

Net Gains: Shaping the Future of Children's Mental Health

A Summary Report of the 6th June Event in Glasgow
By Julia White & Roger Catchpole, August 2007



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Overview

The morning session consisted of small group work discussions around exploring capacity building within four lifespan contexts: infants, primary, secondary and transitions to adulthood.

A series of questions guided the discussion forum, from which there are some generic emerging themes and some key issues specific to individual

Morning Session: Capacity Building

What are the facilitating factors enabling you to implement the framework?

- Clarity around children's services plans, children's mental health being on local agenda
- Knowing what different agencies do – developing understanding, respect, and trust
- Common factors across all age ranges; full integration of training across multi-agency staff. Influencing training curriculum of, for example teachers and educational establishments
- Building interagency relationships
- There is a lot of good practice out there - how easy is it to identify? Use of different language
- More joined up policy
A need to identify key people/bodies to drive this process forward and make/keep connections.

What are the conditions which facilitate good interagency working?

- Building and maintaining relationships across the Networks
- Proactive engagement
- Awareness of, and working within, the policy context
- Understanding of cultural differences between agencies
- Clarity on resolving confidentiality issues; reducing complexities of IT systems in order to share information

- Facilitating structures such as Interagency Steering Groups that facilitate joint working - who sits on these? What is their authority? How do they communicate?
- Leadership at all levels; Identification of key people, 'connectors'
- Build up knowledge and skills across the workforce, shared training
- Balance - promotion, prevention and care whilst ensuring we meet the needs of children in need

What are the issues for agencies communicating effectively with each other, children and families?

- Culture and philosophy - mental health is the responsibility of universal services
- Physical location; need to network - link up different parts of a child's network
- Proper knowledge transfer; raise awareness and expectations
- Fragmentation – we should have a more holistic approach
- Confidentiality/information sharing - multiple layers of confidentiality and multiple layers of information; what is appropriate, what is not, expectations
- Resources - people/time/money; access to a good database of resources available locally

Specific key points identified in each context

Infant mental health

- The lack of "critical mass" of infants - never gathered together, their voice is rarely heard
Lack of priority of under 5s in CAMHS; lack of focus on the first year of life/early years

Primary

- Culture and philosophy within schools; what are the strengths and weaknesses of the educational point of view, both primary and secondary?
- Mental health link workers in schools – 'Health Promoting Schools' policies and procedures need to be core to every school; working together
- Promotion of emotional literacy in schools

Secondary

It is everybody's responsibility to think about young people's mental health - their own part in it and doing it

Transitions to Adulthood

- Identify and encourage meaningful linkages across and between services at all levels
- Consider "journeys" - transitions to adulthood, as an area/issue in itself
Advocacy services required throughout Scotland; there is a vacuum between children's/adult services

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Rural and island

Two groups explored this issue from a rural and island perspective some key issues specific to individual contexts.

What does success look like?

- Doing things differently, not doing more of the same. It takes time, and some funding, to explore how to do this in rural areas, together
- Using teleconferencing for supervision and consultation
- Improving video conferencing facilities and training in video conferencing for non-rural practitioners in the Central belt to allow transfer of knowledge and skills to rural and island areas

Building and Sustaining the Change Process

Building capacity

Interagency training builds capacity amongst staff groups on the front line, allowing a dialogue about the future to take place. In rural areas, planners also participate in these discussions, which is an advantage. In some areas, the policy is to only provide interagency training

Pooling of skills and resources

- Pooling skills across agencies is especially important in rural areas, with larger Health Boards supporting smaller ones and shared regional responsibilities

Afternoon Session: Creative Ways of Working

- Individual practitioners act as small island 'lead' for children and young people's mental health, with support from specialists
- Enhancing the role of the Primary Mental Health worker and developing a consistent level of inter-agency consultancy for community-based staff

Rural networking

Developing a pool of staff across rural and island agencies will be central to this process. This will need dedicated tele-health links and portable video conferencing equipment to establish good links between island and mainland groups. These groups would have the potential to:

- provide clinical supervision
- reduce the costs of travel
- remotely attend case conferences

The rural network could also be developed to provide an out-of-hours on-call system

Demonstrating that we make a difference

We would be sharing health provision across the Highlands and Islands in a way that understands and responds to the needs of children, young people and practitioners in rural and island communities

Key issue

Exploring models of rural networks or forums to develop a collective responsibility across all (health board) areas for appropriate services in rural and island areas

Urban and rural

Six groups explored this issue from a general perspective which included both urban and rural elements. There was considerable agreement between groups

on the key themes:

What does success look like?

- Child centred, holistic, integrated models of service with participation by children and young people in service development
- Long term, multi-agency planning and working supported by joint training and joint funding
- Proactive work to nurture relationships and partnerships, understand different roles and priorities and build trust and respect
- Clear lead responsibility and leadership at a local level across the service system
- Agreed outcome criteria with evaluation and audit to build the evidence
- Multi-disciplinary assessment, integrated care pathways; effective, properly resourced, systems for early identification; a wide range of interventions available including adequately resourced specialist CAMHS
- Empowered, confident frontline staff in sustainable services, supported by consultation from mental health specialists e.g. Primary Mental Health workers in schools as part of whole school approaches to emotional health and wellbeing
- More accessible services – equality, equity, quick response, child/family friendly.
- Parenting strategies

How do you build and sustain the change process?

- Increase the profile of CAMHS within Health Boards and the profile of the Child Health Commissioner role
- Get smarter at using the evidence e.g. cost benefit analysis for whole systems, more outcome focus, influence the early intervention

debate

- More transparency re: performance and outcomes
- Support to enable participation leading to more respectful services and better engagement with children and families
- Build relationships and partnerships: shared language, shared meanings, demystifying mental health, working with difference and 'feeling the tensions'
- Joined up commissioning strategies
- Take innovative risks
- Devolve responsibility and resources – links to job satisfaction and staff retention
- Sort the 'little frustrations that make a big difference'
- Support collaborative networks and learning

How do we demonstrate that we do make a difference?

- Seeing families earlier in the problem life cycle and recording family engagement
- Decreased waiting times
- Use of the Health of the Nation Scale or other tools
- Service user evaluations and feedback
- Reflective practice
- Scottish good practice database, learning from pilots, models and successes
- Coordinated interventions with evaluation built in. For example, work to enhance children's ability to make and sustain relationships would involve: parenting support, infant mental health screening for developmental problems, early years support, screening at P1. Measures would include: screening results, referrals to the Reporter, school attendance and attainment etc

Network Resources

Young Scotland in Mind

Young Scotland in Mind (YSiM) is a network of voluntary sector organisations that aims to foster a culture of working and learning together in order to promote the mental health and wellbeing of all children and young people in Scotland. Led by Barnardo's and funded by HeadsUpScotland, YSiM presently has representatives from over 70 organisations across Scotland. The forum welcomes employees from ALL voluntary sector organisations and non-governmental organisations in Scotland to join and [membership](#) is FREE.

To register your interest in joining/linking networks and/or inform us of your views, please contact Samantha Lynch, Acting Forum Coordinator on 0131 334 9893 or at samantha.lynch@barnardos.org.uk or visit www.barnardos.org.uk/youngscotlandinmind.

Penumbra Participation Project

The National Young People's Participation post forms part of a partnership project between Penumbra, Children In Scotland and Barnardo's, and is hosted and line managed by Penumbra. The aim of the post is to take forward young people's participation in issues that affect their mental health and well-being. The project is funded by the Scottish Executive until 31st March 2008 and is part of the overall delivery of the aims of HeadsUpScotland. For more information please contact Kirstie Farmer: Kirstie.Farmer@penumbra.org.uk, tel: 0131 475 2380.

Health Promoting Schools Network

This network seeks to facilitate the flow of information on health promoting schools between national and local levels, between schools and councils, NHS boards and other key agencies. The network plays a central role in the sharing of good practice across Scotland and in the development of future national advice. The network has representatives from each council and NHS board in Scotland and is made up of officers with responsibility for health promotion in schools. It is convened several times a year and reports of network meetings are posted on the Health Promoting Schools website: www.healthpromotingschools.co.uk/aboutus/index.asp

Scottish Development Centre/YoungMinds Collaborative Networks

The Collaborative Network brings together people working in Integrated Children's Services Planning who are actively involved in implementing the Framework for Promotion, Prevention and Care (the Framework) in different localities and supports them to deliver better mental health outcomes for children and young people.

Future meetings will focus on audit and evaluation processes, using the Framework to improve services and developing an information resource on emerging practice. The Network meets again in Glasgow on September 3rd and 4th and November 19th and 20th 2007 and will be involved in planning an event in partnership with HeadsUp Scotland early in 2008.

Visit: www.sdcmh.org.uk or email: Paul@sdcmh.org.uk, for more information.

Primary Mental Health Worker Network

This group meets to share information and sometimes lead discussion or facilitate training on specific related topics, both at a practical and strategic level. It is open to anyone involved or interested in PMHW.

Four members of the network represent Scotland on the National PMHW network. Both networks are driving the PMHW agenda across the UK and have developed documentation such as PMHW Core Standards and Guidance for Commissioners. This group meet three times a year at the Young Peoples Unit at the Royal Edinburgh hospital and a 4th meeting takes place at the National PMHW conference (varied venues). The next meeting is at 11am on the 22nd of November.

People can contact Lynn Cuddihy: Lcuddihy@nhs.net for information or to provide contact details to be included in their database.

Clinical Leads

This is a network which connects the Child and Adolescent Mental Health services (CAMHS) across Scotland. This network was formed in 2005 and provides the opportunity for the senior practitioners, from a range of professional backgrounds, who play leading roles in local services to link together across Scotland. The network was designed to support the sharing of information and views about national developments and to offer a route for hearing views of service leaders about policy and practice developments. The network has met, about twice a year, to discuss and debate particular issues in more detail.

The meetings of the network are chaired by Graham Bryce, Chair of the Children and Young People's Mental Health Steering Group graham.bryce@yorkhill.scot.nhs.uk, and supported by the Scottish Executive Mental Health Division. Robin Mogendorff Robin.Mogendorff@scotland.gsi.gov.uk can be contacted for information about membership and meetings.

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New Resources

Interagency Training Resource

This course aims to increase awareness of mental health and wellbeing and to build confidence, competence and capacity among all those working with children, young people and families. It will be based on the national Inter-Agency Training Resource developed by YoungMinds in partnership with HeadsUpScotland. People working with children and families in any setting who want to gain a better understanding of mental health and develop their ability to work collaboratively with people in other agencies or disciplines. Anyone with a concern for the wellbeing of children and young people locally whether based in health, education, social care, early years, youth and community services, the voluntary sector, youth justice or other agencies. It can be downloaded from: www.headsupscotland.co.uk/whatnew.html.

SIHR Infant Mental Health Project

National Programme for Improving Health and Wellbeing: A 3 year national project to identify, develop and deliver training and support which will increase the capacity of local frontline staff to understand the issues surrounding infant mental health, the likely successful interventions and to be confident in assessing situations and applying practical solutions. Contact the Project Manager – Julie Watson, j.watson@sihr.org.uk, or call 0131 454 3240. Please visit www.sihr.org.uk for more information on this project.

Child & Adolescent Mental Health Services: Primary Mental Health Work – Guidance note for NHS Boards/Community Health (and Social Care) Partnerships and other partners, February 2007

This document has been produced to assist NHS Boards/Community Health (and Social Care) partnerships (CHPs) and Child Health Commissioners (CHCs) and other partners in planning implementation of the commitment in Delivering for Mental Health for named link workers for schools by 2008. The guidance will also inform implementation of the *Mental Health of Children & Young People: A Framework for Promotion, Prevention and Care (FPPC)*. This can be downloaded from the Scottish Executive Web site here:

www.scotland.gov.uk/Resource/Doc/167355/0045998.pdf

Infant Mental Health Report: A guide for Practitioners

This guide has been produced to support all with an interest in bringing about change and improvement in the care and support offered to parents of new babies and to support and inform the commitments within Delivering for Mental Health and to respond to the Delivering for Health commitment to progress *The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care*. This report can be downloaded from the 'What's New' section of the *HeadsUpScotland* web site:

www.HeadsUpScotland.co.uk or hard copies can be obtained by calling SDC/HeadsUpScotland on: 0131 555 8430.

HandsOnScotland ToolKit

The *HandsOnScotland* website is a new resource developed by the Playfield Institute to support frontline workers: a one-stop shop to access useful information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self esteem and promote their positive mental wellbeing. Visit:

www.HandsOnScotland.co.uk.