



# The Newsletter



Child and Adolescent Faculty and Executive

Issue 15

Summer 2003

## C & A Faculty Executive Committee

### **Elected Officers**

Chair	
Sue Bailey	Manchester
Hon. Secretary	
Ann York	Surrey

### **Elected**

Marjorie Baillie	Hexham
Margaret Bamforth	Cheshire
Pauline Forster	Birmingham
Tony Kaplan	Enfield
Claire Lamb	Wirral
Paul McArdle	Newcastle upon Tyne
Margaret Murphy	Cambridge
Paul Ramchandani	Oxford
Sian Roberts	Cheltenham
Margaret Thompson	Southampton
Michael van Beinum	Hamilton
Kate Wurr	Pudsey

### **Co-opted**

Tom Berney	LD link
Gillian Davies	Welsh Division
Sandra Davies	Scottish Division
Sue Dinnick	Chair, Regional Reps
Brendan Doody	Irish College of Psychiatrists
Louise Ementon-Shaw	CTC alternate
Mary Eminson	CAPSAC
Sue Goodwin	SpR
David Jones	Academic secretary
Steve Kingsbury	Past hon. secretary
Anne Murray	Northern Irish Division
John Talbot	Hon. sec., Regional Reps
Paul Tiffin	CTC alternate

### **Observers**

Bob Jezzard	DoH
Daphne Keen	RCPCH
Catherine McLaughlin	FOCUS

Gill Gibbins                      Assistant Secretary

*Sue Bailey brings us up to date with her many activities as Chair of our faculty,*

*Ann York, our new honorary secretary, summarises the last executive meeting in CAFÉ news,*

*Steve Kingsbury presents the recent adolescent admission audit results,*

*Ann York, as public education officer, brings the news of public education and the website,*

*Catherine McLaughlin brings FOCUS into focus,*

*Sue Bailey sets out government information on CAMHS regional development workers,*

*Sue Goodwin brings us the latest SpR news,*

*And much more.....*

## *In this issue...*



# The Chair's Column

Having returned from the College Annual Meeting, we had an excellent themed day on child maltreatment and an excellent first Kolvin Lecture in Developmental Psychiatry: the latter, I hope, a very appropriate tribute to a great child psychiatrist. There were many positive comments from adult psychiatrists - from general, forensic and other faculties - about how much they had learnt from our themed day.

Please continue to let me know if monies are coming through to CAMHS but let me know whether this is local partnerships choosing not to give money to CAMHS or is around money being shifted within Trusts. Information is only powerful if detailed and accurate.

'Roles and Responsibilities' did come out as a College Occasional Paper – OP55. Model Consultant Job Descriptions & Recommended Norms. Our workforce norms are there to ensure we have a valued workforce able to deliver a comprehensive service at all the ever-increasing interfaces. Innovative approaches are emerging in recruitment, tapping into colleagues in Europe who may wish to work in the UK. We are awaiting advice from other faculties and sections to draw up norms for services to 16-18-year-olds.

I am very interested in models of service to other people's Tier 4 services e.g. residential care and education - how young people in such settings can receive equitable seamless Tier 1-4 mental health and indeed good health care. Let me know and also please keep letting me know if there are obvious difficulties around the "out-of-area"-placed child, as we continue to ask the DoH in England not just for what little

guidance there is, but how best to ensure the guidance is followed without prejudicing the balance of services to "in-area" children.

I have taken on a College NICE guidelines role responding to the 'Scopes and Horizon Scanning' requests from NICE. I am adopting a very much lifespan perspective in my responses.

Please let me have names for consideration for the College Fellowship and also any name from within the field of CAMHS and/or work with children in general which we can put forward for consideration for one of the five Honorary Fellowships given by the College each year.

The Association of Child Psychiatrists and Psychologies in Armenia are requesting resources, books and journals. You can contact them on [Arman.Danieylan@cchmc.org](mailto:Arman.Danieylan@cchmc.org) or [a.danielyan@att.net](mailto:a.danielyan@att.net).

In England all but two of the Regional Development Officers are now in post. Please read the information about their work, role and function on page 7

Look forward to meeting as many of you as possible in York in September.

Dr Sue Bailey  
**Chair, Faculty of Child and Adolescent Psychiatry**

# Café News

## Child and Adolescent Faculty Executive news



The most recent faculty executive meeting was held on 20<sup>th</sup> May, at the College. This was the last meeting of the

current executive members, as the executive formally comes into post at the College AGM. Steve was away, so here is my summary of some items of interest. Many of the other items we discussed are detailed elsewhere in this newsletter.

- A working group has been set up to look at capacity issues in CAMHS, chaired by Sue Dinnick, chair of the regional reps group. There has already been some helpful work done in this area, including that by the Northern Ireland Division, who have produced population norms for CAMHS up to the age of 16 years that were incorporated into the Health Strategy. The norms will not be directly applicable to other areas of the UK due to demographic differences but will provide a useful framework.
- Many people are grappling with issues of care planning and CPA in CAMHS - a group from the new executive will meet to clarify and give guidance on this issue.
- A College-wide working group will look at autistic spectrum disorders and the impact on and responsibilities of psychiatric services across the lifespan. Similar issues apply to ADHD but the focus initially will be on ASD.

- We are in the process of revising two Council reports: CR64, Managing Deliberate Self-Harm in Young People; and CR70, Psychiatric Services for Children and Adolescents with Learning Disability.
- The document on roles and responsibilities for young people aged 16 to 18 years is progressing though the College mechanisms and is now out to the other faculties for consultation.
- The NICAPS survey results on inpatient provision for young people are now available on the NIMHE website, under NICAPS, [www.nimhe.org.uk/Whatsapp/publications.asp](http://www.nimhe.org.uk/Whatsapp/publications.asp)

If any of you would like to see the full agenda for executive meetings (which can run to 7 pages!) please let me know.

Ann York

## Public Education update

As mentioned last time, the **Mental Health and Growing Up factsheets** are in the process of being updated and illustrated. We had hoped they would be ready to launch at the College AGM in July but the job is bigger than anticipated! We are now planning a more realistic launch date of September, at the faculty annual residential conference in York.

We hope that many of you will book yourselves onto the **media training at the York conference**: 'It IS all in the Mind!' Two experienced journalists, Merryn Myatt and Claire Gillman, will lead an interactive workshop on TV and radio work. This was following specific requests from those of you who

attended previous basic workshops. For those who do not want to brave the camera in a safe environment, there will also be opportunity for guided discussion around real-life media scenarios.

**World Mental Health Day** on 10<sup>th</sup> October will focus on the mental health of young people. We plan to provide you with ideas and support to promote this locally. If any of you are willing to share your experiences of promoting child and adolescent mental health issues in your local areas, **please let me know**.

Ann York  
Consultant and Public Education Officer  
Richmond, Surrey  
Rowe.York@btinternet.com

## Website, Website, Website

The faculty website continues to improve. Access is via [www.capfac.rcpsych.ac.uk](http://www.capfac.rcpsych.ac.uk) or via the main College site. We hope that you are finding the **list of resources** to use with families helpful. The website **links** for young people and parents are growing, following suggestions from visitors to the site. By September we also plan to have a password-protected internet **discussion forum**.

If you would like to give feedback on the site, make suggestions of things that you would like to see, tell us of other sites that we should link to, then use the **virtual submission form** on the site.

Ann York  
Consultant and Public Education Officer  
Richmond, Surrey  
[Rowe.York@btinternet.com](mailto:Rowe.York@btinternet.com)

## FOCUS Update



Just a few lines to introduce myself as the new programme lead for the FOCUS project. I joined FOCUS at the end of May from the Health

Quality Service (formerly King's Fund Organisational Audit). My background is in health services management (including CAMHS) and peer review systems (mainly in mental health settings in this country and Portugal). I am currently studying for an MA in Healthcare Ethics and Law from Manchester University.

Sadly, Jo Richardson has moved on from FOCUS and is now working for NICE, as a Health Technology Analyst. I am extremely grateful for the help and support given by Claudie Fox and Catherine Ayres in my first couple of weeks and also to Professor Philip Graham for holding the fort over the last couple of months.

FOCUS is entering an exciting period in its development. Highlights include:

- Commissioning an independent website
- Negotiating with a new publisher  
Forthcoming publications include:
  - Mental Health Needs of Children from Minority Ethnic Groups
  - Deliberate Self Harm in Adolescents
- Expanding our profile with Tier 1 / Primary Care professionals
- Recruiting a Research Fellow and another Research Worker
- Current Projects / On-going Work:
  - Attachment Project (Vivien Prior at GOSH/ICH)
  - Conduct Disorders and Young Offenders
  - Talking Points (3<sup>rd</sup> Edn)
  - Finding The Evidence (3<sup>rd</sup> Edn)

- o The Use of Stimulants in ADHD (2<sup>nd</sup> Edn)

There was a FOCUS stand at the College annual meeting in Edinburgh on the Tuesday and Wednesday, and will be at the faculty residential meeting in York. Please feel free to get in touch - I look forward to meeting many of you over the next couple of months.

Catherine McLaughlin  
020 72270823  
catherine.mclaughlin1@virgin.net

*Wanted.....*

*your experiences of working with advocates*

The Council Report on advocacy is due for review in 2004 and the daculty has been asked to contribute. The review group is looking for case examples from child and adolescent psychiatrists who have worked with advocates. If you have a story or experience that you would be able to share (anonymously) then please let me know.

Ann York  
Rowe.York@btinternet.com

*Adolescent Admission Audit March 03*

After much to-ing and fro-ing in the executive we decided that some rough data re adolescent admissions that we could get quickly would be more helpful than a later, more comprehensive study. So I sent out with the last newsletter a

survey form and asked everyone to fill one out. The replies continue to trickle in but when I analysed the data last week there were 74 returns. This is a summary of that data and some personal conclusions made.

**Results**

Of the 74 replies, 41 consultants made no admissions in March, 18 one admission, 7 two admissions and 4 three admission. This gives an average of 0.6 admissions per consultant, suggesting about 7 admissions a year each and over 3000 a year in the UK.

Each reply specified the service age range and this made for interesting reading. Still a large variation!

Service boundary	Percentage
Up to 19 <sup>th</sup> birthday	7
Up to 18 <sup>th</sup> birthday	33
Up to 16 <sup>th</sup> plus 18 <sup>th</sup> if in full-time education	25
Up to 16 <sup>th</sup> birthday	26
Under 16	9

There were 44 admissions: 25 males and 19 females; 21% of the boys were on section and 8% of the girls. Giving 14% in total.

The average admission age inevitably varied by service boundary. These were 13.8 years for up 16th birthday services; 14.7 years if using the education criteria; and 15.3 years if going up to 18/19th birthday. In fact, for services that went to the 18/19 boundary, 42% of their admissions were 16 years or older.

The first admission sites were as follows:

Site	Percent
Paediatric ward	41

Adolescent in-patient unit	25
Adult ward	14
Independent adolescent unit	5

89% of paediatric admissions were the same day and the timescales for the adolescent units were:

Delay	Percent
Same day	36
Within the week	29
Longer than one week	35

50% of all these first admission sites were judged to be appropriate. Then 39% of the sample were moved to a more appropriate site. These timescales were:

Delay	Percent
Within the week	18
Within 2 weeks	35
Within one month	24
Longer than one month	22

The average delay was 18 days.

Finally the commonest distance for the first admission site was within 20 miles (76%) but this rose to less than 50 miles for 53% and now only 27 are within 20 miles.

### Submitted comments

There were two common comments: one, several consultants noted with anguish that a previous month had had several admissions but this particular month they had none; and two, that they had admitted no one due to NO bed being available.

### My reflections

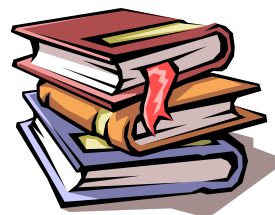
I think this shows a clear picture of the number of admissions there are and the

delays that are involved for both the first site and especially the wait for the more appropriate second.

I also think it demonstrates the in-patient burden on services that go above 15 years of age, in that 42% of all their admissions were for adolescents 16 years and older. As we know, there are few specific units commissioned for this age group and more generic units will not always accept adolescents of this age. I think we need to 'privilege' this commissioning gap when thinking about adolescent transition services.

Steve Kingsbury

## Academic Secretary: notes for newsletter



An exciting programme is promised for the faculty annual residential conference at the University of York, 9 - 11 September 2003. The conference should hold something of interest for everyone, and more specifically should assist child psychiatrists obtain their necessary CPD updates, particularly with respect to levels 3 and 4 (those aspects of CPD specific to child and adolescent psychiatry).

The next CPD Institute is a one-day meeting in London on 23 January 2004 on the subject of Motivational Interviewing: its use and adaptations within a CAMHS setting. Gill Salmon has organised this session which will probably be very popular, so do book early as there are a limited number of places.

Dorothea Holman has now retired and has stepped down from the programme committee - many thanks to her for all her hard work and

helpful contributions to the group over these past three years. Several of you put forward applications for the vacancies on the programme committee and the executive is currently reviewing these. I will be writing to those who applied soon. Meanwhile, Professor Emily Simonoff has joined the programme committee, specifically to enhance the link with academic child psychiatry.

Ideas and suggestions for programming are always welcomed. We are currently well advanced in planning the child psychiatry contributions to the 2004 College annual meeting to be held in Harrogate and with our faculty conference in 2004 in Edinburgh.

David Jones  
Academic Secretary

## *National CAMHS support service*

Why has the role of a CAMHS regional development worker been created?

There have been a number of recent policy developments, which will result in the expansion and development of CAMHS at the local level. The overall aim of these initiatives is that all CAMHS services should be providing a comprehensive service, including mental health promotion and early intervention, by 2006. The HSC/LAC circular 02/03 issued on 17<sup>th</sup> January, 2003 set out an initial definition of a comprehensive service and interim priorities. This will be backed by additional funding of approximately £250 million over three years from April, 2003. CAMHS staff have indicated that they would welcome support to develop effective models of care and to improve local services in line with the comprehensive service described in the Annex to the HSC/LAC. The overall aim of CAMHS RDWs will be to assist local CAMHS staff, services and partnerships to make best use of the new resources to help bring each local

CAMHS up to a level consistent with the standards to be set by the Children's National Service Framework (NSF). The RDWs will encourage local staff towards the Priorities and Planning Framework (PPF) target of achieving comprehensive CAMHS by 2006.

The team will be recruited by and employed by the Department of Health, but for administrative purposes they will be employed on behalf of DH by Leicestershire, Northamptonshire and Rutland Strategic Health Authority. The CAMHS Implementation Lead (CIL) will manage the team. The team will link into the DH CAMHS section and wider Children's Branches of COS via reporting to the CAMHS Project Implementation Sub-Group of the CAMHS Delivery Project Board.

The RDWs will cover regions which are co-terminous with areas covered by the nine Government Offices of the Regions. These are: London, South-East, South-West, West Midlands, East Midlands, East of England, Yorkshire and the Humber, North-East and North-West.

RDWs are to be based in a variety of locations within their 'patches', depending on which arrangement is most suitable for that particular locality. In practice, this will mean some are based at Government Offices for the Regions, some at Strategic Health Authorities, and some at NIMHE Regional Development Centres. RDWs will spend much of their time visiting locally based CAMHS staff within their areas.

The recruitment exercise has taken place and nine RDWs have been formally appointed. All nine are expected to take up post by September, 2003.

# World Mental Health Day 10th October 2003

This year World Mental Health Day is aimed at raising awareness of the importance of young people's mental health. The message is that the mental health of children and young people is everybody's business, not just those who work in CAMHS.

Schools will be encouraged to celebrate World Mental Health Day by organising activities, undertaking projects, involving parents and others. A website is available to support schools on <http://www.dfes.gov.uk/mentalhealth> and [www.teachernet.gov.uk/PHSE](http://www.teachernet.gov.uk/PHSE)

Please let me know if you have ideas about how to support the day. You can also submit ideas to [MentalHealth.IDEAS@dfes.gsi.gov.uk](mailto:MentalHealth.IDEAS@dfes.gsi.gov.uk)

Ann York  
Richmond, Surrey  
[Rowe.York@btinternet.com](mailto:Rowe.York@btinternet.com)

## SpR news

First of all, a date for your diaries: the next SpR conference will be on Monday, 22 March 2004 in Aberdeen. Our colleagues in Scotland are busy organising this at the moment and further details will be available towards the end of this year. Mercedes Acedevó can be contacted regarding the conference on: [simplymercedes@hotmail.com](mailto:simplymercedes@hotmail.com).

If you're not yet a member of the CAP SpR email list please consider joining us soon: it's by far the easiest way to disseminate information to SpRs regarding training events, training issues, locum opportunities and so forth. All you need to do in order to join is email [CHILD-PSYCHIATRY-SPR-](mailto:CHILD-PSYCHIATRY-SPR-)

[request@jiscmail.ac.uk](mailto:request@jiscmail.ac.uk) with your name, scheme and email address.

At present CAP SpRs are represented on the faculty executive committee by Louise Ementon-Shaw ([louise.ementonshaw@btopenworld.com](mailto:louise.ementonshaw@btopenworld.com)), by Paul Tiffin ([Paul@tiffin.fsnet.co.uk](mailto:Paul@tiffin.fsnet.co.uk)) as alternates, and by myself. Louise and Paul are both members of the Collegiate Trainees Committee (CTC). Paul is our representative on the Child and Adolescent Psychiatry Specialist Advisory Sub-Committee (CAPSAC) and is responsible for finding trainees interested in taking part in CAPSAC visits to training schemes. I also represent trainees on the faculty programme committee which is responsible for organising conferences. Don't hesitate to contact any of us.

There will be an SpR business meeting during the faculty annual conference in York on Wednesday, 10 September at 3.30pm. Hope to see you there and please email me with any items for the agenda.

Sue Goodwin  
[Suegoodwin@doctors.org.uk](mailto:Suegoodwin@doctors.org.uk)

## Conferences

The 31<sup>st</sup> annual conference of the British Association of the Behavioural and Cognitive Psychotherapies took place in York between 16<sup>th</sup> and 19<sup>th</sup>. It focused on children and families and the programme looked very interesting. More info on [www.babcp.com](http://www.babcp.com)

**Contemporary child and adolescent psychiatry and systemic practice:**  
17<sup>th</sup> – 18<sup>th</sup> November, 2003  
Tavistock Centre, London

A two-day conference for SpRs in child and adolescent psychiatry; workshop format and pack of pre-conference reading. Fee £200. Further information:

The Conference and External Events  
Unit, Tavistock Centre, 120 Belsize  
Lane, London NW3 5BA, tel. 0207 447  
3829, fax 0207 447 3837, email:  
[events@tavi-port.org](mailto:events@tavi-port.org)  
Website: [www.tavi-port.org](http://www.tavi-port.org)

## Information

### **Setting the agenda for the future - May 2003**

The Prince of Wales's Foundation for  
Integrated Health.  
ISBN : 0953945332  
[www.filhealth.org.uk](http://www.filhealth.org.uk)  
email : [info@fihealth.org.uk](mailto:info@fihealth.org.uk)

### **Complementary and Alternative Medicine: the consumer perspective**

The Prince of Wales's Foundation for  
Integrated Health  
ISBN 0953945324  
[www.fimed.org](http://www.fimed.org)  
email: [fimed.org](mailto:fimed.org)

### **What to do if you're worried a child is being abused**

Department  
of Health - Reference 31553 (May 2003)

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#### **Contacts:**

##### **Dr Sue Bailey**

17 Belgrave Square  
London  
SW1X 8PG  
0161 772 3590  
[ntattersall@gardener.bstmht.nhs.uk](mailto:ntattersall@gardener.bstmht.nhs.uk)

##### **Dr Ann York**

Child and Family Consultation Centre  
Richmond Royal,  
Kew Foot Road  
Richmond Surrey TW9 2TE  
0208 355 1984  
[Rowe.York@btinternet.com](mailto:Rowe.York@btinternet.com)

##### **Gill Gibbins**

Royal College of Psychiatrists  
[rgibbins@rcpsych.ac.uk](mailto:rgibbins@rcpsych.ac.uk)

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#### **The End**