‘Still Waiting’
A Rights Based Review of Mental Health Services and Support for Children and Young People

Launch Event

Thursday 27 September 2018 – St Mary’s University College
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Welcome

Peter Finn
Principal – St Mary’s University College
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Overview and Introduction

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Mairéad McCafferty
Chief Executive - NICCY
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NICCY Youth Panel Welcome

Mairéad Loughran-Ryan
NICCY Youth Panel Mental Health Advisory Group
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Young People Quotations 1
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Opening Address

Koulla Yiasouma
Northern Ireland Commissioner for Children and Young People

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States should adopt an approach based on public health and psychosocial support rather than over medicalization and institutionalization. A comprehensive multi-sectoral response is needed, through integrated systems of adolescent mental health care that involve parents, peers, the wider family and schools and the provision of support and assistance through trained staff” (UN 2016, Para 58).
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1. Coming into CAMHS
   1.1 Referrers share information with my consent to help CAMHS decide if CAMHS is the best service to help me.
   1.2 My family/carers and I are provided with information about what happens next when I am referred to CAMHS.
   1.3 If CAMHS think another service is more appropriate for me they will explain this to the referrer and will advise the referrer about other services that may be better suited to meet my needs.

2. Sharing Information & Agreeing the Way forward
   2.1 I will have a first appointment which is called a Choice appointment.
   2.2 I will be provided with information to decide together with CAMHS the best and preferred treatment options and activities which promote my health and wellbeing.
   2.3 My family/carers and I and CAMHS will work together to decide what goes into my Care Plan.

3. Working Together to Get Better
   3.1 Where there are other people and services that might be able to help me get better, CAMHS will ask me and my family/carers for permission to contact them and they will work with them, as appropriate.
   3.2 My progress will be reviewed regularly with my family/carers and me and my Care Plan will be updated as necessary.
   3.3 We will gather information about how I am now in order to measure my progress over time.

4. Moving On and Recovery
   4.1 Based on my progress/achievement of my agreed goals, my family/carers and I will be involved in any discussion and decisions about discharge from CAMHS.
   4.2 CAMHS will work with my family/carers and me to identify supports to help me stay healthy and to continue to be well.
   4.3 My family/carers and I will be given the opportunity to give feedback about my experience of CAMHS.

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An effective service:

- Is professional;
- Is flexible;
- Considers space and place; and
- Is collaborative.
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What consumes your mind controls your life

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Young People Quotations 2
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Response to the Report by DoH

Rodney Morton
Deputy Chief Nursing Officer - Department of Health
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Young People Quotations 3
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Response to the Report by HSBC

Marie Roulston
Director of Social Care and Children - HSBC

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Young People Quotations 4
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Response to the Report by the Education Authority

Dr Clare Mangan
Director of Children and Young People’s Services - EA
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Young People Quotations 5
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Reflections from Royal College of GPs Northern Ireland

Dr Grainne Doran
Chair of the RCGPNI

Northern Ireland Commissioner for Children and Young People

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Child and Adolescent Mental Heath Services: A GP Perspective

Dr Grainne Doran
Chair RCGPNI
A few statistics

• 75% of mental illnesses start before a child reaches their 18th birthday.
• 50% of mental health problems in adult life (excluding dementia) take root before the age.

MQ Mental Health Research 2016
Providing a service?

• In the UK there are estimated to be 850,000 children and young people (CYP) with mental health problems. At present, only 25% of them receive specialist intervention.
• 1 in 4 GP contacts are with children (36 per wk)
• 1 in 10 CYP are diagnosed with mental illness
• How many are we failing?
Current issues for General Practice

• Detecting the signs and symptoms of mental illness in young people is a challenge for GPs in the 10 minute appointment model.
• Increasing numbers of presentations in a service under strain.
• Confidence and experience of GP varies.
• Communication with referral agencies varies and depends on individual relationships in some areas.
• The criteria for acceptance or rejection of referral to step 2, 3 and 4 services is poorly understood and appears to vary by locality.
• Poor data – quantity and quality for service planning
Wish list

• A supportive inclusive umbrella service
• Access to timely advice and support
• One referral for assessment and care planning (Step 2 and onwards) or support at practice level for assessment of need.
• Continuing Education for GPs at every step of career progression
Joint Statement from Royal Colleges

August 2017

Royal College of General Practitioners
Royal College of Psychiatrists
Royal College of Paediatrics and Child Health
CYP mental health is everybody’s business. This needs to be supported by a shared vision for CYP mental health across all government departments (especially Health, Education and Justice).
A preventative, multi-agency approach

Including attention to:
• Education for young people and families
• Addressing social determinants
• Health promotion
• Early intervention
Accountability

A system of national and local accountability for population-level CYP mental health and wellbeing, delivered via integrated local area systems.
Training and education

Training for the whole children's workforce in their role and responsibilities for CYP mental health.
Professional Support

More support, both from specialist services and other sectors, for professionals dealing with CYP who do not meet referral threshold to a CAMH service
Access

Ensuring that CYP who require specialist CAMHS have access to a responsive service
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Young People Quotations 6
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Reflections from the Voluntary and Community Sector

Dawn Shaw
NI Director of Action for Children and National Lead for Mental Health

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Young People’s Reflections and Hopes for the Future

Rachel Keenan
NICCY Youth Panel Mental Health Advisory Group
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CCEA Mental Health Video Launch
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CCEA Animation
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Young People’s Reflections and Hopes for the Future

Mairéad Loughran-Ryan
NICCY Youth Panel Mental Health Advisory Group
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Rosie McDonald-Hill
NICCY Youth Panel Mental Health Advisory Group
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Young People’s Reflections and Hopes for the Future

Kirstie Greer
NICCY Youth Panel
Mental Health Advisory Group
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Young People’s Reflections and Hopes for the Future

Caoilfhionn McKee-McElkerney
NICCY Youth Panel Mental Health Advisory Group
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Panel Q&A Session
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Closing Remarks

Northern Ireland Commissioner for Children and Young People

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Thank you for attending

You can out more about our work at:

www.niccy.org/StillWaiting

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