



RCPsych in Scotland

Child & Adolescent Faculty Conference & AGM 2024

Thursday 28 November 2024
The Scotsman Hotel, Edinburgh

Digital Event Booklet

Housekeeping



Upon arrival, please sign in so that we can confirm delegates attendance.



Please turn your phone/devices to silent and your email notifications off for the duration of the event.



Feedback Forms will be circulated for you to complete in the afternoon.



Certificates of attendance will be emailed to you within 10 days of the event.

Accessibility

We are keen that the annual meeting is welcoming and inclusive to all speakers and College members who want to attend. The annual meeting is an invaluable opportunity for us to meet and connect with friends and colleagues. The resultant turbo-charged chat and noise is a wonderful reflection of how important these connections are, but can be exhausting and over-whelming for some. We are grateful to the wonderful young people from BANG (The Borders Additional Needs Group) who spoke at the 2023 annual meeting, and provided feedback on the organisation of the day. They recommended we use traffic light sticky labels, so people can share whether they want to talk and take part, or a take a quiet breather. We are also grateful to NAIT for advice.

We will therefore have stickers available to collect from the welcome desk which indicate:

- **White** I am happy to contribute and be asked questions
- **Green** I would like to contribute but might not initiate (please invite me to speak)
- **Yellow** I am non-speaking currently. I want to participate. Please help me communicate in ways I feel comfortable.
- **Red** Please do not ask me questions or ask for my comments.

The event will be signposted from the main entrance of The Scotsman Hotel. It will be held in the Fettecairn and Jura Suite, please [follow the link](#) to view the event spaces or take a 3D tour of the building (scroll down the webpage to see the relevant rooms). The room has artificial light as it is in a basement area of the hotel (it is nicer than it sounds!). We will have refreshments served in the main room mid-morning and mid-afternoon. Lunch will be a hot buffet available from the Jura Suite next to the main room. Delegates can eat their lunch standing, or at the event tables, either in that room or the main room. Please feel free to hang out where you feel most comfortable. If anyone would like help collecting their refreshments or lunch, or would prefer a quieter area, please let the organisers know. They will be seated at the registration table or in close proximity to the event. We also have some very able higher trainees ready to be of assistance.

In addition to the presentations, we have some very interesting posters on display in the main room too. There will be a panel discussion in the afternoon, with the opportunity for questions and short debate. If you would like to ask a question, but would prefer not to ask live in person, please let one of the organisers know, and they can ask on your behalf.

There will be an informal social gathering after the event. We have a reserved area on the mezzanine level of the Grande Café in The Scotsman Hotel. As people will be dashing off for trains at different times, we have left this flexible so people can order their own food and drinks if they wish. Again, if anyone would like support attending this, please let the organisers know.

Programme

Morning Programme	
09:00 – 09:25	Arrival & Registration
09:25 – 09:30	Welcome and Introduction from Faculty Officers Dr Kandarp Joshi (Chair) and Dr Leonie Boeing (Co-Vice Chair & Academic Secretary)
09:30 – 10:20	Treatment Resistance in Early Psychosis Care: current practice, challenges and opportunities Prof. Rachel Upthegrove, Professor of Psychiatry, Department of Psychiatry, University of Oxford and Director of Oxford Health Biomedical Research Centre
10:20 – 11:10	Developmental neuropsychiatry: Is ESSENCE really of the essence? Prof. Chris Gillberg, Professor of Child & Adolescent Psychiatry, University of Gothenburg, Sweden
11:10 – 11:30	Comfort Break
11:30 – 12:00	Healthy Neurodivergence Dr Jason Lang, Clinical Senior Lecturer and Honorary Consultant Child and Adolescent Psychiatrist, University of Glasgow.
12:00 – 12:30	Supporting children referred for assessment but not yet diagnosed Dr Sinead Rhodes, Senior Research Fellow, Child Life and Health & Centre for Clinical Brain Sciences, University of Edinburgh
12:30 – 13:00	Overcoming Adversity Sharon Graham, Research Assistant/Lived Experience Lead, University of Glasgow
13:00 – 13:50	Lunch
13:50 – 14:10	Faculty AGM
Afternoon Programme	
14:10 – 14:40	Working together to improve child mental health in Scotland Dr Mairi Stark, Consultant Paediatrician, RHCYP, Edinburgh and Scottish Officer, RCPCH
14:40 – 15:10	Panel Discussion The Role of CAMHS in meeting the needs of neurodivergent children and young people
15:10 – 15:25	Comfort Break
15:25 – 15:30	Poster Prize Presentation Dr Laura Sutherland, Co-Vice Chair, RCPsychiS Child & Adolescent Faculty Executive

Continued on next page

Programme continued

Trainee Rapid Fire Presentations	
15:30 – 15:40	How prevalent are psychotic experiences in CAMHS Ailsa Bruce, ST4 CAMHS West Fife
15:40 – 15:50	Survey on barriers to psychiatrists' use of clozapine for young people in Scotland and suggestions for reducing these: An update Dr Graham Walker, Clinical Lecturer in Child and Adolescent Psychiatry (University of Glasgow), ST5 Psychiatry Registrar (NHS GG&C)
15:50 – 16:00	Associations between Neurodivergence in Childhood or Adolescence and Physical Long-Term Conditions in Adulthood: A Systematic Review and Meta-Analysis of Longitudinal Studies Dr Naomi Wilson, ST4 CAMHS Trainee / Clinical Lecturer, University of Glasgow
16:00 – 16:10	Youth Driven Contextualised Psychological First Aid Praveen Kumar, NHS Grampian
Concluding Session	
16:10 – 16:40	Onwards and Upwards (for child and adolescent psychiatrists) Dr Elaine Lockhart, Consultant in LD CAMHS, Glasgow and Chair of the RCPsych UK Child & Adolescent Faculty
16:45	Meeting Closes <i>An informal social gathering will be taking place after the event in the mezzanine area of the Grande Café, The Scotsman Hotel</i>

Poster Presentations

- An audit of the mental health admissions to the Paediatric Assessment Unit in the Royal Aberdeen Children's Hospital.
- Young peoples' experiences of secure care: a synthesis of qualitative research.
- The psychological impact of parental suicide on surviving children: a systematic review.
- Improving antipsychotic physical health monitoring within Renfrewshire CAMHS.
- Multi-centre Survey of Service Users' Understanding of Medical Designations.
- COVID 19 and the perceived impacts on adolescents' and young adults' mental health: A quantitative survey.
- Sensitivity of the Clinical High-Risk and Familial High-Risk Approaches for Psychotic Disorders – A Systematic Review and Meta-analysis.
- Melatonin Prescribing for Patients Under Follow-Up For ADHD in South Glasgow
- Improving the compliance with nice guidelines, for the physical health monitoring of young people on treatment for ADHD, in west Glasgow CAMHS.
- A Quality Approach to Learning and Development In Trauma informed Practice.

Speaker Biographies (alphabetically) & Presentation Abstracts

Dr Ailsa Bruce is a Higher Trainee in CAMHS (ST4) currently working in Tier 3 CAMHS in the West Fife team. I am lucky enough to have joined Professor Kelleher's CAMHS research team at the University of Edinburgh.

Presentation Title: How common are psychotic experiences in CAMHS and why does that matter?

Presentation Abstract: Findings from a systematic review and meta-analysis: Psychotic experiences in children and adolescents presenting to mental health services, a systematic review and meta-analysis of prevalence.

Christopher Gillberg is Professor of Child and Adolescent Psychiatry at the University of Gothenburg, Sweden, since the mid-1980s. He heads the Gillberg Neuropsychiatry Centre since 2010. He is also a Chief Physician at the Sahlgrenska University Hospital and one of the world's most experienced, clinically active child and adolescent psychiatrists, with more than 50 years of extensive clinical work in treatment of patients and families with complex psychiatric/neurodevelopmental problems. Christopher Gillberg has published more than 800 peer-reviewed scientific papers (of which 778 are currently on the NIH PubMed website) on autism, Asperger syndrome, ADHD, DCD, Tourette syndrome, intellectual disability, epilepsy, cerebral palsy, PANS/PANDAS, depression, reactive attachment disorder, anorexia nervosa, ARFID, behavioural phenotype syndromes, Fragile X, 22q11, other rare disorders, and other areas relevant for children's and adolescents' mental and neurological health.

Presentation Title: Developmental neuropsychiatry: Is ESSENCE really of the essence?

Presentation Abstract: A brief overview of the importance of early child neurodevelopmental problems in the clinical services dedicated to so called child and adolescent psychiatric problems.

Sharon Graham is almost 10 years in recovery from addiction after experiencing trauma in both childhood and adulthood. In the past worked in addictions, emergency homelessness and criminal justice but now a Research Assistant where I am the Lived Experience Lead at Glasgow University in a coproduced trial, in early intervention for families and also the National Lead for CYP on the UK Mental Health Mission.

Presentation Title: Overcoming Adversity

Professor Ian Kelleher is Professor of Child and Adolescent Psychiatry at the University of Edinburgh. He is adjunct professor at University College Dublin and University of Oulu. His research focuses on understanding trajectories of mental health from childhood into adulthood, and on identifying (and reducing) risk for severe mental illnesses, including schizophrenia-spectrum and bipolar disorders. Clinically, he works as a consultant child and adolescent psychiatrist in NHS Lothian.

Dr Praveen Kumar is a ST4 CAMHS psychiatrist at City Links Hospital, Aberdeen. During his core psychiatry training in Inverness, he started a program delivering contextualised Psychological First Aid (PFA) for school teachers in the Scottish Highlands, specifically targeting the needs of refugee children and young adults. His work emphasizes the importance of cultural sensitivity and tailored approaches in mental health support. This initiative has expanded internationally, including a recent project in Assam, India, and an upcoming one in Norwich aimed at equipping teachers and community members with the skills to better support young refugees. His interests lie in digital teaching, policy change and global mental health.

Presentation Title: Contextualised Psychological First Aid for Children and Young Adults in Diverse Settings

Presentation Abstract: This presentation will outline the development, data on pre-and post intervention and implementation of a contextualised Psychological First Aid program for school teachers working with children and young adults. The program, initially launched in the Scottish Highlands, involved focus groups with teachers and later incorporated feedback from children to create a culturally sensitive approach.

Dr Jason Lang is a Senior Clinical Lecturer in Neurodevelopment at the University of Glasgow and an Honorary Consultant in Child and Adolescent Psychiatry. His research interests include neurodiversity in children and young people, the co-occurrence of different neurotypes within this population and the experience of being neurodivergent, including equality issues associated with neurodivergence. He is also interested in how services, early intervention, and environmental interventions can be configured to better serve this population. Jason has a longstanding interest in education and is currently working on the creation of a national Neurodevelopmental Practitioner course, co-leads the Psychological Medicine BSc intercalated medical degree, as well as collaborating on the development of an Infant Mental Health course within the University of Glasgow. Jason possesses some lived experience of neurodivergence. He is autistic and is father to two daughters who are also both neurodivergent.

Presentation Title: Healthy Neurodivergence

Presentation Abstract: This presentation will cover current research activity around the topic of achieving “healthy neurodivergence” in children and young people.

Dr Elaine Lockhart studied medicine at University College Dublin and has worked in Ireland, France and the UK. She is currently Chair of the Royal College of Psychiatrists' Child and Adolescent faculty. She has lived in Scotland for the past 30 years and is currently a consultant psychiatrist with the Greater Glasgow and Clyde Learning Disability CAMHS team. Her areas of focus are improved funding to support values and evidence-based specialist CAMHS across the UK and the recruitment and retention of psychiatrists to work with infants, children and young people.

Presentation Title: Onwards and Upwards for Child and Adolescent Psychiatrists

Presentation Abstract: This final presentation will provide a few areas for discussion with the audience about some reasons to be cheerful and activated.

Professor Helen Minnis is the Professor of Child & Adolescent Psychiatry at the University of Glasgow. Helen's research focus is on the interplay between neurodivergence and trauma-related problems. She is running randomised controlled trials of interventions for children and families experiencing adversity.

Dr Sinead Rhodes is an academic psychologist in the College of Medicine at the University of Edinburgh. She has 28 years experience of conducting and publishing research on children with Neurodevelopmental conditions, particularly those on diagnostic waiting lists. Her research mainly focuses on understanding cognition, learning and mental health in children with Neurodevelopmental conditions and researching the support of these children via medication and psychoeducation programmes. She is the Founder and Director of the social enterprise company EPIC Think Learn, a spin-out from the University of Edinburgh. EPIC Think Learn, a Community Interest Company, provides services and resources to parents, teachers and clinicians of children and young people with Neurodevelopmental concerns, whether diagnosed or not. In 2024 a parent platform was launched with research informed resources and direct support. Regular Q&A sessions support parents to engage with the resources in a self-delivery with support model. Teacher resources include webinars and whole class materials in an inclusive approach. EPIC Think Learn also hold clinician events focused on translating the latest neurodevelopmental research.

Presentation Title: Supporting children referred for assessment but not yet diagnosed

Presentation Abstract: In this talk, research will be highlighted that shows children on NHS ADHD waiting lists do not differ in cognitive function, learning or behaviour whether they receive a diagnosis or not - being accepted on to an NHS waiting list is indicative of needing support. The findings of an 8 week trial of a Psychoeducation programme (EPIC) for children, parents and teachers will be presented followed by an introduction of the 'self-delivery with support' version. The talk will summarise the key components of this programme highlighting the suitability for children not yet diagnosed as well as within post-diagnostic treatment.

Professor Rachel Upthegrove trained in Medicine at the Royal Free Hospital, University of London and completed Psychiatry training in Birmingham. Her PhD investigated longitudinal outcomes of depression and suicidality in first episode psychosis. Her clinical work is in the Birmingham Early Intervention Service. Her current research focuses on the identification of novel treatments for early stages of schizophrenia, and she leads the Psychosis Immune Mechanism Stratified Medicine Study (PIMS), a collaborative multi stage project investigating inflammatory mechanisms and phenotypic profile of psychosis. Her translational research includes NIHR funded Early Psychosis Informatics into Care (EPICare) registry. She is chief investigator and co investigator on a number of RCTs for repurposed and targeted treatments. Rachel is Chair of the NIHR Mental Health Translational Research Collaboration and Honorary General Secretary of the British Association for Psychopharmacology.

Presentation Title: Treatment Resistance in Early Psychosis Care: current practice, challenges and opportunities

Presentation Abstract: A review of the early stages of Psychosis, assessments and treatment and the barriers, targets and treatment responsiveness.

Dr Mairi Stark is a General Paediatrician at RHCYP Edinburgh with new lead position in Paediatric CAMHS Liaison. She is also a Scottish Officer for RCPCH and sits on RCPCH Child Mental Health Committee.

Presentation Title: Working together to improve Child Mental Health in Scotland.

Presentation Abstract: Presenting some of our data from worried and waiting report. Looking at how we could do things differently to work closer together to improve patient care. Updates on RCPCH mental health work / training including development of ALSG course for acutely disturbed children.

Dr Graham Walker is an ST5 Child and Adolescent Psychiatrist and Clinical Lecturer in Child and Adolescent Psychiatry, based in the School of Mental Health & Wellbeing at Glasgow University. Dr Walker graduated from the University of Aberdeen with an MBChB in 2015, having attained an intercalated BScMedSci in 2013. Dr Walker completed his Membership of the Royal College of Psychiatrists in 2019. Dr Walker has experience of working in varying psychiatric subspecialties across the West of Scotland during his core psychiatric training years. He subsequently worked in Melbourne, Australia for 3 years in adult forensic psychiatry. Subsequent to this, he has moved back to Glasgow to complete his higher psychiatric training and has a 60/40 split between clinical and academic work. His areas of research interest include both Child and Adolescent and Forensic Psychiatry, and most recent published work has been a systematic review identifying studies examining the validity of instruments for use as outcome measures in child and adolescent forensic mental health services, and reflective pieces of work around experiences of psychiatric practice in Australia.

Presentation Title: Survey on barriers to use of clozapine for young people in Scotland and suggestions for reducing these: An update.

Presentation Abstract: Presentation of results of a national survey of Scottish Child and Adolescent Psychiatrist's views on clozapine, including suggested barriers and facilitators to prescription and ideas on future direction.

Dr Naomi Wilson is an ST4 in Child and Adolescent Psychiatry within NHS Greater Glasgow and Clyde. She is also currently completing a PhD at the University of Glasgow funded by the Wellcome Trust. This is exploring the health trajectories of neurodivergent young people who have engaged with Child and Adolescent Mental Health Services, including their risk of multimorbidity in adulthood, using nationwide datasets.

Presentation Title: Associations between Neurodivergence in Childhood or Adolescence and Physical Long-Term Conditions in Adulthood: A Systematic Review and Meta-Analysis of Longitudinal Studies.

Presentation Abstract: Without appropriate support, neurodivergent young people are at an increased risk of many of the social and psychiatric outcomes in adulthood, which are known to be key drivers of physical health inequalities. Despite this knowledge, until recently relatively little research attention has been paid toward the physical health trajectories that they may follow. The aim of this review was to systematically collate and appraise the research which has been conducted to date exploring the longitudinal association between three common forms of neurodivergence (ADHD, Autism, and Tics) in childhood or adolescence (i.e., <18 years of age) and isolated or multiple physical long-term conditions in adulthood (i.e., >18 years of age).

**ROYAL COLLEGE OF PSYCHIATRISTS IN SCOTLAND
CHILD AND ADOLESCENT FACULTY**

Annual General Meeting*

Thursday 28 November 2024 from 13.50pm to 14.10pm

AGENDA

- 1. Welcome**
- 2. Minutes of the last Meeting**
- 3. Chairs annual report (Kandarp Joshi)**
- 4. Priorities for CAP in Scotland (top 5 over last year)**
 - a. Should we drop any, add any, and how best to prioritise
 - b. Resources (10% for MH and 1% of budget for CAMHS)
 - c. Recruitment and retention
 - i. no 9:1 job plans for consultants/ mentoring
 - d. Leadership
 - i. develop network so psychiatrists involved in services they are part of;
 - ii. hold Public health lens
 - e. Neurodevelopmental services (todays theme)
 - f. Regional CAMHS development
- 5. TPD report (Gordon Wilkinson)**
- 6. AOCB**

***Open to College Members only**

**RCPsychiS Child and Adolescent Faculty AGM
Held on 23rd November 2023
At the Apex Grassmarket Hotel, Edinburgh**

Meeting chaired by Dr Kandarp Joshi (Vice chair of CAPFEC)

Attendees: full cohort of conference attendees

Minutes: Dr Graham Walker (CAPFEC trainee member)

Dr Joshi introduced self and role.

Apologies from Dr Helen Smith Chair's report provided in the delegation pack (highlights)

Encouragement to become part of child and adolescent psychiatry faculty executive committee (CAPFEC)

Update on CAPFEC work over the year on contributions to national eating disorder review, National care service, Transitions bills, college reports like CR207 to improve recruitment and retention as well as input to Borderline personality disorder position statement, news article on waiting times. Lastly encouragement to complete clozapine survey (action from MWC).

Apologies from Dr Gordon Wilkinson (TPD for CAP) report read out (highlights)

All 28 higher CAP training posts full – success following Choose psychiatry campaign

Highlighting dual training posts as well as run through posts in GGC - Plans to expand to SE and then beyond central belt

Encouragement to consultants/ speciality doctors to become trainers, especially with increasing number of trainees

Nominations requested for new CAPFEC members

Current committee congratulated for work and requested to attend next meeting and help handover.

Nominations for CAPFEC as below and all seconded by those in room;

Dr Mairi McNeil

Dr Caroline Fell

Dr Nikki Cannon

Dr Chetana Patil

Dr Aileen Blower nominated Dr Kandarp Joshi for Chair and this was seconded too.

Requested feedback on conference particularly on conference next year- cost will be higher for face to face meeting.

AOCB

Dr Kandarp Joshi/ Dr Leonie Boeing - Discussion at CAPFEC to promote leadership in CAP. Group will be open to all CAP members of RCPsych. Proposal to be a sub group to Medical management group at RCPsych – as an open group for CAP of all grades and training. Everyone invited to share their feedback, thoughts and ideas on this theme with CAPFEC/ Kandarp.

Intention to create a safe space for sharing both experience and dilemmas with

- Opportunity for Scottish child and adolescent psychiatrists to discuss issues relevant to managerial, clinical and service leadership roles, including implementation of policy and practice.
- To highlight and develop the role of child and adolescent psychiatrists as leaders, for established consultants and trainees
- Peer support for child and adolescent psychiatrists in leadership roles

Dr Helen Minnis- Graham Bryce- Do colleagues know of any initiatives to help with psychiatric and medical support to Gaza? Colleagues encouraged to email graham@bryces.org.uk

**RCPsych in Scotland Child & Adolescent Faculty Executive Committee
Chair's Report, AGM 28.11.24**

Dear All,

This is my first report to the AGM and I thank everyone who has made contribution to shine light on child and adolescent psychiatry by any means, through research, audit, teaching or even a conversation, as what we do is pretty hard and often not well understood.

I'd like to share gratitude to all CAPFEC members and particularly Susan who does so much in the background for the Faculty and for this conference; a shout out for all the trainers, trainees, DMPs, external advisers, and clinician for making a difference.

At the AGM, I am looking for everyone's input to help us set our priorities for our Faculty and know what the CAP section of College can do for you. We have 18 months of this parliament left and so it is a good time to start thinking about this. Also, we have not faced this level of financial crisis as we are in currently which makes it even more important anchor on our values as CAP.

Over the last 12 months we have had extra energy from newly elected 4 x Exec members and trainee representatives joining CAPFEC to support me in my role as Chair. Also, we started the year with a vacancy of vice-chair which got filled by very enthusiastic and capable two co-vice chairs (Laura and Leonie). The year has been full of ups and downs.

I will start with the downs as Scottish Government has decided to put the national CAMHS ID unit on hold and the opening date for medium secure unit is further delayed. Following injections of funding into CAMHS (recovery and renewal funding) this financial year has seen a drop in funding in real terms as the CAMHS funding is joined up with all mental health funding streams and school nursing pot. While whole CAMHS workforce has increased by 14% between Mar 23 - Jun 24, the child and adolescent psychiatrist workforce has shrunk by 8% (84.5 WTE). On top of that CAMH services are expected to do about 10% saving and this is despite national funding into CAMHS being 20- 35% short of 1% of health budget commitment by this government.

CAMHS (and CAP) have a once in a life-time opportunity as there is investment in development of Regional CAMHS with each region expected to develop standards and pathways to deliver higher intensity and specialised CAMHS across Boards so there is local flexibility and an assurance of high quality of care. The North develops Intensive Home Treatment service, the West region develops IPCU for young people and Forensic CAMHS pathway and East region develops the CAMHS ID pathway. Please use any influence and energy you have to make this initiatives get best possible results for making a difference for patient care.

At the start of this year CAMHS Taskforce (C&YP joined up with perinatal and infant boards as Joint Strategic board for children and family mental health) chaired jointly by Mental health directorate in Scottish Government and COSLA involving various RCPsych members. A much needed life stage model approach to delivery of mental health care (preconception, early years and intergenerational opportunities for health and wellbeing) has been guiding principle. The board has moved work to four implementation groups; Anne Mcfadyen leads group for perinatal service specifications, Aileen Blower leads group on barriers and access to support and service (access to CAMHS under 5s and crisis support); Stephen McLeod leads A group on awareness raising and promotion and Roch Cantwell on whole systems and transition (no wrong door, regional structure to perinatal, IMH service guide). Creating hope – 2 year service delivery plan for suicide prevention is progressing crisis support and suicide prevention within whole school approach.

CAPFEC colleagues joined our Paediatrics college colleagues on presentation of Worried and waiting: A review of paediatric waiting times in Scotland 2024 | RCPCH data to the Ministerial Committee. You will hear about the findings of this report after the AGM from Dr Mairi Stark Chair of RCCPH. We have joined in each other in the Executive meetings to keep a live connection and work together for a single voice from children and young people clinicians particularly focussing on improving

Neurodevelopmental service and Paediatric Liaison Service. ND has been a priority for CAPFEC and we plan to do a survey / data gathering of ND services across the country next year.

At the last conference, Graham Walker who is now a Higher Trainee representative of CAPFEC lead a survey on confidence in clozapine use for CAP in request of MWC and this has now been completed and results submitted to MWC. We have proposed to develop a NES support training package on this topic to make is accessible to members when they need this.

The College Exec has responded to many consultations including the Adults with incapacity act, National Care service Bill, Hillary Cass report and supported updating of college report CR207 (re: job planning). We continue to support writing of the college position statement for adolescents with Borderline Personality Disorder.

We have CAPFEC members representing at all age college groups on ADHD (ND), Medical Managers and Leadership, workforce group as well as connect with UK college faculty meetings. At the last AGM, we agreed a priority to improve leadership in CAP and we have generated options on how best to connect CAP colleagues in medical manager roles (clinical leads, clinical directors). We had our first meeting for this in September and hope to further discussions on to include all aspiring leaders within CAP. ADHD college group has higher focus on adult services that are overwhelmed with demand for ADHD assessment and treatment. At the last Medical Managers meeting, civil servants attended to gather views on minimal safe staffing for psychiatrist (based on the success of minimal safe staffing of nursing document). Also there is discussion in the leadership forums on how best can psychiatrist be informed to use population needs data to provide input to both patients known and not known to services moving towards consultation roles rather than case holding. Our Faculty on mentoring, we have a teams page for external advisor to support no more 9:1 consultant recruitment.

I have reached out to Rachel Morris who eloquently speaks about suicide and after support for psychiatrist, to highlighted needs of CAP colleagues which tend to be to different when it comes to expectation and relationships with family, agencies as compared colleagues working with adults settings.

CAPFEC members have responded to a number of media request and done interviews at short notices with an aim to demystify CAMHS and keep flying the flag of needs to help mental health disorder while political swing is toward promoting mental wellbeing (often with an ignorance confusion about overlap with mental health disorder). If interested in working with Media please speak to a CAPFEC member

Finally, I would like to highlight more than ever need to help others connect with CAP identity as holistic clinicians and experts in biopsychosocial practice who also deliver psychological care for family and patients. Last Sept there was publication of Core mental health standards - gov.scot and Psychological therapies and interventions specification - gov.scot which are excellent addition to knowing what good looks like. However I notice a pressure to exclude role of psychiatrists from provision of psychological care. We have a much bigger role to play to make a difference with what we know for e.g. Psychological trauma and adversity including ACEs (adverse childhood experiences) - gov.scot for provision to trauma informed care as well as minimise negative outcomes of transition as ambitiously portrayed in the 10 years plan with age span service with self-referrals for Care and treatment of eating disorders: national specification - gov.scot.

Please continue to guide me and CAPFEC on the next part of our journey.

Kandarp

RCPsych in Scotland Child & Adolescent Faculty Executive Committee List

Officers

Chair: Kandarp Joshi (Nov 2023)

Co Vice-Chairs: Laura Sutherland / Leonie Boeing (Aug 2024)

Conference Secretary: Leonie Boeing (Nov 2022)

Committee Members

Mhairi McNeil (Nov 2023)

Caroline Fell (Nov 2023) (paediatric link)

Nikki Cannon (Nov 2023)

Chetana Patil (Nov 2023)

Co-opted

Academic: Prof Ian Kelleher

Paediatric: Mairi Stark

CAMHS LD: Duncan Manders

MWCS: Helen Dawson

Scot Gov: Aileen Blower

National TPD: Gordon Wilkinson

Mentoring: Lynn Brown (March 24)

HIS: Jennifer Halliday (2017)

Trainee Reps

SE CT: Smitarani Shetty

West CT: VACANT

North CT: VACANT

West Reg: Graham Walker

North Reg: VACANT

Patient /Carer Rep: VACANT (recruiting in New Year)

NHS Education for Scotland Child & Adolescent Psychiatry TPD Report

I'm sorry not to be able to attend the Faculty conference this year but am pleased to provide a short TPD update.

Trainee recruitment continues to be very positive – 6 CAP higher trainees have CCT'd since the last Faculty meeting, all of whom have progressed to consultant posts in Scotland. Most of these posts have been filled, though at the time of writing there will be 2 unfilled CAP higher trainee posts in the North from Feb 25 recruitment which will go forward to recruitment for Aug. There are also now 4 CAP run-through trainees in Scotland – 2 in the West who are currently in their ST2 CAMHS/Paeds link year, 2 trainees in their ST1 year (having started in Aug 24), one of whom is nested in the North core training scheme and the other in the South East.

While NES and the Scottish Government are pushing to develop further CAP run-through training numbers, I have made a case for an increase in our higher trainee numbers instead. At present CAP run-through trainees have to be subsumed into our higher training cohort of 28 when they move into ST4, rather than be in addition to this. While we are all keen to encourage trainees into CAP early on, my concern is that further recruitment to run-through training is not addressing the current climate of multiple vacant consultant posts as quickly as I would like. It is also potentially disadvantaging current CT3 trainees who wish to pursue CAP. I am therefore hopeful that for Aug 25 we will be able to advertise an additional 2 CAP higher trainees (one in the West and South East), bringing the national trainee cohort up to 30.

There are also ongoing discussions in NES about being able to recruit on a WTE basis, rather than national training numbers - this would have a hugely positive impact in specialties like ours, where many trainees are working LFTF and progression towards CCT is at a slower pace. This is a complex issue to implement but I am hopeful of being able to update you on further developments in due course. There is also discussion about being able to be more flexible with training placements, e.g. across regions, if this will afford a better training experience and encourage recruitment.

However, these developments have the potential to significantly increase the number of trainees in training at any one time, meaning additional pressures on trainers and placements. I am extremely grateful to all trainers, and the Local Programme Leads who support me in my TPD role, for their ongoing enthusiasm and commitment to delivering high quality training to our future consultant colleagues in increasingly pressured times.

While I am sorry not to be able to attend the Faculty conference in person today, I am more than happy to be contacted at any time if anyone has any issues, concerns or queries about the National CAP higher training scheme.

Gordon Wilkinson

WE HOPE YOU ENJOY OUR EVENT.