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Transforming Mental Health Services for Children & Young Adults

CAMHS National Summit 2021

Improving Accessibility & Recovery Outcomes

Wednesday 9th June 2021 Virtual Conference



Chair & Speakers Include:

Professor Stephen Scott CBE
President The Association for Child and Adolescent Mental Health, Consultant Child and Adolescent Psychiatrist South London and Maudsley NHS Foundation Trust

James Downs
Patient Representative at Royal College of Psychiatrists and NHS England, Lived Experience Consultant & Peer Researcher

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“The pandemic has put a huge strain on many young people who were already struggling with their mental health, because of traumatic experiences, social isolation, a loss of routine and a breakdown in formal and informal support.”

Young Minds 2020

“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

“Too many children, young people, their parents, families and carers find that they have to work around the complexities of a fragmented system that does not place them and their needs at its centre. They are not put at the heart of their care.”

Care Quality Commission

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 also look at national developments and learning from the Covid-19 pandemic and how CAMHS has had to adapt and innovate to provide effective care. The conference will address monitoring outcomes in CYP Mental Health including the development of a National CYP Mental Health Outcomes Metric

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 inpatient admissions
- Understand how you can improve recovery outcomes including the development of a national CYP mental health services outcomes metric
- Develop systems for measuring effectiveness and outcomes in virtual consultations
- Ensuring adherence to the NICE Guideline for Depression in Children and Young People: Identification and Management
- Identify key strategies improving mental health services for young adults, and ensuring children aren’t lost in the transition to adult services
- Self assess and reflect on your own practice

10.00 Chair's Welcome & Introduction

Professor Stephen Scott CBE *President* The Association for Child and Adolescent Mental Health
Consultant Child and Adolescent Psychiatrist South London and Maudsley NHS Foundation Trust
Professor of Child Health and Behaviour Institute of Psychiatry, King's College London
Director, National Academy for Parenting Research, London

10.10 Learning from Lived Experience

James Downs
Patient Representative at Royal College of Psychiatrists and NHS Eng-

- learning from lived experience
- how can we transform CAMHS services from a lived experience perspective
- the challenges of Covid-19 and living through the pandemic as a young person
- supporting young people and their parents to get the help they need

10.40 Improving mental health services for children & young people during Covid-19

Dr Pete Lawrence
Lecturer in Clinical Psychology
Southampton University

- how can we better support children and young people during and beyond Covid-19?
- early intervention and accessibility to CYPMH services
- developing integrated services with clear care pathways from early intervention to crisis and inpatient care

11.10 Small Breakout Groups

11.30 *Comfort Break and Virtual Networking*

11.45 Improving accessibility to CYP services: Early Intervention

Dr Lesley French
Consultant Clinical Psychologist
The Anna Freud Centre

- Improving increased access for adolescents
- Remote delivery into schools from a national pilot
- building resilience, promoting good mental health and prevention
- what have we learned through the pandemic?

12.20 Improving mental health services for young adults (16-25)

Dr Paul Patterson
Public Health Programme Lead Forward Thinking Birmingham,
Birmingham Women's and Children's NHS Foundation Trust &
Honorary Senior Research Fellow University of Birmingham
with Claire Rigby
Education and Employment Partnership Transformation Lead,
Forward Thinking Birmingham

- developing youth services: the evidence and case study of Forward Thinking Birmingham
- scaling a model to span the 0-25 year age range
- how do we design a prevention approach to meet the needs of CYP in the community?
- Covid-19 impact and response
- practical advice for commissioning and developing services

12.55 Transforming CAMHS: Crisis pathway and Inpatient services: from New Care Models to Provider Collaborative

Dr Elizabeth Fellow-Smith
Consultant Child Psychiatrist / *Clinical Lead NMoC*
West London Mental Health NHS Trust

- developing new ways of managing the Tier 4 inpatient pathway 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

13.25 *Lunch Break and Virtual Networking*

13.55 Involving children in their own care in CAMHS

Ann Cox
CAMHS Consultant Nurse & Clinical lead
North Staffordshire Combined Healthcare NHS Trust

- co production and collaboration of services
- involving children and young people in their own care and CAMHS
- practical advice for effective involvement and engagement

14.30 ACEs and the Mental Health of Children and Young people

Dr Arnon Bentovim
Child and Family Training UK
Visiting Professor Royal Holloway, University of London

- change in focus of recent research on the impact on later childhood and adolescence of adverse childhood experiences.
- overlapping mental health responses
- effectiveness of trauma informed approaches for co-morbid responses.
- a modular approach built on the effectiveness of common practice elements integrated from evidence-based interventions

14.55 Children's Mental Health: Parents as part of the solution

Matt Buttery
Chief Executive Officer
Triple P UK

- Working to improve early intervention for families on the Neurodevelopmental Pathway, through digital and remote delivery of parenting programmes
- New evidence for parent-led approaches for supporting children with anxiety / anxiety management challenges.

15.25 Small Breakout Groups

15.35 *Comfort Break*

15.55 Improving mental health crisis services for children and young people

Emma Mapes *Team Manager, Hope Service*
and Christine Gee *Team Manager, Extended Hope Service*
Surrey County Council/ Surrey and Borders Partnership Foundation Trust

- supporting young people in crisis
- partnership working and the benefits
- ensuring rapid support for children and young people in crisis
- our experience

16.30 Measuring the effectiveness of Online Interventions for CAMHS

Dr Christopher Abbott
Associate Medical Director for CAMHS; Consultant Child and Adolescent Psychiatrist
South London and Maudsley NHS Foundation Trust

- how our services have changed during the pandemic: virtual therapeutic offerings
- risk assessment: understanding when children need to be seen in person
- measuring effectiveness and outcomes of online interventions
- is there an argument for some form of virtual working after the pandemic?

17.00 *Questions and Answers, Chairman's Closing Remarks, followed by Close*

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Date

Wednesday 9th June 2021

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