

Transforming Mental Health Services for Children & Young Adults to achieve the 5YFV

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Monday 26 February 2018 De Vere West One Conference Centre, London



Chair & Speakers include:

Paul Scates

*Senior Peer Specialist,
Campaigner and Ambassador*

Sarah Brennan

*Chief Executive
YoungMinds*

Prof Swaran Singh

*Chair Transition from children's to adult services
Guideline Committee, NICE
Professor of Social and Community Psychiatry
Warwick Medical School*

Supporter Organisations:



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This National CAHMS Summit focus on improving child and adolescent mental health services in line with the Transforming Children and Young People's Mental Health Provision: a Green Paper December 2017 and The 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 current pilot sites this conference aims to set the scene for progress already being made and what needs to change to achieve The Five Year Forward View. The government has pledged £1.25billion by 2020 to support improvements in children and young people's mental health and wellbeing.

"We are now investing more than ever before in mental health services, and a huge programme of work is underway to transform children and young people's mental health services. Across the country there are many committed health staff working hard to improve care for children and young people with a mental health problem. In education too, many school and college leaders and staff are also giving real priority to supporting and promoting their students' wellbeing and good mental health. There are great examples throughout the country where health services, education and children's services, the voluntary sector and many others work together with families to support young people in being mentally well. However, in some cases, support from the NHS is only available when problems get really serious, is not consistently available across the country, and young people can sometimes wait too long to receive that support. Support for good mental health in schools and colleges is also not consistently available. This green paper therefore sets out an ambition for earlier intervention and prevention, a boost in support for the role played by schools and colleges, and better, faster access to NHS services, in order to fill these gaps and fulfil the commitments set out in our manifesto. We set out here specific proposals that represent a fundamental shift in how we will support all young people with their mental health, and we look forward to working with you in making these proposals a reality." The Rt Hon JEREMY HUNT MP
Secretary of State for Health - Transforming Children and Young People's Mental Health Provision: a Green Paper December 2017

Your speakers on the day will be providing you with insight on a range of subject areas which have been highlighted as key points for improving mental health services for Children and Young People within The Five Year Forward View for Mental Health, such as: NICE Guidance for Depression in young people, NICE Guidance for young people transitioning into adult services, suicide prevention, out of hours crisis care for young people, Eating Disorders in children and young people, and self harming in children and young people.

By attending this one day conference you will hear from expert speakers on how you can improve mental health services for Children and Young People within The Five Year Forward View for Mental Health.

Benefits of attending this conference will enable you to:

- Network with colleagues who are working to improve services, practice and treatment for young people who are experiencing crisis and mental health disorders
- Understand the national context, evidence base and NICE Guidance in Transition from children's to adults' Services
- Reflect on the lived experience of mental health services for Children and Young People
- Develop your skills and improve competence in mental health services for Children and Young People
- Learn from current best practice in mental health services for Children and Young People
- Learn from experts working in mental health services for Children and Young People
- Learn from established practice improving access and crisis care in mental health services for Children and Young People
- Understand how to work with young people and carers who are engaging with mental health services for Children and Young People
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

10.00 Chairman's introduction

Paul Scates *Senior Peer Specialist, Campaigner and Ambassador*

10.10 Transforming mental health services for children & young adults

Sarah Brennan

*Chief Executive
YoungMinds*

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

10.35 Transition from children's to adults' services for young people using health or social care services: Implementing the 2016 Guideline

Prof Swaran Singh

*Chair Transition from children's to adult services Guideline Committee, NICE
Professor of Social and Community Psychiatry Warwick Medical School*

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

11.00 The Green Paper and models for delivering CAMHS in schools

Dr Sally Hodges

*Director of Child, Young Adults and Families
The Tavistock and Portman NHS Foundation Trust*

- working in partnership to create the best model for effective prevention and early intervention
- the benefits of a fully integrated CAMHS service
- building resilience: supporting a whole school approach

11.25 *Question and answers, followed by coffee at 11.40*

12.10 EXTENDED SESSION: Delivering an integrated age inclusive pathways and making sure young people don't fall into gaps

Dr Sarah Maxwell *Consultant CAMHS Psychiatrist*

with Dr Uju Ugochukwu

Norfolk and Suffolk NHS Foundation Trust

- improving CAMHS Services: what is and isn't working
- how do we remove the gaps during transition to adult services?
- developing a truly integrated service from 0-25
- our experience introducing use of peer support workers
- looking forward

12.50 *Questions and answers, followed by lunch at 13.00*

13.50 Young Adults Perspectives

James Downs

Young Adult with Lived Experience

14.15 Young People's Community Eating Disorder Service

Dr Sandeep Ranote

*Consultant Child & Adolescent Psychiatrist, Director of Clinical Networks
North West Boroughs Healthcare NHS Foundation Trust
GM CAMHS Clinical Lead NHSE & GMHSC Partnership*

- Improving accessibility to CAMHS services to cut inappropriate out of area placements for children and young people
- 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

14.45 Facilitators and Barriers to Person-centred Care in Child and Young People Mental Health Services

Dawid Gondek

*Teaching Fellow
UCL Institute of Education*

- what are the barriers to service user involvement in decision-making
- influencing factors on service providers, removing obstacles
- balancing flexibility with guidance

15.15 *Questions and answers, followed by tea at 15.30*

15.45 The Hope service - Multi-agency working to support "high risk" young people

Laura Craggs

*Hope/Extended Hope Service Manager
Hope Service*

and Christine Gee

*Extended Hope Team Manager
Surrey County Council/Surrey and Borders Partnership Foundation Trust*

- working to prevent placement breakdown and hospital admissions
- supporting young people in crisis
- partnership working and the benefits

16.15 Working with young people who self-harm

Dr Angela Mijovic

*Consultant Child & Adolescent Psychiatrist
Oxleas NHS Trust*

- functions of self-harm & assessment of self-harm
- creating a safety and crisis plan
- when to suggest A&E attendance
- alternatives to A&E and referring to CAMHS

16.45 *Questions and answers, Chairman's Closing Remarks, followed by close*

Mental Health Services for Children & Young Adults

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

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

Monday 26 February 2018

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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