

VISION

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

Issue Three | WINTER 2006

Welcome

Welcome to Vision. It has been an eventful few months. We have already seen the departure of Natalie Trentham, lead manager of the Children's Trust and Cliff Turner, chair of the CAMHS strategy group will shortly be leaving Hampshire. They have both been instrumental in the success of Hampshire's Children's Trust. Many thanks for their hard work and dedication. Hilary Robbins, acting principal educational psychologist will take over chair of the strategy group, and

Hilary Hickmore will be acting lead manager of the Children's Trust until other senior management appointments are made. This issue covers snippets from the excellent developments going on in Hampshire across all tiers of service.

If you have any comments or something you would like to share in the next newsletter, please contact Karen Clark on 01962 845894, karen.m.clark@hants.gov.uk

Common Assessment Framework (CAF) and Locality Teams

The Children Act 2004 and Every Child Matters is all about improving life chances for children and young people, reducing inequalities and helping them to achieve what they want out of life.

The Common Assessment Framework (CAF) is an early intervention tool and process that will be used by agencies to ensure the delivery of targeted, earlier intervention services for children and young people 0-19 yrs. The Children's Services Department of Hampshire County Council has the leadership role in ensuring the implementation of CAF across the county by 2008. The development of Locality Teams will be one of the key elements of the Change for Children Programme.

For further information contact Viv West, email viv.west@hants.gov.uk

Farewell from Natalie Trentham

As you have probably heard I'm leaving the Hampshire's Children's Services Department and the CAMHS Children's Trust. It is now three and a half years ago that I was asked to write the Expression of Interest for Hampshire to become a national Children's Trust Pathfinder and to lead the development. Much has happened in that time: we have developed a strong partnership; a commissioning structure which has been nationally recognised and adopted by many others; we have created over 40 additional posts in CAMHS and developed a number of county wide services to ensure equity and high quality provision for our children and young people. It is with great sadness that I will be leaving my friends and colleagues but I feel proud that I will be leaving the Children's Trust

stronger than ever: only this month the partners signed a new S31 agreement to extend the partnership until 2008 and plans are afoot to develop the partnership further from that time. I owe my thanks to so many people in the Trust because I believe we have been a true partnership with everyone playing a crucial role in its development. However I particularly want to thank Hilary Hickmore and Karen Clark, (who are the only 2 people actually working solely for the partnership) for their continual hard work, dedication and drive. I'm certain the CAMHS Children's Trust will go from strength to strength. I've had such a good time working with you and thank you all. With best wishes for a bright future.... Natalie.

Natalie left at the end of October 2006.



Tier 1 developments

Emotional Literacy Support Assistant (ELSA) News

Emotional Literacy Support Assistants (ELSAs) work within Hampshire schools to help children who have social and emotional difficulties. The children learn to develop their emotional literacy and manage their feelings through the creative use of stories, games, puppets and bookmaking. Once trained by the Educational Psychology Service, the ELSAs receive on-going support from the Educational Psychology Service in the form of half termly supervision sessions and on-going training in cluster groups. So far, ELSA training has been carried out in about 230 Hampshire schools.

ELSAs are continually evaluating their effectiveness and there are many success stories. One ELSA had the following experience:



A boy with Asperger's syndrome, also elective mute, tended to withdraw from contact with peers and finds it difficult to participate in lessons.

He was my first ELSA pupil. He began to talk to me on our very first session together. At first it was disjointed, mainly about playstation games and characters. Games and activities were always his choice and on his terms. Gradually conversations became more lucid and he began to wait for me to tell him what to do.

One day about a month ago I saw him watching my group during literacy. I made a place for him and coaxed him over. To my amazement he joined in, did his work and shared a book with his neighbour.

In small steps since then he has joined in more and more. He now sits on the carpet with the others and joins in lessons on a regular basis.

My proudest moment was last week when he sat in class and tried all his SAT papers without any fuss.

For more information contact Susan Sheppard, email susan.sheppard@hants.gov.uk

Making Connexions at Fort Hill Community College

The School Nurse (Sally Clark) and the Connexions Personal Adviser – Personal Development (Chris Mirtle) have developed some good joint working practice.

They co-facilitate group work sessions to address issues such as loss, bereavement and low self-esteem. These courses of six sessions have been delivered to groups of around ten students of similar ages who have been selected by the pastoral staff who know them well and can judge the potential benefits. The content of the courses is loosely based on the 'Mind Matters' resources (published by Youth Clubs UK), but it has been adjusted to suit the age of the participants and also in response to the feedback from the students. Sally and Chris have been pleasantly surprised by the apparent success of the courses, and feel that this is mostly attributable to the 'group' situation where young people realise that they are not alone with problems and that others have similar difficulties. The group members seem to bond very quickly and new people are not

allowed to join after the first session.

Sally and Chris, along with Lesley Gray (Behaviour and Attendance Officer at Fort Hill) also run the well attended Friday lunchtime club which caters mainly for years 7 – 9. There have been occasional special activities such as fruit identification and tasting, introduction to Tai Chi and Christmas card making. There have been girl-talk and boy-talk sessions where the students have openly discussed puberty and teenage life and all the embarrassing and uncomfortable elements that are associated with them. When there is no special focus for the day, the young people play games and chat in groups. It is gratifying to see them calmly organise themselves into groups and play games such as 'Frustration', 'Battleships' and 'Jenga'. Average attendance is 20 – 30 students.

Recently, Chris helped in Sally's PSHE teaching of sexual health and contraception to year 9 students.

Sally and Chris also do one-to-one work with young people who have

been referred to them. They consult professionally to ensure that the young person receives the best suited support and also to avoid an overlap of input.

These examples help to demonstrate the benefits of two agencies working together.

Comments from the young people

"Gives you confidence"

"It made me recap on my life in parts and yes it helped me again to look at my life in a good way instead of a negative way"

"I now know that other people feel the same as me"

"I liked finding ways to look at the negatives and turn them into positives"

"I liked learning a bit more about what self esteem is and learning what to do in a bullying situation"

For further information contact Chris Mirtle, email christinemirtle@connexions-southcentral.org

FEIPS! For those emotionally vulnerable times

Supporting Children's Emotional Wellbeing

The framework for enhanced individual support (FEIPS), a project to help Hampshire schools increase their skills to support their pupils at emotionally vulnerable times, is spreading across the county.

FEIPS is managed by Hampshire Educational Psychology Service and is aimed at developing skills of school staff who have a pastoral role. Training is delivered by educational psychologists, a psychotherapist, a counsellor and a play therapist and is based on sound counselling principles using trainers with relevant training and experience. Training is delivered over three days with the aim

of providing participants with increased skills and confidence in addressing the needs of children when they require help with emotional difficulties.

Course participants have been appreciative of being able to practice skills taught in a safe environment particularly valuing role play and video feedback.

The approach utilises both verbal counselling skills and non-verbal therapeutic techniques. After the training regular supervision is provided, usually taking place at the supervisee's schools. Participating schools are expected to commit to time table their participant for half a day a week to fulfil their FEIPS role in the school.

A variety of positive observations have been noted by participating schools including one Headteacher who observed that since the introduction of FEIPS in her school exclusions have reduced.

Future training dates include: 9/10 January 2007 and 31 January 2007 at the Corus Hotel, Ampfield, Romsey. 6/7 March 2007 and 27 March 2007 at Lysses House Hotel.

Further information is available from Kathy Johnston, Educational Psychologist or Trish Dores, Support Services Manager, Tel: 01962 876239.

Tier 2 Primary Mental Health Worker's [PMHW] role in Sure Start Rowner Children's Centre

As a Sure Start Local Programme, Sure Start Rowner has been able to respond to the needs of families in the area by developing a proactive/early intervention/preventative PMHW role.

For two days a week Primary Mental Health Workers are able to:

- Work with families
- Opportunities for the PMHW to meet, listen to and respond to the needs of families in the local area
- Offer support and early intervention advice in an environment where families are relaxed and enjoy being
- Use positive early intervention methods to promote the social & emotional development of young

children by building on the strengths of parents and families

- Hold weekly 'drop-in' session
- Use monthly magazine as a communication vehicle and learning medium by answering parents' anonymous questions
- Visit outreach 'Parent and Toddler' groups
- Follow-up families in ways that suits their individual needs
- Refer families when appropriate for more in-depth work
- Work with other practitioners
- Regular training sessions for other practitioners to share knowledge in the domain of social and emotional development of young children

- Offer suggestions for joint/ integrated working across disciplines
- Provide six weekly support sessions for family outreach workers
- Offer advice in response to issues, inquiries or concerns of other practitioners
- Development of a user-friendly environment to promote opportunities for the emotional and social development of young children
- Contribute ideas towards décor/ furnishing and arrangement of building to enhance family interaction

For further information contact Tracey Sanders, email tracey.sanders@hants.gov.uk

Tiers 2 and 3 Youth substance misuse and mental health

Hampshire Drug & Alcohol Action Team (DAAT) has commissioned 'SPA Consulting' to undertake some project work with DAAT and CAMHS Tier 2 (Early Intervention) and Tier 3 (Treatment Services) on youth substance misuse and mental health. This work will cover services and projects that deliver work to Hampshire County Council residents.

The aim of this work will be to improve collaboration between Substance Misuse and Mental Health Services and develop good practice and stronger joint working. This will include establishing the impact of dual diagnosis of substance misuse and mental health in young people and how services can work together to meet young people's needs.

Adam Mason and Sue Vigar Taylor are keen to talk to anyone who have something to say on this issue or who would like to input into this project work.

Please contact Adam and Sue @ SPA Consulting Tel: 02392 892019. Email: spa.consulting@hotmail.com

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.

Eastleigh & Test Valley South

LIG meetings are held at Ashurst Child & Family Health Centre. Future meetings will be held on 9 January, 13 February and 13 March 2007, 1.15-3.15pm.

Chair: Barbara Inkson, barbara.inkson@scpct.nhs.uk

New Forest

LIG meetings are held at Ashurst Child & Family Health Centre.

Chair: Barbara Inkson, barbara.inkson@scpct.nhs.uk

Fareham & Gosport

LIG meetings are held at Fareham Reach or Havant Civic Offices. The next meeting will be held on 12 December 2006, 9.30-11.00am.

Chair: Sally Pastellas, sally.pastellas@ports.nhs.uk

East Hampshire

LIG meetings are held at Havant Civic Offices. The next meeting will be held on 12 December 2006, 9.30-11.00am.

Chair: Dave Ashton, dave.ashton@hants.gov.uk

North Hampshire

In August the local service recruited staff to the specialist service for people with learning difficulties who have mental health problems. LIG meetings are held at Harness House, Basingstoke. The next meeting will be held on 5 December 2006, 2.00-4.00pm.

Chair: Andrew Rooney, andrew.rooney@bvhpct.nhs.uk

Blackwater Valley and Hart

LIG meetings are held at The Chapel, Cambridge Road, Aldershot. The next meeting will be held on 12 December 2006, 1.30-3.00pm.

Chair: Clare Bright, clare.bright@shb-tr.nhs.uk

Mid Hampshire

LIG meetings are held at Tidbury Farm, Bullington Cross. Future meetings will be held on 30 January and 27 February 2007, 9.30-11.00am.

Chair: Ruth Henderson, ruth.henderson@weht.swest.nhs.uk



Information Sharing by Sue Smith

Hantsfish Service Directory

Every Child Matters: Change for Children (December 2004) reinforced the importance of a service directory in helping children and families access services to meet their needs and enabling practitioners to make informed referrals. To meet this requirement Hantsfish was developed and has recently been improved with the help of a number of practitioners. Work is ongoing to identify and add all the services for children and young people in Hampshire. Have a look at www.hantsfish.org.uk and let us know of any gaps.

Information Sharing Index (ISI)

The index is a key element of the Every Child Matters: Change for Children programme to transform children's services by supporting more effective prevention and early intervention. The index will enable practitioners delivering services to children to identify and contact one another easily and quickly, so they can share relevant information about children who need services. Section 12 of the Children Act 2004 provides the legislative basis for establishing the index. The government is committed to introducing the index in all areas of England by the end of 2008.

Tier 4

Bluebird House – Secure Forensic Mental Health Service for Young People

Construction of a secure in-patient psychiatric unit for young people between 12-18 years is underway at Tatchbury Mount. Hampshire Partnership NHS Trust will provide the 20-bedded unit which will include 3 wards with separate day and night areas, two high care suites, a therapy and learning centre, a recreation area, gymnasium, fitness suite and outdoor sports area. The unit will open in January 2008.

Further information can be found on the website <http://www.hantspt.nhs.uk/projects/adolescent-secure-psychiatric-unit>



In the next issue...



Young people's views



Changes in Children's Services and Hampshire PCT

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