

Meeting Date:	February 2017
Title:	Update report to Schools Forum on CAMHS Primary Mental Health Workers (PMHW)
Purpose:	To provide a CAMHS PMHW summary of progress and developments to the Schools Forum - Sept 2016 to February 2017
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1. Recruitment and staffing

1.1 Changes to PMHW's during this period were minimal Lorna Martin had left the service in May 2016 and her replacement Terry Beverton (0.5 FTE) started in November 2016. The service has therefore been at full complement since this point.

1.2 It has been identified that the Paignton cluster has the highest level of activity and therefore Terry Beverton has been allocated to support this cluster.

1.3 Previous gaps in service delivery, particularly to the Torbay School cluster led to a decision to reorganise the model of support to this cluster. The primary change is that in Torbay School itself a regular consultation clinic with the Primary Mental Health Service is offered to staff. This is now supported by established workers Kate Watkin & Claire Bird. This appears to be working well and has identified a number of areas where training input would be beneficial. Discussions are currently ongoing to assist in prioritising which areas for training should be delivered by the PMHW service via 'twilight' sessions.

2. Service Model

2.1 Regular cluster meetings are held with key staff from cluster schools where required. These are attended by cluster workers and the PMHW Team leader, and are invaluable in terms of gaining feedback and enabling a swift response to any issues. Cluster meetings provide a forum to discuss the provision of the PMHW resource within the clusters as well as providing joint opportunities to highlight training needs and any other issues pertinent to the cluster.

2.2 It is recognised that each cluster may have different requirements and the service will be flexible within the commissioning envelope to respond to this.

3. Performance

3.1 Detailed contact and activity data is available on a monthly basis from the CAMHS Service Manager. This shows statistical data relating to contact type and duration for all PMHW staff. The report also details the amount of contacts provided to each school.

A brief summary of year to date information September 2016 to March 2017 follows:

- ❖ A total of - 1268 contacts
- ❖ Total duration of contacts – 36795 hours

- ❖ Main location of contact – 72% school site, 14% home and 14% other
- ❖ Total number of referrals from Torbay Schools - 650
- ❖ Training sessions given – 7
- ❖ Number of training session participants - 81

3.2 The CAMHS service collect robust outcomes data from all young people who are engaged with the service. This includes regular self-assessments and session by session outcome ratings.

4. Communication

4.1 The Peri-Natal Practitioner continues to regularly join the early help panel to offer a CAMHS perspective on cases discussed and update on any current/previous CAMHS involvement.

The Team Leader attends the pupil referral panel, where all young people at risk of exclusion from school or in need of medical school provision are discussed.

4.2 A CAMHS newsletter has been developed and is being circulated to schools to update on staff changes and general service information.

4.3. A CAMHS 'sustainability' event is planned for 21/2/17. This will celebrate the work of the Primary Mental Health Service to date and consider how best to support schools in their delivery of the mental health agenda post August 2017 when the School Forum funding for the PMHW service ceases.

4.4. The Primary Mental Health Team attended the Emotional Health and Well Being Event organised by Schools in October 2016. A stall was facilitated throughout the day and a presentation on the service was delivered. A second event aimed at parents and organised by Torquay Boys Grammar School was attended in January 2017. Both were well received.

5. Training/Workshop Development

5.1 Bespoke training programmes continue to be designed and delivered according to school clusters requirements. The team have delivered training, to include 'understanding mental health' sessions, self-harm, depression and anxiety, creative ways of working. In addition the team offer a number of training sessions to all professionals working with CYP as part of the wider CAMHS training offer. The team developed a new training session 'How to Help The Angry Child' which was provided to the Learning Pool for the first time during this period with extremely positive feedback received.

5.2 Understanding Your Child's Mental Health workshops for parents continue to be well attended. This is a five session programme (approx. 2 hr session) run every half term and aiming to provide parents with a more therapeutic framework for parenting.

5.3. A 'train the trainers' session to assist school based staff to deliver the 'Understanding Your Child's Mental Health Workshop' within their own schools is scheduled for late February 2017. School delivered versions of this workshop are available to those identified as potentially benefitting rather than limited to those who meet CAMHS eligibility criteria. Previous feedback from schools who have undertaken this training has been extremely positive. Several schools are now delivering their own UYCMH workshops to parents. The Primary Mental Health Team remains available to support these initiatives via consultation / advice.

5.4. In several clusters group work has been undertaken jointly with staff from education or other agencies thereby assisting with skills development across the system. In the Spires Cluster this has included a series of groups using a combination of cognitive behavioural and mindfulness approaches to enhance anxiety management skills. A group using the 'Decider' manual has been delivered and others are imminently planned in several clusters. In the Torbay Cluster a systemic approach to support staff via joint mindfulness groups and reflective practice sessions is now in place. Initial feedback on this approach has been extremely positive so discussions about potentially extending this to other clusters are ongoing.

6. Service Evaluation

6.1 The 'End of year' feedback questionnaire had previously been sent to all schools and feedback was provided in the report to August 2016. Due however to the low return rate it was decided to repeat this

evaluation exercise. Further returns were sought resulting in a total of 21 responders. This is a significant improvement on the initial response rate of ten (10). Responders were primarily extremely positive regarding the service received from the Primary Mental Health Service. Negative feedback regarding prior periods of staffing change and resulting uncertainty in response times was noted. This is available electronically on request from ecotaps@hotmail.com as Appendix 1

6.2 The wider CAMHS service asks CYP and their families to complete an experience of service questionnaire. This feedback incorporates the feedback from the PMHW service and historically has not been possible to separate from the broader CAMHS feedback provided. The questionnaire is confidential but recent process changes will now allow PMHW feedback to be analysed separately from the rest of the CAMHS service. Appendix 2. Available as above.