**SUBMITTING EVIDENCE TO A SCOTTISH PARLIAMENT COMMITTEE**

**DATA PROTECTION FORM**

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| **Name:** | **Date:** |
| **Date:** | **14th December 2018** |
| **Organisation: (if required)** | **The Royal College of Psychiatrists** |
| **Topic of submission:** | **Response to Petition PE1627: Consent for mental health treatment for people under 18 years of age** |
| **I have read and understood the privacy notice about submitting evidence to a Committee.**  **I am happy for my name, or that of my organisation, to be on the submission, for it to be published on the Scottish Parliament website, mentioned in any Committee report and form part of the public record.**  Non-standard submissions  Occasionally, the Committee may agree to accept submissions in a non-standard format. Tick the box below if you would like someone from the clerking team to get in touch with you about submitting anonymously or for your submission to be considered but not published. It is for the Committee to take the final decision on whether you can submit in this way.  I would like to request that my submission be processed in a non-standard way. | |

**Public Petitions Committee**

**Inquiry into mental health support for young people in Scotland**

**Submission from The Royal College of Psychiatrists**

**Response to Petition PE1627: Consent for mental health treatment for people under 18 years of age**

Previously, Dr. Elaine Lockhart, Chair of the Faculty of Child and Adolescent Psychiatry of the Royal College of Psychiatrists in Scotland, had responded to the petition which addresses the question of parents being informed of their children aged over 16 being prescribed psychotropic medication.

In response to the new questions being asked by the Committee, the College believe some adjustments can be made to the info-graphic that would benefit young people using it. This call for evidence stems from a parent petitioning that medication should not be given without parental consent. However, the infographic does not suggest that the first person that a young person might consider talking to if they are feeling low or anxious is their parent(s)/carer(s). We recognise the importance of close family members in helping to manage day-to-day mental health where possible.

At the moment, specialist CAMHS in Scotland is funded to see about a quarter of children and young people who have a mental health disorder, which does not include those who are presenting with short-lived emotional distress who also need support from those around them.

There has been work done, led by the Scottish Government, on developing a transition care plan from CAMHS to adult mental health services which you can find [here](https://www.nhsinform.scot/media/2252/tcp-document-july-2018.pdf). This could prove to be a useful service to those that require it, however it will require young people and services to buy into the idea for the plan to succeed.

The College would also like to refer the committee to the Taskforce on Children and Young People's Mental Health which has been jointly commissioned by the Scottish Government and COSLA to take a whole system approach to children and young people's mental health in Scotland.