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# Transforming Mental Health Services for Children & Young People

## CAMHS National Summit 2023

*Improving Accessibility & Recovery Outcomes*

Wednesday 11th October 2023

Virtual Conference



### Chair and Speakers Include:

**Dr Jon Goldin**

*Honorary Consultant in Child and Adolescent Psychiatry*  
Great Ormond Street Hospital for Children NHS Foundation Trust

**Dr Guy Northover**

*Consultant Child and Adolescent Psychiatrist*  
Berkshire Healthcare NHS Foundation Trust  
& *Clinical Lead for CYPMH*  
Getting it Right First Time (GiRFT)

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*“1 in 5 children were unhappy with their mental health.”*

*Dame Rachel de Souza, Children’s Commissioner March 2023*

*“The mental health of children has deteriorated markedly in recent years. As of 2022, the NHS estimates that 18% of children aged 7 to 16 years and 26% of those aged 17 to 19 have a probable mental health disorder, up from 17% in 2021”*

*Children’s Mental Health Services 2021-22, Children’s Commissioner March 2023*

*“These figures demonstrate the unprecedented crisis happening in young people’s mental health, with one in four young people aged 17-19 now having a probable mental health problem – a staggering rise from one in ten, five years ago.”*

*Olly Parker, the head of external affairs Young Minds November 2022*

*“The welcome progress that has been made in recent years on improving children’s access to the right support is struggling to keep up with this demand – with waiting times increasing in the first time in years. It is vital that this support is made available because to allow children the chance to recover, and go on to achieve all that they want to, but also because without support things can end up in crisis”*

*Dame Rachel de Souza, Children’s Commissioner March 2023*

*“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 2022*

*“Access to timely treatment is vital. Without the right care at the right time, children can end up in crisis... Every child should be supported to have good mental health, from the earliest years of their life through to adulthood. To achieve this will need the right combination of preventative efforts to address the determinants of poor mental health, alongside early and appropriate intervention.”*

*Children’s Mental Health Services 2021-22, Children’s Commissioner March 2023*

*“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*

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, using quality improvement methodology to address waiting times and demand, and will also focus on suicide prevention and safety, self harm, co-production involvement of children and families in CAMHS, and 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

**Dr Jon Goldin** *Honorary Consultant in Child and Adolescent Psychiatry*  
Great Ormond Street Hospital for Children NHS Foundation Trust

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

**Imogen Vosey**  
*Young Person with lived experience of CAMHS Services*

- learning from lived experience
- how can we transform CAMHS services from a lived experience perspective
- supporting young people and their parents to get the help they need
- advice for health services and schools to better support children, young people and their families

## 10.40 Getting it Right First Time in CAMHS

**Dr Guy Northover**  
*Consultant Child and Adolescent Psychiatrist*  
Berkshire Healthcare NHS Foundation Trust  
& *Clinical Lead for CYPMH*  
Getting it Right First Time (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?

11.00 *Comfort Break and Virtual Networking*

## 11.20 Improving 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

## 12.05 Improving Accessibility to CAMHS Services

**Speaker to be announced**

- working towards timely and accessible services
- easing the journey to advice and intervention; working with young people on underlying issues and causes
- building resilience, promoting good mental health and prevention
- ensuring co-production with children, young people and their families
- working across health, social care and schools

## 12.50 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

13.00 *Lunch Break and Virtual Networking*

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

15.00 *Comfort Break and Virtual Networking*

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

**Dr Esther Sabel**  
*Consultant Child and Adolescent Psychiatrist, CAMHS Crisis Team*  
Hertfordshire Partnership University NHS Foundation Trust

- assessing your current practice against the new NICE guideline
- implementation challenges and monitoring adherence
- ensuring people who hurt themselves are listened to
- principles of effective psychosocial assessment and care
- moving away from generic risk assessment tools and scales

## 15.45 Creating a system approach to mental health within schools and colleges

**Becca Randell**  
*CYP Mental Health Implementation*  
Kent Surrey Sussex Academic Health Science Network

- a practical approach to creating and implementing a whole school and college approach to mental health and wellbeing
- how do you know you have made a difference in delivering a whole school and college approach?
- working collaboratively with families and communities to find out what works best to improve mental health within a school or college

## 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*



13.30 Quality Improvement in CAMHS

**Dr Tami Kramer**

*QI Lead for CAMHS*

Central and North West London NHS Foundation Trust

- using PDSA cycles to test new ways of working
- examples of how QI can improve CAMHS services
- case study: using QI to reduce waiting times for CAMHS
- sustainability, scale up and spread

14.30 Reducing Suicide in CAMHS Services - Learning From the system-wide independent investigation into concerns and issues raised relating to the safety and quality of CAMHS provision

**Speaker to be announced**

- what the report tells us about areas that need to be improved system-wide
- using the report to identify and address issues in inpatient services
- themes and factors in the report that should be specifically targeted for prevention
- addressing the risk and protective factors for children's mental health

Breakout Group: School Focus

13.30 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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### Virtual Conference

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**Date**

Wednesday 11th October 2023

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