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Transforming Mental Health Services for Children & Young People CAMHS National Summit 2022

Improving Accessibility & Recovery Outcomes

Friday 11th March 2022 Virtual Conference






Chair & Speakers Include:

Dr Jon Goldin
Consultant Child and Adolescent Psychiatrist, Joint Specialty Lead PAMHS, Joint Training Programme Director, Mildred Creak Unit
Great Ormond Street Hospital NHS Trust

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

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Transforming Mental Health Services for Children & Young Adults

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"This pandemic has hit our young people hard and while services have remained open throughout, we have seen an increase in the numbers of children and young people seeking help from the NHS for their mental health."
Claire Murdoch, national mental health director, NHS England 2021

"The COVID-19 pandemic has had an enormous impact on the mental health of children and young people, and has led to an increased demand on services.. Feedback from children and young people themselves has highlighted how important it is that they receive the right care at the right time, and the consequences of not getting this help… it is important to reinforce that any changes to children and young people's mental health services in the post pandemic environment must be person-centred and focused on the individual needs of children and young people."
Care Quality Commission November 2021

"We want to ensure that all children and young people are supported with their mental health and wellbeing, as part of our plans to build back from the pandemic"
COVID-19 mental health and wellbeing recovery action plan, HM Government 2021

"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

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 suicide prevention and learning from suicide and also safeguarding and CAMHS.

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 and children and young people in crisis
- Improve suicide prevention and learning from suicide – including the role of the Suicide and Self Harm competency framework
- 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
- Improving the transition from child to adult mental health services
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

10.00 Chair's Welcome & Introduction

Dr Jon Goldin *Consultant Child and Adolescent Psychiatrist, Joint Specialty Lead PAMHS, Joint Training Programme Director, Mildred Creak Unit*
Great Ormond Street Hospital NHS Trust

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

Kahra Wayland-Larty
Campaigns and Policy Manager Youth Access
with **Young Advocate**

- how can a rights-based approach help to tackle current challenges?
- improving access to services for CYP
- improving the quality of services using young people's feedback
- supporting early intervention and accessibility
- integrated, community-based services
- the role, opportunities and challenges for providers, commissioners, young people and the voluntary sector

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

Dr Harriet Stewart
Consultant Child & Adolescent Psychiatrist
Oxford University Hospitals NHS Foundation Trust

- the impact of Covid-19 on children and young people's mental health
- how can we better support children & young people during and beyond Covid-19?
- improving mental health services for children and young people
- early intervention and accessibility to CYPMH services
- workforce development
- role of data and outcome measures
- adapting CAMHS during Covid -19 and meeting demand

11.10 Small Breakout Groups

11.25 Comfort Break and Virtual Networking

11.40 The Importance of Early Intervention

Dr Natalie Roberts
Consultant Clinical Psychologist
Sussex Partnership NHS Foundation Trust

- 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
- what have we learned through the pandemic?

12.15 EXTENDED SESSION: Suicide Prevention and Learning from Suicide in children and young adults
Implementing the Self-Harm and Suicide Prevention Competence Framework for Children & Young People

Dr Esther Sabel
Member, Children and Young People Expert Reference Group, Self-Harm; and Suicide Prevention Competence Framework Consultant at CAMHS Crisis Assessment and Treatment Team, Hertfordshire Adolescent Outreach Team
South Hertfordshire CAMHS

- the self-harm and suicide prevention framework for children and young people
- the challenges to working effectively with people who have self-harmed and/or are suicidal
- the principles that guided the development of the framework
- risk assessment and implications of post Covid virtual consultations
- developing competence: round table implementation of the framework in practice
- learning from suicide and case reviews

12.55 Small Breakout Groups

13.15 Lunch Break and Virtual Networking

13.45 CAMHS Crisis Plus: Developing a CAMHS service for repeat users of psychiatric acute and crisis services

Ketan Sonigra
Consultant Forensic Psychologist& Clinical Lead, CAMHS High Intensity User Service, National and Specialist CAMHS Outpatients
South London and Maudsley NHS Foundation Trust

- background and aims of CAMHS Crisis Plus
- identifying and defining repeat users of MH crisis services in CAMHS
- outcomes from piloting
- next steps

14.15 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

14.50 Suicide prevention & mental health awareness in schools: Engaging young people in sport for wellbeing

James Ratcliffe Tackling the Blues Co-Ordinator
with Jack Mullineux Tackling the Blues Co-Ordinator
Everton Football Club

- creating effective school-based suicide prevention strategies
- Tackling the Blues: using sports based programmes to engage young people
- working collaboratively with communities to find out what works best
- working with families

15.40 Comfort Break and Virtual Networking

15.40 Safeguarding and CAMHS

Speaker to be annouced

- safeguarding adolescents and young adults: current issues and responding to Covid-19 challenges
- delivering a strengths-based approach
- safeguarding children and young people online
- understanding the developing role of a contextual safeguarding approach
- user involvement to improve sustainable outcomes
- safeguarding and CAMHS: improving practice

16.10 Small Breakout Groups

16.25 Improving mental health services for young adults (16-25) and bridging the gap between child and adolescent mental health services

Dr Sarah Maxwell
Consultant CAMHS Psychiatrist
Norfolk and Suffolk NHS Foundation Trust

- developing a truly integrated service from 0-25
- our experience introducing use of peer support workers
- how do we remove the gaps during transition to adult services?
- how do we design a prevention approach to meet the needs of CYP in the community?
- our experience of Covid-19 impact and response
- practical advice for commissioning and developing services

17.00 Chair's Closing Remarks, followed by Close

There will be time after each speaker session for Questions and Answers

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Conference Registration

Transforming Mental Health Services for Children and Young People
CAMHS National Summit 2022
Friday 11th March 2022
Virtual Conference

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Please also ensure you complete your full postal address details for our records.

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Date
Friday 11th March 2022

Conference Fee
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