

# VISION



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

Issue 5 | AUTUMN 2007

## Welcome

Welcome to the Hampshire's Children's Trust newsletter. Thank you for sending me information on the excellent work going on in Hampshire – it is great to share it with everyone. I have received so many contributions that this issue contains a number of reports on what is happening in the county.

I am pleased to say that the website is developing well. You will find information for practitioners, local implementation groups, latest news and dates of meetings. There's room for lots more, so please let me have your information to share – your comments and suggestions are always welcome.

A full listing of CAMH services in Hampshire is currently being added to the site. These services will be linked

through Hantsfish (Directory of Children's Services in Hampshire) and my aim is to include a map so the information will be easily accessible according to location. It would be most helpful if you could check that your service is included and let me know if you would like to make any changes. The website can be found at <http://www3.hants.gov.uk/childrens-services/childrenandyoungpeople/mentalhealth/childtrustrhome.htm>.

From this home page go to CAMHS professionals/Hantsfish/practitioners/directory search for information of the services. I look forward to receiving your ideas and news.

Karen Clark  
[karen.m.clark@hants.gov.uk](mailto:karen.m.clark@hants.gov.uk)  
01962 846530

## New Lead for Hampshire's Children's Trust

From the beginning of July Hilary Hickmore has taken up post as "County Strategy Manager - CAMH and emotional well-being". This is an exciting role as lead for Hampshire's Children's Trust now as it develops into phase 2. It is about making sure there is a robust strategy across all agencies and tiers of service for those with emotional, behavioural and mental health needs, based on needs analysis, user views, evidence and national guidance, then making sure that it is implemented in a way suited to the existing landscape of provision around the county. Whilst it is a commissioning and change management role, Hilary is keen to promote change only where change is needed, whilst also clarifying and sharing what is existing good practice, maintaining it, and enhancing equity of access across Hampshire.

From 26 September, Hilary will be based at Clarendon House, Romsey Road, Winchester; tel 01962 869611.

The post of CAMHS Commissioning Manager will be advertised on the Hampshire County Council website soon, <http://www.jobs.hants.gov.uk/> We'll keep you updated on progress.

## Messing with my head

In the last Children's Trust newsletter we reported on the 'Messing with my head' workshops which allowed young people to tell us what their needs are. It's now up to us to address their issues and work on putting these right.

A couple of comments from participants:

“A really positive morning, a lot of good points being raised, e.g how adults don't really 'listen' or 'hear' young people. I just hope that the professionals here today take

on board what has been said and we can start to see some positive changes.”

“We need to listen to what young people say and trust that they know what they need. Give information to them, but don't assume we (adults) know best.”

**Full feedback and actions from the workshops can be found on the website <http://www.hcff.org.uk/CAMHS.html>**

## The Wednesday Group

A multi-agency project for children (aged 8-12) of parents with mental health problems was piloted in the Hythe area. The aim of the weekly group was to provide a therapeutic base from which the child or young person could explore their fears and concerns about mental illness in their family. Some of the comments from the children, when asked if there was anything they would change:

“Fantastic”

“Too short, I want it to carry on!”

The Children's Society are also currently doing a piece of work funded by the Children's Fund around the impact on young children under 13 years who live within a family who are accessing mental health services.

**For further information contact Jenny Hine, [jenny.hine@childrenssociety.org.uk](mailto:jenny.hine@childrenssociety.org.uk) or Claire Samwell, [Claire.samwell@scpct.nhs.uk](mailto:Claire.samwell@scpct.nhs.uk)**

## Courses for parents in Hampshire

The County Parent Development Team is offering a selection of courses to parents living in Hampshire. All courses are free of charge.

Special Children Special Parents – a 10 week course designed for parents of children who have a disability aged 18 months to 10 years.

Confident Parents Confident Kids – an 8 week course designed for parents of young children aged 18 months to 7 years.

Supporting Parents of Teenagers – an 8 week course designed for parents of children aged 11 to 16 years.

**If you would like to find out more, please contact the County Parent Development Team at [parent.development@hants.gov.uk](mailto:parent.development@hants.gov.uk), tel 01962 876290.**

## Ethnic Minority Learning Disability Project

The Hampshire Ethnic Minority Learning Disability Project is a new project covering the whole of Hampshire. It is for adults and children from Black and Minority Ethnic (BME) communities with learning disabilities and their families.

The aim of the project is to provide better information and be a two-way link between individuals and families and support services. In particular, it can offer:

- Ⓞ Information on how to access services
- Ⓞ Information on benefits
- Ⓞ Help to identify support needs
- Ⓞ A first confidential point of contact to discuss learning disability, cultural and education issues
- Ⓞ Support from interpreters and translators
- Ⓞ Support from advocates

**For further information contact [dominique.rawlings@hants.gov.uk](mailto:dominique.rawlings@hants.gov.uk), tel 02392 441430.**

## Relate Services for Young People

The first Relate centre in England to provide direct services for young people – Relate Basingstoke & District launched Relateen in 1993. This service has since grown to be available in the majority of Relate centres in the country and is widely known as Relateen & Utalk.

In the past year support has been provided in Alton and Basingstoke for over 200 young people aged 10–25 years. Young people can self refer or referrals are welcomed from GPs and other health professionals, schools, Connexions, youth and social workers. The Relateen/Utalk service is free of charge for unwaged young people and is funded by grants from Hampshire Children's Services, the Children's Fund and Basingstoke & Deane Borough Council.

The service aims to meet outcomes of Every Child Matters by:

- Being Healthy – improving the mental health of children and young people, improving confidence and self esteem; reducing levels of self harm and depression;
- Staying Safe – counsellors work to provide a safe environment in line with Relate's Domestic Abuse and Child Protection policies to ensure children and young people and their carers are informed about key risks to their safety and how to deal with them;

- Enjoying and Achieving – service users are given support to enable them to return to concentrate fully on their education and community life;
- Making a positive contribution – children and young people, particularly those from vulnerable groups, are supported in managing changes and responding to challenges in their lives;
- Economic well-being – Relate strives to gain funding from statutory authorities, trusts and donations in order to be able to offer services to all regardless of the ability of people needing help to pay the full cost of their counselling.

A Family Counselling service is also available at the Basingstoke office. Groups are seen by a team of counsellors who have been specifically selected and trained to work with families to help people resolve their problems. In common with all Relate services for adults, families are asked to pay towards the cost of the service according to their means.

**For further information or to request leaflets and/or posters or referral forms please contact Evelyn Askew, [info@relate-basingstoke.org.uk](mailto:info@relate-basingstoke.org.uk), tel 01256 324364. [www.relate-basingstoke.org.uk](http://www.relate-basingstoke.org.uk)**

# 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 Drug & Alcohol Action Team (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.

To access the pdf guidance document please go to Hampshire DAAT website <http://www.hampshiredaat.org.uk/> on the direct access web-links below:

**For more information contact Campbell Todd, Youth People's Drug Strategy Co-ordinator, Hampshire DAAT, tel 01962 826023, [campbell.todd@hants.gov.uk](mailto:campbell.todd@hants.gov.uk)**

## There4me

[www.there4me](http://www.there4me) is an interactive website designed specifically for young people aged 12-16 years. It offers information, advice and support, including secure email to the NSPCC and real time on line support on a broad range of issues that are important to this age group.

The service gives young people direct confidential access to experienced social workers. Young people can post and read letters on a problem page – Ask Sam, discuss issues via a

moderated message board, send and receive secure private in-box messages with NSPCC advisers or they can take part in real time 1-2-1 conversations with an adviser.

There4me is a developing service and it not evenly available across the country yet so we are not in a position to promote it widely in Hampshire at the current time.

**[www.there4me.com](http://www.there4me.com)**

## British Association of Cognitive Behavioural Therapists Conference

Dawn Nicol (Cognitive Behavioural Psychotherapist) and Angharad Rudkin (Clinical Psychologist), both based at CAMHS in Basingstoke attended the British Association of Cognitive Behavioural Therapists Conference (BABCP) held at St Catherine's in Oxford in March 2007. The conference was a showcase for the Child and Adolescent special interest group within the BABCP. Dawn and Angharad were asked by the BABCP to produce a poster that outlined their clinical work at CAMHS.

The poster detailed their 'Healthy Thinking' group, which is run on a termly basis in a workshop format. The group provides a positive introduction to cognitive behavioural therapy – and it encourages young people between the ages of 12 and 17 to identify the link between thought, feelings and behaviour and to identify and challenge thinking errors. Participants are also encouraged to look at behavioural change and recognition and management of feeling in relation to their thoughts. Rating scales are completed and the participants are invited to a follow up workshop that takes place six weeks after the initial workshop.

The poster was well received and it won first prize! – A free day at a future conference for Dawn and Angharad. Dawn and Angharad are hoping to write up their workshop for a Cognitive Behavioural Journal soon.

**For further information contact Dawn Nicol, on [dawn.nicol@bvhpct.nhs.uk](mailto:dawn.nicol@bvhpct.nhs.uk)**

# 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. Future meetings will be held on 11 September, 9 October, 13 November and 11 December 2007, 2.00pm-4.00pm.

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

### South East Hampshire

LIG meetings are held at Oak Park Children's Services, Havant. Future meetings will be held on 11 September and 6 November, 1.00pm-4.00pm.

Chair – Ria Emery, [ria.emery@hants.gov.uk](mailto:ria.emery@hants.gov.uk)

### North Hampshire

LIG meetings are held at Harness House, Basingstoke. The next meeting will be held on 4 September 2007, 2.00-5.00pm.

Chair – Mike Penny, [mike.penny@hants.gov.uk](mailto:mike.penny@hants.gov.uk)

### Blackwater Valley and Hart

LIG meetings are held at the Connexions Office, Aldershot. Future meetings will be held on, 10 September, 8 October, 12 November and 10 December 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 25 September, 30 October, 27 November and 18 December 2007, 9.30-11.00am. Chair – Ruth Henderson, [ruth.henderson@weht.swest.nhs.uk](mailto:ruth.henderson@weht.swest.nhs.uk)

### Mid Hampshire LIG networking day

At the end of June Mid Hampshire LIG held a networking day 'working together for child and adolescent mental health'. The aim was to provide an update of the strategic developments from Children's Services and to hear from various practitioners around the county on what is going on in Hampshire.

Comments from the day:

*"Great day, learnt a lot, great networking too"*

*"Don't think I've enjoyed a conference so much. Gained a lot from it"*

*"Very useful day, great venue and inspirational speakers"*

*"Really good to meet up with people and chat through stuff. Be great to have this each year"*

The guest speaker, Katrice Horsley, was an inspiration. She is a professional story teller and as well as entrancing the group with her stories she talked about how she uses her stories in her work with children, young people and their families, often using beautiful visual tableaux which tell the tale across time. She also talked about outcome work with children and young people which was very topical and how using visual imagery can be much more powerful than any tick box exercise.

**If you would like further information, please contact Ruth Henderson, Mid Hants LIG Chair, [ruth.henderson@weht.swest.nhs.uk](mailto:ruth.henderson@weht.swest.nhs.uk)**

## FAGAN (Fareham & Gosport Adolescent Network)

Fagan held its inaugural meeting in 2001 where two areas for development were identified.

1. The need for professionals representing agencies who have shared responsibilities towards young people to meet on a regular basis. At the same time CAMH services were meeting at a district level with representatives from Adult Mental Health to build on early intervention service that looks at needs of young people suffering from psychotic type illness.

2. At a locality level developing a managed network for adolescents continuing to need support through the transition from children into adolescents into adult services.

Since then FAGAN has continued to meet quarterly with representatives from voluntary and statutory agencies including health (CAMHS, AMH & UAT, School Nursing), education (EOTAS, including secondary schools), Social Services, Substance Misuse Services, Leaving Care, Youth Service, Moving On, Connexions, ARC, Youth Carers, Youth Offending Team, Housing, Probation, and Southern Focus Trust. A recent addition is the Early Intervention Psychosis Service.

FAGAN's current remit is to consider the needs of young people aged between 14 and 24.

Recently a sub-group met specifically to consider the government edict that all CAMH services should be providing services to young people up to age 18. Services already in place and gaps in service were considered – particularly hard to reach young people that often would slip through the net and a profile of clients currently not receiving a service was made.

The FAGAN forum also considered the needs of schools and links with schools. From this, representatives from FAGAN now facilitate an established schools mental health forum. The forum has 3 aims:

1. The unification of mental health pathways across Fareham & Gosport secondary schools.
2. To develop and raise awareness of mental health issues amongst school based personnel.
3. To develop and raise awareness of mental health issues amongst young people.

The first training day was held on 22 June 2007.

**For further information or a copy of the above, please contact: Margaret Josephs, District Lead Art Therapy Specialist, [margaret.josephs@ports.nhs.uk](mailto:margaret.josephs@ports.nhs.uk), tel 01329 822220. or Julia Carter (Moving On Project) [julia.a.carter@hants.gov.uk](mailto:julia.a.carter@hants.gov.uk), tel 01329 822331.**

## Triple P Training 1-3 October

Training is being offered in Level 4 Standard Triple P – Positive Parenting Programme. The programme is focused upon prevention and is based upon the principle of supporting parents to become resourceful, independent problem solvers. The training is for anyone delivering tiers 2

or 3 services and trainees will be required to use the programme with 6 parents by March 2008. Level 3 training is also available on 4 and 5 October.

**Full details can be obtained from Judy Turner, tel 01962 845985, [judy.turner@hants.gov.uk](mailto:judy.turner@hants.gov.uk)**

## In the next issue...

 **Art Psychotherapy**

 **The work of a Pupil Support Worker**

Vision is produced by Karen Clark, Communications Officer, Hampshire's Children's Trust  
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**Please send your news and views to Karen Clark, [karen.m.clark@hants.gov.uk](mailto:karen.m.clark@hants.gov.uk) or phone 01962 846530.**