



## *Child and Adolescent Mental Health Services*

*This bulletin brings together key CAMHS related research, news reports and journal articles to appear February – April 2015.*

### Latest News

#### BBC Radio 4: You & Yours: self-harm; female breadwinners; automatic subscriptions

You & Yours has been told that more young people are being admitted to hospital in England after self-harming, because spending has been reduced on the services that are designed to help them. <http://www.bbc.co.uk/programmes/b050zy3j>

#### The Telegraph: Selfie culture ‘fuelling rise in dangerous eating disorders’

The “selfie” culture could be fuelling an increase in eating disorders such as anorexia, a leading expert has warned. <http://www.telegraph.co.uk/news/health/news/11384553/Selfie-culture-fuelling-rise-in-dangerous-eating-disorders-Alex-Yellowlees.html>

#### Carers Trust: Young carers are worried and stressed, but proud of what they do

New research by Carers Trust shows that young carers are less happy, more worried, sadder and more confused than their peers. <https://www.carers.org/news/young-carers-are-worried-and-stressed-proud-what-they-do>

#### NHS England: Children and young people to get more say in their health care

NHS England has announced seven sites across the country chosen to develop Patient Centred Outcome Measures (PCOMs) for children and young people with a range of health conditions, including self-harming and eating disorders, asthma, complex respiratory conditions, palliative care and for the users of wheelchair and posture services.

<http://www.england.nhs.uk/2015/02/11/pcoms-cyp/>

#### NSPCC: Young people contacting ChildLine struggling with mental health issues

Four of the top 10 issues among young people relate to mental health problems, according to ChildLine's 2013-14 annual review. <http://www.nspcc.org.uk/fighting-for-childhood/news-opinion/young-people-contacting-childline-increasingly-struggling-with-mental-health-issues/>

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**Daily Mirror: NHS: Number of children in A&E suffering from mental health problems DOUBLES**

The number of children ending up in A&E after suffering a mental health crisis has almost doubled, figures reveal. <http://www.mirror.co.uk/news/uk-news/nhs-number-children-ae-suffering-5158364>

**BBC: Public-private partnership for Birmingham mental health services**

A consortium led by Birmingham Children's Hospital has been given a £124m contract to provide mental health services for young people in the city. <http://www.bbc.co.uk/news/uk-england-31515884>

**CYP Now: Early support cuts blamed for rise in mental health hospital admissions**

Cuts to early help services have been blamed for a dramatic increase in the number of visits to hospital emergency departments by young people in mental health crisis. <http://www.cypnow.co.uk/cyp/news/1149772/support-cuts-blamed-rise-mental-health-hospital-admissions>

**BBC: Child mental health faces 'complex and severe' problems**

This article discusses how child mental health services in England must be prioritised more to tackle the problems they face. <http://www.bbc.co.uk/news/health-31543213>

**The Telegraph: Eating disorder sufferers face unacceptable wait for treatment, says report**

Almost half of those suffering from eating disorders have to wait six months or more for treatment, a survey has found.

<http://www.telegraph.co.uk/news/health/news/11428132/Eating-disorder-sufferers-face-unacceptable-wait-for-treatment-says-report.html>

**YoungMinds: Alarming effect of online self-harm images revealed**

Polling commissioned in the run up to Self-Harm Awareness Day has shed light on the alarming number of 11-21 year olds exposed to online self-harm images. Organised by leading UK youth charities ChildLine, selfharmUK, YoungMinds and YouthNet, the research found that a significant number of young people 'felt like hurting themselves' in response to such images.

<http://www.youngminds.org.uk/news/blog/2478-alarming-effect-of-online-self-harm-images-revealed>

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## [Research](#)

### [Measurement issues: measures of infant mental health](#)

This [evidenced based review](#) describes the psychometric properties and potential for use in clinical practice of a range of instruments and methods that are available to identify infant mental health difficulties.

Reference: Szaniecki, E. and Barnes, J. (2015), Measurement issues: measures of infant mental health. Child and Adolescent Mental Health doi: 10.1111/camh.12105

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### [Can school nurses identify mental health needs early and provide effective advice and support?](#)

This article aims to explore and analyse primary research regarding the role of the school nurse in providing care for children and young people with mental health needs.

Children and young people have unique mental health needs that can affect their emotional, educational and physical development. Early identification and support for mental health needs are advocated to improve health and wellbeing outcomes. There are few UK-based primary research papers that address what role the school nurse may have in providing mental health care.

A database search was conducted to identify research papers that discuss 'school nurse', 'mental health' with 'children and young people'. Eight UK-based papers were identified, on which a thematic analysis was carried out.

Four themes were identified as important indicators for school nurses working with children and young people with mental health needs: help seeking preferences of children and young people, training and support needs of school nurses, service provision and capacity, and wider socio-economic determinants.

School nurses can be effective when working with children and young people with mental health needs. As specialist public health nurses their primary area of work should be on the promotion of good mental health and the early identification and support for those who have poor mental health. To ensure effective support is given school nurses require further post-graduate training and regular supervision from a mental health specialist. However, workload structures would need to be managed to allow school nurses to be more visible and accessible within schools in order to build effective and trusting relationships.



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As the public health role of the school nurse begins to encompass mental health needs it will be increasingly important to reflect upon collaborative working practices to deliver care, which meets the need of children and young people. This may include the use of modern technology, a work schedule that allows for needs to be met year round and improved communication and discussion between health, education and social care professionals.

Reference: Bartlett, H. [Can school nurses identify mental health needs early and provide effective advice and support?](#) British Journal of School Nursing Published online April 2015

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## [YoungMinds: New research on parents' battle for help for their children](#)

A survey by YoungMinds of over 350 parents involved in its Parents Say project has revealed some of the problems parents face when dealing with Child and Adolescent Mental Health Services (CAMHS). YoungMinds is working with NHS England to support the participation of parents and carers to improve mental health services for children and young people through its Parent Say consultative group.

[http://www.youngminds.org.uk/news/blog/2467\\_new\\_research\\_on\\_parents\\_battle\\_for\\_help\\_for\\_their\\_children](http://www.youngminds.org.uk/news/blog/2467_new_research_on_parents_battle_for_help_for_their_children)

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## [A healthy start: promoting mental health and well-being in the early primary school years](#)

Mental health problems in children represent a significant international health concern, with up to one in five children using mental health services during the course of any given year. Identifying the processes of what prevents social, emotional and behaviour difficulties (SEBD) and promotes healthy development from an early age can make a significant contribution to the promotion of positive mental health in children. This article describes a longitudinal study which sought to identify the risk and promotive factors as young children move from the early to junior years in primary school. Multilevel analysis was used to identify the individual, classroom, school, home and community factors that predict change in SEBD and in prosocial behaviour in the early school years. It also calculated the cumulative effect of the various risk and promotive factors on the pupils' well-being and mental health. The article presents the windows of vulnerability and opportunity for young children's healthy development, proposing a trajectory for healthy development in early and middle childhood.

Reference: Carmel Cefai & Liberato Camilleri (2015) [A healthy start: promoting mental health and well-being in the early primary school years](#), Emotional and Behavioural Difficulties, 20:2, 133-152

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## [Beat: Eating disorders - price too high to pay](#)

The most in depth and comprehensive report of its kind, commissioned by Beat, into the overall costs of eating disorders to the UK economy, indicates how inconsistent access to treatment can be for individuals, and that the cost to the economy is in the tens of billions of pounds.

<http://www.b-eat.co.uk/latest/603-press-release-eating-disorders-a-price-too-high-to-pay>

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## Reports

### [Investing in children's mental health: a review of evidence on the costs and benefits of increased service provision](#)

This report examines the costs and the benefits of a range of interventions to prevent or treat some of the most common mental health conditions that affect children and young people.

<http://www.centreformentalhealth.org.uk/Handlers/Download.ashx?IDMF=f67f310a-e9b4-4cef-be9f-7f985f21dcea>

### [Quality Network for Inpatient CAMHS – Annual Report Cycle 13 \(2013-14\)](#)

<http://www.rcpsych.ac.uk/pdf/QNIC%20Cycle%2013%20Annual%20Report.pdf>

## [Young People's Profiles](#)

The Young People's Profiles allow areas to see how they perform against the national average and against other local areas when considering the key public health outcomes for young people. Baseline and trend information are provided where available.

<http://atlas.chimat.org.uk/IAS/dataviews/youngpeopleprofile>

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## [Guidelines and Good Practice](#)

### [Better mental health outcomes for children and young people: a resource directory for commissioners](#)

This [directory](#) brings together a range of valuable information, guidance and tools to help commissioners meet this aim. It is for everyone commissioning children's mental health and emotional wellbeing services, in particular GP consortia and local authorities. It will also be of interest to the NHS National Commissioning Board and others commissioning specialist services on a regional or national basis, as well as providers and the voluntary sector.



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It will help commissioners ensure that services are sustainable, high quality, productive, efficient and grounded in the best available evidence.

Pdf available at <http://www.chimat.org.uk/resource/view.aspx?RID=104048>

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## [Comprehensive CAMHS Integrated Workforce Planning Tool](#)

The National CAMHS Workforce Programme has worked with ChiMat to develop the web based [Comprehensive CAMHS Integrated Workforce Planning Tool](#). It has been piloted with Children's Trusts and CAMHS Partnerships across England.

Use the tool to support your local workforce planning process:

- **Create a workforce plan for your area** by completing the workforce planning template. This template guides you through the stages of integrated workforce planning.
- **Engage partners and gain their input and advice as an integral part of the planning process**, with help from the training modules.
- **Collect and analyse data and build capacity and capability** to plan your workforce amongst provider and commissioner organisations. The data workbook and audit tools will help you to do this.
- **Learn from others' experience** by looking at a model plan as well as examples which have been developed by the pilot sites.

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## [Guidance to support the introduction of access and waiting time standards for mental health services in 2015/16](#)

NHS England has set out guidance for how new access and waiting time standards for mental health services are to be introduced.

<http://www.england.nhs.uk/2015/02/13/mh-standards/>

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## [Tackling Stigma. A practical toolkit](#)

This toolkit is for professionals, partnerships and organisations who commission and provide mental health services for children and young people. It aims to help professionals think about how to tackle stigma across a number of domains and to help organisations consider who might

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be involved in order to have the greatest impact. It will help to ensure that children and young people are at the centre of local plans, so that they can be involved in decision-making about the choices available to them.

Online toolkit: <http://www.chimat.org.uk/tacklingstigma>

View pdf at <http://www.chimat.org.uk/resource/view.aspx?RID=96731>

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### [Facing the Future Together for Child Health](#)

*Facing the Future Together for Child Health* is a new set of standards, developed jointly by the RCPC, the Royal College of General Practitioners (RCGP) and the Royal College of Nursing (RCN). It builds on the *Facing the Future: Standards for Acute General Paediatric Services* expanding them to acute care outside the hospital. The standards apply across the unscheduled care pathway and aim to improve health care and outcomes for children and young people with acute illness.

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### [My CAMHS Choices](#)

My CAMHS Choices has launched their new website which has been created by young people for young people, to act as a support and provide information on child and adolescent mental health services (CAMHS). <http://mycamhschoices.org/>

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### [Improving young people's health and wellbeing: a framework for public health](#)

The Framework has been developed as a resource to enable local areas in the delivery of their public health role for young people. It poses questions for councillors, health and wellbeing boards, commissioners, providers and education and learning settings to help them support young people to be healthy and to improve outcomes for young people.

Published January 2015 and available from [Public Health England](#)

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## Useful links:

### MindEd

This portal contains information for anybody working with children and young people's mental health issues, with free e-learning to help them support wellbeing and identify, understand and support children and young people with mental health issues.

<https://www.minded.org.uk/>

### YoungMinds

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

<http://www.youngminds.org.uk/>

Find out how we can help: <http://www.rotherhamhospital.nhs.uk/lks>  
Search our catalogue: <http://rotherham.nhslibraries.com>  
Follow us on Twitter: [@RotherhamNHSLib](https://twitter.com/RotherhamNHSLib) 

*The evidence you need*

*This bulletin draws from a number of sources including the National Child and Maternal Health Intelligence Network. You are welcome to reuse and share the content of this bulletin, but please acknowledge the TRFT Library and Knowledge Service as originating source.*

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