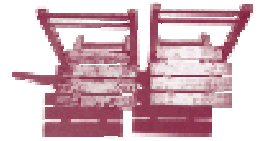


Child and Adolescent Mental Health
**TRAINING & DEVELOPMENT
PROJECT**



[WWW.CAMHS.ORG](http://www.camhs.org)

**IDEAS GENERATED FROM WORKSHOP WITH SCHOOL NURSES
AND HEALTH VISITORS FROM THE MAIDSTONE WEALD PCT AND
FAMILY LIAISON OFFICERS FROM MAIDSTONE**

Held 5 January 2004 at Gatland House

PARTICIPANTS:

NAME	TITLE	ORGANISATION
1. Pam Jones	School Nurse Lead, CAMHS Link	Maidstone-Weald PCT
2. Wendy Mann	Director Family Liaison Officers Kent	Children's Fund/ Education
3. Susie Kern	Nurse Team Leader	Woodlands Health Centre, Paddock Wood
4. Carole Porter	Senior Family Liaison Officer Maidstone	Children's Fund/ Education
5. Andrea Hillier	School Nurse	Larkfield Child Centre, Larkfield
6. Hilary Froud	Health Visitor	Sutton Valence Surgery
7. Wendy Reeves	Health Visitor	Phoenix Surgery
8. Maureen Talbot	Health Visitor	Snodland Clinic
9. Gill Morris	Family Liaison Officer	Oak Trees Community School
10. Carol Davidson	School Nurse	Molehill Copse Clinic
11. Jenny German	School Nurse	Cranbrook Health Clinic
12. Marion Chase	Nursery Nurse	Cranbrook Health Clinic

VISION

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1. Multi-agency involvement & training
2. Improved communication and support between the agencies involved.
3. Improved resources to promote and enable earlier intervention and strategies.
4. Improve and increase access to parenting/behaviour groups to become part of a base-line service at key stages. (Ante natal through the life span).
5. Local/school settings for groups.
6. Triage model. (Dartford system) Risk assess scale.
7. Basic interim strategies to hold/support children and families.
8. Access to consultation/supervision with CAMHS.
9. Improved access to other counselling services i.e. Bereavement/divorce/separation etc.
10. Whole school approach/involvement ½ mental health.

2

- 1st point of contact for client/family-
- Basic training knowledge / training
 - Counselling Skills
 - Brief Solution Therapy
 - Behaviour programmes e.g. ? Solihull
 - Parenting Groups
- Self-help & support / Resource Pack / Sites
- Basic package – front-line staff delivery
- G.P. – need information – access: working together
- Community – Group Education → Leaders – Resource Pack
- Enhanced Services – Tier II CAMHS
 - CAMHS – Supervision
- Pay for Organisations – Relate – Family Therapy
 - Tier II
 - Parenthood

- Schools / Health
- Education Clusters
 - ▶ Ed Psych
 - ▶ FLOs
 - ▶ Behaviour Support Units

- Social Services

3

- Long-term developmental perspective
- working in an integrated way
- clear and positive interface between primary and secondary mental health services
- involvement of users of service.

4

What Services we already provide and what services are we wanting to offer

Sustainability – Service Led – Valued by Community

Parenting Groups / Courses –

Tots → Teens – run by a range of staff.

Ante-natal workshops – focused on pre-parenting knowledge/awareness.

School nurse advice clinics – weekly.

Watch loss of individual work – for those who don't attend formal setting.

Enhanced service as follow on to parenting course – (at present not adequate staff trained / time available to do this).

Secondary school 'drop ins' (ideally weekly).

Develop primary school drop ins.

External resources to refer to ? Financed by PCT.

Recognition of value of individual work

- Brief or long term support

Access to us improved \ flexible

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What Services we already provide and what services are we wanting to offer

(continued)

1. Antenatal

Antenatal visit by HV is currently offered but is based on ad hoc basis.

Aim. Everybody has antenatal visit by HV in second trimester either individually or in a group.

Parentcraft is offered but not available to everyone.

Big Aim. lobby parliament to promote/encourage parents to attend parent craft sessions antenatally/post natally.
Incentivise them i.e. attend class to obtain family allowance/tax credit.

2. Post natal Home start support group
First-time mums group N.C.T.

Aim. needs to be universal
crèche facilities
fathers groups
link with other established groups
playgroups/nurseries

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3. Aim. Open evenings / drop in at nursery schools.
Ongoing professional input through nursery, primary & secondary schooling.

4. School nurse drop-in (secondary and some primary schools)
Tots to teens behaviour group (HV, Nursery nurses, SN & FLO's)
School nurse advice clinic
Healthy lifestyle fun day – focus on mental health promotion

Aim. Professional support from CAMHS for consultation and supervision in school nurse drop-ins.

Every clinic offers a basic parenting package and referral criteria to refer to PCT Led Behaviour groups.

Workshops ½ supervision and case presentations supported by CAMHS

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SERVICE PROVISION ALONG THE DEVELOPMENTAL CONTINUUM:

Antenatal

* Individual visits – universal – raise awareness

[better liaison with midwives]

Service Providers - Midwives. FLO's. GPs. Social Services

[Management buy-in, cluster com.liaison & education]

[District planning forum]

[Family needs assessment - check with midwives if this is being done]

* Group – peer support, education

Service Providers – Health visitors Midwives (who else ???)
[relook at Parentcraft Groups]
[Link with midwives strategic group which is in the process of relooking at groups]
[Access, timing are important issues in order to engage community members]
[Link NCT – as doing some of the work in this area]

Postnatal

* EPDS → Individual – universal.
[interview]

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*** Postnatal Support Groups**

H.V. Homestart, N.C.T., playgroups, [Baby friendly café], vol. sect. groups, mum & toddler groups.

*** Partner/Father Groups -**

[resources pack for fathers]
[Dad's at home]

Post-natal depression – understanding and own experience] [[Gingerbread](#)].
[Challenge – how to engage Dads].
[Transition – taking the opportunity].

*** Community schools -**

[e.g. Bellwood as an example].

* Access for parenting groups [0-16].

[Knowledge and information about impact of gender – how this links to other levels of intervention.

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*** Individual work for “the difficult to reach”**

Pre-school:

FLO's, HV., SN, Practice nurses, GPs, Nursery Nurses, Day Nurses, Childminders, Early Years Forum, Homestart, Ots, Paeds.
[minorities – what services, etc are available?
Children with special needs]

Primary School:

- Drop ins for parents and pupils
- Advice clinic at base clinics
- Open evenings at school

Healthy schools, EMOTIVATION, Samaritans, FLO's
[explore what is out there in primary and secondary schools]

[Directory of services/resources is really needed]

Secondary:

Group counselling / theatre groups

[issue of ongoing support]

Mind, Safe Schools, Connexions, healthy schools, family planning nurses, Breakthrough, Youth workers, police. Parenthood.

Drop-ins –

Advice clinics.

Health promotion around mental health (lifeskills).

Workshops – family planning, drugs and alcohol.

[links with nurses in schools].

Groups for teenage families.

[Breakthrough]

Challenges:

- involvement of CAMHS
- interagency working
- integration not competition
- assessment, recording & tracking
- sharing client information
- communication between groups.
- involvement of users.

WHAT DEVELOPMENT, SUPPORT AND TRAINING WILL BE NEEDED IN ORDER TO DELIVER THIS SERVICE?

Core training for all staff (multi-agency)

Basic behaviour

Brief solution therapy

Listening and counselling skills

Strict risk assess tools

Holding and managing with families supervision

Use an approved approach (Framework)

(e.g. The Solihull Approach Resource Pack)

Library

Resources

Family wise kit 1 + 1

Basic mental health training

Promotion of men who into our profession

Skills based facilities parenting course
multi-agency

Freedom training on Domestic Violence

Trust to fund enhanced services
Secondment to CAMHS

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- * Core training – behaviour/parenting – base line
assessment and intervention
FLO's, Nursery Nurses, SN's, HV's, LSN's
- * Consultation and supervision 1/2 CAMHS and better liaison
- * Risk assessment tool – referral criteria
- * Improved 2 way communication 1/2 CAMHS
Shared understanding / expectation / shared training
- * 2nd level training for CORE GROUP -
specialist level –
group
individual
- * Structured clinical supervision
- * Structured staff support for SN's (Jan Prior)