Mental Health Review - Information for Organisations
21.07.2017

This briefing paper provides an outline of the rights based mental health review that NICCY is undertaking and how organisations can get involved.

The briefing paper covers the following sections:
1. Background & Rationale for the Mental Health Review;
2. The Focus of the Mental Health Review;
3. The Target Audience for the Review;
4. How NICCY will Engage with Children and Young People;
5. Time Frame for the Review;
6. How organisations working with children and young people can get involved; and
7. Practical issues where children and young people’s involvement is facilitated through organisations.

1. Background & Rationale for the Mental Health Review
During 2016 NICCY carried out a scoping exercise on children and young people’s mental health. This exercise identified a significant lack of publicly available regional data on mental health need, and insufficient monitoring and evaluation of mental health services. However, it is clear that the mental health needs of children and young people are increasing both in terms of scale and complexity and this has led to greater pressure on services.

In May 2016, the UN Committee on the Rights of the Child made a number of specific recommendations about mental health support and services in their examination of the UK and its devolved administrations\(^1\). The recommendations included very strongly worded advice to the UK Government to rigorously invest in child and adolescent mental health and to develop strategies to ensure services are provided on a child rights compliant basis.

As a consequence of recommendations made by the Committee on the Rights of the Child and the scoping work and carried out by this Office, including extensive engagement with children and young people and relevant stakeholders, NICCY intends to carry out a rights based Review of Child and Adolescent Mental Health Service (CAMHS).

\(^1\) [http://www.niccy.org/media/2536/un-concluding-observations-june-2016.pdf](http://www.niccy.org/media/2536/un-concluding-observations-june-2016.pdf)
2. The Focus of the Mental Health Review
The Mental Health Review has three strands which are outlined below:

1. Gathering children and young people’s (and their parents, guardians and advocates) experience of accessing or trying to access care and treatment from mental health services.
2. Carry out an analysis and mapping exercise of available official statistical information on the operational aspects of CAMHS.
3. Carry out an analysis and mapping exercise of budgetary spend on CAMHS.

This work is only possible with the support of a range of key stakeholders which includes children and young people, parents / carers and organisation like you who are in regular contact with children and young people. *We need your help in reaching out to children and young people so we can gather as many experiences as possible.*

There are 4 main overarching aims of this part of the review - these are:

- Enable children and young people (and their parents, guardians and advocates) to share their direct experiences of accessing or trying to access child and adolescent mental health service and the impact of that journey.

- Identify barriers which prevent children and young people from fully realising their rights to the highest attainable quality of mental health and access to adequate mental health services.

- The information gathered through this review will be used to identify good practice and produce a range of recommendations for improving services. The recommendations will be informed by children and young people, and directed at key government departments and agencies.

- The review will also be used as an opportunity to increase public awareness of children’s rights, and in particular children and young people’s rights to health and to access to health services.

3. The Target Audience for the Review
Young people aged 11- 21 yrs old who fit in to at least one of these categories:

- Have experience of receiving service or support for their mental health.
- Have experience of **attempting** to receive support without success.
• Have experience of moving from child to adult mental health services.

Services or Support includes any professional that a child, young person or parent / guardian has sought help from i.e. talking to a doctor, going to a community based counselling service or receiving specialist support from CAMHS.

4. How NICCY will Engage with Children and Young People

There will be an online survey for any child or young person to complete if they have experience of accessing or trying to access mental health services.

We hope that most young people will be able to complete it themselves, but some may require support or encouragement. We would really appreciate it if you could support young people to complete the survey if you need it and NICCY is happy to discuss how we can support you in doing this.

There will be a short online survey that parents, carers and professionals can also complete. We will also carry out a series of interviews with children and young people with a mental health problem and a learning disability (it is recognised that they may have other additional disabilities) and those with mental health problems and an addiction problems. NICCY will be working through a number of specific key partners to identify these young people.

We are also holding focus groups with the following stakeholders- these focus groups will look at issues for children and young people with a learning disability and those with addiction problems:

• Parents and guardians.
• Professionals and practitioners who work within the CAMHS system or who have a role in supporting children and young people to access these services.

5. Time Frame for the Review

The main fieldwork for the Review will happen between June and November 2017. A final report will be published by Mid June 2018.

We would ask that you think about engagement that you are already planning with young people during June – November 2017 and whether you can incorporate promotion and support to young people to engage with this important piece of work.
6. How you can get involved

The support of organisations like yours that has a relationship and regular contact with children and young people is key to the success of this Review. We have poster and flyers to promote the survey that we can send you and a dedicated webpage that you can encourage young people to go to.

There are a number of other ways you can help:

1. Promote the review with children and young people, parents, guardian and professionals that you work with. We wish to engage with all of these groups as part of the review.

2. The surveys for children and young people and parents /carers will sit on a dedicated page of the NICCY website. We would ask you to promote the survey to the young people you work with and support them to complete it. www.niccy.org/SpeakYourMind

There are a number of other ways that the Survey will be promoted:
- Through a poster distributed to GP surgeries, CAMHS clinics and schools / colleges.
- Advertising on Facebook.

7. Practical issues where children and young people’s involvement is facilitated through organisations

How has the safety of young people taking part in the Review been addressed?

The engagement with children and young people has gone through an ethical review process and risk will be continually monitored during the lifetime of the review. This has included a focus on confidentiality, data protection, fully informed consent and child protection / safeguarding.

Who do I contact if I have any further questions about this review?

If you would like posters or flyers contact a member of the Participation team on 02890 311616 or participation@niccy.org

A copy of the Terms of Reference for the research and the NICCY Scoping Paper on Child and Adolescent Mental Health is available from www.niccy.org/SpeakYourMind