



The eco-crisis and CAMHS – what's the relevance?

25 February 2021 | Online

Conference Booklet

Programme

Session 1: Introductions and RCPsych position statement	
12.30pm	<p>Welcome: hopes and aspirations for the day</p> <p>Dr Bernadka Dubicka, Faculty Chair, Dr Kathryn Speedy, CAMHS Green Scholar and youth advocates Rhiannon Hawkins, Melissa Kingsley and Nathan Randles</p>
12.40pm	<p>President of the RCPsych – Dr Adrian James</p> <p>The Royal College of Psychiatrists response to the climate and ecological crisis</p>
1:05pm	<p>Question and answer session facilitated by youth advocates</p> <p>Rhiannon Hawkins, Melissa Kingsley and Nathan Randles</p>
1:25pm	Tea break, poster viewing and art and photography exhibition
Session 2: Keynote address	
1:45pm	<p>Chair: Dr Bernadka Dubicka</p> <p>Keynote: Dr Lise van Susteren</p> <p>American psychiatrist, and a thought leader in the US on the mental health consequences of climate change. Dr van Susteren was the psychiatric expert witness in the landmark lawsuit, Juliana vs US, in which a group of young people sued the US federal government on inaction on climate change. Dr van Susteren will be speaking about the evidence that she presented and her experiences of the case.</p>
2:30pm	Question and answer session facilitated by youth advocate Rhiannon Hawkins
2:50pm	Tea break, poster viewing and art and photography exhibition
Session 3: The evidence for impact and green interventions	
3.15pm	<p>Chair: Dr Catriona Mellor</p> <p>What is the evidence? Dr Rebecca Lovell is a Lecturer at the European Centre for Environment and Human Health, WHO Collaborating Centre on Natural Environments and Health at the University of Exeter Medical School. She focuses on synthesising and translating evidence of the links between natural environments, and health for policy and practice and has undertaken work with and for bodies such as the WHO, PHE, Defra, and Natural England. She has contributed to multiple studies on the effectiveness and implementation of green health interventions and will discuss her work in this area.</p>
3:35pm	<p>What is the evidence? Mental health through nature connectedness</p> <p>Professor Miles Richardson</p> <p>This talk will be exploring what nature connectedness is and why it matters for mental health.</p> <p>Professor Richardson is based at the University of Derby, Professor of Human Factors and Nature Connectedness and leads the Nature Connectedness Research Group. The focus of his research is understanding and improving our</p>

	connection with nature, because of the well-being and environmental benefits. He has worked with a number of conservation NGOs, including the National Trust, RSPB and The Wildlife Trusts and is a member of a Natural England research strategy group working with partners on a national indicator of nature connection, the NCI.
3:55pm	Q&A session facilitated by youth advocate Melissa Kingsley
Participation - What is to be done?	
4.10pm	Chair: Dr Nick Barnes Impact of nature and community growing projects on mental health and trauma in displaced communities Jess Zollman Thomas, Medical Student Keeping Nature in Mind in Tier 4 CAMHS Dr Catriona Mellor, Specialty Doctor, Oxford Health NHS Foundation Trust Mapping climate sustainability and nature based care in CAMHS / Nature Friendly schools project Dr Alan Kellas, Natalie Ganpatsingh and Jenny Teague
4:25pm	Results of CAP Faculty Members' survey January 2021 Dr Kathryn Speedy, CAMHS Green Scholar
4:40pm	Youth Advocates, Rhiannon, Melissa and Nathan will present a discussion on young people's expectations and recommendations, focusing on the following three questions; <ul style="list-style-type: none"> • When thinking about the Climate and Ecological Emergency and its impact on CYPMH, what should I be doing as a Child and Adolescent Psychiatrist both as an individual clinician, and within my organisation • What could and should the Royal College of Psychiatry be doing in response to the Climate and Ecological Emergency? • Recognising that this year will see COP 26 in Glasgow, what should we, as the Royal College of Psychiatrists and Child and Adolescent Psychiatrists be asking of world leaders at this forum?
5.00pm	Summary of the day and next steps for the Greener CAMHS workstream Greener CAMHS resource page – to be presented by Dr Catriona Mellor
5.05pm	Closing comments: Melissa, Nathan and Rhiannon

Speaker abstracts and biographies

RCPsych and the Climate Crisis

Dr Adrian James

Adrian was elected President in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates. Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-

2008). He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity). He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission (CQC). He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he set up the Quality Improvement (QI) Committee and Workforce Wellbeing Committee at the College. His priorities as President are: 1. Establishing a pathway to parity for mental health services 2. Equality and diversity 3. Sustainability 4. Workforce Wellbeing Adrian is a keen cyclist.

Impacts of climate disruption on children and young people

Lise van Susteren

American psychiatrist, and a thought leader in the US on the mental health consequences of climate change. Dr van Susteren was the psychiatric expert witness in the landmark lawsuit, Juliana vs US, in which a group of young people sued the US federal government on inaction on climate change. Dr van Susteren will be speaking about the evidence that she presented and her experiences of the case.

The eco-crisis and CAMHS - what's the relevance? Results of CAP Faculty Members' survey January 2021

Dr Kathryn Speedy

In January 2021 a survey was sent to all members of the Child and Adolescent faculty, gathering their views on the eco-crisis and Greener CAMHS. This short presentation delivers the initial findings of the survey and helps ensure that members' views are fairly represented by the faculty executive.

Dr Kathryn Speedy is this year's CAMHS Green Scholar and one of the RCPsych Sustainability Scholars. Kathryn is an ST4 in CAMHS in South Wales, where she also completed her Foundation and Core training.

Posters

1. How unrestricted play could help a child's developmental needs and wellbeing

Manisha Bumma, Medical Student, and Bobby Bola

The current ecological and social crisis leads to the consideration of adopting greener forms of prescribing to improve health and wellbeing. An example to support children's wellbeing would be to encourage them to spend more time immersed in nature. The benefits of playing outside are known, as play is essential for children to develop intellectually, physically, emotionally, and socially. However, if nature is to be prescribed to young people, we believe that it is important to consider the quality of the time they spent outdoors, particularly in urban areas where nature parks or forest are not as accessible, to ensure that they fully benefit from it. Children today spend less time outside than ever before, due to several factors such as the convenience of new technology and parents being worried. There is also a lack of recognition of the importance of outdoor play during a child's formative years. One might think that the solution would be to encourage children to spend time in parks and playgrounds. While this is certainly a good option as it ensures children's physical and social development to a certain extent, studies have shown that traditional playgrounds (with fixed equipment) can affect children's cognitive and emotional development needs. A better option would be adventure playgrounds. Studies demonstrate an increase in cognitive development for the group of children who have experienced adventure play compared to normal play. Adventure play is described as a form of unrestricted play with an element of controlled risk, whether it is within an adventure playground or a forest. It creates an increase in the opportunity to create new relationships and engage in social interactions across different age groups and with people from different backgrounds. There is also an increasingly high degree of freedom and choice available for the children to use, fostering independent and creativity skills. This literature review summarises differences between normal and adventure play. As urbanisation becomes more popularised, we are becoming more separated from nature as our surroundings become more industrial. It is a great step forward to promote an outgoing society who spends more time out of their home, but there are enhanced improvements for people who spend more time immersed in nature such as hiking, forests or adventure playgrounds.

2. Mapping climate sustainability and nature based care in CAMHS

Dr Alan Kellas, Consultant Psychiatrist and **Natalie Gatpansingh**, Artist and director of Nature Nurture

I propose to create a poster/map or maps outlining how I see the links between the climate and ecological crisis, sustainability and the college's role. This reflects a year of being involved in the NF CAMHS faculty subgroup, the RCPsych CEE expert advisory group and the roundtable discussions. The poster will use graphic illustration to explain aspects of nature's role in CAMHS clinical practice, at an individual and community/school and neighbourhood level, building on a map I drew to illustrate nature health connections for the West of England nature partnership, with whom I am currently involved in one of the National Green social prescribing pilot sites. Finally the poster will outline key ways CAMHS psychiatrists can develop their practice as if nature matters, and play their part in natural and psychological solutions to the climate/nature crisis.

3. Nature Friendly schools project

Dr Alan Kellas, Consultant Psychiatrist, **Dom Higgins**, Head of Wellbeing and Learning, The Wildlife Trusts, and **Jenny Teague**, Project Manager of Nature Friendly Schools

The poster will outline the emerging work of the Nature Friendly schools project and give practical ways in which CAMHS services and psychiatrists can learn from and apply this work in their localities.

4. Keeping Nature in Mind in Tier 4 CAMHS

Dr Catriona Mellor, Specialty Doctor

The team at Marlborough House (MH) Adolescent Unit work hard to ensure that, alongside evidence based treatments for mental illness, we also prioritise the foundational elements of wellbeing – sleep, physical health, activity, diet and relaxation. We want to expand these priorities to include time outdoors in natural surroundings. • we know that time outdoors in natural surroundings has manifold physical and mental health benefits (including improved attention, stress, depression, memory, immune function and reduced cardiovascular disease). • weaving nature-based approaches into mental healthcare is an important response at a time of eco-crisis; low carbon interventions that introduce people to a life-long source of resilience, and often an empowering sense of stewardship. Our MH 2021 'Nature' strategy is underpinned by the evidence base around Nature Connectedness and will include

1. Increasing regular outdoor time for every young person: e.g. daily walks, links to local wildlife and animal charities, gardening group.
2. Families in the Wild: a multifamily two day programme of nature based craft and activities in beautiful woodland led by Wiltshire Wildlife Trust.
3. Wild Walks: driving out of town to a nearby ridge for walking and fresh air, for small groups, 1:1 staff to YP ratio.
4. Nature Connectedness training for staff: The NatureWell 6 day course offers an accredited qualification in Nature and Health Facilitation. 11 members of MDT signed up for 2021.
5. Developing resources for group and individual work in nature: for generic use in inpatient and outpatient CAMHS. Following the training we will adapt the course material based on our experience of working with young people in CAMHS, to produce 'tool kits', session plans, and guides for individual and group sessions in nature, so that other people in CAMHS settings feel confident to take their work outdoors.

Each of these strands will be evaluated (with the support of Oxford Health Improvement Centre) so that we can see what works, for whom. Inpatient treatment is stressful for young people and their families, who can feel disconnected and disempowered. The therapeutic alliance, intrafamilial relationships and staff wellbeing are important factors in other inpatient treatment outcomes. The evidence base suggests that increasing the contact with nature of the inpatients and staff has the potential to positively impact these factors. We hope this work helps inform how inpatient units can keep Nature in Mind for the benefit of inpatient's short and long term health and wellbeing.

5. My Iveagh Times, Social Prescribing and Improved Documentation

Dr Kathryn McGuckian, Andrea Conway, Fiona McMichael and Dr Claire McKenna

The Iveagh Centre is a 6 bedded regional inpatient facility for young people aged 12 to 17 years with an intellectual disability and additional mental health or behaviour difficulties. The overarching therapeutic model in the Iveagh Centre is one of 'Positive Behaviour Support'. Most young people in Iveagh have communication impairments and rely on nursing staff to help the MDT understand their needs. Previous data collection methods on young people's behaviour and quality of life within the unit comprised a clipboard with several pages, often misfiled, leading to poor handover of important information. 'My Iveagh Times' was developed as a quality improvement initiative by Behavioural Services, as a pocket-sized Positive Behaviour Support Plan (PBSP) to help co-ordinate person-centred care for young people in one easily accessible format, in a team with frequent change-over of staff. 'My Iveagh Times' takes a whole system view of the young person's care, incorporating social, emotional and physical health. Weekly schedules are displayed to help all staff implement structure and routine, as well as recording outings and visits. Other information collected includes: physical observations, bowel habit, food intake, signs of pain and sleep routines. The booklet also includes a person-centred sensory passport, SLT recommendations, dietary advice, and individual activity suggestions. Activities are based on children's preferences using a social prescribing model, to improve quality of life and encourage behavioural activation of mood, across a range of indoor and outdoor activities. Additional aims include a reduction in the need for restrictive interventions such as medication and restraint to manage behaviours of concern. Outdoor activities in Iveagh comprise: sensory garden, courtyard, play park, and BBQ garden where fresh vegetables are grown and a wide range of play and gym activities. Duration, patient engagement, and mood during the activities chosen by the patient are also recorded in 'My Iveagh Times'. This data is tabulated week on week, so that programmes can be tailored according to what is meaningful to the young person, replacing a 'one size fits all' approach. This poster explores 'My Iveagh Times', using Patient A as a case-study. We look at activity engagement, which improved quality of life and was correlated with significant weight loss (approx. 9kg). As a balancing measure we gathered qualitative feedback from staff. 'My Iveagh Times' has improved not only data collection but improved quality of patient care

6. Impact of nature and community growing projects on mental health and trauma in displaced communities

Jessica Zollman Thomas, Medical Student and Dasal Abayaratne

The complex and multidirectional relationships between nature, food and mental health are well established. The effects of access to good food and green spaces contribute to all elements of the biopsychosocial model of wellbeing. With roughly 1% of the world's population displaced, 40% of those being children and large amounts of these populations having past or current experience of traumatic events, psychological support and healing is a necessity. Over 6 months spent in Lesbos (and Moria refugee camp), I worked with nature, food and people on a local permaculture farm, in a community garden for asylum seekers and in a health/corona clinic in the main camp. I was able to hear stories and see the lives of those affected by conflict and displacement and observe the importance of nature and community growing as part of a recovery process. Watching the way children were able to play and engage in the full sensory experience of the garden felt like witnessing a transformation – I feel very lucky to have been able to

have observed those moments of joy. In low resource settings, where mental health provisions for displaced children and adolescents are scarce, it was clear to me that there was not only a desperate need for increased funding and political action to reduce the number of people in this situation, but also that the medical and psychological communities should consider exploring the benefits of access to green space and community growing as psychological interventions for young people who have experienced trauma. In the future, I'd like to be part of ensuring these spaces are created and protected for the people that need them. When young people have had so many connections disrupted at such an early stage of life – its key we try to support them and help them foster connections with those around them and the land they find themselves on. In the context of the climate and ecological crisis and growing incidences of food insecurity, conflicts linked to this, extreme weather events, rising sea levels and natural disasters to name a few there will be increasing numbers of displaced communities and it is therefore imperative that we develop sustainable and resilient ways of supporting these communities.