

# VISION



The newsletter of services for children with emotional, social and mental health needs

Issue 6 | SPRING 2008

## Welcome

*Wishing you all a very happy and successful 2008. To avoid any confusion, we have temporarily changed our name to Hampshire's CAMHS Trust. From April we will be called Comprehensive CAMHS Commissioning Trust and work is currently underway on a new namestyle. In this newsletter you will find a moving article from a year 11 pupil at a secondary BESD school - his comments were made during an interview with Darryl Sheppard, Participation Development Worker. There is also news on new initiatives for CAMHS in Hampshire, together with an article from Hilary Hickmore on Phase 2 of the Trust. Please let me have your news so we can share it. Karen Clark, karen.m.clark@hants.gov.uk, 01962 846530*

## Participation of Children and Young People

**Darryl Sheppard, Participation Development Worker**

The participation of children and young people, to inform adults who are making the decisions that will affect them, is high on the agenda for Hampshire as is their right under article 12 of the UN Convention of the Rights of the Child.

A project is underway that will enable children and young people to participate meaningfully and effectively and inform adults of their needs. Groups of young people are being set up and they will tell us what troubles they face, what services are needed, how to improve existing ones and how to publicise the services.

Participation leads are also being sought to help support this work and their input is invaluable in generating meaningful participation of young people in positive activities.

For further details please contact [darryl.sheppard@hants.gov.uk](mailto:darryl.sheppard@hants.gov.uk)

### NEW POSTS

A big welcome to Tricia Barry-Relph, The CAMHS Trust Learning and Development Officer who took up her post on 23 January at Oak Park Children's Centre, Havant.

Catriona Cleugh has been appointed to Commissioning Manager for Hampshire's CAMHS Trust. She starts in mid-March and will be based at Clarendon House, Winchester.

A year 11 pupil at a secondary BESD school was keen to have a voice and this is what they told Darryl in a recent interview

## 'Hear What I have to Say'

I live in Leigh Park, Hampshire and to get to school I have to get up at 7.00am to be ready for my taxi at 7.30pm, which gets me to school for 9.00am.

Tuesdays and Fridays are the best days at school for me.

Tuesday is food tech and outdoor pursuits and Friday is activities.

The other days are boring lessons except for maths which I like.

This BESD school is the only one that would take me because of my behaviour.

I used to take medication for my temper but didn't like it because it made me feel sick and drowsy so I stopped taking it.

Now if I'm 'losing it', I know I could hurt people and don't want to, so I sit down and cross my arms and legs and think about how my Grandfather would think about me and my actions. He died not long ago and would be really disappointed with me and when I think of that it calms me down.

I do this because I got so close to going to a young offenders institution and now I know I need

to change or else my whole life will be f##\*ked up and I don't want that.

I'm looking to get a part-time job now as well. I want this because I won't then steal from my mum. I did steal from her to get booze because I had a bit of a problem with it.

I drank because of peer pressure and some personal problems, but then I thought about the stealing from my mum and knew it was wrong. I confessed to her which she was happy about, but she told me that I reached the lowest of the low by stealing from her and that made me think that I needed to change.

My perfect school day would be no arguments with other boys. Just a normal day and get my GCSE's out of the way.

To be able to play football all day would be good as I play for Hampshire.

To all the young people in schools out there. Grow up, stop mucking about in classes and get your GCSE's.



# Hampshire's CAMHS Trust – moving to Phase 2

Hilary Hickmore, County Strategy Manager  
– CAMH and emotional well-being

Ever since we started working as a children's trust for CAMHS in April 2004, there was a stated intent to use phase 1 as a pilot for exploring a model of joint commissioning, with a view to learning from it and moving to a phase 2, in which we would commission more services than just those that could be funded from the increased CAMHS grant.

## There have been huge successes in phase 1:

- ⊙ baseline tier 2 and 3 CAMH services have been protected from divestment over a period of huge budgetary pressure.
- ⊙ 45 new permanent posts and additional single year posts have been set up, most of which are appointed to.
- ⊙ Colleagues have benefitted from £125,000 worth of additional funding towards training.
- ⊙ Practitioners and managers who engage in the CAMHS trust consultation and planning processes have significantly influenced the direction of strategy and service development in the county.
- ⊙ Hampshire is highly regarded nationally for the inclusivity of its partnership working.
- ⊙ Commissioning activity for CAMHS has continued despite major restructuring by both partners.

There have of course been some difficulties and frustrations. Service users and practitioners have helped us be clear about what we need to

improve upon, whilst agreeing that phase 2 of the CAMHS Trust is indeed the way to build on our work to date and further enhance our collective comprehensive CAMHS provision. Phase 2 will commence in April 2008, with a larger pooled budget across HCC and Hampshire PCT from which specialist CAMHS teams, YOT mental health workers, CAMHS social workers, primary mental health workers and specialist therapists for children in care will be funded. The CAMHS Trust will lead on joint strategy, planning, service development and performance monitoring and review across tiers 2 and 3 and influencing tiers 1 and 4.

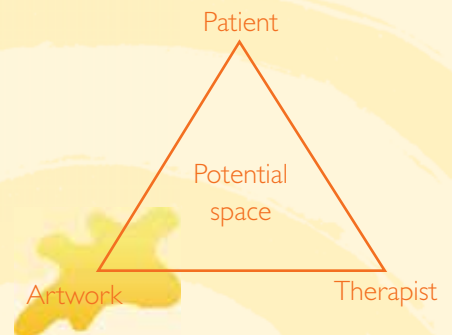
Two of the biggest tasks of phase 2 are:

- to make sure we have a full continuum of provision to meet children and young people's needs, and that care pathways across providers along that continuum are clear and work effectively, and
- to deliver services in flexible ways, designed in partnership with our service users, that means that we can support those with the greatest needs in a way they find palatable, and can offer an appropriate intensity and duration of service. Collective and coordinated activity along with other agency providers in each locality will be key to making this happen.

This presents no small challenge, however it is one I feel our partnership is absolutely capable of embracing.

# Art Psychotherapy

Art Therapy involves a triangular relationship between the client, their artwork and the therapist. The artwork can form a barrier or a bridge between the client and therapist, it can be a container or a dump for the client's difficult feelings and thoughts, it can embody and make visible the client's unconscious thoughts and feelings.



The process of art making involves the whole person: body, mind and feelings, thus connecting with the client's material at all levels and enabling it to be integrated.

## Who might benefit:

Children & young people who cannot express their feelings verbally due to their developmental stage or experience of trauma and children and young people with any form of mental illness.

Younger children naturally express themselves through art and play, whereas adolescents are often self-conscious and worried about their performance being judged, so it helps if they are interested in some form of art. However, they do not have to be 'good at art'.

# Practitioners' Group

The focus of the meeting in November was on ADHD. A range of Tiers 2 and 3 comprehensive CAMHS practitioners offered detailed advice on the key elements of good practice that need to be included in a full continuum of provision for those having difficulty with inattention, over-activity and impulsivity through to those with a diagnosis of ADHD. These elements form the basis of the audit tool which is

## n Hampshire

Art Therapy can help children:

- ⊗ Give order to chaotic experience & attachments
- ⊗ Make denied experience visible
- ⊗ Express taboo feelings
- ⊗ Express painful feelings
- ⊗ Feel contained & witnessed
- ⊗ Develop a new language to express their feelings
- ⊗ Increase self-esteem & confidence
- ⊗ Develop creative thinking & living.

Art Therapy can be offered in a variety of ways: individually; in groups or to families, depending on the context in which the client is being seen.

In Hampshire CAMHS, Art Therapy was established in the early eighties, starting within Tier 4 Specialist Residential Service for adolescents. Since that time posts have developed across Hampshire. The Art Therapists in Hampshire are part of a larger regional network that meet regularly to share best practice and develop skills. A CAMHS sub-group of this network is meeting to develop clinical guidelines for Art Therapists working with attachment disorders and trauma in collaboration with Goldsmiths College, University of London.

**For further information contact  
Margaret Josephs, Lead Art  
Psychotherapy Specialist, tel 01329  
822220, Margaret.josephs@ports.nhs.uk**

## Update

being used as part of our current county ADHD review.

A big thank you to the presenters at the meeting: Cathy Laver-Bradbury; Alison Mantell; Jenny Turner and Victoria Wakeford and to the practitioners' group representatives Jonathan Bigg, Meryl Moore and Debra Crook for their input into the meeting.

## Training

### **CAMHS Tier 1 Training Resource**

'Everybody's Business' is a CAMHS Tier 1 training resource is aimed at anyone working with children in universal services in order to strengthen their knowledge of emotional health and wellbeing. The resource is available on-line and CDRom. Links to the training package can be found at <http://learning.camhs.org.uk>.

### **Centre for Child Mental Health**

A range of conferences and courses are available at the Centre for Child Mental Health in London NI. Check out the website <http://www.childmentalhealthcentre.org/pages/events.html> for further information.

### **Parent to parent support**

Parentlineplus are able to offer a whole range of support to meet parents' individual needs. They run groups and workshops as well as individual support sessions and operate a free and confidential 24 hours parent line – 0808 800 2222 – giving parents a chance to talk about their concerns as and when they need to.

Their website, [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk), offers useful tips and tools around all aspects of parenting. They also offer peer and email support and parents can self refer either via their website or free phone number. A separate referral form is available for agencies wishing to refer parents. Contact 02380 646900 for further information.



### **Supporting Parents of Teenagers (SPOT)**

The programme of 8 sessions for Tackling Teenage Troubles supports parents in their role of parenting as a lifelong task, so enhancing their teenager's experience of family life. A parent attending a recent SPOT programme felt inspired to write a wonderful poem 'Ordinary Wishes'

### **ORDINARY WISHES**

*What I want for my children  
Is a home that's safe and dry  
Somewhere it's safe for us to laugh  
And where it's safe to cry*

*Where we'll discuss our problems  
And talk about our dreams  
A place we know we can return  
However hard life seems*

*Where they can grow and flourish  
The apples of my eye  
Where we can all grow stronger  
As every day goes by*

*For the world can be a scary place  
And life itself a test  
I want to teach them all I can  
Before they fly the nest*

*I pray I'll have the strength of mind  
To nurture and to guide  
That they in turn will face their lives  
Without fear, and with pride*

*I wonder if they'll ever know  
Or if it really matters  
How much I worry for them both  
How sometimes I'm in tatters*

*How things they say can light my day  
Or sometimes break my heart  
How hard I try, and often fail  
Some wisdom to impart*

*I only hope that when they're grown  
They understand my plight  
Why life's not always easy  
Just why I've had to fight*

*And I hope the fight proves worth it  
For my children, in the end  
That one day as well as being Mum  
They might see me as their friend*

*These are ordinary wishes  
Not exclusive here to me  
Shared by dedicated people  
Parents – wherever you may be*

**Carol McFadden, November 2007**



# LIG Corner

## What is a LIG?

A Local Implementation Group (LIG) is a group of local service managers who meet on a regular basis to share concerns and plan future developments in an integrated manner for children and young people with social, emotional and mental health needs.

## South West Hampshire

LIG meetings are held at Ashurst Child & Family Health Centre. The next meeting will be held on 11 April 2008, 2.00pm-5.00pm.

Chair – Sue Kocaman,  
sue.kocaman@hants.gov.uk

## South East Hampshire

LIG meetings are held at Oak Park Children's Services, Havant. Future meetings will be held on 18 March and 20 May 2008, 1.00pm-4.00pm.

Chair – Ria Emery, ria.emery@hants.gov.uk

## North Hampshire

LIG meetings are held at Harness House, Basingstoke. The next meeting will be held on 6 May 2008, 2.00-5.00pm.

Chair – Mike Penny, mike.penny@hants.gov.uk

## Blackwater Valley and Hart

LIG meetings are held at the Connexions Office, Aldershot. The next meeting date is to be advised.

Chair – Ann Sykes, ann.sykes@shb-tr.nhs.uk

## Mid Hampshire

LIG meetings are held at Tidbury Farm, Bullington Cross. Future meetings will be held on 25 March, 29 April and 27 May, 9.30-11.00am. Chair – Ruth Henderson, ruth.henderson@weht.swest.nhs.uk

**At the time of going to press three LIG conferences were taking part and information from these will be published in the next newsletter.**

### South West LIG Conference

Meeting the Mental Health Needs of Children and Young People with Learning Difficulties

### South East LIG Conference

'Tools for your toolbox'

### North LIG Conference

Developing Emotional Resilience

## Hantsdirect

Hampshire County Council's new customer contact centre, called Hantsdirect, will deal with all calls and emails from the public as part of plans to improve customer service and to manage business more efficiently.

The Hantsdirect number will be publicised from June 2008 for initial enquiries seeking CAMH services.

The contact centre will make it:

- ⊗ quicker, easier and more convenient for people to access council services
- ⊗ provide direct lines to the services customers require

- ⊗ have longer opening hours at evenings and weekends
- ⊗ fewer numbers to call (there are currently over 200)
- ⊗ all calls will be answered by an operator, without the need to press buttons i.e. press 1 for...press 2 for

Further information will be supplied in due course.

**It is important that we have a comprehensive listing of ALL CAMH services in Hampshire and to help with this please can you forward details of any services in your area to karen.m.clark@hants.gov.uk**

## Latest service news

### Need2Talk? Text service from Samaritans

The Samaritans have launched a 24 hour text messaging service for young people who need 2 talk something through, however big or small. The service is confidential and is available via texting, the telephone, email, letter, or face-to-face in some branches.



Contact information for young people:

Tel 08457 90 90 90

Text 08457 90 91 92

Email jo@samaritans.org

Post Chris, PO Box 90 90,

Stirling FK8 2SA

Web www.Samaritans.org

Promotional cards are available for the young people. If you would like some copies please let me know and I will arrange to get some for you.  
Karen.m.clark@hants.gov.uk

### Road for you - Bereavement Counselling for young people

An on-line bereavement counselling service for young people can be found on [www.rd4u.org.uk](http://www.rd4u.org.uk)

Young people can read about other's

experiences, post messages on the general message board and also send private messages to trained counsellors. A weekday telephone service is also available.

The on-line and telephone support is offered by Road for you, which is part of Cruse Bereavement Care's Youth Involvement Project.

### Mentoring for Young People

In response to young people during the Messing With My Head project we have been looking into mentoring opportunities. So far, we have details of NCH and Hampton Trust who provide mentoring services for young people in Hampshire. The services vary widely, but here's a quick summary:

- ⊗ NCH - a mentoring service for 5-18 year olds over a 6 month period and available across Hampshire.
- ⊗ Hampton Trust - more of a one to one support and encouragement service with an element of mentoring for 8-16 year olds - available in South East Hampshire and Southampton.

### Contact details:

**NCH Project Office,  
tel 01329 666940  
Hampton Trust,  
tel 02380 213520**