

# VISION



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

Issue 4 | SPRING/SUMMER 2007

## Participation

### Are we getting it right?

On behalf of Hampshire's Children's Trust, Hampshire Children and Families Forum (HCFF) is about to undertake some research into parents' and carers' views of the comprehensive range of child and adolescent mental health services across Hampshire. These views will help us learn more about how effective services are collectively in supporting children and families who have experienced social, behavioural or emotional difficulties. They will guide our future strategy and contribute to our needs analysis. The survey will be piloted in some volunteer schools and special schools in West Hampshire by a mixture of face-to-face interviews and postal questionnaires. The survey will then roll out to the rest of Hampshire.

**For further information please contact Margot Power, [finance@hcff.org.uk](mailto:finance@hcff.org.uk)**

### '...Messing with my head' workshops

As part of Hampshire's Children's Trust initiative 'Are We Getting It Right?' a forum theatre project is visiting schools and communities in various localities in West and North Hampshire between March and May. The aim is for young people to enter into dialogue with service providers in Hampshire, both

voluntary and statutory, enabling each to learn something of the reality of the other.

It's a great opportunity for young people to explore further and to put into practice some of their ideas and feelings that may have been explored or prompted during their PHSE or Citizenship lessons. The model of workshop being used is Forum Theatre which enables a form of theatrical debate that invites the audience to stop the action on stage and to intervene in the action to bring about a positive outcome agreeable to all.

Sharon Nash, Hampshire County Participation Manager, will be facilitating '...messing with my head' workshops with students from the University of Winchester. The project is suitable for most age groups over 11 years of age and will be tailored to the needs of each individual group.

The project will serve a dual purpose by identifying if there is a need for a Young Person's panel on issues raised during the project. Therefore offering sustainability to the process by ensuring that young people's voices are heard and that services are tailored to their needs.

**For further information please contact Sharon Nash, [sharon.nash@hamptontrust.org.uk](mailto:sharon.nash@hamptontrust.org.uk)**

## Welcome

*Welcome to the fourth edition of Vision. There is some excellent work going on with child and adolescent mental health services in Hampshire – a few examples are highlighted in this issue.*

*Please let me have your news and information about existing good practice so we can share it with others via our website or newsletter.*

*Karen Clark,  
[karen.m.clark@hants.gov.uk](mailto:karen.m.clark@hants.gov.uk)*

## STOP PRESS...

**Can services to young people with co-occurring mental health and substance misuse issues be improved?**

We want your valuable experiences and feedback to aid our research. Hampshire Drug and Alcohol Action Team (DAAT) has commissioned SPA Consulting to undertake a review of services with DAAT and CAMHS Tier 2 (Early Intervention) and Tier 3 (Treatment services) on youth substance misuse and mental health. The research's aim is improving young people's experience of services: pathways, joint working and training. Please send your views to: Adam Mason & Sue Vigar Taylor [adam@spaconsulting.org.uk](mailto:adam@spaconsulting.org.uk)

# Hampshire DAAT Guidance - Identification of Young People's Substance Related Needs

Reducing substance use is a key target in the Every Child Matters outcomes framework under 'Be Healthy'. Priority national targets have been set for reducing smoking, drinking, Class-A drug taking and the regular use of any illicit drugs, especially among the most vulnerable.

Identifying vulnerability to substance use/misuse is crucial to help identify those children and young people who may be experiencing problems or engaging in risky activity due to their substance use.

Every Child Matters, Change for Children: Young People and Drugs emphasises more focus should be placed on prevention and early intervention with those most at risk,

with drug misuse considered as part of assessments, care planning and intervention by all agencies providing services for children, including schools.

Guidance has been developed by Hampshire DAAT to support all children and young people's generic, primary care and early intervention youth orientated services in the statutory and voluntary sector to:

1. Provide good practice guidance in the identification of substance related needs of children and young people in contact with universal and early intervention young people's services using formal or informal methods.
2. Assist staff in completing young people's assessment tools by

ensuring key areas are addressed on substance use and misuse screening in line with national guidance and good practice.

3. Assist staff completing the Common Assessment Framework (CAF) forms to address substance use and misuse use within the assessment process.

Access the guidance via Hampshire DAAT website using the following web-link:

[http://www.hampshiredaat.org.uk/education/dat/daatresources/identification\\_of\\_young\\_peoples\\_substance\\_related\\_needs.htm](http://www.hampshiredaat.org.uk/education/dat/daatresources/identification_of_young_peoples_substance_related_needs.htm)

**For further information, please contact Campbell Todd, [campbell.todd@hants.gov.uk](mailto:campbell.todd@hants.gov.uk)**

## CRISS – CAMHS Rapid & Intensive Support Service

You may remember that we previously reported on the proposed development of CRISS within Hampshire. The latest news is that Andy Rooney from North Hampshire has been appointed as Project Manager for CRISS – many congratulations to him. Andy's professional background includes 13 years as a mental health nurse in CAMHS at Tiers 3 and 4 and more recently he has been the Team Leader for the North Hampshire Primary Mental Health Team. He also currently chairs the North Hampshire Local Implementation Group.

CRISS is initially a short-term pilot to develop capacity to provide a rapid and intensive response service

(including out-of-hours support) which must effectively complement and integrate with existing multi-agency comprehensive CAMHS provision for 13-18 year olds. The project will principally want to provide rapid assessment and crucially more intensive intervention (beyond that which can usually be provided for by existing providers for young people in crisis, ie, self-harm, acute depression, suicidal ideation, acute anxiety, perceived threat based aggression and psychosis). The project will assist in the prevention of inappropriate placement of young people out of area, on adult mental health wards and paediatric wards, and will aim to prevent school, residential and family breakdown around crisis.

One of Andy's initial tasks will be to scope the service and recruit a small team. The team will consist of himself, 4 clinicians and an administrator. A vital initial task will be to liaise with Tier 3 CAMHS, Early Intervention Psychosis teams, Children's Services out of hours teams, Children's Homes and special education provision for young people with behavioural, emotional and social needs, in order to map existing provision and develop a partnership approach to taking this project forward.

**If you would like to find out more about CRISS please contact Andy Rooney at [andrew.rooney@bvhpct.nhs.uk](mailto:andrew.rooney@bvhpct.nhs.uk)**

# Healthy Schools



Healthy Schools training has been going on in Hampshire schools for the past 7 years and during this time 512 of the 540 schools have attended the training sessions. 269 schools have been validated in that time and of those 148 have been validated to the more exacting standard outlined in Choosing Health. To achieve Healthy Schools status schools have to address four core themes:

- ⊙ Personal, Social and Health Education including Sex and Relationships and Drug Education
- ⊙ Healthy Eating
- ⊙ Physical Activity
- ⊙ Emotional Health and Well-Being

There is an expectation that schools will gain evidence against a range of criteria through a whole school approach engaging with young people and the whole school community. Schools value the rigour of the programme and are proud to be awarded the standard. Some

inspirational thoughts from 4 of the schools who have been validated in the past year include:

## **South Farnborough Junior School**

The children are very positive about keeping healthy and have responded well to our 'Healthy Tuck Shop' and extra playtime games. Comments from the children have included "the Healthy Tuck Shop makes us concentrate more" and "we get fit now without even knowing it"!

## **South Wonston Primary School**

Pupils, parents, governors and staff have all contributed towards achieving the Healthy Schools Award. The project has encouraged healthier eating and has also given everyone the opportunity to take part in a greater range of physical fitness activities so raising awareness of maintaining a healthy lifestyle now and in the future.

## **Talavera Infant School**

We like coming to our friendly Healthy School. Our buddies help us on the playground and the play leaders help

us with games. We take care of our environment by litter picking.

## **Upham Primary School**

We have worked hard to meet the five outcomes of Every Child Matters and to promote a school ethos and environment which develops an understanding of how to achieve a healthy lifestyle. We have encouraged physical activity, healthy eating and the good behaviour and attitudes that affect lifelong health.

The national target is that 100% of schools will be engaged with Healthy Schools by 2009. In Hampshire we have an even more ambitious target of 90% of our schools by the end of 2008. We have lots of work to do but we are all determined to achieve the target.

**For further information please contact, Glynis Wright, [glynis.wright@hants.gov.uk](mailto:glynis.wright@hants.gov.uk)**

## **STOP PRESS...**

### **CAMHS -The Way Forward Learning and working together**

The East Hants and Fareham & Gosport Local Implementation Group event scheduled for 18 April 2007 has unfortunately been postponed. The new date and venue will be advised very soon. The day will provide:

1. An update of where we are with CAMHS
2. An insight into Cognitive Behaviour Therapy and Solution Focussed Therapy
3. An opportunity of networking and working together

More information can be obtained from Dave Ashton, [dave.ashton@hants.gov.uk](mailto:dave.ashton@hants.gov.uk)

## 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.

## New Forest and Eastleigh & Test Valley South

LIG meetings are held at Ashurst Child & Family Health Centre. Future meetings will be held 10 April, 8 May and 12 June 2007, 2.00pm-4.00pm.

**Chair:** Barbara Inkson, [barbara.inkson@scpct.nhs.uk](mailto:barbara.inkson@scpct.nhs.uk)

## East Hampshire and Fareham & Gosport

The next meeting will be held on 5 June 2007, 1.00pm-4.00pm.

**Chair:** Dave Ashton, [dave.ashton@hants.gov.uk](mailto:dave.ashton@hants.gov.uk)

## North Hampshire

LIG meetings are held at Harness House, Basingstoke. The next meeting will be held on 17 April 2007, 2.00-5.00pm.

**Chair:** Andy Rooney, [andrew.rooney@bvhpct.nhs.uk](mailto:andrew.rooney@bvhpct.nhs.uk)

## Blackwater Valley and Hart

LIG meetings are held at the Connexions Office, Aldershot. Future meetings will be held on 16 April, 14 May and 11 June 2007, 1.30-3.00pm.

**Chair:** Clare Bright, [clare.bright@shb-tr.nhs.uk](mailto:clare.bright@shb-tr.nhs.uk)

## Mid Hampshire

LIG meetings are held at Tidbury Farm, Bullington Cross. Future meetings will be held on 24 April and 26 June 2007, 9.30-11.00am. An all day event will be held on 22 May 2007.

**Chair:** Ruth Henderson, [ruth.henderson@weht.swest.nhs.uk](mailto:ruth.henderson@weht.swest.nhs.uk)

**If you have any questions about LIGs please contact Sheila Reed, LIG Secretary, [sheila.reed@hants.gov.uk](mailto:sheila.reed@hants.gov.uk)**

## Tier 3 – Hampshire Early Intervention in Psychosis Service

Hampshire Early Intervention in Psychosis Service is provided by Hampshire Partnership NHS Trust and is divided into four cluster teams:

- ⊙ Southampton City
- ⊙ North (Mid and North Hampshire)
- ⊙ South West (Eastleigh, Romsey and New Forest)
- ⊙ East (Fareham and Gosport, and East Hampshire)

The teams will be developing over a three year period and will work from bases in Winchester, Southampton and Fareham. They will work specifically with young people aged between 14 – 35 who are or appearing to be experiencing symptoms of psychosis for the first time. Support will also be available to family and friends of the young person.

The service aims to:

- ⊙ Provide information for young people, families and friends about psychosis, coping strategies and medication
- ⊙ Maximise the young person's control over their psychotic experiences and minimise disruption to the young person's life

- ⊙ Provide psychological interventions
- ⊙ Promote recovery from the psychotic episode and provide support during recovery
- ⊙ Prevent or reduce the development of other problems such as depression, anxiety and lack of motivation
- ⊙ Raise community awareness of psychosis and tackle stigma
- ⊙ Sustain engagement with the young person for up to 3 years

In addition to this, the service will also work closely with a variety of other youth, community and health agencies to assist the young person in accessing accommodation, financial support, education, training and work, specialist counselling, advice and advocacy services.

The service will "embrace diagnostic uncertainty" and the presence of psychotic symptoms rather than a formal diagnosis would be necessary for acceptance into the service for assessment.

**For further information please contact: Louise Earl, Service Manager, tel 02380241329, email [louise.earl@hantspt.nhs.uk](mailto:louise.earl@hantspt.nhs.uk)**

## In the next issue...

- ⊙ **An update from the Practitioners' Group**
- ⊙ **Hampshire's Children's Trust website**
- ⊙ **Feedback on substance misuse and mental health review**

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