

Early Intervention with Children, Young People & Young Adults

An Extended Role for Higher Education & Mental Health Services.



BIRMINGHAM CITY
University

ForwardThinking
Birmingham



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Aims & Agenda



- Historical context – setting the scene for CAMHS – a developmental perspective of ‘Health Promotion’ & ‘Early Intervention’.
- Theory/ Practice Links – Nurse Education & Clinical settings.
- Promoting Communities of Practice & developing ‘reflexive practitioners’ within the context of the ‘Future Nurse’ Curriculum

Past, Present & Future Contexts of CAMHS

Past:

1. Lack of recognition of young people's emotional health needs.
2. Lack of investment.
3. Lack of focused camhs research/ reports until 1990s.
4. Not on the undergrad/ post-grad curriculum.

Present:

1. The Four Tier Framework
2. Waiting lists.
3. Tier-Less provision – aims to: Improve uptake, reduce delays, improve quality, provide Early Intervention.
4. LBR curriculum.

Future:

1. Greater parity between health resources.
2. Increased focus on schools.
3. Evidence-based approaches to Early Intervention.
4. Central to curriculum.

Most young people with a mental health condition do not get the treatment they need, and under current NHS plans this will still be true for years to come, while many face unacceptably long waits for treatment'. (House of Commons Committee on Public Health, December 2018).



Legislation & Reports

- **The Children Act (1989; 2004)** – Paramount Principle, best interests of the child, reducing delays, safeguarding.
- **The Lamming Report (2006)** - Every Child Matters Report, safeguarding, multi-agency working, child & family-centred approaches to care & early intervention.
- **Developmental perspectives of mental health & Early Intervention** (e.g. Allen 2011) – perinatal mental health, attachment theory, understanding the impact of risk & resilience.
- **Dept. of Health (2015) Future in Mind** – Promoting, improving young people's Mental Health, developing comprehensive & holistic CAMHS.
- **Dept. of Health (2016) Five Year Forward View for Mental Health Report** – Greater parity between mental & physical health care provisions.
- **Dept. of Health (2018) Transforming Children & Young People's Mental Health Provision - (Green Paper)** – 'Whole School' approach – designated mental health clinicians.



Transforming Young People's Lives

- Parity of esteem between physical and mental health Services.
- Additional funding - £1.4 billion available for CAMHS over five years.
- Recruiting 1,700 more therapists and supervisors, and to train 3,400 staff already working in services to deliver evidence-based treatments by 2020/21.
- Improve access & referral pathways with an additional 70,000 children and young people per year will obtain support from mental health services by 2020/21.
- Improve services for young people with eating disorders, with an additional £30 million of investment, 70 new or enhanced Community Eating Disorder Teams.
- Fund 8 areas to test different crisis approaches for young people's mental health and develop new Care Models for Mental Health.
- Greater transparency, information sharing & research-based approaches to care.

(DH 2015, *Future in Mind*, DH 2016, *Five Year Forward View Reports*).

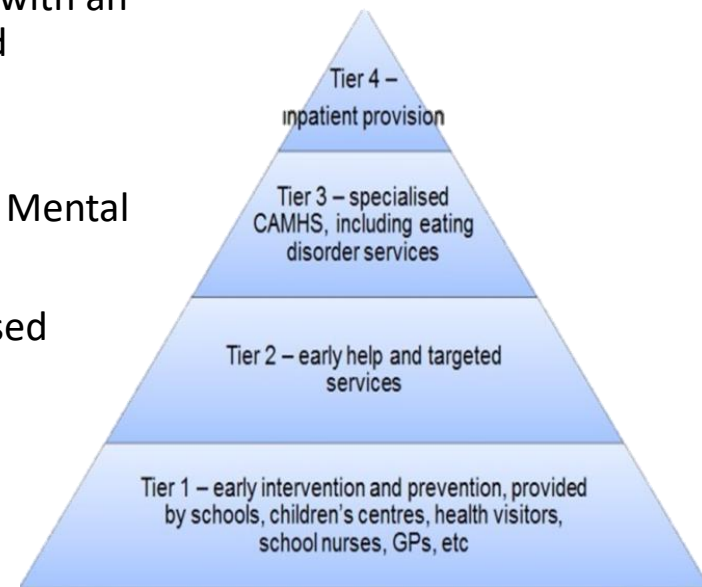


Figure 3.1 The key drivers of life chances throughout childhood

Health Promotion & Early Intervention: Building resilience, identifying & responding to bio- psychosocial risk factors in childhood, adolescence & young adulthood.



Source: Review team synthesis of research findings.



Prevention & Early Intervention

- In the West Midlands, the commissioning of community & inpatient service now cover the age limits of 0-25 years before referral to adult mental health services.
 - Improved links between theory (Birmingham City University) & practice-based contexts (Forward Thinking Birmingham) of CAMHS
1. **Promote health & wellbeing within families** – Improving perinatal mental health, helping parents develop positive parenting skills, & enabling children to develop healthy lifestyles.
 2. **Preventative strategies** – Through identifying vulnerable children & families & targeting early warning signs of mental ill-health – building emotional resilience & intelligence.
 3. **Early Identification & intervention** – Transparent & speedy referral pathways into specialist CAMHS community & inpatient resources.
 4. **Our Goals** – Continue to develop academics, clinical partnership across Camhs, develop & integrate CAMHS within the undergraduate & LBR curriculum.



Forward Thinking Birmingham

Four City-Wide Hub Locality-Based Hubs

- Specialist Eating Disorder Services.
- Youth Offending Services.
- Substance Misuse Services.
- Learning Disability Services.
- Self-referral online Portals.
- Telephone Referrals.
- Multi-agency Referral Pathways
- Aim to offer 24 hr, 7 days per week resources.
- Developing close links with Birmingham City University.

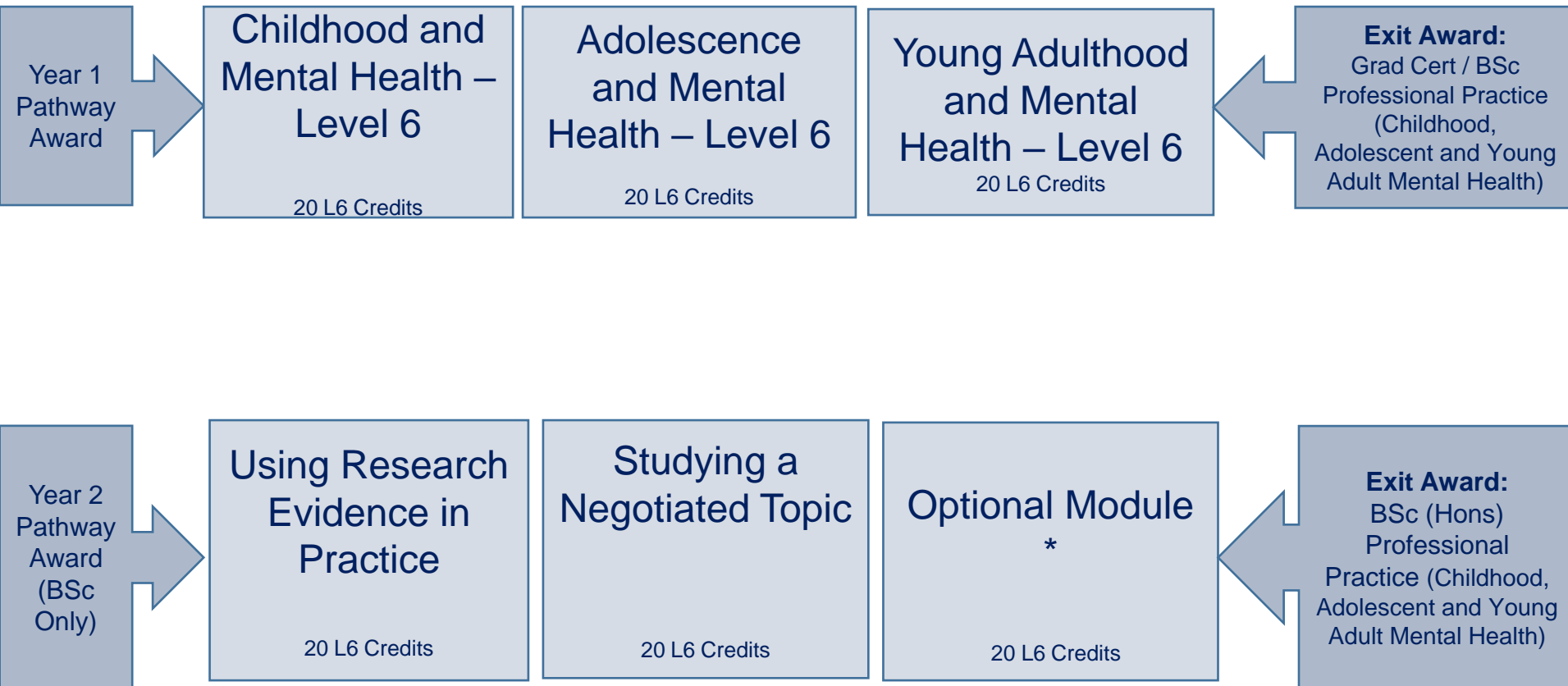


0-18 (CAMHS) & 18-25 (Young Adulthood)

- Dedicated teams.
- Traditional CAMHS (0-18 year).
- Community Mental Health Teams (0-25 year).
- Offering: Early Intervention.
- Walk-in Resources.
- Triage Clinicians.
- Occupational Therapy.
- Crisis Teams.
- Home Treatment Teams (CAMHS & Young Adult).
- Access Centre.



Childhood, Adolescent and Young Adult Mental Health Level 6 Award Structure



Childhood, Adolescence and Young Adult Mental Health Level 7 Award Structure



Childhood & Mental Health

- Multi-systemic approaches to assessment and intervention.
- Perinatal mental health and the impact this has on the emotional health of the child.
- Attachment theory and child development.
- Safeguarding policies & the role of the multidisciplinary team.



Adolescence & Mental Health

- Concepts of trauma, loss and abuse & the short and long term psychological impact this can have for young people & families.
- The role of the clinician and wider multidisciplinary team in assessing and responding to the mental health needs of adolescents.
- Concepts of 'family' & the impact of domestic violence on young people.
- Safeguarding policies & the role of the multidisciplinary team.



Young Adulthood & Mental Health

- Bio-psychosocial risk and resilience factor & how they influence mental health in young adulthood.
- Policies, service pathways and transition for young adults presenting complex mental health problems.
- Approaches to assessment and intervention underpinning the mental health care of young adults.
- Safeguarding policies & protecting vulnerable young adults.



Concluding Comments

- Health promotion & early intervention strategies – a developmental perspective – ‘whole society’ – ‘whole services’ approach.
- Funding of undergraduate & post-graduate CAMHS education.
- Prioritisation of funding of CAMHS & specialist services – across range of multidisciplinary statutory & non-statutory provision.
- Improvements in data recording & further research – understanding current baseline provision, & development of early intervention strategies.



Contact Me - If you would like more information about the 'Childhood, Adolescence, Young Adulthood & Mental Health' Pathway Award.



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- The Framework will also enable you to enrol for individual modules if you wish to update your skills and knowledge in a specific area, but do not wish to go onto gain an academic award. You can simply gain academic credits to put towards further study if desired.
 - Gaining one of the Awards will enhance your ability to further study at Masters or PHD level.
 - The academic programme is accessed on a part-time basis, one day per week (6 days per single module), usually 9-5pm at the South Campus, Mary Seacole Building, Edgbaston, Birmingham.
 - Funding: Students accessing the pathway can self-fund or are funded by their employing trust.
 - More information about the 'Child, Adolescent & Young Adult Mental Health' programme can be provided by **Dr Paul Millwood** - paul.millwood@bcu.ac.uk (Pathway/ Module Leader).



Recommended Reading

- Audit Commission. (1999) Children in Mind. A Guide for Parents and Professionals. London: Jessica Kingsley Publishers.
- Bauer, A., Parsonage, M., Knall, M., Lemmi, V., & Adelaja, B. (2014) The costs of perinatal mental health problems. London: Centre for Mental Health.
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- Department of Health (2015) Future In Mind: Promoting, protecting and improving our children and young people's mental health and wellbeing. London: Department of health.
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- Millwood, P., Stringer, J., Millwood, J.P., & Jenkins, M. (2014) Leadership in child & adolescent mental health services. (Chapter 14). In: Jukes, M., & Clarke, V. (2014) Leadership in Mental Health & Intellectual Disability Nursing.
- NICE (2014). Antenatal and postnatal mental health: clinical management and service guidance. London: NICE
- NSPCC (2011). All Babies Count: prevention and protection for vulnerable babies. London: NSPCC
- Thompson, M., Hooper, C., Laver-Bradbury, & Gale, C. (2012). Child and Adolescent Mental Health Theory and Practice. Second Edition, London, Hodder Arnold.
- Williams, R., & Kerfoot, M. (2005). Child and Adolescent Mental Health Services: Strategy, Planning, Delivery, and Evaluation. Oxford: Oxford Press.
- The 1001 Critical Day Manifesto (2001). <https://www.nspcc.org.uk/globalassets/documents/news/critical-days-manifesto.pdf>
- Look at this regarding our discussions around poverty:
- Birmingham Child Poverty Commission (2016) https://www.childrensociety.org.uk/sites/default/files/childpovertycommission_report.pdf