

# Early Intervention for Children & Young Adults

# 2017 CAMHS National Summit

10% card payments discount\*  
15% Group booking discount\*\*

Friday 22 September 2017 De Vere West One Conference Centre, London



**Chaired by:**

**Dr Clare Lamb**

*Member*

Transition from children's to adult services

Guideline Committee

Supporter Organisations:



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*The Prime Minister has announced a; 'comprehensive package of measures to transform mental health support in our schools, workplaces and communities.'*

*"What I am announcing are the first steps in our plan to transform the way we deal with mental illness in this country at every stage of a person's life: not in our hospitals, but in our classrooms, at work and in our communities. This starts with ensuring that children and young people get the help and support they need and deserve – because we know that mental illness too often starts in childhood and that when left untreated, can blight lives, and become entrenched."*

*Theresa May Prime Minister 9/1/17*

This conference is aimed at all CAMHS professionals in front line services who have a role in supporting young peoples mental health & well being. The day will focus on The Five Year Forward View for Mental Health set out by the government in 2016 with the aim of creating a transformed service by 2020.

Through national updates and case studies from pilot sites this conference will detail the progress already being made to achieve The Five Year Forward View and give practical advice and guidance for professionals on how to achieve improvement within their service. The government has pledged £1.25billion by 2020 to support improvements in children and young people's mental health and wellbeing.

The ambition over the next five years for children and young people's mental health is to support CCGs to work with partners to build effective, evidence-based outcome-focused Child and Adolescent Mental Health Services (CAMHS), working in collaboration with children, young people and families. Delivering this national ambition requires local, system wide leadership and ownership, as well as the participation of children, young people and their families.

*"The costs of mental ill health – whether to the individual, their family or carer, the NHS or wider society – are stark. So today we're kick starting national action to overhaul and expand this long neglected part of the NHS. This roadmap for implementing the Five Year Forward View for Mental Health will improve access and outcomes, reduce inequality and deliver efficiencies across the local health and care economy. As well as setting out our expectations of the NHS, we have outlined how national partners will work together to provide the right enabling structures and frameworks, to support and help drive improvements in mental health over the coming years. Other organisations who have a role to play such as social care, employers, schools are also paramount to the success of this work. The need for action cannot be ignored. It is now up to all of us to make this a reality"* Claire Murdoch, NHS England's new National Director for Mental Health

*The Care Quality Commission recently found that "Children's transition to adult services .There are more than 40,000 children and young people with complex physical health needs. We looked at their experiences of moving to adult services: Young people living with physical disabilities or illness were not always receiving the necessary care and support they need when they moved on to adult care services, with some children's services stopping the care they provide before the equivalent adult services had started."* CQC, State of Care 2015/16, October 2016

Follow the conference on Twitter #CAMHS

## 10.00 Chair's introduction

**Dr Clare Lamb** *Member Transition from children's to adult services Guideline Committee*

## 10.10 Transforming mental health services for children & young adults

**David Lockwood** *Programme Manager, Children & Young People's Mental Health NHS England*

- transforming mental health services for children & young adults
- collaboration between NHS England and the Department for Education

## 10.40 Transition from children's to adults' services for young people using health or social care services: Implementing the new NICE guidance in mental health

**Dr Clare Lamb**  
*Member*  
Transition from children's to adult services Guideline Committee

- the NICE Transition from children's to adult services Guideline
- implementation in practice
- priorities and challenges

11.10 *Question and answers, followed by coffee at 11.20*

## 11.40 Teenage mental health: Peer support in schools

**Dr Fiona Pienaar**  
*Director of Clinical Services*  
Place2Be

- Working with teenagers to support in building:
- an understanding of what positive mental health and well-being can look like
  - knowledge about managing their mental health and supporting their friends in doing so
  - skills to develop and maintain capacity to recover from difficulties (build resilience)
  - knowledge of when and how to get more specialist help

## 12.10 Improving accessibility to CAMHS services Case study: Young People's Community Eating Disorder Service

**Dr Sandeep Ranote**  
*Consultant Child and Adolescent Psychiatrist and Eating Disorders Lead*  
5 Boroughs Partnership

- early detection and treatment through specialist assessment, one-to-one support and family therapy
- working in partnership in partnerships to raise awareness and improve access to services

## 12.40 Case study: CAMHS New Care Model

**Dr Elizabeth Fellow-Smith**  
*Consultant Child Psychiatrist/Clinical Lead NMoC*  
**with Alun Lewis** *New Models of Care Project Manager*  
**and Lesley Soden** *Business Development Manager WLHT/NMoC project team*  
West London Mental Health NHS Trust

- developing new ways of managing the pathway to Tier 4 inpatient admissions for children and young people
- preventing avoidable admissions & reducing length of stay
- admitting young people closer to home and eliminating clinically inappropriate out of area placements
- how we invest in community services

13.10 *Questions and answers, followed by lunch at 13.20*

## 14.00 Charley's Story

**Joanne Clement** *Founder Trustee of a Mental Health Charity In Charley's Memory*

## 14.25 The Lived Experience of Mental Illness

**Nicola Davis**  
*Author My Super Sweet Recovery Cookbook*

- understanding the lived experience and regaining control
- how can we improve the lives of people with Mental Illness?
- experiencing CAMHS and the mental health system

## 14.45 i-THRIVE a major service transformation for CAMHS

**Rachel James**  
*THRIVE Author and i-THRIVE Clinical Lead*  
**and Emma Louisy**  
*i-THRIVE Programme Manager*  
*THRIVE Conceptual Framework and*  
*i-THRIVE implementation programme*  
The Tavistock and Portman NHS Foundation Trust

- creating an integrated, person-centred and needs-led approach to delivering mental health services
- working across the whole system in an integrated way to better support the needs of children and young people
- putting shared decision making at the heart of all care and support for children, young people and their families

## 15.10 How do you like to learn? - three very different ways to engage young people

**Professor Chris Williams**  
*Emeritus Professor of Psychosocial Psychiatry*  
University of Glasgow

- challenges in delivering cbt to teenagers
- lost in translation - how to maintain the evidence based aspects of cbt using an everyday language
- classes books and online delivery in camhs, cyp-iapt and other clinical settings
- applications in wellbeing initiatives in schools

15.40 *Questions and answers, followed by tea at 15.50*

## 16.10 Children's Mental Health: Communication, Connectedness and Behaviour

**Damian Hart**  
*Trainer and Consultant Young Minds Principal Development Manager*  
Merseyside Youth Association Ltd

**with Young Person**

- supporting the mental health and psychological wellbeing needs of children with speech, language and communication difficulties

## 16.35 Interactive Closing Panel Discussion: The challenges faced in improving access to services for Children and Young People, how we overcome barriers and ways to move forward

**Dr Fiona Pienaar** *Director of Clinical Services Place2Be*  
**Rachel James** *THRIVE Author and i-THRIVE Clinical Lead*  
The Tavistock and Portman NHS Foundation Trust  
**Damian Hart** *Trainer and Consultant Young Minds Principal Development Manager*  
Merseyside Youth Association Ltd  
**Nicola Davis** *Author My Super Sweet Recovery Cookbook*  
**Dr Clare Lamb** *Member*  
Transition from children's to adult services Guideline Committee

This interactive panel discussions gives delegates and speakers the opportunity to discuss individual perspectives and evaluate objective based solutions.

17.00 *Questions and answers, Chairman's Closing Remarks, followed by close at 17.10*

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**Venue**

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

**Date**

Friday 22 September 2017

**Conference Fee**

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- £300 + VAT (£360.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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On confirmation of your booking you will receive information for booking accommodation should you require it.

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