice and Commissioning**

16<sup>th</sup> June, London. This joint Care Matters Partnership and YoungMinds one day conference will explore the recommendations from the CAMHS Review and the future work of the National Advisory Council on CAMHS.

<http://www.carematterspartnership.co.uk/index.php/solutions/conferences-training/event/the-future-of-camhs-best-practice-and-commissioning>

### **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)

### **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>

### **CAMHS In Forensic Services/Working with Young Offenders**

12<sup>th</sup> June, London. Jack Tizard Lecture and Day Conference. Jack Tizard lecturer - Professor Charles Borduin, *Department of Psychological Sciences, University of Missouri-Columbia*.

[http://www.acamh.org.uk/bfora/systems/xmlviewer/default.asp?arg=DS\\_ACAMH\\_EVENTART\\_32/page.xsl/46&xsl\\_arg=//BF%5FACAMH%5FEV%5FE%5FNAT&xsl\\_argx=3](http://www.acamh.org.uk/bfora/systems/xmlviewer/default.asp?arg=DS_ACAMH_EVENTART_32/page.xsl/46&xsl_arg=//BF%5FACAMH%5FEV%5FE%5FNAT&xsl_argx=3)

### **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>

### **Family Work in Early Psychosis**

21-25 September 2009, Birmingham. This is a five-day skills-based training course on working with families in early psychosis.

<http://www.tips-info.com/doc/KURS%20vedlegg/Flyer.pdf>

<http://www.tips-info.com/doc/KURS%20vedlegg/BookingForm-Blank.pdf>

### **Careif 2009 International Conference: 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

### **Working Together: Public Services on Your Side**

This document sets out the steps that the Government is taking to give people, communities and frontline staff the information and real power they need to personalise public services.

<http://www.hmg.gov.uk/workingtogether.aspx>

### **The Protection of Children in England: Progress Report**

Lord Laming's progress report on children protection in England.

<http://publications.everychildmatters.gov.uk/eOrderingDownload/HC-330.pdf>

Government response

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0052](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0052)

### **Engaging Young People: Local Authority Youth Work 2005-8**

This report draws upon evidence from local authority youth services inspections which took place as part of Ofsted's joint area reviews of children's and young people's services from 2005 to 2008. It reports on the quality and impact of youth work. The report tracks recent but early developments in the introduction of integrated youth support.

<http://www.ofsted.gov.uk/Ofsted-home/Publications-and-research/Browse-all-by/Documents-by-type/Thematic-reports/Engaging-young-people-local-authority-youth-work-2005-08>

### **Promoting and Supporting Good Behaviour in Primary Schools: Developing Social and Emotional Aspects of Learning (SEAL)**

This DCSF publication sets out the benefits of using SEAL as a way of promoting positive behaviour.

<http://publications.teachernet.gov.uk/eOrderingDownload/00153-2009FLY-EN.pdf>

### **Joint Inspections of Youth Offending Teams: End of Programme Report 2003-2008**

Report on the Joint Inspection Programme of all 157 Youth Offending Teams in England and Wales over the period 2003-2008, led by HMI Probation.

<http://inspectorates.homeoffice.gov.uk/hmiprobation/docs/HMIP-IYO-AR03-08-final-web.pdf?view=Binary>

### **Youth Crime Action Plan: Handbook for Practitioners**

This Handbook is intended to support the work in the 69 YCAP priority areas by giving clear guidance on each strand.

<http://www.crimereduction.homeoffice.gov.uk/youth/ycap2009handbook.pdf>

### **Prison Health Performance and Quality Indicators**

Updated performance indicators from the DH, have been developed specifically to monitor health services in prisons. The document contains statements of good practice, rationale for the inclusion of the indicators, suggests evidence that may be gathered to support the indicators and offers links to evidence sets for further information.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_097118](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_097118)

## Reports

### **Mental Health, Resilience and Inequalities**

This report by Dr Lynne Friedli, explores the wealth of evidence that mental health influences a very wide range of outcomes for individuals and communities.

<http://www.euro.who.int/document/e92227.pdf>

### **Improving the patient experience: sharing success in mental health and learning disabilities - the King's Fund's Enhancing the Healing Environment programme**

The aim of the programme is to encourage and enable local trust teams to work in partnership with service users to improve the environment in which they deliver care.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_095947](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_095947)

### **Homophobic Bullying in Britain's Schools**

This report from Stonewall found that nine in ten secondary school teachers and more than two in five primary school teachers have witnessed children being subjected to homophobic bullying in their schools.

[http://www.stonewall.org.uk/education\\_for\\_all/research/2525.asp](http://www.stonewall.org.uk/education_for_all/research/2525.asp)

### **Young People who Self Harm: Implications for Public Health Practitioners**

This Child Protection research briefing from the NSPCC is a short research briefing and literature review looking at self-harm by children and young people.

[http://www.nspcc.org.uk/Inform/research/Briefings/YoungPeopleWhoSelfHarm\\_wda63292.html](http://www.nspcc.org.uk/Inform/research/Briefings/YoungPeopleWhoSelfHarm_wda63292.html)

### **Girls and Offending: Patterns, Perceptions and Interventions**

Youth Justice Board research looks at what is known about girls' offending; uses data to describe the female offending population, and looks at what is effective or emerging practice with girls.

<http://www.yjb.gov.uk/publications/Scripts/prodView.asp?idProduct=440&eP=>

### **Forum for Preventing Deaths in Custody - Annual report 2007-8**

The aim of the Forum is to promote and disseminate learning between the custodial sectors to try to prevent future deaths.

[http://www.preventingcustodydeaths.org.uk/fpdic\\_annual\\_report.pdf](http://www.preventingcustodydeaths.org.uk/fpdic_annual_report.pdf)

## Resources

### **My Head Hurts**

This is a new resource from YoungMinds aimed at parents and young people who want information on mental health treatments, know more about the evidence base supporting them, and know what their rights are.

<http://www.youngminds.org.uk/my-head-hurts>

### **Schizophrenia: Core interventions in the treatment and management of schizophrenia in primary and secondary care (update)**

This is an update of the NICE Schizophrenia clinical guideline. It is aimed at adults 18 and over, but it does include recommendations on access to early intervention services, which are not age specific.

<http://www.nice.org.uk/Guidance/CG82>

### **Mental Health in Children and Young People: An RCN toolkit for Nurses who are Not Mental Health Specialists**

Guidance from the RCN for nurses who work with children and young people in both community and hospital settings.

[http://www.rcn.org.uk/\\_data/assets/pdf\\_file/0015/235302/003311.pdf](http://www.rcn.org.uk/_data/assets/pdf_file/0015/235302/003311.pdf)

### **How do you rate your life at the moment? DIY evaluation toolkit for organisations**

This new toolkit was produced by The Market Place, a voluntary sector organisation based in Leeds, which offers support and counselling to young people aged 13-25. This support pack is designed for agencies wishing to apply the established user-led evaluation tool designed by young people to their organisation. The tool is designed to measure the impact on young people of one to one support services, such as counselling, in a young person-centred setting. More information about the tool is available on their website, but there is a charge of between £50-£100 for organisations wishing to purchase it.

<http://www.themarketplaceleeds.org.uk/marketplace2/research/research.html>

## Research

### **Nurturing Parenting Capability: The Early Years**

This report from the Centre for Research on the Wider Benefits of Learning, focus on parenting from babyhood to early childhood. They look at why parenting is important in the early years, what is good parenting? and what are the determinants of parenting in the early years, and is it who you are or what you do that is important?

<http://www.learningbenefits.net/Publications/ResReps/ResRep30.pdf>

### **Ten Years On: LGBT Young People in Calderdale**

This report from GALYIC (Gay and Lesbian Young People in Calderdale) aims to help further understanding of the effects of homophobia on young lesbian, gay, bisexual and transgender (LGBT) people and provide evidence on how appropriate intervention can challenge isolation, help young LGBT people develop positive identities, and facilitate emotional wellbeing, thereby reducing mental distress.

<http://www.cypf.csip.org.uk/social-inclusion/social-inclusion/lesbian-gay-bisexual-and-transgender-lgbt-young-people/evidence-base.html>

### **Play Outcomes for Children and Young People – Literature Review to Inform the National Evaluation of Play Pathfinders and Play Builders**

Academics from the Institute of Education and Roehampton University were appointed by the evaluation team to review the literature on play, identifying the benefits of play and how these can most appropriately be measured and evaluated.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RBX-09-06.pdf>

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

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