www.youngminds.org.uk

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Children's Mental Health and Psychological Well-Being eBulletin

March 2011

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.
If you would prefer to read a pdf version of this eBulletin, go to the eBulletins page on the ChiMat website.

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

NCSS News

Better mental health outcomes for children and young people: a resource directory for commissioners

Just launched by the National CAMHS Support Service (NCSS), this directory brings together valuable information, guidance and tools to help commissioners ensure that services are sustainable, high quality, productive, efficient and grounded in the best available evidence. **The purpose of this directory is to ensure that the principles, exemplars and practical tools developed by NCSS remain accessible**. www.chimat.org.uk/camhs/commissioning

NCSS Publications

Comprehensive CAMHS Integrated Workforce Planning Tool

This tool helps you produce your comprehensive CAMHS integrated workforce plan. It provides a workforce planning template which guides you through the stages of integrated workforce planning in order to successfully complete your own plan. The data workbook, training modules and audit tools support you to engage partners and gain their input and advice as an integral part in the planning process, collect and analyse data and build capacity and capability to workforce plan amongst provider and commissioner organisations.
http://www.chimat.org.uk/resource/view.aspx?RID=102856&src=NCSS

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NCSS National Participation Project: final project report

Report outlining the achievements of the NCSS National Participation Project which was established in October 2009 to develop products to support and promote the meaningful participation of children and young people in the planning, delivery and review of emotional and mental health services. It supports services, partnerships and policy colleagues by sharing best practice and outlining some key requirements to ensure positive participation happens and is sustained.
http://www.chimat.org.uk/resource/view.aspx?RID=98787&src=NCSS

Young people's guide to transition

Explains the rights young people have when they are in transition from CAMHS. Aims to support young people to self-advocate and be fully included in the transition process.
http://www.chimat.org.uk/resource/view.aspx?RID=103618&src=NCSS

Parents and carers' guide to transition

Gives parents and carers information about young people's rights, and about their own rights when they are supporting a young person. Aims to support parents and carers while they are supporting a young person through transition.
http://www.chimat.org.uk/resource/view.aspx?RID=103644&src=NCSS

Transitions in mental health care: a guide for health and social care professionals

A guide to the legal framework written by lawyers and professionals. It is aimed at any professional working with young people in transition from CAMHS and brings together a complex array of legislation, guidance and policy, illustrated with case studies.
http://www.chimat.org.uk/resource/view.aspx?RID=103645&src=NCSS

Joint working at the interface: early intervention in psychosis and specialist child and adolescent mental health services

Summarises and reviews progress made by CAMHS and EIP services. It considers the interface with adult mental health services and offers case studies of good and innovative practice. **This resource is in development and should be available by end of March 2011.**
http://www.chimat.org.uk/resource/view.aspx?RID=103860&src=NCSS

Better mental health outcomes for children and young people: a resource directory for commissioners

The purpose of the directory is to ensure that the principles, exemplars and practical tools developed by the National CAMHS Support Service (NCSS) between 2003 and 2011 remain accessible to all those who are commissioning services for children, young people and their families in the future. It will help commissioners ensure that services are sustainable, high quality, productive, efficient and grounded in the best available evidence.
http://www.chimat.org.uk/resource/view.aspx?RID=104048&src=NCSS

In the news

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BBC: Fears cuts will hamper child mental health drive

Campaigners have questioned whether a drive to improve child mental health services will prove successful. Improving access to counselling for children - 10% of whom develop a mental health problem at some point - is expected to form a central plank of the £400m investment

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programme. But charities warned it could struggle to have an impact as services were being cut "left, right and centre".
http://www.chimat.org.uk/resource/view.aspx?RID=102828&src=NCSS

DH: 4,200 New health visitors to boost young children's and families' health and wellbeing

This press release announces a national recruitment drive to create 4,200 new health visitors and build a rejuvenated profession
http://www.chimat.org.uk/resource/view.aspx?RID=102876&src=NCSS

CYPN: Praised mental health strategy will be hard to make real

Closures and reductions of vital mental health services for children will severely undermine efforts to overhaul provision in the future, charities have warned.
http://www.chimat.org.uk/resource/view.aspx?RID=103160&src=NCSS

CWDC: The common core of skills and knowledge: at the heart of what you do

The Common Core describes the skills and knowledge that everyone who works or volunteers with children and young people is expected to have. It aims to ensure that everyone is working in the same way with shared aims and values. The Common Core is relevant for all those who work full-time with children and young people as well as people who come into contact with them as part of their job. The Common Core has a range of uses including the development of induction programmes, qualifications, appraisal systems and training programmes. During 2009 - 2010 the Common Core has been revised to ensure that it meets the needs of today's workforce.
http://www.chimat.org.uk/resource/view.aspx?RID=103439&src=NCSS

Children, Families and Maternity e-bulletin, February 2011

The Children, Families and Maternity Team produce a bi-monthly e-bulletin for internal and external stakeholder groups designed to provide them with regular updates on activities that are supporting the delivery of the Be Healthy outcome for children, young people and families through the Every Child Matters: Change for Children agenda.
http://www.chimat.org.uk/resource/view.aspx?RID=103619&src=NCSS

YM: Group urges data on BME mental health to be published

The Black Mental Health UK group calls for data to be published amid concerns the information is being hidden.
http://www.chimat.org.uk/resource/view.aspx?RID=103755&src=NCSS

Family Lives: Family stress levels record a new high

The organisation Family Lives has recorded its highest proportion of calls relating to family stress, anxiety and depression, at a time when families are starting to feel the impact of budget cuts and increases in cost of living. This worrying picture is one in which demand for family support services from vulnerable families, and in particular from those struggling with poor mental health or wellbeing, is increasing at the very time cutbacks are being made.
http://www.chimat.org.uk/resource/view.aspx?RID=103776&src=NCSS

CYPN: Proportion of ethnic minority children in custody rises

The proportion of black and minority ethnic (BME) children in custody is increasing despite an overall fall in custody levels, CYP Now has learned.
http://www.chimat.org.uk/resource/view.aspx?RID=103943&src=NCSS

Adult mental health care 'to lose out to Camhs' as cuts bite

Adult mental health care may lose out to children's services as the NHS seeks to make cuts and meet government priorities, mental health leaders are warning
http://www.chimat.org.uk/resource/view.aspx?RID=104094&src=NCSS

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Guides and practice

Commissioning zone
A new website developed by NHS Networks is helping commissioners by bringing together useful information in one place. The Commissioning Zone is a portal for clinicians, managers and anyone else involved in commissioning which aims to promote sharing of useful information.
http://www.chimat.org.uk/resource/view.aspx?RID=102757&src=NCSS

Integrated care pathways: a guide to good practice
Guide to assist clinical teams who wish to implement Integrated Care Pathways, a structured care methodology which sets out a process and records any variations from planned care.
http://www.chimat.org.uk/resource/view.aspx?RID=102919&src=NCSS

Children's Legal Centre website
Children's Legal Centre has developed a new website which offers a wide range of information to young people about their legal rights
http://www.chimat.org.uk/resource/view.aspx?RID=104044&src=NCSS

National Occupational Standards (NOS) for psychological therapies
A range of competences / National Occupational Standards (NOS) developed by Skills for Health working with experts across the field.
http://www.chimat.org.uk/resource/view.aspx?RID=103379&src=NCSS

Somewhere to Talk – Someone to Listen
Somewhere to Talk – Someone to Listen is a project which aims to enhance youth clubs support to the mental health and emotional well being of young people who use their services
http://www.chimat.org.uk/resource/view.aspx?RID=103606&src=NCSS

Against All Odds campaign
Family Action has launched the Against All Odds campaign, to raise awareness of parental mental health and the impact on children. The charity is calling for more family-focussed services and better welfare provision for families with mental health needs.
http://www.chimat.org.uk/resource/view.aspx?RID=103643&src=NCSS

Policy and Government Reports

Sure Start Children's Centres: Government Response to the Fifth Report from the Children, Schools and Families Committee, Session 2009-10
In its response to the report this month the government reasserted claims that the early intervention grant would support the existing network of children's centres, but that local authorities, along with the voluntary sector must also "think innovatively". The Governments's response is published as an appendix to the report.
http://www.chimat.org.uk/resource/view.aspx?RID=102758&src=NCSS

The economic case for improving efficiency and quality in mental health
A supporting document to No Health Without Mental Health: a cross-Government mental health outcomes strategy for people of all ages. This outlines the opportunities to make value for money savings in delivering mental health services using the QIPP approach, and by promoting early intervention and prevention of mental health problems.
http://www.chimat.org.uk/resource/view.aspx?RID=102843&src=NCSS

Talking therapies: a four year plan of action
A supporting document to No Health Without Mental Health: a cross-Government mental health outcomes strategy for people of all ages. This plan outlines how the Government's commitment

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to expanding access to psychological therapies will be delivered in the four years from April 2011, with business continuity during structural reform of the NHS.
http://www.chimat.org.uk/resource/view.aspx?RID=102844&src=NCSS

Improving Access to Psychological Therapies (IAPT)
This website provides information about the IAPT programme.
http://www.chimat.org.uk/resource/view.aspx?RID=102873&src=NCSS

Behaviour and discipline in schools: volume II: oral and written evidence
Report from the Education Committee's Behaviour and Discipline Inquiry. The report includes CAMHS and educational psychology services in the section on Specialist Services.
http://www.chimat.org.uk/resource/view.aspx?RID=103113&src=NCSS

The youth justice system in England and Wales: Reducing offending by young people
Central government and local authorities spent £800 million in 2009-10 dealing with youth crime, primarily through the Youth Justice Board nationally and Youth Offending Teams locally. Ten per cent was spent on trying to prevent young people becoming offenders. Most of the rest was incurred in dealing with offending behaviour, including over £300 million on custody, which is used to deal with 3% of offences. The National Audit Office has estimated that the total costs to the UK economy of offending by young people could be up to £11 billion a year....
http://www.chimat.org.uk/resource/view.aspx?RID=103484&src=NCSS

Specialist drug and alcohol services for young people - a cost benefit analysis
The Department for Education appointed Frontier Economics to undertake a cost benefit analysis of drug policy relating to young people. The study aimed to understand the amount that is spent in total and per person on specialist drug and alcohol services for young people in 2008-09.
http://www.chimat.org.uk/resource/view.aspx?RID=104083&src=NCSS

Reports

Mental health: poverty, ethnicity and family breakdown

http://www.chimat.org.uk/resource/view.aspx?RID=103146&src=NCSS

Mental health promotion and prevention: the economic case
This report presents the key findings of a project on the economic case for mental health promotion and prevention, based on a detailed analysis of costs and benefits for fifteen different interventions.
http://www.chimat.org.uk/resource/view.aspx?RID=103209&src=NCSS

Management of the Transgender Adolescent
Transgender individuals are people whose self-identification as male, female, both, or neither (gender identity) does not match their assigned gender (identification by others as male or female based on natal sex). The phenomenon of transgender is uncommon, but as more media attention is directed toward the subject, more adolescents and young adults are "coming out" at an earlier age. Transgender adolescents are an underserved and poorly researched population that has very specific medical and mental health needs.
http://www.chimat.org.uk/resource/view.aspx?RID=104046&src=NCSS

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Having corporate parents: a report of children's views by the Children's Rights Director for England

This report sets out what children and young people in care say about some of the things that those in care experience because the council is acting as their parent.
http://www.chimat.org.uk/resource/view.aspx?RID=103380&src=NCSS

The impact of the Early Years Foundation Stage: a good start

Childcare in England has improved since the introduction of the Early Years Foundation Stage (EYFS) according to a new report by OFSTED. The watchdog said all types of provider from large primary schools to childminders working with one or two children could deliver the framework well. The report found that the percentage of providers judged good or outstanding had increased from 59 per cent to 68 per cent in the two years from August 2008 – August 2010.
http://www.chimat.org.uk/resource/view.aspx?RID=103402&src=NCSS

Children on family justice

This report reveals concerns children in care have about the court system. It gives first hand accounts of views and experiences of children and young people in care, or living away from home, on some of the main questions on which the Family Justice Review Panel will be making recommendations.
http://www.chimat.org.uk/resource/view.aspx?RID=103568&src=NCSS

Young people's guide to transition

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Parents and carers' guide to transition

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Transitions in mental health care: a guide for health and social care professionals

A guide to the legal framework written by lawyers and professionals. It is aimed at any professional working with young people in transition from CAMHS and brings together a complex array of legislation, guidance and policy, illustrated with case studies.
http://www.chimat.org.uk/resource/view.aspx?RID=103645&src=NCSS

Planning mental health services for young adults - improving transition: a resource for health and social care commissioners

A guide to help health and social care commissioners of both CAMHS and AMHS understand the importance of good transitions and how to translate this into positive action through contracting arrangements and commissioning tools such as CQUIN.
http://www.chimat.org.uk/resource/view.aspx?RID=103646&src=NCSS

Tackling Stigma Framework pilot: evaluation. Update report - a report to the National CAMHS Support Service

Provides an oversight into tackling stigma activity which has been undertaken in the pilot areas since summer 2010. It highlights some of the emerging impacts and outcomes of tackling stigma activity, and sets out the ways in which tackling stigma work is being embedded and sustained within the organisations involved in the pilot.
http://www.chimat.org.uk/resource/view.aspx?RID=105356&src=NCSS

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Multisystemic therapy - new therapy brings results for troubled young people

This website provides information about the use of multisystemic therapy (MST) in England.
http://www.chimat.org.uk/resource/view.aspx?RID=102874&src=NCSS

Research

Physical activity buffers the effects of family conflict on depressed mood: A study on adolescent girls and boys

This paper investigates the relationship between physical activity and depressed mood, under conditions of family conflict.
http://www.chimat.org.uk/resource/view.aspx?RID=103769&src=NCSS

The Scope of Nonsuicidal Self-Injury on YouTube

OBJECTIVE: Nonsuicidal self-injury, the deliberate destruction of one's body tissue (eg, self-cutting, burning) without suicidal intent, has consistent rates ranging from 14% to 24% among youth and young adults. With more youth using video-sharing Web sites (eg, YouTube), this study examined the accessibility and scope of nonsuicidal self-injury videos online.
http://www.chimat.org.uk/resource/view.aspx?RID=103824&src=NCSS

How do children coordinate information about mental states with social norms?

Investigated how 3–7-year-olds weigh and coordinate information about specific mental states with social norms in the domain of contextually conventional rules.
http://www.chimat.org.uk/resource/view.aspx?RID=103924&src=NCSS

The perceived sexual health needs of looked after young people: findings from a qualitative study led through a partnership between public health and health psychology

Background Looked after young people (LAYP) have poorer sexual health outcomes than their peers. However, research seldom examines the health needs of, or intervenes with, this group. The aim of the current study was to identify LAYP's perceived sexual health needs and explore sources of sexual health information, knowledge levels, concerns and service preferences.
http://www.chimat.org.uk/resource/view.aspx?RID=103973&src=NCSS

Perceived barriers and facilitators to mental health help-seeking in young people: a systematic review

This systematic review aims to summarise reported barriers and facilitators of help-seeking in young people using both qualitative research from surveys, focus groups, and interviews and quantitative data from published surveys.
http://www.chimat.org.uk/resource/view.aspx?RID=104038&src=NCSS

Tools and data

Comprehensive CAMHS Integrated Workforce Planning Tool

This tool helps you produce your comprehensive CAMHS integrated workforce plan. It provides a workforce planning template which guides you through the stages of integrated workforce planning in order to successfully complete your own plan. The data workbook, training modules and audit tools support you to engage partners and gain their input and advice as an integral part in the planning process, collect and analyse data and build capacity and capability to workforce plan amongst provider and commissioner organisations.
http://www.chimat.org.uk/resource/view.aspx?RID=102856&src=NCSS

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The transition from primary to secondary school: how an understanding of mental health and emotional wellbeing can help children, schools and families: a training resource.

The purpose of this training resource is to help schools think about why some children may be more vulnerable in facing transition and to support schools in developing ways of working that will allow all children to find a sense of belonging and engagement in school.
http://www.chimat.org.uk/resource/view.aspx?RID=103230&src=NCSS

Marmot indicators for local authorities in England

The London Health Observatory and the Marmot Review Team have produced baseline figures for some key indicators of the social determinants of health, health outcomes and social inequality that correspond, as closely as is currently possible, to the indicators proposed in Fair Society, Healthy Lives. This includes data on the number of children achieving a good level of development at age 5.
http://www.chimat.org.uk/resource/view.aspx?RID=103300&src=NCSS

Consultations

Delivering advocacy services for children and young people 0–25 in Wales

This consultation outlines the Welsh Assembly Government's Model for Delivering Advocacy Services to Children and Young People in Wales. It is statutory guidance issued under section 25(8) of the Children Act 2004, and it sets out the purpose of the Model and what is required to embed recent Measures, Regulations and Directions which reinforce the legal framework for the Model. End of consultation: 04/04/2011
http://www.chimat.org.uk/resource/view.aspx?RID=103603&src=NCSS

More Effective Responses to Anti-social Behaviour: A consultation

This consultation seeks views on the government plans to streamline the toolkit used to tackle anti-social behaviour. It aims to help the police and partners have faster, more flexible tools and stop anti-social behaviour earlier, better protecting victims and communities. Deadline date: 3 May 2011
http://www.chimat.org.uk/resource/view.aspx?RID=103640&src=NCSS

Support and aspiration: a new approach to special educational needs and disability - a consultation

The vision for reform set out in this Green Paper includes wide ranging proposals to improve outcomes for children and young people who are disabled or have SEN, minimise the adversarial nature of the system for families and maximise value for money. The consultation closes on 30th June.
http://www.chimat.org.uk/resource/view.aspx?RID=104730&src=NCSS

Events and training

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

Measuring outcomes in CAMHS - a study of two child and adolescent mental health services

Seminar given by Dr Tamsin Ford - Clinical Senior Lecturer in Child and Adolescent Psychiatry at the University of Plymouth.

Location: London
Start date: Thursday, 30th June 2011
http://www.chimat.org.uk/resource/view.aspx?RID=103176&src=NCSS

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Payment by Results - Getting it Right for CAMHS

Payment By Results aims to raise quality, reduce variability in service provision and increase choice. PbR involves allocating 'patients' to 'clusters' that predict their resource usage via care packages. Will this work in mental health? This talk will focus on what PbR is, the current state of play in CAMHS and a vision for the future.

Location: London
Start date: Wednesday, 29th June 2011
http://www.chimat.org.uk/resource/view.aspx?RID=103362&src=NCSS

Impacts and outcomes

This conference will provide practical insight into proven measurement tools to demonstrate that your service is making a real difference and help you secure funding.

Location: London
Start date: Thursday, 19th May 2011
http://www.chimat.org.uk/resource/view.aspx?RID=103395&src=NCSS

Research on stigma and discrimation summer school

This course will enable students to develop knowledge and understanding of theoretical concepts related to stigma and discrimination in mental health, in addition to providing practical examples which will facilitate students' ability to evaluate, plan and conduct research on mental health related stigma and discrimination.

Location: London
Start date: Thursday, 14th July 2011
http://www.chimat.org.uk/resource/view.aspx?RID=103398&src=NCSS

Section 12 refresher training course including CAMHS specific workshop

One-day interactive course, which meets the criteria for re-approval under Section 12 of the Mental Health Act 1983 and has the approval of the local Mental Health Act Committee. The Course will cover : the service user perspective; Case Law update; the roles of the assessing team; Parts 1 & 2 of the Mental Health Act 1983; Mental capacity and consent; compulsion in the community; the approval process. Workshops specific to those working with adults and children & young people.

Location: Bristol
Start date: Wednesday, 6th April 2011
http://www.chimat.org.uk/resource/view.aspx?RID=103876&src=NCSS

No health without mental health: the importance of early recognition and intervention in child, adolescent & family mental health services (CAMHS)

The recently published all age Mental Health Strategy and the accompanying Outcomes Framework states that mental health is everyone's business. Focusing on the prevention of mental health problems, promoting mental wellbeing and intervening early to improve the future outcomes for children and young people, alongside the delivery of evidence-based and timely interventions in childhood and adolescence can in some cases avert mental health problems in adulthood. This one-day event will be an opportunity for professionals from a range of agencies and services, service users and carers to meet and share good practice.

Location: Widnes, Cheshire
Start date: Tuesday, 12th April 2011
http://www.chimat.org.uk/resource/view.aspx?RID=105231&src=NCSS

ChiMat eBulletins

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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
- Learning disabilities & CAMHS
- 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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More information can be found here.

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