

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

November/December 2008

This update summarises the latest additions to the Mental Health and Psychological Well-Being section of the CSIP 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."

£4.5 Million for Young Inspector Service

The Young Inspector service will be piloted in up to 36 Local Authorities across the country. Around 30 young people in each Local Authority, drawn from the most disadvantaged neighbourhoods, will be trained to assess the quality of their local youth services.
http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0257

New Law To Strengthen Children's Trust Boards – Improved Accountability For Child Safety Plans

Government will introduce new legislation to ensure that multi-agency Children's Trust Boards are operating in every local authority area.
http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0261

Government Plans To Increase Support For Families At Risk And Action To Tackle Youth Crime In Priority Areas

Ed Balls Secretary of State for Children Schools and Families today announced £22m for Family Intervention Projects and a 'Think Family' approach across England to help more families at risk.
http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0268

New Legislation Will Drive Up School Standards, Promote The Well-Being Of All Children And Introduce Demand-Led Adult Skills System

The Government announce new legislation to improve the lives of children and families, drive up standards in schools and to make the education and training system for young people and adults more responsive and flexible.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0272

Statement On Safeguarding Of Children – Ed Balls

Secretary of State for Children, Schools and Families Ed Balls statement regarding the death of Baby P.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0271

Innovative New Advertising Campaign To Highlight The Risks Of Taking Cocaine

New campaign that shows the dangers of cocaine use has been unveiled by the Government.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0273

Balls Announces New Action and Investment of £38 Million for Children with Special Educational Needs

Children's Secretary Ed Balls today announced an investigation to tackle poor information to parents of children with special educational needs, the failure of some Local Authorities to comply with their SEN duties and lack of transparency in the SEN system following interim findings from SEN expert Brian Lamb's review of parental confidence in special education needs provision. Also, announced is a package of measures, including a £31m scheme to raise expectations and outcomes for children with SEN and help them fulfil their potential.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0281

MyCare

The Mental Health Foundation's research project MyCare, which is about young carers of parents with a mental illness, is looking for professionals from both CAMHS and AMHS to complete an online survey. More information can be found on their website.

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

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>

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>

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.cypf.co.uk/2008brochure.pdf>

Policy and Government Reports

Children and Young People in Mind: The Final Report of the National CAMHS Review

The CAMHS Review sets out a clear vision for how children's services and child and adolescent mental health services can be improved to more effectively address the mental health needs of children and young people. The report set out a number of recommendations, which Government have responded to in a separate document.

<http://www.dcsf.gov.uk/CAMHSreview/downloads/CAMHSReview-Bookmark.pdf>

Government Response to the CAMHS Review

<http://www.dcsf.gov.uk/CAMHSreview/downloads/ResponsetoChildrenandYoungPeopleinMind.pdf>

Commissioning Early Intervention Services: Guidance for Commissioners on the Requirements of PSA 12, Indicator 4, 4th Proxy Measure.

This guidance from DCSF aims to enable LAs and PCTs to assess their progress in meeting the requirements of PSA 12/indicator 4/proxy measure 4.

<http://www.csip.org.uk/silo/files/early-intervention-services-4th-proxy-measure.doc>

Children and Young People's Act

This Act received Royal Assent on 13 November 2008. The purpose of the Act is to reform the statutory framework for the care system in England and Wales by implementing the proposals in the White Paper, Care Matters that require primary legislation.

<http://www.opsi.gov.uk/acts/acts2008a>

Children's Services: CAMHS Contribution to Area Based Grant 2009-10 and 2010-11

This Local Authority Social Services Letter sets out funding to contribute to the Area Based Grant to improve CAMHS.

http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Localauthoritiesocialservicesletters/DH_091106

Haringey Joint Area Review

This Special Joint Area Review was commissioned following the death of baby P.

<http://www.dcsf.gov.uk/haringeyreview/>

Indicators of a Schools Contribution to Wellbeing

DCSF and Ofsted are consulting on the development of strong school-level indicators to improve the information available to schools to help them assess the well-being issues their pupils face and to evaluate the school's contribution to promoting pupil well-being.

Consultation closes 16th January.

<http://www.ofsted.gov.uk/Ofsted-home/Publications-and-research/Browse-all-by/Documents-by-type/Consultations/Indicators-of-a-school-s-contribution-to-well-being>

21st Century Schools: A World Class Education for Every Child

Schools Secretary Ed Balls and Schools Minister Jim Knight unveiled a vision for the 21st Century School, which will focus on every child and be at the heart of the community. They also revealed more details of the School Report Card, which will give parents a clearer picture of school performance.

<http://publications.dcsf.gov.uk/eOrderingDownload/01044-2008DOM-EN.pdf>

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0278

The NHS in England: The Operating Framework for 2009/10

This document outlines the priority areas for the NHS over the coming year. For the next year children is a priority area. The document states that PCTS will want to review the transparency of their service offer in line with the Child Health Strategy, and local priorities. These may include: reviewing and evaluating the effectiveness of Child and Adolescent Mental Health Services to ensure that vulnerable children have swift and easy access to services.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_091445

2020 Children and Young People's Workforce Strategy

Document sets out a vision for 2020 in which everyone who works with children and young people is: ambitious for every child and young person, excellent in their practice, committed to partnership and integrated working, and respected and valued as professionals.

<http://publications.dcsf.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=DCSF-01052-2008>

The Children Plan: One Year On.

This report reviews progress made following the publication of The Children's Plan.

<http://www.dcsf.gov.uk/oneyearon/>

Independent Review of Restraint in Juvenile Secure Settings

This document reviews restraint across the young people's secure estate, Young Offender Institutions and Secure Children's Homes.

<http://www.justice.gov.uk/docs/restraint-review.pdf>

Government's response to the Independent Review of Restraint in Juvenile Secure Settings

<http://www.justice.gov.uk/publications/govt-response-restraint-review.htm>

Department of Health Autumn Performance Report 2008

This is the DH's first report on progress of its Comprehensive Spending Review 2007 Public Service Agreement (PSA) and Departmental Strategic Objectives (DSO) commitments.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_091854

Reports

How Fathers can be better Recognised and Supported through DCSF Policy

This report commissioned by the DCSF looks at how their policies affect father's engagement with family services for children and young people in England.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RB040.pdf>

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR040.pdf>

Evaluation of the Youth Inclusion Project – Phase 2

This booklet summarises the evaluation findings of Phase 2 of the programme, which ran from April 2003 to April 2006. The evaluation sought to describe the programme's operation and measure its success in meeting its targets.

<http://www.yjb.gov.uk/publications/Scripts/prodView.asp?idproduct=379&eP=>

Heads Up: Mental Health of Children and Young People

This report from New Philanthropy Capital looks at how charities are helping children and young people with mental health problems.

http://www.philanthropycapital.org/research/research_reports/health/child_mental_health.aspx

Count Me In 2008

Results of the 2008 national census of inpatients in mental health and learning disability services in England and Wales

http://www.healthcarecommission.org.uk/db/documents/Count_me_in_census_2008_Results_of_the_national_census_of_inpatients_in_mental_health_and_learning_disability_services.pdf

Making Mental Health Matter

This report from 11 Million considers some of the key areas of concern in relation to the level and quality of care and support given to children and young people with mental health problems in England.

<http://www.11million.org.uk/resource/11617jz4m6k661zme10w4s65.pdf>

C4EO - Early Years Scoping papers

Initial scoping papers for one of C4EO's priority areas.

<http://www.c4eo.org.uk/themes/earlyyears/default.aspx>

State of Healthcare 2008

Health Care Commission report on the state of Healthcare in England and Wales.

http://www.healthcarecommission.org.uk/db/documents/State_of_Healthcare_2008.pdf

Resources

World Class Commissioning: Improving Children's Emotional Health and Psychology Well-Being

This article by Julie Moss, CAMHS RDW North West, describes the eleven World Class Commissioning competencies and how they relate to improving children's emotional health and psychological well-being.

<http://www.cypf.csip.org.uk/silo/files/wcc-camhs-paper.pdf>

Managing the Transition from Psychiatric In-Patient Care: Toolkit

This toolkit by Sheree Kane, NCB, aims to identify the issues and needs of young people in these settings and to improve transitional planning.

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

Anti-bullying: Guidance for Schools

New guidance for school, from the National Healthy Schools Standard, in partnership with 11 Million, and the Anti-Bullying Alliance.

<http://www.11million.org.uk/resource/dusr9muhlfqsqh72e81mnwe.pdf>

Troubled Minds

This is a series of short animations narrated by young people who have suffered from a range of mental health difficulties. They were screened on Teachers TV, but can also be downloaded from the website. The film covers eating disorders, obsessive compulsive disorder, Asperger's syndrome and self-harm.

<http://www.teachers.tv/video/29886>

What is a Children's Trust?

This leaflet sets out what Children's Trusts are, what they do, and the role the NHS has to play in them.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_090464

CBT Register

Register of CBT therapists in the UK who are all accredited by the BABCP and the AREBT.

<http://cbtregisteruk.com/arebt/>

National Academy for Parenting Practitioners

The Academy has just launched its new Commissioning Tool for Parenting Programmes.

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

Leaflets in British Sign Language

Many of the Royal College of Psychiatrist's leaflets for young people have been translated into BSL.

<http://www.rcpsych.ac.uk/mentalhealthinfo/mentalhealthandgrowingup.aspx>

New GALYIC website

The Gay and Lesbian Youth in Calderdale (GALYIC) have launched their new website. It is aimed primarily at lesbian, gay, bisexual, and transgender young people and those who are questioning their sexual or gender orientation (LGBTQ) but there is also information for parents and professionals who work with young people.

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

ChiMat launches Needs Assessment Toolkit

The needs assessment toolkit will support you in undertaking needs assessments as part of both Children's and Young People's Plans and Joint Strategic Needs Assessment. The tools provide appropriate evidence-based information on prevalence, incidence and risk factors affecting children's health and the provision of health care services.

The following modules are now available:

- Child and Adolescent Mental Health Services (CAMHS)
- Children and young people with disabilities.

<http://www.apho.org.uk/resource/view.aspx?QN=CHMT2>

What Works Well

This database of case-led studies to help teachers improve teaching and learning in their classrooms

<http://whatworkswell.standards.dcsf.gov.uk/>

Research

Tier 4 CAMHS – Inpatient Care, Day Services and Alternatives: An Overview of Tier 4 CAMHS Provision in the UK

This paper focuses on the range of tier 4 services that are available for children and young people. The services covered ranged from inpatient services to case management approaches e.g. assertive outreach. The authors conclude by saying that a national Tier 4 CAMHS strategy is long overdue, and that the evidence points to a 'mixed economy' of both inpatient provision, and complimentary home based and community outreach services.

Dougall, Tim et al. Child and Adolescent Mental Health, 2008, V 13 (4), pp. 173-180.

<http://www3.interscience.wiley.com/journal/120174989/abstract>

Beyond Parent Training: Predictors of Clinical Status and Service Use Two to Three Years After Scallywags

Scallywags is an early intervention programme based in Cornwall that works with young children and their parents. This study follows up some of the people who completed the programme, and looks at their subsequent health, special education and social service use, and describes their current status.

Frampton, I. et al. Clinical Child Psychology and Psychiatry, 2008, V13 (4), pp. 593-608.

<http://ccp.sagepub.com/cgi/content/abstract/13/4/593>

Understanding Self-Harm and Suicide Websites: A Qualitative Interview Study of Young Adult Website Users

This small study opens up the debate about self-harm, suicide and tries to understand the perspective of the people who use these sites. They identified three main themes: empathetic understanding, communities, and a way of coping. The researchers discuss each of these themes and the relative positives and negatives associated with them.

Baker, Darren & Fortune, Sarah. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 2008, V 29(3), pp. 118-122

<http://www.psycontent.com/content/jr16q32w05vr6522/?p=2a0b27c101a742cb9956a0a7338a7f67&pi=1>

Met and Unmet Need in Youth Mental Health

This study is based on referrals to an Australian service called ORYGEN, which is a public health mental health service for young people aged 15-24 year. They aimed to find out the extent of the met and unmet need in young people by assessing referrals.

Cosgrave, E. E al. *Journal of Mental Health*, 2008, V17 (6), pp. 618-628

<http://www.informaworld.com/smpp/content~content=a784717000~db=all~order=page>

Primary Social and Emotional Aspects of Learning (SEAL): Evaluation of Small Group Work

This report by Neil Humphrey and colleagues, focuses on Wave 2 of SEAL, which involves small group interventions for children who are thought to require additional support to develop their social and emotional skills.

<http://www.dcsf.gov.uk/research/data/uploadfiles/DCSF-RR064.pdf>

Targeted youth support: Rapid Evidence Assessment of effective early interventions for youth at risk of future poor outcomes

This report, which was carried out by the EPPI Centre, was commissioned by the Department for Children, Schools and Families (DCSF) to explore what works for young people in relation to the outcomes prioritised by the TYS initiative.

<http://eppi.ioe.ac.uk/cms/Default.aspx?tabid=2417&language=en-US>

Targeted Mental Health in Schools Project: Using the Evidence to Inform Your Approach: A Practical Guide for Headteachers and Commissioners

This document summarises existing knowledge about effective interventions to help children with mental health problems. It also offers a framework for using this evidence in a local context which builds on local strengths and knowledge.

<http://publications.teachernet.gov.uk/eOrderingDownload/00784-2008BKT-EN.pdf>

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