

Transforming Mental Health Services for Children & Young Adults

CAMHS

National Summit 2019

Improving Accessibility & Recovery Outcomes

Monday 1st April 2019 De Vere West One Conference Centre, London



Chair and Speakers Include:

Paul Scates

*Senior Peer Specialist, Young Patient Leader
Campaigner and
Ambassador*

Imogen Voysey

Dr Prathiba Chitsabsan

*Associate National Clinical Director
Children and Young People's Mental
Health*

NHS England

Dr Bernadka Dubicka

*Chair, Faculty of Child and
Adolescent Psychiatry,
Royal College of Psychiatrists*

Supporter Organisations:



Transforming Mental Health Services for Children & Young Adults

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“One in eight (12.8%) of children and young people aged between five and 19, surveyed in England in 2017, had a mental disorder according to a major new report which provides England’s best source of data on trends in child mental health.”

NHS Digital 22 November 2018

“A quarter (25.5%) of 11 to 16-year-olds with a mental disorder had self-harmed or attempted suicide at some point, compared to 3.0% of those who were not diagnosed as having a mental disorder. In 17 to 19-year-olds with a mental disorder, nearly half (46.8%) had self harmed or made a suicide attempt.” *NHS Digital 22 November 2018*

“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 2018

Analysis by the Children’s Commissioner released on 22nd November 2018 shows that:

Of more than 338,000 children referred to CAMHS last year, less than a third (31%) received treatment within the year.

Another 37% were not accepted into treatment or discharged after an assessment appointment, and 32% were still on waiting lists at the end of the year. Less than 3% of children in England accessed CAMHS last year, a small fraction of those who need help. This is partly because many children who seek help are not accepted into treatment, but also because many children do not know they have a problem or do not seek help.

“There is still a vast gap between what is provided for children suffering from mental health problems and what is needed to treat them. The current rate of progress is still not good enough for the majority of children who require help.”

Anne Longfield, the Children’s Commissioner for England, November 2018

The 2019 Annual Child and Adolescent Mental Health Summit will focus on the important issue of transforming CAMHS service; improving accessibility and recovery outcomes.

This conference will enable you to:

- Network with colleagues who are working to improve child and adolescent mental health services
- Learn from outstanding practice in transforming CAMHS
- Reflect 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
- Identify key strategies for improving mental health crisis services for children and young people
- Ensure effective and seem less transition from child to adult services
- Self assess and reflect on your own practice
- Gain cpd accreditation points contributing to professional development and revalidation evidence

Dr Maeve Doyle

Consultant Child & Adolescent Psychiatrist
HSE



Monaghan CAMHS Service - small beginnings to mighty oaks

- Past
- Present
- Future

10.00 Chair's welcome and introduction

Paul Scates

Senior Peer Specialist, Campaigner and Ambassador

10.10 Learning from Lived Experience

Imogen Voysey

Young Patient Leader

- 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

10.40 Transforming mental health services for children & young adults

Dr Prathiba Chitsabsan

Associate National Clinical Director Children and Young People's Mental Health Team NHS England, Consultant Child and Adolescent Psychiatrist Pennine Care NHS Foundation Trust & Honorary Research Fellow University of Manchester

- improving mental health services for children and young people
- early intervention and accessibility to CYPMH services
- workforce development
- role of data and outcome measures

11.10 Question and answers, followed by coffee at 11.20

11.50 Early intervention: working with primary schools

Dr Lisa McNally

Director of Public Health
Sandwell Council

- working with primary schools to improve early intervention
- promote good emotional wellbeing, encourage resilience and get young people talking about mental health
- CAMHS in primary schools: innovative practice aimed at prevention and raising awareness from an early age

12.20 Improving accessibility to CAMHS services - Case study: Young People's Eating Disorder Service

Dr Darren Cutinha

Consultant Child and Adolescent Psychiatrist
South London and Maudsley NHS Foundation Trust

- ensuring timely and accessible services
- early intervention: working with schools and the community
- easing the journey to diagnosis and working with young people on underlying issues and causes

12.50 Questions and answers, followed by lunch at 13.00

14.00 Panel Discussion: How can we improve accessibility and reduce waiting times for CAMHS?

Panel Members Include:

Dr Bernadka Dubicka

Chair, Child and Adolescent Faculty Royal College of Psychiatrists
Honorary reader University of Manchester
Consultant Psychiatrist Pennine Care Foundation Trust

Dr Elizabeth Fellow-Smith

Consultant Child Psychiatrist/Clinical Lead NMoC
West London Mental Health NHS Trust

Imogen Voysey Young Patient Leader

This session will include 15 minute presentations from the panel followed by discussion and questions.

15.00 Transforming CAMHS for Tier 4: New Care Models

Dr Elizabeth Fellow-Smith

Consultant Child Psychiatrist/Clinical Lead NMoC

with **Alun Lewis** New Models of Care Project Manager
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

15.30 Questions and answers, followed by tea at 15.40

16.00 Improving mental health crisis services for children and young people

Sarah Watson

Clinical Nurse Specialist

and Alan Hanlon

CAMHS Crisis and Liaison Clinician

Tees Esk and Wear Valley NHS Foundation Trust

- CAMHS crisis and Intensive Home treatment service
- supporting children and young people in crisis
- our experience

16.30 Working in partnership to improve wellbeing and resilience

Jack Mullineux

Everton Football Club

- understanding of what positive mental health and well-being can look like
- Tackling the Blues: using sports based programmes to engage young people
- working collaboratively with communities to find out what works best

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

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De Vere West One Conference Centre, London

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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 1 April 2019

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.

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