



Faculty of Child and Adolescent Psychiatry Winter Newsletter 2026

Welcome to the latest Faculty newsletter! We hope 2026 brings you and your loved ones health and happiness. Apologies that this newsletter has come out later than expected: we were awaiting some key submissions we were keen to include, but hopefully it's been worth the wait.

We are pleased to welcome our new Faculty Chair Guy Northover with his first newsletter update. It's also lovely to celebrate some of our recent Faculty prize winners this year and showcase their work, which will hopefully reassure you that the next generation of CAP colleagues is in good hands. As usual you can read about the regional updates, CAPSAC, ESCAP and CAPPs updates and we introduce the new group of Resident Doctor ST reps. It's great to bring you articles on exciting projects and developments including a new training on Young People's Acute Psychiatric/Psychosocial Emergencies course from the Advance Life Support Group. We are also pleased to include an editor's note from the updated CAP Seminars series book.

As a new venture for 2026, we are keen to set up a new UK network for Named Doctors for Safeguarding Children so please let us know if you want to join this group. The QNIC Rose Committee is also recruiting new members to look at outcome measures next year.

As a true sign of the times, we also have some reflections on the use of AI in this newsletter: AI in ADHD as well as how AI chat-bots may be contributing to psychosis. It's also good to include some clinical case reflections and a film review.

1. [Faculty Chair Guy Northover's First Report](#)
2. [Update from the regions: Northern Ireland and Wales](#)
3. [Introducing our new resident ST CAMHS Doctor Reps](#)

4. [CAPSAC Update by Anupam Bhardwaj](#)
5. [CAPPS Update by CAPPS committee](#)
6. [Paediatric Liaison Network Update by Dr Isabel Paz & Dr Ruth Garcia, Co-Chairs, Paediatric Liaison Network](#)
7. [Call for anyone interested in joining the RCPsych QNIC Rose Committee on collection of routine outcome measures](#)
8. [Network request for Named Doctors for Safeguarding Children in Mental Health Trusts](#)
9. [ESCAP Update by Andrea Danese](#)
10. [Information on the Law Commission Report on Disabled Children's Social Care Law](#)
11. Announcing and showcasing our 2026 Faculty prize winners: **Harrington Writing prize: Dr Shuo Zhang** for their essay titled "Effect of social media on mental health and emotional wellbeing of young people". **Medical student essay prize: Dr Sarindie Katugaha** for their essay titled; "The Role of Social Media in Shaping Child and Adolescent Mental Health" and **Dr Salah Basheer** was awarded the 2025 **Margaret Davenport Prize** at the Faculty conference in September for his presentation titled; "Do Digital Diagnostic Assignments Predict CAMHS referral outcomes?".
12. [Use of the Adolescent Lester Tool to promote positive cardiometabolic health for those with psychosis, by Dr Gavin Tucker](#)
13. [The new Seminars in CAP book by Shermin Imran.](#)
14. [Artificial Intelligence \(AI\) in ADHD Assessment and Treatment in Children, by Dr Syed S M H Naqvi](#)
15. [The Machine Mind Unravalled: Exploring AI Psychosis, by Dr Tania Saour](#)
16. [Belonging, Identity, and the Adolescent Mind, by Dr Mohammed Wajahat Shabir](#)
17. [Listening Beyond the Behaviour: Lessons from Clinical Encounters, by Dr Poulami Laha](#)
18. [Film Review of "The Remarkable Life of Ibelin" \(Netflix\) A Short but Well Lived Life](#)
19. [Update about the ALSG CYP APEx training by Dr Virginia Davies](#)

Wishing you all a warm and cosy Christmas and we look forward to receiving your newsletter contributions in 2026.

Best wishes from your editor, Dr Mei Simmons

With thanks to support from Hayley Shaw, Faculty and Committees Manager.