National CAMHS Support Service

YOUNGMINDS
The voice for young people's mental health and wellbeing

www.youngminds.org.uk

ChiMat
Child and Maternal Health Observatory

www.chimat.org.uk

Children's Mental Health and Psychological Well-Being eBulletin

October - November 2010

This monthly bulletin is a collaboration between the National CAMHS Support Service (NCSS), YoungMinds and ChiMat and aims to provide high quality and up to date information on children's psychological and emotional wellbeing and mental health. It summarises the latest additions to the Mental Health and Psychological Well-Being Knowledge Hub on the ChiMat website over the last month.

This email includes a summary and link to each resource below.

Elsewhere on ChiMat

- eBulletins
- Tools and data
- Knowledge hub
- Calendar of events
- Mental health and psychological well-being
- Safeguarding
- Workforce

NCSS News

Conference handbook and presentations now available - 'No decision about me without me': a NCSS participation conference

Download the conference handbook and presentations from our October conference providing examples of local and regional developments in participation which will help you build quality and innovation into your local services.
http://www.chimat.org.uk/default.aspx?QN=NCSS_OCT2010&src=KU

No decision about me without me

This is a participatory film by young people that explores the benefits of participation for CAMHS and young people. (This links to a video on YouTube.)
http://www.chimat.org.uk/resource/view.aspx?RID=99545&src=NCSS

Working within child and adolescent inpatient services: online e-learning resource

This e-learning resource is based on the key concepts from each section of 'Working within child and adolescent mental health inpatient services - A Practitioners Handbook' and is designed to provide those working in generic in-patient child and adolescent mental health services with a unique and interactive learning experience which recognises the complexity and demanding nature of the role of those working in such environments.
http://www.chimat.org.uk/resource/item.aspx?RID=99552&src=NCSS

Date for Your Diaries

Save the date: March 2ND 2011, Westminster Central Hall. National CAMHS conference jointly promoted by Young Minds, NCB, NCSS.

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NCSS Publications

Tackling stigma: a practical toolkit

This online resource brings together guidance, best practice examples, case studies, resources and literature to help tackle the stigma associated with children's and young people's mental health. It is an important resource for professionals, partnerships and organisations that commission and provide children's and young people's mental health services. Also available to download as a pdf.
http://www.chimat.org.uk/resource/view.aspx?RID=98106&src=NCSS

In the news

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Young Minds: Young black women more at risk of self-harm

A research study from Manchester and Oxford universities, suggests that young black women are more likely to self-harm than people from other ethnic groups and calls for self-harm services to become more "culturally sensitive".
http://www.chimat.org.uk/resource/view.aspx?RID=95353&src=NCSS

Young Minds: Transition services need to support young adults better

This report, published by the Young People in Focus, a member of the Transition into Adulthood Alliance, found that young adults were at risk of falling through the gap between child and adult services because they were not yet socially or developmentally ready to cope alone.
http://www.chimat.org.uk/resource/view.aspx?RID=95355&src=NCSS

NHS Choices: ADHD genes only part of the story

BBC News reported last week that the first direct evidence of a genetic link to attention deficit hyperactivity disorder had been found. This "Behind the headlines" report examines the evidence behind this article.
http://www.chimat.org.uk/resource/view.aspx?RID=96955&src=NCSS

Hands On Scotland: new section for parents and workers on how to help children flourish!

Hands On Scotland is an established, well-used website which helps frontline workers make a difference to children and young people's lives by teaching them how to: build confidence; encourage gratitude; promote optimism; nurture good relationships; foster a sense of purpose; develop emotional balance…and much more! It has launched a new portal on how to help children and young people flourish. This was developed to fulfil Commitment 1 of the Scottish Government's policy and action plan: Towards a Mentally Flourishing Scotland (2009).
http://www.chimat.org.uk/resource/view.aspx?RID=95676&src=NCSS

NT: Hyperkinetic disorders increasing in children

The numbers of children and adolescents with hyperkinetic disorders is on the increase, according to German researchers.
http://www.chimat.org.uk/resource/view.aspx?RID=97104&src=NCSS

CYPN: Serious safeguarding incidents of young offenders revealed

Figures obtained by CYP Now through freedom of information requests to the Youth Justice Board (YJB), show that last year there were 93 deaths, suicides or attempted suicides among 10to 17-year-olds under youth offending team (YOT) supervision compared to just nine in 2006.
http://www.chimat.org.uk/resource/view.aspx?RID=97265&src=NCSS

CYPN: Teenage patients let down by gap in mental health care provision

Poor planning is causing young people with mental health problems to miss out on adult mental health support when they leave the care of child mental health services, according to a study.
http://www.chimat.org.uk/resource/view.aspx?RID=97314&src=NCSS

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HSJ: Eating disorders in children rise by 11%
The number of children admitted to hospital due to eating disorders has risen by 11% in the past year, according to the NHS.
http://www.chimat.org.uk/resource/view.aspx?RID=97316&src=NCSS

CYPN: Youth Justice Board is abolished
The Ministry of Justice has announced that the Youth Justice Board will be abolished as part of the government's bid to reduce the number of QANGOs.
http://www.chimat.org.uk/resource/view.aspx?RID=97537&src=NCSS

BBC: Violent images 'boost aggression'
Repeated viewing of violent scenes in films, television or video games could make teenagers behave more aggressively, US research suggests.
http://www.chimat.org.uk/resource/view.aspx?RID=97624&src=NCSS

YM: Healthcare professionals have inadequate training in self-harm
Research carried out by mental health specialists at the University of Nottingham found that healthcare professionals do not receive enough training in self-harm help; this could lead to negative attitudes and inadequate care for people who self-harm.
http://www.chimat.org.uk/resource/view.aspx?RID=96644&src=NCSS

BBC: Parent power
Helping children through eating disorders
http://www.chimat.org.uk/resource/view.aspx?RID=97875&src=NCSS

HearUs
Cafcass Young People's Board have produced a newsletter for children and young people.
http://www.chimat.org.uk/resource/view.aspx?RID=97881&src=NCSS

BBC: Young people feel 'isolated' in their community
More than a third of young people in the UK aged 16 to 24 do not feel part of their local community, research by the Prince's Trust suggests.
http://www.chimat.org.uk/resource/view.aspx?RID=98088&src=NCSS

DH: More help for disadvantaged families
Twice as many disadvantaged families and new mums and dads will get help from a programme which provides intensive support and home visits from early pregnancy until a child is two years old, Secretary of State for Health, Andrew Lansley today (28 Oct 2010) announced. So far, around 6,000 families in England have benefitted from Family Nurse Partnerships. The Government is committed to doubling that number by 2015. This follows the Government’s announcement last week to recruit an additional 4,200 health visitors over the same period to ensure all families receive the support they need.
http://www.chimat.org.uk/resource/view.aspx?RID=98092&src=NCSS

Guides and practice

MARZIPAN: management of really sick patients with anorexia nervosa
The Management of Really Sick Patients with Anorexia Nervosa (MARSIPAN) working group arose out of concerns that a number of patients with severe anorexia nervosa were being admitted to general medical units and sometimes deteriorating and dying on those units because of psychiatric problems, such as non-adherence to nutritional treatment, and medical complications, such as re-feeding syndrome. Sometimes overzealous application of National Institute for Health and Clinical Excellence (NICE) guidelines led to death from underfeeding syndrome. It seems there are also worrying variations in practice.
http://www.chimat.org.uk/resource/view.aspx?RID=97416&src=NCSS

NICE Looked-after children and young people: Promoting the quality of life of looked-after children and young people
The guidance is for all those who have a role in promoting the quality of life (that is, the physical health, and social, educational and emotional wellbeing) of looked-after children and young people. This includes directors

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of children's services, directors of public health, people who commission and provide health and social care services, social workers, carers (including foster carers), healthcare workers, staff in independent and voluntary agencies, schools, colleges and universities, and organisations that train professionals and inspect services.
http://www.chimat.org.uk/resource/view.aspx?RID=97631&src=NCSS

Good commissioning: principles and practice

This document introduces the essential characteristics of good commissioning in children's services.
http://www.chimat.org.uk/resource/view.aspx?RID=96661&src=NCSS

Using the Skills for Health Core Functions in CAMHS: a case study review of 3 pilot sites

This report presents a review of a national pilot project on the implementation of the published Core Functions in Child and Adolescent Mental Health Services (CAMHS) jointly developed by Skills for Health and the NCSS National Workforce Programme. The Core Functions were developed in response to service requests and are intended to assist CAMHS to articulate the key functional requirements of all workers in the service.
http://www.chimat.org.uk/resource/view.aspx?RID=96672&src=NCSS

Quick step guide to using core functions for CAMHS Tier 3 and 4

This guide provides a synthesis of the learning obtained from respondents to the evaluation report of three pilot project sites using the Skills for Health Core Functions.
http://www.chimat.org.uk/resource/view.aspx?RID=96673&src=NCSS

Information for higher education institutions on helping students with personality disorder or personality difficulties

This paper is intended for heads of student support services, student counselling service managers, mental health co-ordinators, disability support teams, hall managers, wardens, heads of academic departments and academics. It has been written in order to help Higher Education Institutions (HEIs) deal appropriately and helpfully with students who can be described as having significant personality difficulties or who have a diagnosis of personality disorder.
http://www.chimat.org.uk/resource/view.aspx?RID=98051&src=NCSS

Tackling stigma: a practical toolkit

This online resource brings together guidance, best practice examples, case studies, resources and literature to help tackle the stigma associated with children's and young people's mental health. It is an important resource for professionals, partnerships and organisations who commission and provide children's and young people's mental health services. Also available to download as a pdf.
http://www.chimat.org.uk/resource/view.aspx?RID=98106&src=NCSS

Reports

We got it going! Back on track2: building collaborative partnerships between further education and early intervention in psychosis services: final project report

This report describes the methods, findings and limitations of a project entitled Back on Track 2. The project was designed to help translate the Learning and Skills Council Mental Health Strategy into practice. It tested out nationally an approach to collaborative working for Early Intervention in Psychosis. The report concludes with recommendations to support collaborative working between young people's mental health services and Further Education (FE) colleges to improve learning and skills and employment outcomes for young people with mental health difficulties, mental health services and FE colleges to support young people, whose education had been disrupted by mental health difficulties, to get their lives 'back on track'.
http://www.chimat.org.uk/resource/item.aspx?RID=98547&scr=NCSS

How to guide: a step-by-step guide to developing and making a success of your Back on Track 2 partnership

This How to Guide will allow developing partnerships between Mental Health and Further Education providers to assess the extent to which they are already achieving the aims of the model, and then action plan and prioritise for further development.
http://www.chimat.org.uk/resource/item.aspx?RID=98549&scr=NCSS

GP Commissioning (NHS Evidence - Commissioning)

This page aims to bring together all the latest information on GP commissioning, as laid out in the Department of Health White Paper Equity and excellence: liberating the NHS. It consists mostly of reports, resources and news stories as no specific guidance documents have been issued yet. It also includes an RSS feed to keep you

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informed of the latest information on GP commissioning. This feed contains reports, guidance, and a selection of news stories and blogs on the topic. It is updated daily.
http://www.chimat.org.uk/resource/view.aspx?RID=95368&src=NCSS

Safeguarding pressures project

This report found that the numbers of children needing extra support and protection from social workers, health professionals and police continues to rise. Leaders of Children's Services are calling for changes to the system to avert a "perfect storm" of dramatic increases of children in need of protection and support, alongside severe funding cuts to early intervention services that reduce demand.
http://www.chimat.org.uk/resource/view.aspx?RID=96994&src=NCSS

Incidence of maternal and paternal depression in primary care: a cohort study using a primary care database

The aim of the study was to examine incidence, trends, and correlates of parental depression in primary care from 0 to 12 years of child age. They found that overall incidences of depression from the birth of the child up to age 12 years were 7.53 per 100 person-years for mothers and 2.69 per 100 person-years for fathers.
http://www.chimat.org.uk/resource/view.aspx?RID=95647&src=NCSS

State sponsored cruelty: children in immigration detention

This report presents key findings from the UK's first large scale investigation into the harms caused by detaining children for immigration purposes.
http://www.chimat.org.uk/resource/view.aspx?RID=95795&src=NCSS

Being a young carer in rural England: summary report

This research looks at the experiences of young people with caring responsibilities in rural England, the impact of these responsibilities on their lives and the support services they and their families receive. It also offers suggestions to encourage new thinking among practitioners and to provoke innovative, practical solutions for young carers.
http://www.chimat.org.uk/resource/view.aspx?RID=95853&src=NCSS

Assessment of children coming into care: Processes, pitfalls and partnerships

Children in out-of-home care (OOHC) present with high levels of physical, developmental and emotional and behavioural difficulties, yet often fail to receive appropriate services. This article describes a joint health and welfare service specifically developed to provide comprehensive physical, developmental and mental health assessments to a cohort of children entering long-term care in one region of Sydney, New South Wales (NSW), Australia.
http://www.chimat.org.uk/resource/view.aspx?RID=97124&src=NCSS

Perceived parenting and psychological well-being in UK ethnic minority adolescents

Background Warm, caring parenting with appropriate supervision and control is considered to contribute to the best mental health outcomes for young people. The extent, to which this view on 'optimal' parenting and health applies across ethnicities, warrants further attention. This work examined associations between perceived parental care and parental control and psychological well-being among ethnically diverse UK adolescents.
http://www.chimat.org.uk/resource/view.aspx?RID=97176&src=NCSS

The special educational needs and disability review

This review was commissioned to evaluate how well the legislative framework and arrangements served children and young people who had special educational needs and/or disabilities. It considered the early years, compulsory education, education from 16 to 19, and the contribution of social care and health services.
http://www.chimat.org.uk/resource/view.aspx?RID=95901&src=NCSS

Family Action and home-based family support: addressing the needs of the most vulnerable children and families

This report looks at home-based family support, its importance in reaching families with multiple needs, keeping them together safely in the family home and improving outcomes for children and parents. It reflects on good practice and recommendations, includes case studies involving mental health, depressive illness, situations of neglect and abuse and shows how the organisation's model of support can help.
http://www.chimat.org.uk/resource/view.aspx?RID=95979&src=NCSS

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Punishing disadvantage: a profile of children in custody

This report highlights the damaged and disadvantaged backgrounds of the majority of young people in custody and the high proportion of children imprisoned for non-violent and less serious offences. The authors set out to find out who these children were, and why and how they came to be in custody. Their report is based on a census of all children who received custodial sentences or remands in the second half of 2008, approximately 6,000 in total, along with a more detailed examination of the backgrounds of 300 of these children.
http://www.chimat.org.uk/resource/view.aspx?RID=96048&src=NCSS

'State Sponsored Cruelty' - Children in immigration detention

Medical Justice has published its report "'State Sponsored Cruelty': Children in immigration detention", presenting the key findings from the UK's first large scale investigation into the harms caused by detaining children for immigration purposes.
http://www.chimat.org.uk/resource/view.aspx?RID=96138&src=NCSS

The Neglected Role of Adolescent Emotional Well-Being in National Educational Achievement: Bridging the Gap Between Education and Mental Health Policies

Purpose: Although child poverty is recognized as a critical determinant of poor educational achievement in the United States, policy discussions on raising academic achievement rarely include the importance of the effects of poverty on the mental health of adolescents. This article examines the role of adolescent emotional well-being (indicators of depression) as a mediator of the effects of poverty on differences in educational achievement at the national and U.S. state levels.
http://www.chimat.org.uk/resource/view.aspx?RID=96151&src=NCSS

Warrington - Kooth online counselling service for young people

Kooth is an online counselling service for young people, built around a safe, moderated website with links to many statutory and face-to-face services. It is a public-private partnership between Xenzone, a specialist online counselling provider, and Stockport Council. Using Communities for Health funding, Warrington Council introduced the service to the borough.
http://www.chimat.org.uk/resource/view.aspx?RID=96156&src=NCSS

A Review of YOTs and Children's Services' Interaction with Young Offenders and Young People at Risk of Offending

This report presents the findings of a YJB commissioned study to review Children's Services provision for young offenders and young people at risk of offending.
http://www.chimat.org.uk/resource/view.aspx?RID=97281&src=NCSS

No health without public mental health: the case for action

The Royal College of Psychiatrists launched a position statement bringing together evidence to show that mental health must be at the core of the public health agenda. It claims that mental illness is associated with a greater risk of physical illness – and physical illness in turn increases the risk of mental illness. According to the statement, children from the poorest 20 per cent of households are at a threefold greater risk of mental health problems than children from the richest 20 per cent of households. It also makes a case for early intervention as half of all mental illnesses begin by the age of 14 and three-quarters by the mid-20s.
http://www.chimat.org.uk/resource/view.aspx?RID=98023&src=NCSS

Monitoring the use of the Mental Health Act in 2009/10

This is the first report from the Care Quality Commission into the work it does monitoring the use of the Mental Health Act. It covers the period from April 2009 until March 2010.
http://www.chimat.org.uk/resource/view.aspx?RID=98085&src=NCSS

Millennium Cohort study fourth survey: a user's guide to initial findings

The Millennium Cohort Study (MCS) is the fourth national birth cohort study in Britain. It has so far followed up the 'Children of the New Century' four times, and is set to track them through their teenage years and into adulthood.
http://www.chimat.org.uk/resource/view.aspx?RID=98095&src=NCSS

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Research

Trends in adolescent emotional problems in England: a comparison of two national cohorts twenty years apart

Background: Evidence about trends in adolescent emotional problems (depression and anxiety) is inconclusive, because few studies have used comparable measures and samples at different points in time. We compared rates of adolescent emotional problems in two nationally representative English samples of youth 20 years apart using identical symptom screens in each survey.
http://www.chimat.org.uk/resource/view.aspx?RID=96792&src=NCSS

Helping children sleep

Sleep problems in children are very common and affect both the child and parents. This review summarises current non-pharmacological practices and intervention options to aid healthy children sleep. Identifying and managing sleep problems in childhood may improve health, including emotional well-being, in adolescence and adulthood.
http://www.chimat.org.uk/resource/view.aspx?RID=96987&src=NCSS

Depression Annual Evidence Update 2010: Children and adolescents

This section of the Annual Evidence Update contains the best available evidence published on depression in children and adolescents during 2009-2010.
http://www.chimat.org.uk/resource/view.aspx?RID=96992&src=NCSS

Six-Year Follow-up of a Preventive Intervention for Parentally Bereaved Youths: A Randomized Controlled Trial

Objective To evaluate the efficacy of the Family Bereavement Program (FBP) to prevent mental health problems in parentally bereaved youths and their parents 6 years later.
http://www.chimat.org.uk/resource/view.aspx?RID=97023&src=NCSS

A national study of the impact of outpatient mental health services for children in long-term foster care

Despite the tremendous mental health need evidenced by children in foster care and high rates of use of mental health services among children in foster care, little is known about the impact of outpatient mental health services on the behavioral health of this population. This study utilizes data from the National Survey of Child and Adolescent Well-being (NSCAW), the first nationally representative study of child welfare in the United States.
http://www.chimat.org.uk/resource/view.aspx?RID=97122&src=NCSS

The "Spirit of New Orleans": Translating a model of intervention with maltreated children and their families for the Glasgow context

Children in care have higher rates of mental health problems than the general population and placement instability contributes to this. Children are both most vulnerable to the effects of poor quality care and most responsive to treatment in the early weeks and months of life yet, in the UK, permanency decisions are generally not in place until around the age of four...
http://www.chimat.org.uk/resource/view.aspx?RID=97123&src=NCSS

Assessing the Mental Health Needs of Young People Living in State Care Using the Strengths and Difficulties Questionnaire

Abstract: Young people living in the state care system are often reported to experience poorer levels of mental health and wellbeing. Government policy encourages a holistic approach to the assessment of all aspects of health and wellbeing of these young people. The Strengths and Difficulties Questionnaire (SDQ), a mental health screener for young people aged four to 16 years, was administered to a number of young people living in state care and a sample not living in state care as part of the Youth Development Study being undertaken at Queens University Belfast.
http://www.chimat.org.uk/resource/view.aspx?RID=97177&src=NCSS

Cutting to cope – a modern adolescent phenomenon

Background: The frequency of young people cutting themselves appears to be increasing, with one review estimating the current prevalence across the UK to be between 1 in 12 and 1 in 15.
http://www.chimat.org.uk/resource/view.aspx?RID=97178&src=NCSS

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Health care workers' knowledge of current child protection legislation and child discipline practices

The reasonable chastisement of children remains legal despite intensive lobbying by various groups to rule out smacking and despite the physical abuse of children being problematic. All professionals working with children have a duty to safeguard and promote children's welfare. This includes knowledge about child protection legislation and child discipline practices. This study assessed the knowledge of 55 health care professionals working in children's services in one NHS trust in relation to child protection legislation and child discipline practices.
http://www.chimat.org.uk/resource/view.aspx?RID=97179&src=NCSS

Promoting children's emotional wellbeing

Promotion of emotional wellbeing should be a priority integral to all paediatric practice. The emotional environment may determine or merely influence children's needs, but is always relevant.... The abstract for this paper is freely available, but there is a charge for the full-text.
http://www.chimat.org.uk/resource/view.aspx?RID=96143&src=NCSS

How Adolescents Use SMS (Short Message Service) to Micro-Coordinate Contact With Youth Mental Health Outreach Services

Mobile phones play a central role in the lives of young people and are being increasingly recognized as valuable tools in health care. However, there is a paucity of studies exploring the use of mobile phones in youth outreach mental health services. The abstract for this paper is freely available, but there is a charge for the full-text.
http://www.chimat.org.uk/resource/view.aspx?RID=96169&src=NCSS

Effects of a School-based Prevention Program on European Adolescents' Patterns of Alcohol Use

School-based substance abuse prevention programs are widespread but are rarely evaluated in Europe. This paper aimed to evaluate the effect of a new school-based prevention program against substance use on the frequency of alcohol consumption and alcohol-related problem behaviors among European students. The abstract for this paper is freely available, but there is a charge for the full-text.
http://www.chimat.org.uk/resource/view.aspx?RID=96170&src=NCSS

The Impact of Chronic Illness on School-aged Children

Purpose: The purpose of this study was to examine the impact of chronic illness on school-aged children and to identify factors that may be associated with adaptation to having an illness. Up to 20% of children in the United States have a chronic or disabling condition, and because of ongoing improvements in health care, these children are living longer. With a longer life expectancy, it is increasingly important to focus on children's adaptation to illness to help them cope and optimize their psychological well-being. The abstract for this paper is freely available, but there is a charge for the full-text.
http://www.chimat.org.uk/resource/view.aspx?RID=96174&src=NCSS

Family is for life: Connections between childhood family experiences and wellbeing in early adulthood

Key findings of a recent research project published by the Australian Institute of Family Studies suggest that positive development (or "doing well") in young adulthood relies on love, affection and encouragement during childhood, rather than simply the absence of adverse experiences. They also indicate that although young adult survivors of childhood maltreatment may be faring adequately in the social sphere, they are still much more likely than others to suffer from internalising problems such as depression and anxiety.
http://www.chimat.org.uk/resource/view.aspx?RID=96354&src=NCSS

Clinical Utility of the Vanderbilt ADHD Rating Scale for Ruling Out Comorbid Learning Disorders

OBJECTIVE: The goal was to examine the clinical utility of using the Vanderbilt Attention-Deficit/Hyperactivity Disorder (ADHD) Rating Scale (VARS) to determine when to refer children with ADHD for learning disorder (LD) evaluations.
http://www.chimat.org.uk/resource/view.aspx?RID=97285&src=NCSS

Children's Screen Viewing is Related to Psychological Difficulties Irrespective of Physical Activity

OBJECTIVE: Hypothesized that greater screen use would be associated with greater psychological difficulties

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and that children with high levels of screen entertainment use and low levels of physical activity would have the most-negative psychological profiles.
http://www.chimat.org.uk/resource/view.aspx?RID=97286&src=NCSS

Family poverty over the early life course and recurrent adolescent and young adult anxiety and depression

OBJECTIVES: We determined whether exposure to family poverty over a child's early life course predicts adolescent and young adult anxiety and depression.
http://www.chimat.org.uk/resource/view.aspx?RID=97400&src=NCSS

School-based screening for suicide risk: balancing costs and benefits

OBJECTIVES: Examined the effects of a scoring algorithm change on the burden and sensitivity of a screen for adolescent suicide risk.
http://www.chimat.org.uk/resource/view.aspx?RID=97401&src=NCSS

Trust, autonomy and relationships: The help-seeking preferences of young people in secondary level schools in London (UK)

Help-seeking among young people is complicated, often determined vicariously by the ability of adults, family or professionals, to recognize, and respond to, their difficulties. Little is known about the complex concerns of teenage young people and how they impact on help-seeking preferences. This work aimed to ascertain the help-seeking preferences for a range of mental health problems among adolescents attending schools in an inner-city area of London.
http://www.chimat.org.uk/resource/view.aspx?RID=97459&src=NCSS

Self-Injury in Adolescents With Eating Disorders: Correlates and Provider Bias

Self-injurious behavior (SIB) is common among adolescents, and has been shown to be associated with eating disorders (ED). This study examines the prevalence of SIB and SIB screening in adolescents with ED, and associations with binge eating, purging, and diagnosis.
http://www.chimat.org.uk/resource/view.aspx?RID=97460&src=NCSS

On being aware and accepting: A one-year longitudinal study into adolescent well-being

The nature and potential benefit of awareness and experiential acceptance in adolescence remains neglected and understudied. To address this gap in the literature, 776 students (50% female) in Grade 10 completed measures of mindfulness, emotional awareness, and experiential acceptance, as well as measures of major personality traits. To study prospective changes, assessments of emotional well-being were completed across a 1-year interval.
http://www.chimat.org.uk/resource/view.aspx?RID=97461&src=NCSS

Mental health implications of detaining asylum seekers: systematic review

The aim of this review was to investigate the impact of detention on the mental health of adult, child and adolescent immigration detainees. All of the studies identified, reported high levels of mental health problems and found that the negative consequences of detention persisted even after release.
http://www.chimat.org.uk/resource/view.aspx?RID=97685&src=NCSS

Receiving Treatment for Attention-deficit Hyperactivity Disorder: Do the Perspectives of Adolescents Matter?

Purpose: This study describes the perspectives of parents and adolescents regarding clinical need for and attitudes toward care for attention-deficit hyperactivity disorder (ADHD). In addition, it explores as to how these views relate to past year usage of mental health services.
http://www.chimat.org.uk/resource/view.aspx?RID=97747&src=NCSS

Do Depression and Low Self-Esteem Follow Abortion Among Adolescents? Evidence from a National Study

CONTEXT: A 2008 report by the American Psychological Association found no evidence that an induced abortion causes mental health problems in adult women. No conclusions were drawn with respect to adolescents because of a scarcity of evidence.
http://www.chimat.org.uk/resource/view.aspx?RID=96516&src=NCSS

Providing Confidential Care to Teenagers

Despite repeated recommendations to provide confidential health services to teenager boys and girls, few adolescents are getting the confidential care that is needed for the delivery of preventive care and screening for

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problems such as depression and unprotected sexual activity according to new research.
http://www.chimat.org.uk/resource/view.aspx?RID=98071&src=NCSS

Tools and data

The Good Childhood Index

The Children's Society has launched a new index aimed at measuring children and young people's wellbeing. The progress of this two-year research project is presented in the report Understanding children's wellbeing: a national survey of young people's wellbeing. The index covers the main aspects of children's lives, including those identified by children themselves, is statistically robust; and is brief enough to use in a variety of contexts. The aim is to use this index to regularly monitor the well-being of children and young people in England. It is also freely available to others, who may want to gain an overview of children's well-being within a specific group, such as a local area or a school, which can then be compared with population averages.
http://www.chimat.org.uk/resource/view.aspx?RID=97256&src=NCSS

Provisional monthly HES topic of interest: Eating disorders

Data from the Hospital Episode Statistics (HES) specifically on hospital admissions for eating disorders.
http://www.chimat.org.uk/resource/view.aspx?RID=97337&src=NCSS

Sourcing the pilot infant measures

This information sheet from the CAMHS Outcomes Research Consortium (CORC), provides information about measures connected to perinatal and infant mental health.
http://www.chimat.org.uk/resource/view.aspx?RID=97758&src=NCSS

Children's Services Mapping: Perinatal mental health and infant mental health services

With recognition of the need to improve perinatal mental health services, questions were added to the 2009/10 Children's Services Mapping (CSM) exercise to establish a baseline of service provision in England. The findings from this mapping exercise are available - the data tables, full report and a national summary report can be viewed or downloaded from the CSM website.
http://www.chimat.org.uk/resource/view.aspx?RID=97036&src=NCSS

CSM: Children's Services Mapping to be discontinued from June 2011

Children's Services Mapping has been an annual exercise since 2002, with the scope widening over time to mirror the development of Children's Trusts. At a recent meeting, the sponsors decided, from June 2011, to discontinue the mapping exercise. The formal letter of notification to stakeholders on behalf of sponsors will be provided in due course. The work plan for the remainder of the contract can be found on the CSM website.
http://www.chimat.org.uk/resource/item.aspx?RID=96761&src=NCSS

Mental wellbeing check list

This checklist from the National Mental Health Development Unit (NMHDU) provides a quick framework to help people consider mental wellbeing in more detail, when commissioning, delivering or developing a policy, strategy, service or initiative.
http://www.chimat.org.uk/resource/view.aspx?RID=98082&src=NCSS

Consultations

DH: An Information Revolution: a consultation on proposals

An Information Revolution is one of a series of documents for consultation published subsequent to the White Paper Equity and Excellence: Liberating the NHS. It is part of the Government's agenda to create a revolution for patients - "putting patients first" - giving people more information and control and greater choice about their care. The information revolution is about transforming the way information is accessed, collected, analysed and used so that people are at the heart of health and adult social care services. The Department is consulting on the proposals in An Information Revolution. The consultation will close on 14 January 2011.
http://www.chimat.org.uk/resource/view.aspx?RID=97497&src=NCSS

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Events and training

For details of these and many other events see the Calendar of Events on the ChiMat website

No limits: Exploring adolescent behaviour following childhood acquired brain injury

This Child Brain Injury Trust conference focuses on some of the sensitive yet highly important areas of growing up in 21st century which could affect young people with acquired brain injury.

Location: National
Start date: Wednesday, 23rd March 2011
http://www.chimat.org.uk/resource/view.aspx?RID=97264&src=NCSS

Community Care law update

This course is designed for those who are familiar with community care law issues but who need an update on recent developments. Legal aid practitioners, advice workers, voluntary sector workers, local authority officers in social services and legal departments, PCT, LHB and NHS Trust managers will all find the course useful. Lecturers include specialists in community care, social services and health law and mental health.

Location: London
Start date: Wednesday, 24th November 2010
http://www.chimat.org.uk/resource/view.aspx?RID=97957&src=NCSS

ChiMat eBulletins

Working with partners, ChiMat produce a number of eBulletins to keep you up to date:

- ChiMat knowledge update on children's, young people's and maternal health
- Mental health and psychological wellbeing
- CAMHS and learning disabilities
- Perinatal and Infant Mental Health

Sign up to one or more at http://www.chimat.org.uk/default.aspx?QN=CHMK9

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We welcome your feedback. Please email paula.lavis@youngminds.org.uk.

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