

In it together:

Child and Adolescent Mental Health Services – building partnerships



Thank you to everyone who attended the conference on Tuesday 28 November 2017 at the Edinburgh International Conference Centre (EICC).

We aimed to ensure that service users and carers are at the centre of all CAMHS. To celebrate and share practical examples of improvement projects **reducing harm**, and where teams have increased **access to mental health** services across Scotland and beyond. The conference was an opportunity for **networking** across communities, to learn from their experiences of person centred care, reducing harm and using **quality improvement** in mental health services.

Over 240 of you came together from across NHS Boards, Health and Social Care Partnerships, Education, Third Sector Organisations, Service Users, Carers and Family, Scottish Government and Youth organisations.

Jennifer Halliday, Clinical Lead for MHAIST opens the day reminding us that there should be no wrong door for children, young people and their families and carers seeking help and support.



Maureen Watt, Minister for Mental Health *"We want to ensure children of any age get access to high quality mental health services"* [Mental Health Strategy 2017-2027 a 10 Year Vision](#)

Paul Gray, Director-General Health and Social Care/Chief Executive of the NHS *"Let's stop interrupting and listen"*

Mental Health Access
Improvement Support Team



Morning Breakout Sessions



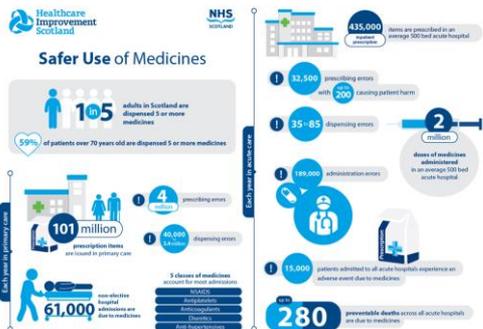
Neve, Gregor and Craig, PACE Youth Theatre

Listening and working with carers – the forum theatre format of the workshop (where the actors were young people from PACE Youth Theatre) was both imaginative and engaged delegates in the importance of working with carers, highlighting the Triangle of Care work.

Innovative collaboration across communities – keeping young people and their families at the heart of what we do. The session highlighted the need for early intervention, awareness, education and collaboration between CAMHS, parents, carers and non-NHS services.



Jamie Taylor, Service User



Future Partnerships – the importance of collaborating with parents, carers and to support wellbeing of children and young people.

Safer medicines within CAMHS - this was a really engaging session that highlighted the importance of promoting improvements in medication administration and showed demonstrable improvements in how this had been done in CAMHS in NHS Tayside. It also highlighted that QI was relatively new to a number of people in the audience and that there was a real energy to develop this more broadly across the multiple groups and organisations represented in the room on the day.



What's next for the Neurodevelopmental collaborative?

- Establishing your teams
- Developing your project charters
- Establishing an up-date process



Neurodevelopmental pathways - [sign up](#) to the Neurodevelopmental Collaborative and our online learning sessions in 2018: [‘Prevalence and Assessment of FASD in Scotland’](#) on 18 January 1-2pm and [‘Stepped-care psychoeducation: Training teachers and CAMHS to deliver Stress Control to teens, parents and teachers’](#) on 1 February 1-2pm.

Afternoon Breakout Sessions



Cathy Richards, NHS Lothian

Anticipatory care planning for young people with mental health needs – delegates heard the importance of linking CAMHS and AMHS in planning transitions. Young people need to be involved in the planning of transitions as they know what they want and need for their care



<https://www.samh.org.uk/get-involved/going-to-be/join-the-campaign>

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Going to Be: SAMH campaign on children and young people's mental health – in this session delegates learned about the Going to Be campaign and rejected referrals audit. Join the campaign [here](https://www.samh.org.uk/get-involved/going-to-be/join-the-campaign)

Fife Health & Social Care Partnership

Supporting the people of Fife together



Fife Health and Social Care Partnership
A partnership between Fife Council and NHS Fife
www.fifehealthandsocialcare.org



Listening and learning from lived experience – what came out of this session was a real desire to move ahead with adapting the Patient Safety Climate Tool to the CAMHS environment.



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Model for improvement – a real enthusiasm and great engagement from the participants in the introduction to quality improvement session. Delegates were able to take away some basics to get them started on their QI journey!



Impact of Collecting and Sharing Our Data



Panorama Men, Boys & Eating Disorders



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Data for change - data can be used for multiple purposes, it can tell an interesting and powerful story. If you don't have data, you cannot demonstrate the impact of change.

