National CAMHS Support Service

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

This monthly bulletin is a joint collaboration between the National CAMHS Support Service (NCSS) http://www.chimat.org.uk/camhs YoungMinds www.youngminds.org.uk and ChiMat (National Child and Maternal Health Observatory) www.chimat.org.uk and aims to provide high quality and up to date information on children's psychological and emotional wellbeing and mental health.

March 2010

This update summarises the latest additions to the Mental Health and Psychological Well-Being Knowledge Hub on the ChiMat (national Child and Maternal Health Observatory) website over the last month.

News

The New Mental Health and Psychological Wellbeing Knowledge Hub
The NCSS has worked in partnership with ChiMat to update and relaunch its original web pages and which now appear as the mental health and psychological wellbeing knowledge hub on the Chimat website. When you go to the new site www.chimat.org.uk/camhs you will land on the NCSS home page and have access to all the NCSS resources in addition to easy access to a wider resource for professionals who want to keep up-to-date on children's and young people's mental health and psychological wellbeing. Please remember to alter your bookmarks for the new NCSS website to http://www.chimat.org.uk/camhs

CAMHS Self Assessment (SAM)
The revised SAM is now available now. CAMHS partnerships are requested to complete the review of their SAMs by June 30th 2010. NCSS will then commission its annual national snapshot of completed SAMS. If you need any support with this contact your CAMHS Regional Development Worker
http://www.childhealthmapping.org.uk/self.assessment/camhsindex.php

National CAMHS Support Service Participation Project
The NCSS has established an 18 month project to co-ordinate the development of key products which will promote the meaningful participation of children and young people in the planning, delivery and review of emotional and mental health services.
Key outcomes of the Project

- Disseminate Quality Standards for young people's participation in CAMHS within the regions
- Map participation activity within the regions
- Consult with young people and voluntary organisations about the kinds of services that would be most helpful to them
- Commission the development of an on line tool to assist commissioners and service providers in the participation of young people in planning new and reviewing existing services.
- Work with voluntary organisations and young people to run a national event for specialist CAMHS to share good practice
- Produce a report for government departments outlining findings and recommendations.

For more information about this exciting new project contact the NCSS Participation Project Officer, Rajinder Nagra, at rajinder.nagra@cypf.org.uk or 077754 07164.

Common Core Refresh
The Children's Workforce Development Council (CWDC) has launched a refresh of the common core of skills and knowledge that everyone working with children, young people and families should have.
http://www.chimat.org.uk/resource/item.aspx?RID=86217

British Journal of Wellbeing
New monthly journal to be launched April 2010. It is aimed at all professionals with a remit to support the mental health of people of all ages.
http://www.britishjournalofwellbeing.com/

YoungMinds Book Award 2010
YoungMinds are calling for submissions for 2010 book award prize Books must be works of fiction or biography for young people aged 12+ published between 1 June 2009 and 31 May 2010, which encourage self-esteem and help them to cope with the stresses and challenges of growing up. Nominations are open until 24th April 2010.
http://www.youngminds.org.uk/about-ym/youngminds-book-award

YoungMinds are now on Facebook
Follow link below if you want to join.
http://www.facebook.com/pages/YoungMinds/283661679914

BBC: Internet use linked to depression
UK psychologists suggest there is a strong link between heavy internet use and depression, but others dispute their findings.
http://www.chimat.org.uk/resource/view.aspx?RID=83627

DH: The Children, Families and Maternity e-Bulletin February 2010
This monthly bulletin is designed to provide updates on activities that support the delivery of the Be Healthy outcome for children, young people and families through the Every Child Matters 'Change for Children' agenda. It is for managers and front-line staff in education, social care and health, and for voluntary sector organisations that work with children, young people, and pregnant women.
http://www.chimat.org.uk/resource/view.aspx?RID=83662

CYPN: Parents of disabled children lack mental health support
A third of parents of disabled children say they are getting no support with their children's emotional or mental health problems, according to a survey by the charity YoungMinds.
http://www.chimat.org.uk/resource/view.aspx?RID=83684

CYPN: Depression during pregnancy linked to violence in children
A new study has found that mothers who suffer depression during pregnancy are more likely to have children that show signs of antisocial behaviour and violence later in life.
http://www.chimat.org.uk/resource/view.aspx?RID=83817

CYPN: Children feel less happy and supported than a year ago
Data from the TellUs 4 survey found that 33 per cent of children are unhappy, which is up from 31 per cent when the survey was last is carried out in Spring 2008.
http://www.chimat.org.uk/resource/view.aspx?RID=83968

CYPN: Bed days on rise in CAMHS wards
Figures show the number of days spent by children on mental health wards has hit a five-year high.
http://www.chimat.org.uk/resource/view.aspx?RID=84121

Mental health services: hospital wards
Written answer asked by Natasha Engel, MP, concerning the number of bed days young people spent on adult psychiatric wards.
http://www.chimat.org.uk/resource/view.aspx?RID=84166

BBC: Children 'missing out on sleep' Newsround finds
Video games, mobile phones and TV are keeping many children up at night, a survey for BBC Newsround suggests.
http://www.chimat.org.uk/resource/view.aspx?RID=84256

BBC Newsbeat: Eating disorders 'starting at a younger age'
The age at which people are developing eating disorders is getting younger, a study by a leading charity says.
http://www.chimat.org.uk/resource/view.aspx?RID=84301

Guides and Practice

No joke: domestic abuse schools' education pack
This pack has been produced to address a gap in provision for schools and to help those working in education to raise awareness of domestic violence and promote healthy and respectful relationships.
http://www.chimat.org.uk/resource/view.aspx?RID=84167

Tackling Teenage Relationship Abuse
This is the Home Office's tackling teen relationship abuse website for stakeholders. It contains information on the national campaign, campaign material and guidance to download and links to support services for young people and parents.
http://www.chimat.org.uk/resource/view.aspx?RID=84207

How to support children and young people's campaigning
This guide will help practitioners support children and young people to design, deliver and evaluate campaigns that bring about change.
http://www.chimat.org.uk/resource/view.aspx?RID=84264

Reports

Results of national participation mapping audit
This report outlines the findings from this mapping exercise and provides a snapshot of activity base on the returns received.
http://www.chimat.org.uk/resource/item.aspx?RID=87337

Confident communities, brighter futures: a framework for developing wellbeing
This report sets out the argument and evidence base for prioritising well-being, and provides a systematic approach to improving mental well-being with selected evidence-based approaches and interventions that have been shown to be effective across the life course, and across key public health domains.
http://www.chimat.org.uk/resource/item.aspx?RID=87341

Early intervention: securing good outcomes
This document draws together research and good practice with the aim of supporting children's trust boards and their constituent partners to bring greater consistency, rigour and impact to the way early intervention is organised and delivered locally.
http://www.chimat.org.uk/resource/item.aspx?RID=86837

Maternity and early years: making a good start to family life
The document has been developed jointly by the Department of Health, The Department for Children, Schools and Families and the Prime Minister's Strategy Unit, drawing on the views of mothers and fathers, children's centre staff, local health practitioners and children. "Maternity and Early Years - Making a Good Start to Family Life" makes the clear case for helping families to give their baby the best possible start in life and sets out a vision of renewed and more integrated maternity and early years services that put the excellent clinical care already available at the centre of a wider network of family support.
http://www.chimat.org.uk/resource/item.aspx?RID=85854

Guidance on commissioning targeted mental health and emotional wellbeing services in schools
This guidance provides information about targeted mental health services for children and young people in schools and takes commissioners through the steps to follow when commissioning these services.
http://www.chimat.org.uk/resource/item.aspx?RID=86268

One year on: the first report from the National Advisory Council for Children's Mental Health and Psychological Wellbeing
This report highlights progress made on implementing the CAMHS Review recommendations, and identifies examples of emerging practice. It also raises significant challenges and barriers in 4 key areas. These areas need to be addressed at all levels if real progress is to be made in improving children's emotional wellbeing and mental health services.
http://www.chimat.org.uk/resource/item.aspx?RID=86132

Tellus4: national report
This document reports on the Tellus4 Survey, which represents the views of 253,755 children and young people in school years 6, 8 and 10 in 3,699 schools.
http://publications.dcsf.gov.uk/eOrderingDownload/DCSF-RR218.pdf

Issues in earlier intervention: identifying and supporting children with additional needs
This report is based on a scoping and review exercise, and aims to give a better understanding of key concepts such as 'prevention', 'support' and 'early intervention; and draw on evidence from selected literature (including policy evaluations) to illustrate these issues and to suggest how the research agenda could be developed.
http://publications.dcsf.gov.uk/eOrderingDownload/DCSF-RR205.pdf

The report from the Taskforce on the health aspects of violence against women and children
The Taskforce report makes recommendations around improving the early identification of victims; enhancing the quality of and access to services; raising awareness of violence against women and children; training and development; and partnership working. There were a number of sub-groups that focused on specific topics. These reports and evidence submitted to the taskforce can all be downloaded from the same link. Of particular interest will be the sub group report on sexual violence against children co-chaired by Dr Rosalyn Proops (Safeguarding Lead Royal College of Paediatrics and Child Health) and Dawn Rees (National CAMHS Strategic Relationships and Programme Manager) which highlights the importance of improved access to post abuse therapy services.
http://www.dh.gov.uk/en/Publichealth/Healthimprovement/ViolenceagainstWomenandChildren/DH_113753

Position statement and action plan for mental health 2010-15
This document from CQC outlines what we will do to drive key improvements and make a difference over the next five years. The plan encompasses children and young people in contact with specialist child and adolescent mental health services (CAMHS).
http://www.cqc.org.uk/publications.cfm?fde_id=15304

Position statement and action plan for children, young people and maternity services 2010-15
This document outlines how the Care Quality Commission (CQC) will drive up standards on behalf of children, young people and maternity services.
http://www.cqc.org.uk/publications.cfm?fde_id=14408

Fair society, healthy lives: the Marmot review. Final report
In November 2008, Professor Sir Michael Marmot was asked by the Secretary of State for Health to chair an independent review to propose the most effective evidence-based strategies for reducing health inequalities in England from 2010. The strategy will include policies and interventions that address the social determinants of health inequalities.
http://www.chimat.org.uk/resource/view.aspx?RID=83907

Working with parents in the youth justice system: compulsory help and 'doing good'
This paper draws on interviews with parents of young people in trouble with the law, youth justice workers and with youth court magistrates, to investigate the operation of compulsory help through Parenting Orders.
http://www.chimat.org.uk/resource/view.aspx?RID=83591

With rights in mind: Is there a role for social welfare law advice in improving young people's mental health? A review of evidence
This research report explores the relationship between social welfare problems, mental health and youth. It finds that advice may have a key role to play in improving young people's mental health
http://www.chimat.org.uk/resource/view.aspx?RID=84104

The Children's Commissioner for England's follow up report to: The arrest and detention of children subject to immigration control
A progress report into conditions in which children are held at Yarl's Wood Immigration Removal Centre.
http://www.chimat.org.uk/resource/view.aspx?RID=84208

National Meeting on Regional Managed Clinical Networks for Perinatal and Infant Mental Health
Presentations from meeting
http://www.chimat.org.uk/resource/view.aspx?RID=84211

An evaluation of the provision of mental health services for looked after young people over the age of 16 accommodated in residential settings
This Ofsted report draws on visits to 27 children's homes in eight local authorities. It identifies how the mental health needs of young people in care aged 16 and over are met. It illustrates the use of mental health resources in the children's homes visited, as well as good practice and the problems found, and considers how well staff respond to the needs of young people in their care. The report emphasises the importance of different agencies working together to improve and develop services for young people.
http://www.chimat.org.uk/resource/view.aspx?RID=84263

Research

Me and My School: Preliminary findings from the first year of the national evaluation of targeted mental health in schools 2008-09
This research explores the ways in which schools help children with emotional or behavioural difficulties. It aims to discover the impact of targeted mental health in schools and find which approaches seem to be the best for schools to help children.
http://www.chimat.org.uk/resource/item.aspx?RID=86270

Sexual Orientation and Bullying Among Adolescents in the Growing Up Today Study
This paper is from the Journal of Adolescent Health, and is by E, Berlan et al. The purpose of the study is to examine the relationship between sexual orientation and past-year reports of bullying victimization and perpetration in a large sample of American youth.
http://www.chimat.org.uk/resource/view.aspx?RID=83585

Breastfeeding and depression: empowering the new mother
Many new mothers who suffer from postpartum depression, find that breastfeeding is a lifeline to their newborn baby. It may be the only validation of mothering they experience during this time. Mothers who continue to breastfeed while receiving treatment for postpartum depression have reported that breastfeeding was the only act that they felt identified them as the newborn's mother. The abstract to this paper is free, but readers need to subscribe or purchase content online.
http://www.chimat.org.uk/resource/view.aspx?RID=83682

Cognitive vulnerability to depression in young people in secure accommodation: The influence of ethnicity and current suicidal ideation
Abstract: Young people in secure accommodation are at high risk of depression and self-harm. This study investigates the relationship between depressive symptoms, negative self-schemas and the cognitive vulnerability to depression in 38 young people in secure accommodation.
http://www.chimat.org.uk/resource/view.aspx?RID=83586

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WH0-4Y8G1NF-1&_user=10&_coverDate=01%2F29%2F2010&_alid=1267379391&_rdoc=1&_fmt=high&_orig=search&_cdi=6836&_sort=r&_st=4&_docanchor=&_ct=4&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=3024212a389d5ee16e37cf68401aaa67

Prevalence and risk factors for postpartum depression among women with preterm and low-birth-weight infants: a systematic review
Background: Although much is known about the risk factors for postpartum depression (PPD), the role of giving birth to a preterm or low-birth-weight infant has not been reviewed systematically.
http://www.chimat.org.uk/resource/view.aspx?RID=83588
http://www3.interscience.wiley.com/journal/123266605/abstract

Child behaviour disorders linked to mum's drinking while pregnant
Community Care article on how social workers need to be aware that the cause of challenging behaviour in children could be prenatal alcohol intake.
http://www.chimat.org.uk/resource/view.aspx?RID=83813

The Course of Inattention and Hyperactivity/Impulsivity Symptoms after Foster Placement
Background: It is largely unknown whether symptoms of inattention and hyperactivity/impulsivity of foster children decline over time after placement and what the role of the quality and stability of the foster placement is on the course of attention-deficit hyperactivity disorder (ADHD) symptom trajectories. Longitudinal studies of normative trajectories of symptom types in no referred children may assist in appropriately diagnosing ADHD and designing the clinical treatment for foster children.
http://www.chimat.org.uk/resource/view.aspx?RID=83614

Comparing Racial/Ethnic Differences in Mental Health Service Use among High-Need Subpopulations across Clinical and School-Based Settings
Abstract: Racial/ethnic differences in mental health service use among adolescents in clinic and school settings for three high-need populations are examined. Results indicate no racial/ethnic differences in school-based use contrasted with significant differences in clinical settings. Schools may be critical avenues for reduction of unmet mental health need among racial/ethnic minorities. The abstract to this paper is free, but readers need to subscribe or purchase content online.
http://www.chimat.org.uk/resource/view.aspx?RID=83674
http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T80-4Y9SKVR-3&_user=10&_coverDate=02%2F04%2F2010&_alid=1267389880&_rdoc=1&_fmt=high&_orig=search&_cdi=5072&_sort=r&_st=4&_docanchor=&_ct=1&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=b39ac416b9fa75ca10bc80626c34ebc8

Self-reported physical and mental health status and quality of life in adolescents: a latent variable mediation model
Background: Examined adolescents' differentiation of their self-reported physical and mental health status, the relative importance of these variables and five important life domains (satisfaction with family, friends, living environment, school and self) with respect to adolescents' global quality of life (QOL), and the extent to which the five life domains mediate the relationships between self-reported physical and mental health status and global QOL.
http://www.chimat.org.uk/resource/view.aspx?RID=83838

The Experience of Siblings of Adolescents with Eating Disorders
Purpose: To qualitatively and quantitatively explore the experience and QOL of siblings of AEDs. To date, there is little research on the quality of life (QOL) and the effect an eating disorder (ED) has on the siblings of adolescents with an eating disorder (AEDs). The abstract to this paper is free, but readers need to subscribe or purchase content online.
http://www.chimat.org.uk/resource/view.aspx?RID=83999
http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T80-4YC8RF0-3&_user=10&_coverDate=02%2F11%2F2010&_alid=1267393006&_rdoc=1&_fmt=high&_orig=search&_cdi=5072&_sort=r&_st=4&_docanchor=&_ct=2&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=07f7736811436e6d67e660c26a902c8a

Accuracy of Depression Screening Tools for Identifying Postpartum Depression Among Urban Mothers
Objective: The goal was to describe the accuracy of the Edinburgh Postnatal Depression Scale (EPDS), Beck Depression Inventory II (BDI-II), and Postpartum Depression Screening Scale (PDSS) in identifying major depressive disorder (MDD) or minor depressive disorder (MnDD) among low-income, urban mothers attending well-child care (WCC) visits during the postpartum year
http://www.chimat.org.uk/resource/view.aspx?RID=84125

Developing the support, teambuilding, and referral (STAR) intervention: a research/community partnership
This paper describes the process by which child mental health researchers partnered with paraprofessionals called peer family advisors to create a stress-reducing intervention for caregivers of children and adolescents with mental health challenges. The issues that arose as the team strove to develop an intervention that was both relevant to the issues that these caregivers grapple with, as well as palatable and feasible for peers to deliver, are discussed. The abstract for this paper is freely available by following the link.
http://www.chimat.org.uk/resource/view.aspx?RID=84129

Low income and early cognitive development in the UK
This study uses data from the Millennium Cohort Survey (MCS) to explore the relationship between low income, a child's scores on three cognitive tests at age 5, and a wide range of factors that are potentially consequential for children's development.
http://www.chimat.org.uk/resource/view.aspx?RID=84189

Maternal depression can undermine the development of young children: Working paper no 8
Serious depression in parents and caregivers can affect far more than the adults who are ill. It also influences the well-being of the children in their care. The first joint Working Paper from the National Scientific Council on the Developing Child and the National Forum on Early Childhood Policy and Programs summarizes recent evidence on the potentially far-reaching harmful effects of chronic and severe maternal depression on families and children. This report examines why the continuing failure to address the consequences of depression for large numbers of vulnerable, young children presents a missed opportunity to help families and children in a way that could support the future prosperity and well-being of society as a whole.
http://www.chimat.org.uk/resource/view.aspx?RID=84312

Persistent fear and anxiety can affect young children's learning and development: Working paper no 9
Ensuring that young children have safe, secure environments in which to grow, learn, and develop healthy brains and bodies is not only good for the children themselves but also builds a strong foundation for a thriving, prosperous society. Science shows that early exposure to circumstances that produce persistent fear and chronic anxiety can have lifelong consequences by disrupting the developing architecture of the brain. Unfortunately, many young children are exposed to such circumstances. This report from the National Scientific Council on the Developing Child summarizes in clear language why, while some of these experiences are one-time events and others may reoccur or persist over time, all of them have the potential to affect how children learn, solve problems, and relate to others.
http://www.chimat.org.uk/resource/view.aspx?RID=84313

Tools and Data

Local authority measures for national indicators supported by the Tellus4 Survey 2009-10
Five National Indicators (NIs) are derived from data produced by the Tellus4 Survey. These are NI 50 - emotional health and wellbeing; NI 69 - bullying; NI 110 - participating in positive activities; NI 115 - reduction in drug, alcohol and volatile substances; and NI 199 - parks and play areas. The data shows reductions in young people experiencing bullying, smoking and taking drugs along with a great response to parks and play areas.
http://www.chimat.org.uk/resource/view.aspx?RID=83958

Consultations

NICE: Pregnancy and complex social factors: guideline consultation
A clinical practice guideline on pregnancy and complex social factors is being developed for use in the NHS in England, Wales and Northern Ireland. Registered stakeholders for this guideline are invited to comment on the provisional recommendations via this website. Consultation dates: 15 February – 12 April 2010
http://www.chimat.org.uk/resource/view.aspx?RID=84067

NICE: Looked after children: consultation on the draft guidance
The Department of Health asked the National Institute for Health and Clinical Excellence (NICE) and the Social Care Institute for Excellence (SCIE) to produce joint guidance on improving the physical and emotional health and wellbeing of looked-after children and young people. Consultation dates: 15 February – 14 April 2010
http://www.chimat.org.uk/resource/view.aspx?RID=84068

NMC: What do you think of the guidance on raising concerns?
Comment before 31 March
Make sure that nurses and midwives get the help they need to raise a concern appropriately and in a way that won't put their registration at risk - tell the NMC if their new guidance is useful.
http://www.chimat.org.uk/resource/view.aspx?RID=84097

Events and Training

The future role of Support Workers and Assistant Practitioners in healthcare
Offering two professional streams for nursing and allied health professionals and will appeal to clinicians, educationalists and managers. Themes explored include: * Setting the Agenda * New & Developing Roles * Impact on Clinical Practice * Future trends in Nursing * Education & developing AHP Roles * Strategy Overview * Competency and good practice
Location: London
Start: Thursday, 17th June 2010 09:00:00
http://www.chimat.org.uk/resource/view.aspx?RID=84098

Putting Families First: Delivering Effective Services Locally
Delegates at this Policy and Practice Westminster Briefing will have the opportunity to examine the emerging agenda for working with families and the implications for public services and front-line delivery in children's centres, schools and primary health care.
Location: London
Start: Tuesday, 15th June 2010 10:30:00
http://www.chimat.org.uk/resource/view.aspx?RID=84131

Seen, heard, valued: young people focussed mental health care
This conference will be co-organised and fronted by Young People from Uthink, Rethink's Recovery Learning Programmes and is aimed at organisations and individuals who are interested in topics such as participation.
Location: Manchester
Start: 27th May 2010
http://www.rethink.org/young_people/conference_seen_h.html

Eating Disorders in Children and Adolescents: A Practitioner Training Course
This three day course is designed to provide a comprehensive overview of eating disorders in children and adolescents, from recognition and diagnosis to management in CAMHS and Paediatric settings.
Location: London
Start: Monday, 26th April 2010 09:00:00
http://www.chimat.org.uk/resource/view.aspx?RID=84210