

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

### **November 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.

### **Consultations**

#### **New Statutory Children's Trust guidance and New Children and Young people's Plan Regulations – Closing date 29<sup>th</sup> Jan 2010**

This document brings together guidance on Children's Trusts and Children and Young People's Plans into one piece of statutory guidance. The consultation is on both the draft new statutory guidance and the draft new regulations.

<http://www.dcsf.gov.uk/consultations/index.cfm?action=consultationDetails&consultationId=1670&external=no&menu=1>

### **News Items**

#### **NCSS Programme Briefing Notes & Lead Area Briefing Paper**

Briefing notes from the bi-monthly CAMHS Programme Meetings, September 2009.

<http://www.cypf.org.uk/camhs/ncss-programme-meetings-briefing-notes.html>

#### **Children's Minister launches action plan to address children's rights**

Children's Minister Delyth Morgan has set out the UK's long-term vision for promoting children's rights and improving outcomes for young people, making them a clear priority for the Government.

[http://www.dcsf.gov.uk/news/content.cfm?landing=childrens\\_minister\\_launches\\_action\\_plan\\_to\\_address\\_childrens\\_rights&type=1](http://www.dcsf.gov.uk/news/content.cfm?landing=childrens_minister_launches_action_plan_to_address_childrens_rights&type=1)

## **Review of NHS Children's Services**

Sir Ian Kennedy has been commissioned to explore the cultural obstacles that can stand in the way of sustained improvement in the provision of care for children and to consider what can be done to develop the NHS' contribution to safeguarding children.

The Terms of reference gives more information about the review. The scope for this work includes CAMHS.

Press release: <http://nds.coi.gov.uk/content/detail.aspx?NewsAreaId=2&ReleaseID=407552&SubjectId=2>

Terms of reference:

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_107056.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_107056.pdf)

## **New online resources for up to 5 million mums, dads, carers and grandparents**

Dawn Primarolo, minister for Children, Young People and Families, has announced three new pilot projects to help up to five million mums, dads, carers and grandparents get important parenting information support and guidance. These projects are part of the Parent Know How programme.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0203](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0203)

## **New Children's Commissioner for England Announced**

The Children's Secretary, Ed Balls has confirmed the appointment of Dr Maggie Atkinson as the new Children's Commissioner.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0198](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0198)

## **Ed Balls confirms all young people to learn Personal Social Health and Economic education**

Ed Balls, Secretary of State for Children, Schools and Families, confirmed today that Personal, Social, Health and Economic (PSHE) education will be made compulsory in schools from September 2011.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0208](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0208)

## **Children's Minister: 'Think Family' to support vulnerable children**

The Children's Minister Dawn Primarolo will launch a package of measures and additional investment for more intensive family support.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0206](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0206)

## **Smarter and Stronger Sentences for Youth Crime**

Ed Balls and Jack Straw announce the Youth Rehabilitation Order (YRO), which will provide judges and magistrates with a choice of 18 rigorous options from which they will be able to create a sentence specifically designed to deal with the individual circumstances of the young offender before them and so help them turn their backs on crime.

[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0214](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0214)

## **Events and Courses**

### **YoungMinds Introduction to Children and Young People's Mental Health – Training Days**

YoungMinds is offering this crucial one day course throughout the country. It is for anyone who wants to develop a basic knowledge of children's mental health delivered in a supporting environment.

Days in 2009

- Birmingham, 17<sup>th</sup> November
- Nottingham,, 26<sup>th</sup> November
- Liverpool, 15<sup>th</sup> December
- London, 4<sup>th</sup> December

More information and dates for 2010 can be found at:

<http://www.youngminds.org.uk/professionals/training-and-consultancy/youngminds-training/current-training-courses>

### **Supporting Children's Mental Health Through Schools**

10<sup>th</sup> December, London. This Care Matters conference offers the opportunity to learn about best practice in supporting well being through schools and emerging lessons from the implementation of TaMHS.

<http://www.carematterspartnership.co.uk/index.php/solutions/conferences-training/event/supporting-childrens-mental-health-through-schools-has-its-time-finally-com>

### **Courses**

#### **Working with Black and Minority Ethnic Children and Adolescents with Emotional and Behavioural Difficulties**

3 month training course from Tavistock Centre. Course from Jan-March 2010.

<http://www.tavi-port.org/training/tavistock-clinic-courses-and-professional-training/by-course-code/codes/d84.html>

### **Policy and Government Reports**

#### **Healthy Child Programme: the two year review**

The two year review aims to optimize child development and emotional wellbeing, and to reduce inequalities. It provides practitioners, particularly health visitors, with information and tools to use with parents.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107565](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107565)

#### **Healthy Child Programme from 5 to 19 years old**

The Healthy Child Programme (HCP) from 5 to 19 year olds sets out the recommended framework of universal and progressive services for children and young people to promote optimal health and wellbeing.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107566](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107566)

#### **Healthy Child Programme: pregnancy and the first five years of life**

The Healthy Child Programme for the early life stages focuses on a universal preventative service, providing families with a programme of screening, immunisation, health and development reviews, supplemented by advice around health, wellbeing and parenting.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107563](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107563)

#### **Prime Minister's Commission on the Future of Nursing and Midwifery in England**

The Commission has started its second phase of work. It will focus on delving further into a set of 'hot topics' and testing a vision statement on the future of nursing and midwifery.

<http://cnm.independent.gov.uk/>

### **Getting it Right for Children and Families**

This DH guide is for health visitors and their teams, provider managers, commissioners and educationalists. It sets out the contribution that health visitors and teams can make to health and wellbeing and public health.

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_107006.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_107006.pdf)

### **Quality Choice and Aspiration: A Strategy for Young People's Information, Advice and Guidance (IAG)**

This strategy sets out the steps that government are taking to ensure that every young person, wherever they live and whatever their talents, receives excellent IAG.

<http://publications.dcsf.gov.uk/eOrderingDownload/IAG-Report-v2.pdf>

### **Report on the Standing Commission on Carers 2007 to 2009**

The Commissions first annual report and report on progress to date and signposts future challenges and opportunities.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107305](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107305)

### **Communities for Health: unlocking the energy within communities to improve health**

This report covers community activities in over 80 local authorities aimed at encouraging behaviour change and strengthening local partnerships to tackle a wide range of key health priorities, some of which are relevant to children, young people and families.

DH report: [http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_107321.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_107321.pdf)

More information about the programme on the I&DeA website:

<http://www.idea.gov.uk/idk/core/page.do?pageId=14205840>

### **Health Act 2009**

This Act has received Royal Assent. More information about the Act is on the DH website.

[http://www.dh.gov.uk/en/News/Recentstories/DH\\_108443](http://www.dh.gov.uk/en/News/Recentstories/DH_108443)

## **Reports**

### **Further learning from the Children's National Service Framework Development Initiatives Programme and its dissemination during 2008-2009**

In 2005/6 and 2006/7 £2.5m was made available from the Department of Health's CAMHS Grant to stimulate initiatives addressing priorities for Standard 9 of the Children's National Service Framework (2004) which focused on mental health and emotional well-being.

19 NSF Development Initiatives were funded and their work and findings have been documented in a report called *Right Time, Right Place* (January 2008).

All the projects were required to submit an evaluation of their findings to add to the CAMHS evidence base. By January 2008 three evaluations remained incomplete. North Yorkshire's final evaluation on the Solihull Approach is included in this report as is a further interim report from Bexley, about involvement of young service users in service redesign. Bexley's final report and also the Wirral's is due by the end of 2009. This will ultimately complete the full evaluation cycle of the *Right Time, Right Place* project analysis.

In the meantime, included in this report is a further full-scale independent evaluation from Islington of its Adolescent Multi-Agency Support service, aiming to inform local strategic partnerships of the feasibility of long term funding of a Multi-Systemic Therapy type approach. This report could be of national significance. This report also documents work undertaken as part of a dissemination programme during 2008-9.

The link for the report is: <http://www.cypf.org.uk/silo/files/nsf-initiative-projects-final-report.pdf>

The link to the NSF Development Initiatives Programme is: <http://www.cypf.org.uk/camhs/right-time-right-place--childrens-nsf-initiatives--development-projects.html>

Further information available from [Linda.massie@dh.gsi.gov.uk](mailto:Linda.massie@dh.gsi.gov.uk)

### **Care leavers with mental health problems**

This research from NFER examine the extent to which recent developments have improved outcomes for young people leaving care, particularly those with mental health difficulties

[http://www.nfer.ac.uk/nfer/publications/LAT01/LAT01\\_home.cfm?publicationID=321&title=Provision%20of%20mental%20health%20services%20for%20care%20leavers:%20transition%20to%20adult%20services](http://www.nfer.ac.uk/nfer/publications/LAT01/LAT01_home.cfm?publicationID=321&title=Provision%20of%20mental%20health%20services%20for%20care%20leavers:%20transition%20to%20adult%20services)

### **Girls Attitudes**

Girlguiding UK's study of the views and opinions of girls aged 7-21 across the UK.

<http://girlsattitudes.girlguiding.org.uk/home.aspx>

### **When Couples Part: Understanding the Consequences for Adults and Children**

This international literature review from One Plus One, looks at the consequences of couple relationship breakdown for adults and children.

<http://www.oneplusone.org.uk/publications/whencouplespartexecutivesummary.pdf>

### **Time trends in parenting and Outcomes for Young people**

This briefing from the Nuffield Foundation looks at whether changes in parenting can explain time trends in young people's problem behaviour. The study did not find that there was a decline in parenting over recent decades. There was Evidence that parent's mental health has declined more in disadvantaged groups

[http://www.nuffieldfoundation.org/fileLibrary/pdf/Nuffield\\_CAP\\_web\\_final.pdf](http://www.nuffieldfoundation.org/fileLibrary/pdf/Nuffield_CAP_web_final.pdf)

### **Early Home Learning Matters: A Good Practice Guide**

This book is aimed anyone seeking to develop early years services and strengthen early learning at home. It looks at why it is important to engage and work with parents. It also covers developmental issues, and how a good home learning environment can support child development. Plus, it looks at the different models and approaches that are available, and how to put it into practice.

<http://www.familyandparenting.org/item/publication/71/1>

### **Mental Health and the Economic Downturn: National Priorities and NHS Solutions**

Report from Royal College of Psychiatrists, Mental Health Network, NHS Confederation & London School of Economics and Political Science. The report is based on a 1-day meeting that explored the impact the downturn was having on mental health as well as where some of the solutions may lie for those working at a local and national level in service provision and policy.

[http://www.lse.ac.uk/collections/PSSRU/pdf/mental\\_health\\_downturn121109.pdf](http://www.lse.ac.uk/collections/PSSRU/pdf/mental_health_downturn121109.pdf)

## **Building Character**

Report from Demos investigates how parenting style influences the development of character in the early years. Using a typology that measures four different parenting styles – tough love, laissez-faire, authoritarian and disengaged - they found that 'tough love' children are more than twice as likely to display strong character capability in the early years than those with 'disengaged' parents'.

<http://www.demos.co.uk/publications/parenting>

## **Resources**

### **Improving Access to CAMHS**

A range of case studies and implementation tools is now available to supplement the good practice guide that was published earlier this year.

Case Studies: <http://www.cypf.org.uk/camhs/improving-access-to-camhs/improving-access--case-studies.html>

Implementation Tools: <http://www.cypf.org.uk/camhs/improving-access-to-camhs/improving-access--implementation-tools.html>

### **Promoting Mental Health and Psychological Wellbeing in Children and Young People with Learning Disabilities**

The conference handbook, and presentations can be download from the link below.

<http://www.cypf.org.uk/camhs/ncss-conferences/promoting-mental-health-and-psychological-wellbeing-in-children--young-people-with-learning-disabilities.html>

### **Working Together to Improve Age Appropriate Services for Under 18s Conference**

The conference handbook, and presentations can be download from the link below.

<http://www.cypf.org.uk/camhs/ncss-conferences/improving-age-appropriate-accommodation.html>

### **Consent Flowcharts for Treatment and Admission for Under 16s, and 16-17s**

These flow charts summarise the issues that practitioners will need to consider when determining the legal authority to admit and/or treat a child under 16 years of age, and young people aged.

Each document is available in different colours/black and white to help print out the flowcharts.

Under 16 Flowchart - <http://www.cypf.org.uk/silo/files/nmhdu-flowchart-under16.pdf>

16-17 Flowchart - <http://www.cypf.org.uk/silo/files/nmhdu-flowchart-1617-yrs.pdf>

### **Uthink Schools Pack**

Rethink's new mental health resource pack for staff working in contains a range of information sheets for both school staff and young people. The pack has been written by Cathy Street and is based on ideas and feedback from young people Rethink is working with on the Uthink Programme.

For further information about the programmes Rethink runs for young people, please contact

[cathy.street@rethink.org](mailto:cathy.street@rethink.org) or the [innovationteam@rethink.org](mailto:innovationteam@rethink.org)

Link to Schools Pack: <http://www.rethink.org/document.rm?id=9620>

Rethink's Young people Pages: [http://www.rethink.org/young\\_people/index.html](http://www.rethink.org/young_people/index.html)

### **Depression and Low Mood**

New section on the Youth Health Talk website, which focuses on young people's experiences of depression and low mood.

[http://www.youthhealthtalk.org/Young\\_people\\_depression\\_and\\_low\\_mood/](http://www.youthhealthtalk.org/Young_people_depression_and_low_mood/)

### **Keeping your Cool**

Booklet from NSPCC, which gives parents advice and tips on how to deal with stress and keep their cool.

[http://www.nspcc.org.uk/Inform/publications/Downloads/keepingyourcool\\_wdf48060.pdf](http://www.nspcc.org.uk/Inform/publications/Downloads/keepingyourcool_wdf48060.pdf)

### **Outcomes Based Accountability Toolkit**

Outcomes based toolkit from C4EO. The toolkit contains a range of audit tools, templates and examples of outcomes based practice.

<http://www.c4eo.org.uk/obatoolkit/needtologin.aspx>

### **How Healthy are Children and Young People in England**

The Association of Public Health Observatories (APHO) collected information and statistics to see how children and young people's health varied according to the area they live in as well as other factors, like poverty. The research compares the health of children and young people living in different parts of England with those living in other European countries.

<http://www.apho.org.uk/resource/view.aspx?RID=39370#>

### **NHS Performance Rating**

Care Quality Commission Annual NHS Performance Rating 2008/9

[http://www.cqc.org.uk/newsandevents/newsstories.cfm?cit\\_id=35454&FAArea1=customWidgets.content\\_view\\_1&usecache=false](http://www.cqc.org.uk/newsandevents/newsstories.cfm?cit_id=35454&FAArea1=customWidgets.content_view_1&usecache=false)

### **My Kind of Future**

The Foundation for People with Learning Disabilities has published a new workbook today for young people with learning disabilities to help them plan their future after school or college, as well as an information booklet for their parents

<http://www.learningdisabilities.org.uk/media/news-releases/news-releases-2009/6-october-2009/>

### **The Pregnancy Book: 2009**

This revised Department of Health book will be given free to expectant mothers and parents in England.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107302](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107302)

### **Birth to Five**

This revised Department of Health book will be given free to all parents in England.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_107303](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107303)

## **Research**

### **Systematic Review of Studies Validating the Edinburgh Post Natal Depression Scale in Antepartum and Postpartum Women**

Paper from *Acta Psychiatrica Scandinavica*, looks at systematically reviewed published evidence on the validity of the EPDS on detecting postpartum depression and antepartum depression (APD).

<http://www3.interscience.wiley.com/cgi-bin/fulltext/122230000/PDFSTART>

### **Associations between childhood bereavement and children's background, experiences and outcomes**

This study explores the background characteristics, experiences and outcomes of bereaved

children and young people using data from the 2004 *Mental Health of Children and Young People in Great Britain* study. They examine the differences between children who had experienced the death of a parent or sibling, those who had experienced the death of a friend, and those who had experienced neither.

[http://www.childhoodbereavementnetwork.org.uk/policyPractice\\_research.htm](http://www.childhoodbereavementnetwork.org.uk/policyPractice_research.htm)

### **Everynight You Cry: the Realities of Having a Parent in Prison**

This study from Barnardo's is based on interviews with 15 women whose children have a father in prison, and 11 of their children.

[http://www.barnardos.org.uk/191009\\_every\\_night\\_you\\_cry.pdf](http://www.barnardos.org.uk/191009_every_night_you_cry.pdf)

### **Adolescent's Understanding Mental Health Problems: Conceptual Confusion**

This paper reports on research into adolescents' mental health literacy, focusing on their ability to recognise two diagnosable mental illnesses and three mental health problems associated with loss.

<http://pierprofessional.metapress.com/content/hm52751m5114r2gk/fulltext.pdf>

### **Budget Holding Lead Professionals Pilots in Multi-Agency Children's Services in England: National Evaluation**

DCSF funded research Sixteen BHLF pilots were established across England in 2006, to allow lead professionals (LPs) working with children and young people with additional needs to hold budgets and commission services tailored to each child's needs. The national evaluation, including a cost effectiveness study, was conducted between 2006 and 2008 by Newcastle University.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR143.pdf>

### **Parental psychopathology and socio-economic position predict adolescent offspring's mental health independently and do not interact. The TRAILS Study.**

This paper in the *Journal of Epidemiology and Community Health*, investigated whether the associations between parental loading as assessed by lifetime psychopathology and offspring internalising and externalising problems were moderated by family socio-economic position (SEP).

The abstract can be freely downloaded from the following link:

<http://jech.bmj.com/cgi/content/abstract/jech.2009.092569v1>

### **Smoking In Pregnancy And Disruptive Behaviour In 3-Year Old Boys And Girls: An Analysis Of The UK Millennium Cohort Study**

This paper in the *Journal of Epidemiology and Community Health*, analysed associations between self-reported smoking in pregnancy and maternal reports of externalising behaviour in more than 13,000 3-year old boys and girls in the UK Millennium Cohort Study.

The abstract can be freely downloaded from the following link:

<http://jech.bmj.com/cgi/content/abstract/jech.2009.089334v1>

### **User and Carer Views of CAMHS Intensive Home Treatment Service in Bradford**

This paper in *Practice Development in Healthcare*, reports the views of young people and their families who used an innovative, intensive home-based child and adolescent mental health service.

The abstract can be freely downloaded from the following link:

<http://www3.interscience.wiley.com/journal/122665974/abstract>

## **Teenage pregnancy and social disadvantage: systematic review integrating controlled trials and qualitative studies**

This paper in the BMJ is a systematic review of interventions for early parenthood and a thematic synthesis of qualitative studies that investigated the views on early parenthood of young people living in the UK. Three main themes associated with early parenthood emerged from the qualitative studies: dislike of school; poor material circumstances and unhappy childhood; and low expectations for the future.

[http://www.bmj.com/cgi/content/full/339/nov12\\_1/b4254](http://www.bmj.com/cgi/content/full/339/nov12_1/b4254)

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.