

VISION

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

Issue Two | SUMMER 2006

Welcome

Welcome to Vision. This issue highlights a variety of the good work that is going on in Hampshire for children and young people with social, emotional and mental health needs.

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

Two years of achievement by Hampshire's Children's Trust

During the past couple of years Hampshire's Children's Trust has been responsible for increasing the capacity of services for children and young people with emotional, social, behavioural and mental health needs:

- ③ The funding of 37 new posts (full-time and part-time) to create:
 - countywide: new CAMHS/Learning Disability services, increased Primary Mental Health Worker tier 2 services, enhanced tier 3 specialist CAMHS team capacity.
 - Local developments to meet local priorities: eg self-harm and youth counselling in the north, child psychiatry in the south-east, autism assessment and intervention in the south-west and management and attention deficit hyperactivity disorder developments in mid-Hants and Eastleigh.
- ③ The development of Leigh House day service – in the year to April 2006 a total of 714 days of day patient care has been provided for young people with severe anxiety, obsessive compulsive disorders, depression and eating disorders. This service has now been extended to April 2007.
- ③ Three dedicated mental health workers are due to be appointed to leaving care teams.
- ③ Seven dedicated participation workers are members of each of the local implementation groups (LIGs).
- ③ The NSPCC therapeutic post abuse service which involves working with children and young people who have been abused and since last June 81 children and young people have been supported in their local area.
- ③ A dataset has been agreed across all tier 3 specialist CAMHS teams for recording activity and measuring the impact of intervention.

Stop Press...

Day Service at Leigh House extended to 30 April 2007

The day patient psychiatric care at Leigh House has now been extended to April 2007. The service is specifically for young people, aged 12-18 years, with psychiatric disorders who do not need residential care.

Hampshire's CAMHS Children's Trust is part funding the day service and since the launch in June 2005 seven young people in Hampshire have benefited from the service.

Each young person is offered a treatment plan whilst joining the therapeutic milieu of the unit, which might include a combination of cognitive behaviour therapy, family therapy, group work and occupational therapy. Referrals can be made by consultant psychiatrists.

Leigh House Hospital is a regional NHS specialist child and adolescent mental health service.

For further information please contact Jane Taylor, Clinical Nurse Specialist, Leigh House Hospital, tel (01962) 825811.

A day in the life of a Primary Mental Health Worker

BY LOIS PRICE, WINCHESTER

I am a Primary Mental Health Worker (PMHW) based in Winchester.

There isn't a typical day and my title doesn't convey how varied the job can be.

For most of my clients and families it is their first contact with a mental health service. I am very aware of this when meeting them. My main role is to offer management advice to parents having difficulties with their young children. I also see teenagers who are having problems as a result of their parents' separation or the introduction of a new parental figure into the family. The variety certainly makes the job more interesting. Occasionally I visit people at home; although time consuming, it is always helpful to see people in their own environment. I also help to run parenting groups and offer

group supervision to health visitors in Winchester.

Access to the service is through GPs, health visitors, teachers, speech and language therapists and paediatricians.

As a Primary Mental Health Worker I attend training days relevant to my role as much as possible. I am embarking on a Masters course in Child and Adolescent Mental Health, which increases my knowledge and benefits my professional development.

I feel there is quite a lot of responsibility that goes with this role, you have to make judgements about whether or not to refer a client in any particular direction or whether you feel you can support a family through a difficult stage. Decisions are made to improve children's future working progress



working in partnership with their families.

My role is changing in parallel with the newly emerging Children's Trust and leaves me with the feeling that there are opportunities to develop the post of PMHW further.

The work is demanding of time and energy, fascinating, challenging and at times humbling. I feel fortunate to be part of a supportive team in this specialist area.

If you would like further information please contact Lois Price on lois.price@weht.swest.nhs.uk

Hampshire Therapeutic Post Abuse service

The NSPCC therapeutic post abuse service has been extended to 2007. The service aims to work with children and young people who have been abused. Referrals are accepted from social workers, CAMHS tier 3 teams, women's refuges and educational psychologists. More information can be obtained by contacting NSPCC direct on 023 8024 8180.

Participation

The User and Carer Involvement Sub group (UCIS) meet regularly to ensure that participation and users views are high on the agenda of all CAMHS teams in the New Forest and Eastleigh Southern Parishes. A consultation event will be held in September to invite service users to participate in feedback and suggestions for service improvement. There will be groups for 8-11 years, 12-14 years, 14+ and a group for parents.

For further details contact Barbara.inkson@scpct.nhs.uk

Training audit

An audit has been commissioned by Hampshire's Children's Trust and undertaken by YoungMinds to identify learning and development needs, induction needs and accessible training providers. The audit focused on Primary Mental Health Workers (PMHW), Community Therapists, CAMHS Social Workers, Tier 3 Mental Health Specialists, Learning Disability Specialists and staff involved in the Trust's development of services for young people aged 16-17. Topics for multi-professional training include therapeutic techniques, supervision, outcome analysis, child protection, sexually problematic behaviours, risk assessment, impact of substance misuse on mental health, supporting children who have suffered abuse, supporting those who self harm, learning disability, attachment and managing change. The full report can be obtained from Paula Wilson at paula.wilson@hants.gov.uk.



Mental health awareness training for schools

Claire Samwell and Annabel Kermode, Primary Mental Health Workers, have been involved in joint work with staff from Totton Brookvale CAMHS (Lynne Wilson, Sarah Gillett and Mandy Thomas). The purpose of this joint working has been to promote the importance of good mental health amongst the school age population.

We have divided responsibilities between Ashurst and Totton. Claire and Annabel having the responsibility of arranging the training day for Primary Schools and the staff from Totton for Secondary Schools within the New Forest.

Following a series of meetings, we arranged a consultation morning last November and invited Head Teachers

and SENCO's. The aims being for CAMHS and Education to work together in raising awareness of the importance of good mental health in children and young people.

Following the consultation meeting and in response to the evaluation questionnaire, we are now planning two training days in November on specific mental health issues.

Primary Schools: Tues 7 Nov 2006
Secondary Schools: Tues 14 Nov 2006.

For the Primary School day, we have selected three topics, ADHD, Autism and Anxiety / Attachment.

We have asked our colleagues in the Ashurst team with specialist knowledge in these areas to be our keynote

speakers on the day. In addition, we hope to include specific support strategies that schools can use within both the classroom and playground setting.

This is a brief overview of our plans for this specific training and we hope that educational staff may begin to formulate ideas about how they wish to access ongoing support. We hope that teaching staff may wish to develop a teaching forum as our colleagues in CAMHS have developed in the Southampton area.

For further information please contact claire.samwell@scpct.nhs.uk or annabel.kermode@scpct.nhs.uk

Winchester Youth Counselling BY JILL GUPPY

Winchester Youth Counselling is a registered charity and provides free confidential counselling to young people aged 11-25 in the district of Winchester. Over 300 young people have been seen since the service began in April 2003 and covers a range of different issues.

On offer is time limited work, longer term counselling, brief intervention work and group therapy. Support, advice, information and help to parents, carers, relatives and professionals is also provided. Young people can self refer and referrals are also received from GPs, social workers, teachers, colleges, Connexions, youth workers, young carer's project, E2E, health visitors, the Community Mental Health team, Child and Family Guidance and also from parents and carers.

Winchester Youth Counselling outcomes:

- ① To allow young people to make informed choices about the way they lead their lives
- ① To provide means to develop self understanding in young people
- ① To protect young people from harm either from themselves or from others
- ① To help young people reduce substance abuse and look at the reasons why they misuse substances
- ① To help young people gain self-confidence and self-esteem and therefore lead healthier lives
- ① To help young people move from dependent living into independent living

① To reduce levels of self harm, depression and prevent suicide amongst young people

① To reduce social isolation and help young people improve relationships within the family and with their peers

The service is based in central Winchester and most of the funding is provided by the Big Lottery Fund.

For further information contact Jill Guppy, Winchester Youth Counselling, Jubilee House, 1-3 Swan Lane, Winchester, tel 01962 820444, email 14-25counselling@btconnect.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 12 September and 10 October 2006, 1.15-2.45pm.

Chair: Hilary Robbins, hilary.robbs@hants.gov.uk

Secretary: Trish Dores, trish.dores@hants.gov.uk

New Forest

LIG meetings are held at Ashurst Child & Family Health Centre. Future meetings will be held on 12 September and 10 October 2006, 3.00-4.30pm.

Chair: Alison Sankey, alison.sankey@scpct.nhs.uk

Secretary: Shirley Williams, shirley.williams@scpct.nhs.uk

Fareham & Gosport

LIG meetings are held at Fareham Reach. Future meetings will be held on 10 October from 3.00-4.30pm. A joint meeting with East Hampshire will be held at Mill Hill Children's Centre on 12 September 2006, 9.30-11.00am.

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

Secretary: Margaret Thompson, margaret.thompson@ports.nhs.uk

East Hampshire

A stakeholder day 'Until we all know CAMHS' is planned for 4 October. Further details will follow.

LIG meetings are held at Mill Hill Children's Centre. Future meetings will be held on 8 August, 12 September and 10 October 2006, 9.30-11.00am. The meeting on 12th September is a joint meeting with Fareham & Gosport.

Chair: Stuart Ashley, stuart.ashley@hants.gov.uk

Secretary: Hyacinth Butcher, hyacinth.butcher@hants.gov.uk

Eating Disorders Carers' Support Group

by Sarah Harris, Group Facilitator

A new group has been formed to help support families and carers of people who have eating disorders. It is part of the Eating Disorders Association Self Help Network and is facilitated by volunteers who have trained with EDA and have experience of caring for family members with eating disorders.

Aim:

- to provide a safe and secure environment where families and friends of anyone with an eating disorder can talk about their concerns, share information and explore ways of coping

Objectives:

- share information on local facilities and treatments available
- talk about their concerns with people who understand
- feel more positive and in control of their lives by exploring coping strategies
- raise an awareness of eating disorders

The group meets at the Bridge in Andover on the second Wednesday of each month, 7.30-9.00. For further information, phone Sarah 07900 490609 on Monday evenings, 6.30-9.00, or email eda-andover@tiscali.co.uk

Common Assessment Framework by Julia Powell

In January 2006 the Blackwater Valley and Hart Local Implementation Group organised a half day for local practitioners around the Common Assessment Framework (CAF). Natalie Trentham gave an update on the Children's Trust developments and Sue Smith gave an informative presentation on the CAF. There were opportunities for colleagues to share their knowledge of the CAF so far – which provoked comments from 'a black hole!' through to 'a single assessment process from early intervention' and to work together on some possible scenarios. Around 60 colleagues attended the morning and there was a wonderful cross-section of roles across the voluntary sector; Children's Services department, the Primary Care Trust, schools and district council. The morning was summed up by one participant's evaluation 'informative, enlightening, exciting way of working together'.

In the next issue...

Shared aspects of service for CAHMS and Adult Mental Health

Tier I developments

Vision is produced by Karen Clark, Communications Officer, Hampshire's Children's Trust

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