

South-West

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PAEDIATRIC MENTAL HEALTH NETWORK

NEWSLETTER



**Winter/Spring
2024**

collaborating together for children's mental wellbeing

WELCOME!

Welcome to the Winter/Spring edition of the SWPMHN Newsletter, keeping all of our members up-to-date with the most recent network developments, as well as informing you of valuable resources, media, events and training opportunities.

It has been a busy and exciting three months for the network, holding our annual face-to-face meeting on 25th April which was a fantastic event and a great success.

The network have also been working in collaboration with OHID around Self-harm Prevention Inequalities and attended the Self-Harm Prevention Conference on 18th April.

Our network have continued to support various workstreams such as the CYP Eating Disorder Ethics Forum, who held their third forum in February, with the next forum scheduled for 15th May 2024.

The SWPMHN has also officially become a member of the Children Young People Mental Health Coalition!

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SARAH JOHNSON

SENIOR NURSE – LEAD FOR C&YP MENTAL HEALTH

BRISTOL ROYAL HOSPITAL FOR CHILDREN

LATEST NETWORK UPDATES

OHID SELF-HARM PREVENTION CONFERENCE

The network have recently been supporting the Office of Health Inequalities and Disparities (OHID) in Self-Harm Prevention Inequalities, where we have contributed coalface clinical advice and recommendations to the development of a Regional CYP Self Harm Prevention toolkit ([link](#)), which will be used by systems across the South West to implement prevention and management strategies for CYP who self harm. We have also been involved in subsequent implementation work across the region. Many network members were also present at the Self-Harm Prevention conference held in Taunton on 18th April 2024. This was a very productive and impactful event, with some very positive discussion taking place.

The conference brought together many professionals from various sectors across the South-west and featured a Senior Leadership Panel, including members from Public Health and NHSE S-W, who gave their insights and thoughts into the issues and stigmas surrounding self-harm. We also heard from Dr Cathy Wield, an emergency physician who candidly shared her lived experience of self-harm through a pre-recorded video. The event also featured speakers including Dr Caroline Clements from Manchester Self-harm unit, Sarah Stockham -Clinical Advisor for CYP (and SWPMHN Lead), and Casey Bodman (OHID) and Christina Button (NHSE) presented information around the public health Self-Harm Prevention Inequalities tool (see page 6 for more information on this tool).

In the afternoon, ICBs were then given the opportunity to break into workshops to consider and discuss the gaps, who is most at risk; what inequalities will be addressed, and who needs to be engaged in building a future plan. Following the workshops, ICBs then shared their discussions with each other, and recurring themes included gaps in data and data access, how they will target specific groups such as the LGBTQ and homeless community, as well as stressing a great need for the upskilling of staff to install more confidence within their teams to deal with and talk about self-harm.

Each ICB produced three key points for improvement actions to take back to their localities and will continue to work together to overcome some of the hurdles and challenges raised at the conference.

LATEST NETWORK UPDATES

Continued

HAVE YOUR SAY!

We are very happy to offer our network members the opportunity to have their say on the SWPMHN and would be extremely grateful if you could kindly take 5-10 minutes of your time to complete this short survey.



The results of this survey will be instrumental for our network going forwards as we are hoping to use the results to demonstrate the impact and value of the network, and therefore key to unlocking ongoing funding, growth and support for the network.

Thank you for your continued support.



**Children & Young People's
Mental Health Coalition**

We are delighted to update that the South-West Paediatric Mental Health Network are now official members of the Children and Young People Mental Health Coalition. The CYPMHC is a collaborative network of over 300 organisations, including mental health organisations, youth support services, educational institutions, and concerned individuals. They are dedicated to advocating for and influencing policy change in relation to the mental health needs of babies, children, and young people.

As a member of this coalition, we now have access to many more resources such as training webinars & parent/patient resources and leaflets, whilst also having the opportunity to connect with other members and organisations within the coalition.

We will keep the network updated with all the latest news and events from the CYPMHC, and in the meantime, their resources page can be found [here](#).

TRAINING AND WEBINARS

TRAINING OFFERS FROM PARENTAL MINDS AND THE CHARLIE WALLER TRUST

We currently have two region-wide offers to support families looking after CYP with disordered eating -

The SW based Parental Minds group are offering face-to-face training sessions in the New Maudsley Model for parents/carers in Devon, and can also support virtual sessions in the wider South West.

Please contact sara@parentalminds.org.uk. You can also find updates on their [Facebook page](#).

There are also various free virtual-only dates available through the [Charlie Waller Trust](#). Please contact Ros.rea@charliewaller.org for further information.

THE DEVELOPMENT OF PAEDIATRIC AND CHILD HEALTH APPROACHES TO TRAUMA TREATMENT AND RESILIENCE

11 June 2024 5pm

FREE webinar, via Zoom

17:00 - 18:30 UK time, 18:00 - 19:30 CET, 12 noon - 13:30 EST.

This free webinar is open to all, and is organised by ACAMH's Adverse Childhood Experiences (ACEs) Special Interest Group. The webinar will be led by Heather Forkey and Jessica Griffin from the Department of Pediatrics, University of Massachusetts.

BOOK NOW

SELF-HARM PREVENTION IN CYP TOOL

The network have recently been working closely with OHID around Self-harm Prevention Inequalities, and we'd like to make everybody aware of this brilliant self-harm tool that has been developed.

Self-harm – the extent of the problem

There are an estimated 200,000 hospital presentations for self-harm per year in England. However, the occurrence of self-harm in the community is likely to be much higher.

However, the occurrence of self-harm in the community is likely to be much higher. Evidence also suggests that the suicide rate is highest in the year following hospital discharge for self-harm, particularly in the first month.

The South West has the second highest rate of emergency admissions for intentional self-harm comparing all English regions. In 2021/22, twelve out of fourteen UTLAs had significantly higher rates of emergency hospital admission for intentional self-harm than the England average.

To support action in this area across the South West, a reference tool bringing together local and national evidence and experience has been collated together by a range of South West stakeholders to seek to explain what factors are driving self-harm across the region. The aim is to mobilise stakeholders and decision makers to implement strategies to prevent self-harm.

The tool is limited to secondary care and Children and Young People (CYP), but it is applicable more widely to adults and wider care services.

Please follow this [link](#) to view the tool. If you are not signed up to NHS Futures, or work outside of the NHS, you will just need to sign-up.

RESOURCES

Continued

ARTICLES/BLOGS

[Break-through service for autistic youngsters with an eating disorder](#)

[A focus on adolescent mental health and wellbeing in Europe, Central Asia and Canada](#)

[World Happiness Report](#)

[RCPCH responds to CQC report 'The Monitoring the Mental Health Act in 2022/2023'](#)

[CQC - Monitoring the Mental Health Act](#)

[A Very Modern Family: Stories and guidance to nurture your relationships](#)

[Berkshire Healthcare: Neurodiversity Strategy](#)

PODCASTS

[Teacher's Talk Radio: Flexi Timetables and Mental Health - The Late Show](#)

FURTHER SUPPORT TOOLS

[Young Devon Wellbeing](#)

[Kinship Kids](#)

[The Wham Project](#)

A NOTE FROM OUR NETWORK LEADS

Sarah Johnson

Senior Nurse – Lead for C&YP Mental Health, Bristol Royal Hospital For Children

REFLECTIONS FROM OUR SWPMHN MEEETING

It was great to have Sarah Brown, National Lead for CYP mental health at NHS England, supporting the 2024 SWPMHN conference.

To quote Sarah 'we go into battle everyday' driving change for CYP mental health, championing and driving funding and investment into CYPMH. Further noting that UEC data - MH data outstrips all other data for level of acuity, episodes of care, longer length of stay and thus the need to use this data to turn the tide.

Sarah celebrated the network for its cross system collaborative joint working and consideration for it being used as a blueprint for replicating nationally.

One crucial take home message of self-care, compassion, and laughing yoga "ho ho ha ha ha" - bringing laughter therapeutically into our daily lives.

Following the powerful moral injury workshop, and shared resonating awareness by all, there is a commitment to action change. A headline of these actions are; -

- 1) Data sets for inpatient admissions of CYP with primary MH - from which to utilise the evidence for change focused on:**
- 2) CYP MH safe staffing guidance**
- 3) Reflective space / multi agency debrief safe space**
- 4) Escalation pathways.**

A huge supportive element of the network is a regional offer of support between hospitals for peer discussions, support, engagement and shared learning. This united approach enables and equips us all to advocate for and deliver improvements in the care of children and young people with mental health need.

Sarah

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