Early Intervention with Children, Young People & Young Adults

An Extended Role for Higher Education & Mental Health Services.
Aims & Agenda

- Historical context – setting the scene for CAMHS – a developmental perspective of ‘Health Promotion’ & ‘Early Intervention’.

- Theory/ Practice Links – Nurse Education & Clinical settings.

- Promoting Communities of Practice & developing ‘reflexive practitioners’ within the context of the ‘Future Nurse’ Curriculum
Past:  
1. Lack of recognition of young people’s emotional health needs.  
2. Lack of investment.  
3. Lack of focused camhs research/reports until 1990s.  

Present:  
1. The Four Tier Framework  
2. Waiting lists.  
3. Tier-Less provision – aims to: Improve uptake, reduce delays, improve quality, provide Early Intervention.  
4. LBR curriculum.

Future:  
1. Greater parity between health resources.  
2. Increased focus on schools.  
3. Evidence-based approaches to Early Intervention.  
4. Central to curriculum.

Most young people with a mental health condition do not get the treatment they need, and under current NHS plans this will still be true for years to come, while many face unacceptably long waits for treatment’. (House of Commons Committee on Public Health, December 2018).
Legislation & Reports


- **Developmental perspectives of mental health & Early Intervention** (e.g. Allen 2011) – perinatal mental health, attachment theory, understanding the impact of risk & resilience.

- **Dept. of Health (2015) Future in Mind** – Promoting, improving young people’s Mental Health, developing comprehensive & holistic CAMHS.

- **Dept. of Health (2016) Five Year Forward View** for Mental Health Report – Greater parity between mental & physical health care provisions.

- **Dept. of Health (2018) Transforming Children & Young People’s Mental Health Provision** - (Green Paper) – ‘Whole School’ approach – designated mental health clinicians.
Transforming Young People’s Lives

- Parity of esteem between physical and mental health Services.
- Additional funding - £1.4 billion available for CAMHS over five years.
- Recruiting 1,700 more therapists and supervisors, and to train 3,400 staff already working in services to deliver evidence-based treatments by 2020/21.
- Improve access & referral pathways with an additional 70,000 children and young people per year will obtain support from mental health services by 2020/21.
- Improve services for young people with eating disorders, with an additional £30 million of investment, 70 new or enhanced Community Eating Disorder Teams.
- Fund 8 areas to test different crisis approaches for young people’s mental health and develop new Care Models for Mental Health.
- Greater transparency, information sharing & research-based approaches to care.

(DH 2015, Future in Mind, DH 2016, Five Year Forward View Reports).
Health Promotion & Early Intervention: Building resilience, identifying & responding to biopsychosocial risk factors in childhood, adolescence & young adulthood.

Figure 3.1 The key drivers of life chances throughout childhood

Drivers of outcomes in childhood and young adulthood:
- Mother’s physical and mental health
- Parents’ education
- Mother’s age
- Birth weight
- Parental warmth and attachment
- Breastfeeding
- Parental mental health
- Parenting and home learning environment
- Parents’ education
- High quality childcare
- Child’s previous attainment
- Parents’ aspirations and engagement
- Teachers
- Child’s and parents’ aspirations
- Teachers
- Risky behaviours
- Educational achievement
- Qualifications
- Social and emotional skills
- Employment
- In work
- Decent home
- Living wage
- Good health
- Good wellbeing

Pregnancy
- Birth
- 5 years
- Primary years
- Secondary years
- Transition to adulthood
- 25-35 years

Source: Review team synthesis of research findings.

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Prevention & Early Intervention

- In the West Midlands, the commissioning of community & inpatient service now cover the age limits of 0-25 years before referral to adult mental health services.

- Improved links between theory (Birmingham City University) & practice-based contexts (Forward Thinking Birmingham) of CAMHS

1. **Promote health & wellbeing within families** – Improving perinatal mental health, helping parents develop positive parenting skills, & enabling children to develop healthy lifestyles.


3. **Early Identification & intervention** – Transparent & speedy referral pathways into specialist CAMHS community & inpatient resources.

4. **Our Goals** – Continue to develop academics, clinical partnership across Camhs, develop & integrate CAMHS within the undergraduate & LBR curriculum.
Four City-Wide Hub Locality-Based Hubs

- Specialist Eating Disorder Services.
- Youth Offending Services.
- Substance Misuse Services.
- Learning Disability Services.
- Self-referral online Portals.
- Telephone Referrals.
- Multi-agency Referral Pathways.
- Aim to offer 24 hr, 7 days per week resources.
- Developing close links with Birmingham City University.

0-18 (CAMHS) & 18-25 (Young Adulthood)

- Dedicated teams.
- Traditional CAMHS (0-18 year).
- Community Mental Health Teams (0-25 year).
- Offering: Early Intervention.
- Walk-in Resources.
- Triage Clinicians.
- Occupational Therapy.
- Crisis Teams.
- Home Treatment Teams (CAMHS & Young Adult).
- Access Centre.
Childhood, Adolescent and Young Adult Mental Health Level 6
Award Structure

Year 1 Pathway Award

Childhood and Mental Health – Level 6
20 L6 Credits

Adolescence and Mental Health – Level 6
20 L6 Credits

Young Adulthood and Mental Health – Level 6
20 L6 Credits

Exit Award:
Grad Cert / BSc Professional Practice (Childhood, Adolescent and Young Adult Mental Health)

Year 2 Pathway Award (BSc Only)

Using Research Evidence in Practice
20 L6 Credits

Studying a Negotiated Topic
20 L6 Credits

Optional Module *
20 L6 Credits

Exit Award:
BSc (Hons) Professional Practice (Childhood, Adolescent and Young Adult Mental Health)
Childhood, Adolescence and Young Adult Mental Health Level 7
Award Structure

Year 1 Pathway Award
- Childhood and Mental Health – Level 7
  20 L7 Credits
- Adolescence and Mental Health – Level 7
  20 L7 Credits
- Young Adult and Mental Health – Level 7
  20 L7 Credits

Exit Award:
PG Cert Professional Practice (Childhood, Adolescent and Young Adult Mental Health)

Year 2 Pathway Award
- Research: Methods of Enquiry
  20 L7 Credits
- Leadership for Health and Social Care
  20 L7 Credits
- Optional Module *
  20 L7 Credits

Exit Award:
PG Dip Professional Practice (Childhood, Adolescent and Young Adult Mental Health)

Year 3 Pathway Award
- Research Dissertation
  60 LV 7 Credits
  (Or 40 LV 7 Credits + 20 LV 7 Credit Optional Module)

Exit Award:
MSc Professional Practice (Childhood, Adolescent and Young Adult Mental Health)

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Childhood & Mental Health

• Multi-systemic approaches to assessment and intervention.

• Perinatal mental health and the impact this has on the emotional health of the child.

• Attachment theory and child development.

• Safeguarding policies & the role of the multidisciplinary team.
Adolescence & Mental Health

• Concepts of trauma, loss and abuse & the short and long term psychological impact this can have for young people & families.

• The role of the clinician and wider multidisciplinary team in assessing and responding to the mental health needs of adolescents.

• Concepts of ‘family’ & the impact of domestic violence on young people.

• Safeguarding policies & the role of the multidisciplinary team.
Young Adulthood & Mental Health

- Bio-psychosocial risk and resilience factor & how they influence mental health in young adulthood.
- Policies, service pathways and transition for young adults presenting complex mental health problems.
- Approaches to assessment and intervention underpinning the mental health care of young adults.
- Safeguarding policies & protecting vulnerable young adults.
Concluding Comments


- Funding of undergraduate & post-graduate CAMHS education.

- Prioritisation of funding of CAMHS & specialist services – across range of multidisciplinary statutory & non-statutory provision.

- Improvements in data recording & further research – understanding current baseline provision, & development of early intervention strategies.
Contact Me - If you would like more information about the ‘Childhood, Adolescence, Young Adulthood & Mental Health’ Pathway Award.

- The Framework will also enable you to enrol for individual modules if you wish to update your skills and knowledge in a specific area, but do not wish to go onto gain an academic award. You can simply gain academic credits to put towards further study if desired.

- Gaining one of the Awards will enhance your ability to further study at Masters or PHD level.

- The academic programme is accessed on a part-time basis, one day per week (6 days per single module), usually 9-5pm at the South Campus, Mary Seacole Building, Edgbaston, Birmingham.

- Funding: Students accessing the pathway can self-fund or are funded by their employing trust.

- More information about the ‘Child, Adolescent & Young Adult Mental Health’ programme can be provided by Dr Paul Millwood - paul.millwood@bcu.ac.uk (Pathway/ Module Leader).

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