

**National CAMHS Conference and Networking Event
Hosted by the Quality Network for Community CAMHS**

Royal College of Psychiatrists, 21 Prescot Street, London, E1 8BB

'Joined up approaches to care'

#QNCCForum #JoinedUpCare

Friday 22 November 2019

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| 09.30 – 10.00 | Registration and Refreshments | | |
| 10.00 – 10.10 | <p>Welcome Caroline Winstone, CAMHS/ED Network Lead Network Manager, Public Health Wales QNCC Advisory Group Chair</p> | | |
| 10.10 – 10.30 | <p>Quality Network for Community CAMHS Project Update Arun Das, QNCC Deputy Programme Manager Hannah Lucas, QNCC Programme Manager</p> | | |
| 10.30 – 11.00 | <p>Keynote 1: Collaboration between CAMHS and charity partners for earlier intervention and better outcomes Andrew Radford Chief Executive Beat</p> | | |
| 11.00 – 11.30 | <p>Keynote 2: Social prescribing of an intervention in a mental health improvement programme for young people Prof. Ian M Goodyer and Dr Raphael Kelvin Department of Psychiatry, Cambridge University</p> | | |
| 11.30 – 11.45 | Coffee Break | | |
| 11.45 – 12.35 | <p>Session 1 Workshop 1 Holding the Thread: The importance of textural landscapes and knitted networks when working with children who have experienced trauma and disrupted attachments</p> <p>Suzanne Cain, Samantha Strongman, Alison Macdonald and Lauren Taylor Surrey and Borders Specialist CAMHS service</p> | <p>Workshop 2 The HOPE Jigsaw: A multi-disciplinary agency's management of risk told through the narrative of an individual's journey</p> <p>Laura Craggs, Service Manager, Hope and Extended Hope Chris Buckingham, Dramatherapist, Surrey and Borders Partnership NHS Trust Julia Sciacaluga, Art Psychotherapist, Surrey and Borders Partnership NHS Trust</p> | <p>Workshop 3 A creative illustration and exploration of the pathways and relationships involved when working across agencies.</p> <p>Dr Melanie Bash Northumberland, Tyne and Wear NHS Foundation Trust</p> |
| | 12.35 - 13.25 | Lunch | |
| 13.25 – 14.10 | <p>Session 2 Workshop 4 Care Education and Treatment Reviews for Young People with a Diagnosis of LD or ASD</p> <p>Julie Curtis North of England Commissioning Support Unit</p> | <p>Workshop 5 The Well Centre Adolescent Health Hub: Partnership working with Youth Workers, GPs and a CAMHS Clinician</p> <p>Amy Masson The Well Centre (Redthread)</p> | <p>Workshop 6 East Sussex's Single Point of Advice Service</p> <p>Sue Davies and Vikki Ashby East Sussex FISS/LD Service</p> |
| | 14.10 – 14.20 | Break (no refreshments) | |
| 14.20 – 14.50 | <p>Networking Session Katie Paul Northumberland CYPs</p> | | |
| 14.50 – 15.20 | <p>Introduction to MindEd Dr Raphael Kelvin MindEd</p> | | |
| 15.20 – 15.50 | <p>The Teachers that Believed – A discussion about education and CAMHS Hannah Sharp QNCC/QNIC Young Person Advisor and Advisory Group Member</p> | | |
| 15.50 – 16.00 | <p>Close and Evaluation Caroline Winstone, CAMHS/ED Network Lead Network Manager, Public Health Wales QNCC Advisory Group Chair</p> | | |
| 16.00 – 17.00 | Drinks Reception | | |

The event will be eligible for 4 CPD hours, subject to peer group approval.

General Information

Registration: The registration desk will open at 9.30 on Friday 22 November 2019. It will be attended by staff in the morning.

Workshops: You will need to sign up to workshops on the first floor after signing-in to the registration desk.

Fire exit: No fire drills are scheduled during the conference. If the alarm is sounded, please leave the venue immediately, following the fire exit signs.

Wi-Fi: There is free Wi-Fi available throughout the College.

Wi-Fi name: RCPsych-WiFi

Password: RCP19@w1f1

Speaker presentations: Presentations will be sent out to all delegates by email after the conference.

Security: For security reasons we ask that you wear your identity badge at all times to gain access to the college facilities. Please do not leave your valuables unattended.

Cloakroom: There is a cloakroom available on the first floor next to room 1.1. The College does not accept any responsibility for items left in the cloakroom.

Multi-faith room: Please ask staff at the conference registration desk for assistance.

Certificates of attendance: A certificate of attendance will be emailed out to all delegates after the event.

Mobile phones: For the benefit of other delegates and speakers please switch your phone on to silent mode during the conference.

Twitter: Follow us on social media: @CCQI_ / @RCPsych and use the hashtags #QNCCforum #JoinedUpCare

Photography: Please note that photographs will be taken throughout the Forum. These will be used by the College for marketing and publicity in our publications, website and on social media. If you have any concerns or if you wish to be exempted from this activity, please contact the QNCC team on the day.

Request board: We have number of upcoming reviews in need of reviewers. Have a look at our request board for more information on the list of upcoming reviews and how to sign-up.

Feedback forms: A feedback form will be in your delegate pack. Please complete and return it before you leave. It helps the Project Team improve your experience.

Speakers and Workshops

Keynote speakers:

Collaboration between CAMHS and charity partners for earlier intervention and better outcomes

Andrew Radford
Beat

Beat is the UK's national eating disorder charity. We collaborate with NHS partners in order to develop new services which can support early intervention and greater empowerment of families in eating disorder diagnosis and treatment. Central to our approach and our partnerships is a belief that clinicians should be enabled to focus on clinical work and that non-clinical work can often be performed faster, cheaper and/or better by the voluntary sector.

This presentation will share examples of how collaboration with NHS partners has developed various new services including early intervention training for key school professionals, novel peer-to-peer support programmes and information materials for primary health care professionals. Details of other projects in development will also be covered.

Social prescribing of an intervention in a mental health improvement programme for young people

Prof. Ian M Goodyer and Dr Raphael Kelvin
Department of Psychiatry Cambridge University

The prioritising of mental health programmes for young people in the community at large is a major and welcome policy declaration. The operational aim is to provide cost efficient and behaviourally effective interventions that will contribute to mental well-being in community settings including schools and primary mental health teams. Here we will illustrate how to translate a simple to implement NICE approved brief psychosocial intervention (BPI) as part of a programme for youth with mental health problems into a streamed pathway that connects detection in schools to community mental health teams and if required to specialist CAMHS if required.

BPI contains 3 components of: i) active psychoeducation; ii) goal focussed psychosocial task interventions iii) confirmatory rehabilitative support. We consider that each component can be taught rapidly to school mental health support staff, community and specialist mental health staff. The total face to face training time for all of BPI for specialist CAMHS staff is 16 hours generally delivered in 2 consecutive work days. In such trained staff, using BPI is as clinically effective as more specialist CBT and short-term psychotherapy in reducing mental health symptoms and improving well-being up to one year after intervention [1]. This suggests that a large volume of community-based staff can be taught a cost efficient and clinically effective psychosocial intervention that reduces mental symptoms and increases well-being. We propose a seamless model for BPI which moves across the 3 phases noted above empowering and skilling staff at different levels in the pathway from detection to intervention and rehabilitation to well-being. This brings added value and benefit as it trains all sectors of the workforce in the same intervention with the training content sculpted to meet specific needs of their settings. BPI offers a ladder of training and tool for shared use across all settings.

From prior work in CAMHS we estimate that using even the first phase (psychoeducation) intervention alone, delivered over 2-3 45-minute sessions, in school may benefit 1 in 5 (20%) of those with distress and mental health problems to the extent that they will not need to move further down the care pathway [2]. For those 80% who have not benefited from a phase one approach, we consider that if they are prescribed a 3 phase BPI intervention delivered by the community CAMHS team in 6 sessions suggest that around 6 clients in every 10 will respond to the intervention. The residual, more severely mentally ill clients would be referred to specialist CAMHS. We suggest this social prescribing through a sequential care pathway can be assisted by a client centred advocacy team. Youth will be monitored through their intervention journey to prevent falling through service gaps. Advocates will act in alliance with and on behalf of the client. We propose such a client centred advocacy and intervention pathway will ensure effective services are delivered to the right clients as quickly as possible.

1. Goodyer IM, et al *Lancet Psychiatry*. 2017 Feb;4(2):109-119.
2. Goodyer IM et al *BMJ*. 2007 Jul 21;335(7611):142.

Workshop Presenters:

Workshop 1

Holding the Thread: The importance of textural landscapes and knitted networks when working with children who have experienced trauma and disrupted attachments

*Suzanne Cain, Samantha Strongman, Alison Macdonald and Lauren Taylor
Surrey and Borders Specialist CAMHS service*

The Surrey and Borders Specialist CAMHS service is a unique trauma and attachment service, commissioned to provide targeted dedicated specialist help for the most vulnerable children in Surrey. Most of our children will have experienced severe neglect, trauma, sexual or physical abuse and be in, or have been in the care system, or in court proceedings after experienced serious sexual assault. The four teams are comprised of the CAMHS children in care team (3c's), The Sexual trauma and recovery support team (STARS), The Care Leavers team and the Post Order Support team.

As many of the children young people and families referred to the teams have experienced complex and enduring developmental trauma, are often at risk of placement breakdown or self-harm, with mental health and social care needs, it is vital that close and collaborative working with other agencies is prioritised, particularly because many of our young people and families have experienced disrupted, or dysfunctional attachments in the past. Our experience has shown that an uncontained and disjointed network can be vulnerable to the defence mechanisms of displacement, projection and splitting to manage the often unbearable pain of the previous trauma. Much of our role has been to support, contain and reflect with the network to avoid secondary trauma in front line staff.

Workshop 2

The HOPE Jigsaw: A multi-disciplinary agency's management of risk told through the narrative of an individual's journey.

*Laura Craggs, Service Manager, Hope and Extended Hope
Chris Buckingham, Dramatherapist, Surrey and Borders Partnership NHS Trust
Julia Sciacaluga, Art Psychotherapist, Surrey and Borders Partnership NHS Trust*

The HOPE Service is a unique, multi-agency service based in Surrey for young people aged 11-18 who are experiencing complex mental health, emotional, social and behavioural difficulties. HOPE's remit is to prevent out of county placement and/or Tier 4 hospital admission. These high risk and vulnerable young peoples' needs cannot be supported by one agency alone. HOPE is funded jointly between Health Services, Social Care and Education. We provide dedicated support for young people in the community and through provision of a Day Programme. HOPE's team of social workers, nurses, teachers, psychologists, drama and art psychotherapists, psychiatrists, systemic family therapists and activity workers work closely together to achieve optimum outcomes for our young people.

The workshop will introduce participants to an overview of how the HOPE service manages risk in the community, using the metaphor of a complex jigsaw puzzle. We will put the pieces the puzzle together to illustrate how all the systems and partners inter-relate and work effectively together to manage and minimise risk. Always from the perspective of a service user, we will use an interactive activity to creatively explore different aspects of the service.

Workshop 3

A creative illustration and exploration of the pathways and relationships involved when working across agencies.

*Dr Melanie Bash
Northumberland, Tyne and Wear NHS Foundation Trust*

When we consider working with young people who transition between services and different providers we often think about and focus on young people moving from children's services into those services provided for adults. Commonly, such transitions involve working with different agencies. This model of transitions and working across different agencies is an over-simplification. Such partnership working is a common factor associated with working with a person of any age, but perhaps particularly so for young people, and particularly young people suffering from an

eating disorder who might have a range of agencies involved. Supporting a young person through treatment pathways can be a highly complex process. For some people a number of agencies may be involved, sometimes an overwhelming number, with many working relationships involved. There are many opportunities to support cross-agency working, leading to the young person progressing forwards with their life in a way that is uplifting for all those involved to witness. Conversely, when this journey across agencies progresses poorly for the young person it can be attributable to a number of factors. Sometimes this might have been due to professionals not fully identifying what was needed, or being unable to provide what was needed, for a number of complex reasons. Working relationships are an integral part of working in partnership across agencies. This talk will identify what contributes working successfully with and between agencies and what militates against it.

As the focus of this presentation will be on working in partnership across agencies, the most effective and best possible experience for the young person concerned will be discussed. Given the author's background in eating disorders, illustrative cases will be drawn from the field of eating disorders. However, the principles will apply across other conditions and presentations. A creative adaptation of the London Tube Map will be used to illustrate the multitude of pathways that might be crossed during such transitional periods and the different agencies that might be involved. There will then be an exploration of what helps to support successful working relationships between the different partnerships and what might present an obstacle.

Workshop 4

Care Education and Treatment Reviews for Young People with a Diagnosis of LD or ASD

Julie Curtis

North of England Commissioning Support Unit

Care Education and Treatment Reviews for young people with a diagnosis of learning disability and or autism are undertaken where there is a risk of admission to hospital as a result of a deterioration in mental health, risk of home breakdown, risk of school breakdown and or a significant change to educational placement.

CETR's are chaired by a panel independent from the team around the child/family and the prime aim is to prevent hospital admission by ensuring that all community care resources have been utilised. The panel review the current care and treatment with the multi-disciplinary team and will advise and guide on other possible care and treatment. Services are still not aware of the CETR process and so the workshop will look at the timeline of CETR's, who can request and under what circumstances, the documentation required and will enable the audience to consider case studies and outcomes.

Workshop 5

The Well Centre Adolescent Health Hub: Partnership working with Youth Workers, GPs and a CAMHS Clinician

Amy Masson

The Well Centre (Redthread)

This session will provide an overview of the support offered to young people aged 13-20 in Lambeth at The Well Centre, an adolescent health hub offering short-medium term interventions accessed via a Drop-In clinic. The Well Centre offers accessible and holistic support through partnership working with primary care (Herne Hill Group Practice), Redthread (Youth Work Charity) and local CAMHS.

We provide:

- GP service - Each new patient is assessed using the holistic Teen Health Check. Once registered YP can book to see GP as needed including for sexual health testing.
- Youth Work - 1:1 youth work support for those who could benefit from this, centred around specific needs of YP. Examples of topics covered in sessions include: coping with anxiety/ anger, self-esteem and identity work, support to access positive activities including education and training
 - We also provide group work sessions on a variety topics including anxiety and self-esteem/ yoga and emotional wellbeing / questioning sexuality alongside a programme of fun activities i.e. go-karting / poetry and art workshops
- CAMHS Clinician - YP can be referred for counselling by GP, provides assessments and counselling support including CBT and EMDR.

Workshop 6

East Sussex's Single Point of Advice Service

Sue Davies

East Sussex FISS/LD Service

East Sussex CAMHS have joined with East Sussex Children's Services to operate a Single Point of Advice.

All referrals for young people in East Sussex for emotional well-being, mental health issues, safeguarding, social support will be channelled through one referral point. The service launched on 16 September 2019 and will be operated jointly by staff from CAMHS and ESCC Children's Services.

Afternoon Sessions

An introduction to MindED

Dr Raphael Kelvin

MindEd

MindEd (www.minded.org.uk) is a website linked to over 450 e learning sessions on mental health. Created for the whole community, from sports coach to care worker, to parents, families and carers (www.mindedforfamilies.org.uk), content ranges from universal to specialist level. MindEd is free to use and completely open access to all users, anywhere, anytime, from any device. MindEd is funded by Health Education England, DHSC, DfE and NHS England, and hosted by the RCPsych. MindEd's Consortium approach ensures content is of the highest quality and accessibility. Our vision is to put the best quality knowledge and learning support tools in the hands of everyone to improve mental health and wellbeing for all. Much of the content is about children and young people and their families, but increasingly we are also creating content regarding adult learning disabilities, adult mental health and older peoples mental health. Over 300,000 e learning sessions have been completed, and every hour of every day there are 5 hours of e learning taking place on the site. This presentation will introduce you to MindEd, and how to make best use across your community, of its growing and evolving content!

The Teachers that Believed – A discussion about education and CAMHS

Hannah Sharp

QNIC/QNCC Young Person Advisor and Advisory Group Member

If every young person was given a learning environment in which they could thrive, imagine what they could achieve.

This presentation will explore how CAMHS can work closely with schools to support young people before, during and after their treatment. Minimising disruption to studies, allowing young people to reach their potential and aim high – all important roles that CAMHS and schools must work in unison to achieve. I will share my mental health story and explore how my education was impacted because of my mental health. We will draw upon lessons from my story and discuss the implications of them on the wider partnership CAMHS must share with schools to ultimately ensure that no young person is left behind.