

Child & Adolescent Psychiatry Curriculum: January 2018 amendments

The scope of the previously selective ILO 19.4 has been broadened to include content relating to social media, moved to create a new ILO 1.5 and has been made mandatory. The amended content requires all trainers and trainees to develop an understanding of the developing interactions as children grow up in a digital world and the risks that may arise from this.

This will impact from 1st January across all levels of Specialty training.

New Mandatory ILO 1.5: new social media content appears in red

		Developing Performance	
	Under Supervision	Ready for Consultant Practice	Post CCT Mastery
ILO 1.5 Promotes mental well-being and prevention of mental illness, including a knowledge of the risks, benefits, effects and implications of the use of social media.	<p>Show an awareness of the promotion of young people's mental health and parental mental health. This must include an ability to discuss the use of social media.</p> <p>Show an understanding of the risks posed by social media to young people and how they can stay safe on line.</p>	<p>Offer advice and information to patients and the wider population about promoting their mental health and parental mental health.</p> <p>Offer advice and information to young people and their families on how to be aware of the risks on line.</p> <p>Able to translate relevant information to a wider lay audience, for example in leaflets.</p>	<p>Offer training or supervision of non-mental health professionals working with children in order to promote mental health in a non-clinical population.</p> <p>Communicating to the general public via public media.</p> <p>Political activism to influence future policy.</p> <p>Awareness of the limitation of information provided by drug companies and ethical work with them.</p>

Continued below.

1.5 Knowledge-Promoting mental well-being.

- The benefits of working with both universal and targeted services to promote mental well-being and prevent mental illness, including public education about mental health and parental mental health.
- Awareness of the factors that promote mental well-being.
- Impact of parental mental health on development
- Awareness of the impact of **social media and media coverage** on mental well-being and the responsibility of providing up to date and accurate information.
- **Knowledge of the impact of young people's and your own actions on line and how they can impact yourself and others.**

1.5 Skills-Promoting mental well-being

- Able to motivate people to look after their own mental health
- Able to explain complex ideas to children, young people and their families and the media in a way that they can understand.
- **Able to understand and explain to young people and their families how to stay safe on line and how to assess the information that they are accessing**
- Training and supervision of non-mental health professionals working with children
- Able to inform and influence relevant people within the political realm.

Training:

RCPsych recommends the use of the online learning resources contained within MindEd: <http://www.minded.org.uk/>

MindEd is a free educational resource relating to children and young people's mental health and contains extensive material on exploring digital resilience with young people, written by suitably qualified individuals. Specifically, MindEd includes learning material written for the 'targeted and Specialist CAMHS level'.

MindEd Definition:

Targeted and Specialist CAMHS (Child and Adolescent Mental Health Services) provides topics suitable for a range of people; from those entering specialist and targeted CAMHS for the first time, to therapists training to undertake specific therapeutic interventions, to those who are training for leadership roles within services.

The most relevant modules within MindEd are:

'Children and Young People's Digital Lives' – This session is aimed at a universal audience and describes how the use of digital and online technologies is a major part of children and young people's lives, outlining some of the risks they may encounter and what to do in relation to them. It also highlights the importance of professionals and parents showing an interest in and talking on an everyday basis to children and young people about their digital usage and online experiences.

'Digital Media and Young People' – This session develops ideas from 'Children and Young People's Digital Lives' to give some understanding in a rapidly changing field of the developing interactions as children grow up in a digital world. It also examines the impact of this world on children and young people vulnerable to, or suffering from, mental health disorders.