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Transforming Mental Health Services for Children & Young People

CAMHS National Summit 2023

Improving Accessibility & Recovery Outcomes

Tuesday 16th May 2023

Virtual Conference



Chair and Speakers Include:

Professor Ashok Soni OBE
*President
National Association
of Primary Care*

Dr Max Davie
*Consultant Paediatrician, Designated
Medical Officer for Education, and
Lead for ADHD*
Evelina Childrens Hospital, Guy's
and St Thomas' NHS Foundation Trust

Cassandra Harrison
*Chief Executive Officer
Youth Access
with Young Advocate*

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Transforming Mental Health Services for Children & Young Adults CAMHS National Summit 2023

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“In 2022, 18.0% of children aged 7 to 16 years and 22.0% of young people aged 17 to 24 years had a probable mental disorder... In young people aged 17 to 19 years, rates of a probable mental disorder rose from 1 in 10 (10.1%) in 2017 to 1 in 6 (17.7%) in 2020. ”
NHS Digital 29 November 2022

“There is an unprecedented crisis in young people’s mental health, further evidenced by these record numbers of young people needing help from the NHS”
Olly Parker, the head of external affairs Young Minds 2022

“There is still significant unmet need which hinders the prospects and life chances of some of the most vulnerable people in our society”
Children and Young People’s Mental Health Services GIRFT Programme National Specialty Report April 2022

“Children and young people with mental health problems, their families and carers want timely access to evidence-based, high quality care, in the right setting... The recent pandemic has brought children and young people’s (CYP) mental wellbeing into sharp focus, with CYP mental health services receiving their highest ever level of referrals, as well as rising complexity and severity.”
NHS England 2022

“There is an unprecedented crisis in young people’s mental health, further evidenced by these record numbers of young people needing help from the NHS”
Olly Parker, the head of external affairs Young Minds May 2022

“Even before the Covid pandemic, we faced an epidemic of children’s mental health problems in England and a children’s mental health service that, though improving significantly, was still unable to provide the help hundreds of thousands of children required. It is widely accepted that lockdown and school closures have had a detrimental effect on the mental health of many children. Since the NHS study in July 2020 estimating one in six children in England have a probable mental health condition, we have had another long lockdown. Sadly, this will be causing even more damage to many children’s mental wellbeing and putting even greater strains on mental health services, potentially for years to come.”
The Children’s Commissioner January 2021

This national conference focuses on transforming mental health services for children and young people, ensuring early intervention, and developing integrated services with clear care pathways from first intervention to crisis and inpatient care. The conference will look at national developments and learning from the Covid-19 pandemic and how CAMHS has had to adapt and innovate to provide effective care, and will also focus on suicide prevention, inter-agency working and access to services.

The conference will include a workshop focusing on improving mental health support in school following the development of NHS mental health support teams which are now in place in around 4,700 schools and colleges across the country, with 287 expert teams offering support to children experiencing anxiety, depression, and other common mental health issues.

This conference will enable you to:

- Network with colleagues who are working to improve mental health services for children and young people
- Reflect on the lived experience of a young person with lived experience
- Understand the impact of Covid-19 on children’s mental health and CAMHS services
- Learn from outstanding practice in transforming CAMHS
- Update your knowledge on national developments and learning including how we can improve accessibility and waiting times
- Improve early intervention and working with schools in a preventative way to improve wellbeing and resilience
- Develop your skills in new ways of working with children and young people in crisis
- Improve suicide prevention and learning from suicide – including the role of the Suicide and Self Harm competency framework, and the 2022 NICE Guideline on Self Harm
- Reflecting on CAMHS and Safeguarding including the increasing role of using a contextual safeguarding framework
- Working with schools in improving wellbeing reducing suicide in children and young people
- Learn from the National Taskforce on specialist CYP inpatient mental health
- Implement recommendations from Getting it Right First Time in Children and Young Peoples Mental Health (GIRFT)
- Self assess and reflect on your own practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

10.00 Chair's Welcome & Introduction

Professor Ashok Soni OBE *President National Association of Primary Care*

10.10 Transforming mental health services for children & young people and the importance of learning from lived experience

Cassandra Harrison

*Chief Executive Officer
Youth Access*

with Young Advocate

- how can a rights-based approach help to tackle current challenges?
- improving access to services for CYP
- improving the quality of services using young people's feedback
- supporting early intervention and accessibility
- integrated, community-based services
- the role, opportunities and challenges for providers, commissioners, young people and the voluntary sector

10.40 Getting it Right First Time in CAMHS

Dr Guy Northover

*Consultant Child and Adolescent Psychiatrist
Berkshire Healthcare NHS Foundation Trust
Clinical Lead
CYPMH, GIRFT*

- getting it right first time in CYPMH – reducing variation
- recommendations for improving services and outcomes
- delivering joined up pathways - improving partnership and inter agency working
- more efficient alternatives to admission, joint working, reducing the need for long admissions for young people and the use of digital assessments
- how can we improve the transition between child and adult services?

11.10 SUPPLIER SHOWCASE: SAS & SST: Secret Agent Society - Innovating Evidence-Based Child & Family Services

Kathleen Davey

*Chief Executive Officer & Clinical Psychologist
Social Science Translated*



- transforming children's lives together
- a comprehensive and co-designed toolkit
- technology and fun, backed by a strong evidence-base

11.20 *Comfort Break and Virtual Networking*

11.45 Early intervention in schools

Nicola Harvey

*Founder, former Senior Teacher & Author
Harvey Heals*

- improving early identification and intervention
- developing the role of schools in building resilience
- promoting positive mental health in schools
- examples of good practice

12.30 EXTENDED SESSION: Improving CAMHS Liaison Services

Tamzin Coles

Consultant Clinical Psychologist

Jess Froom

*Clinical Lead, Intensive Treatment Team
Somerset NHS Foundation Trust*

- improving partnership working in CAMHS
- improving CAMHS liaison
- delivering joined up pathways in practice and working with schools
- bridging the gap between child and adult services?

13.05 SUPPLIER SHOWCASE: Be Body Positive - Building a positive relationship with food and your body: Co-producing a digital platform to allow earlier access to support

Dr Erica Cini

*Consultant Child and Adolescent Psychiatrist,
Eating Disorder Specialist, Clinical Academic*



- covid-19 impact on eating disorder referrals - need for prevention and early intervention
- partnership approach to create accessible digital resources
- potential of Be Body Positive

13.15 *Lunch Break and Virtual Networking*

13.45 Delegates can choose between Main Stream or Breakout - see next page for full details of breakout streams

14.55 *Comfort Break and Virtual Networking*

15.10 Implementing & Monitoring Adherence to the New NICE Guideline for Self-Harm in Practice

Dr Gemma Trainor

*Reader in Mental Health Nursing
Salford University*

- important highlights of the new NICE guidelines for young people and the research to recommendations
- ensuring people who hurt themselves are listened to
- principles of effective psychosocial assessment and care
- moving away from generic risk assessment tools and scales

15.40 Suicide prevention & mental health awareness in schools - Engaging young people in sport for wellbeing

James Ratcliffe

*Tackling the Blues Co-Ordinator
Everton Football Club*

- creating effective school-based suicide prevention strategies
- Tackling the Blues: using sports based programmes to engage young people
- working collaboratively with communities to find out what works best
- working with families

16.10 Improving early intervention for children with neurodevelopmental disorders

Dr Max Davie

*Consultant Paediatrician, Designated Medical Officer for Education,
and Lead for ADHD
Evelina Childrens Hospital, Guy's and St Thomas' NHS Foundation Trust*

- how can CAMHS services better support children with neurodevelopmental disorders?
- managing referrals and working with schools
- case study examples of tackling neurodevelopmental disorders

16.40 *Chair's Closing Remarks, followed by Close*

There will be time after each speaker session for Questions and Answers

Main Stream

13.45 EXTENDED SESSION: Providing an alternative to inpatient admission – 3 year review and next steps

Dr Marianna Reis

Principal Psychologist
Central and North West London NHS Foundation Trust

- setting up a home treatment team in Central North West London
- service development – improving accessibility, introducing goals-based outcomes and developing a treatment pathway

14.25 Improving specialist CYP inpatient mental health

Tina Irani

Consultant Child and Adolescent Forensic Psychiatrist; Clinical Lead – Inpatient General Adolescent; Low Secure and Medium Secure CAMHS
Southern Health, NHS England

- accessibility and alternatives to inpatient care and the barriers
- ensuring access to high quality treatment, and helping children and young people to leave inpatient care as quickly as appropriate
- driving improvements to the quality and experience of specialist inpatient mental health services for children and young people

Breakout Group: School Focus

13.45 Improving Student Mental Health and Wellbeing Support in Schools

Sam Garner

Mental Health & Inclusion Consultant

- the role of the mental health lead in creating a culture promoting positive mental health
- identifying the need within your school
- engaging students around mental health
- embedding mental health and well-being into the curriculum
- interagency working between schools and mental health services



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Date

Tuesday 16th May 2023

Conference Fee

- £295 + VAT (£354.00) for NHS, schools & public sector
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