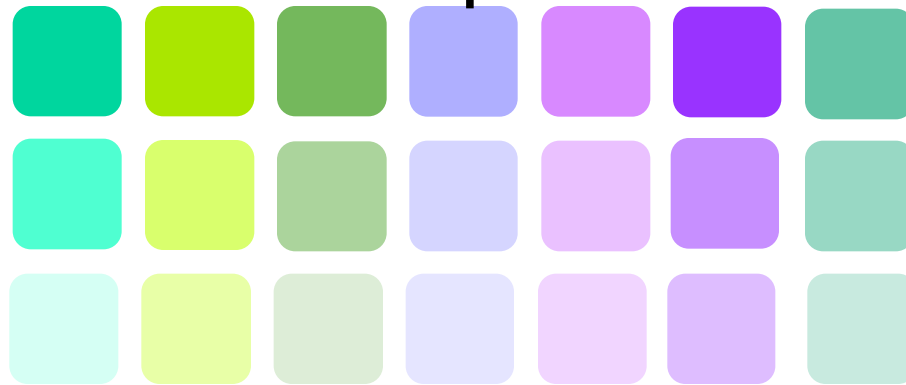


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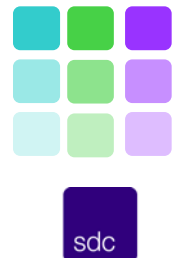
Lessons from Practice: Effective Approaches to Support Mental Health

25th Sept 08



Mary Sparling, HeadsUpScotland, Lead
Officer, SDC

Allyson McCollam, Chief Executive, SDC



The key document providing the structure for developments within the project:

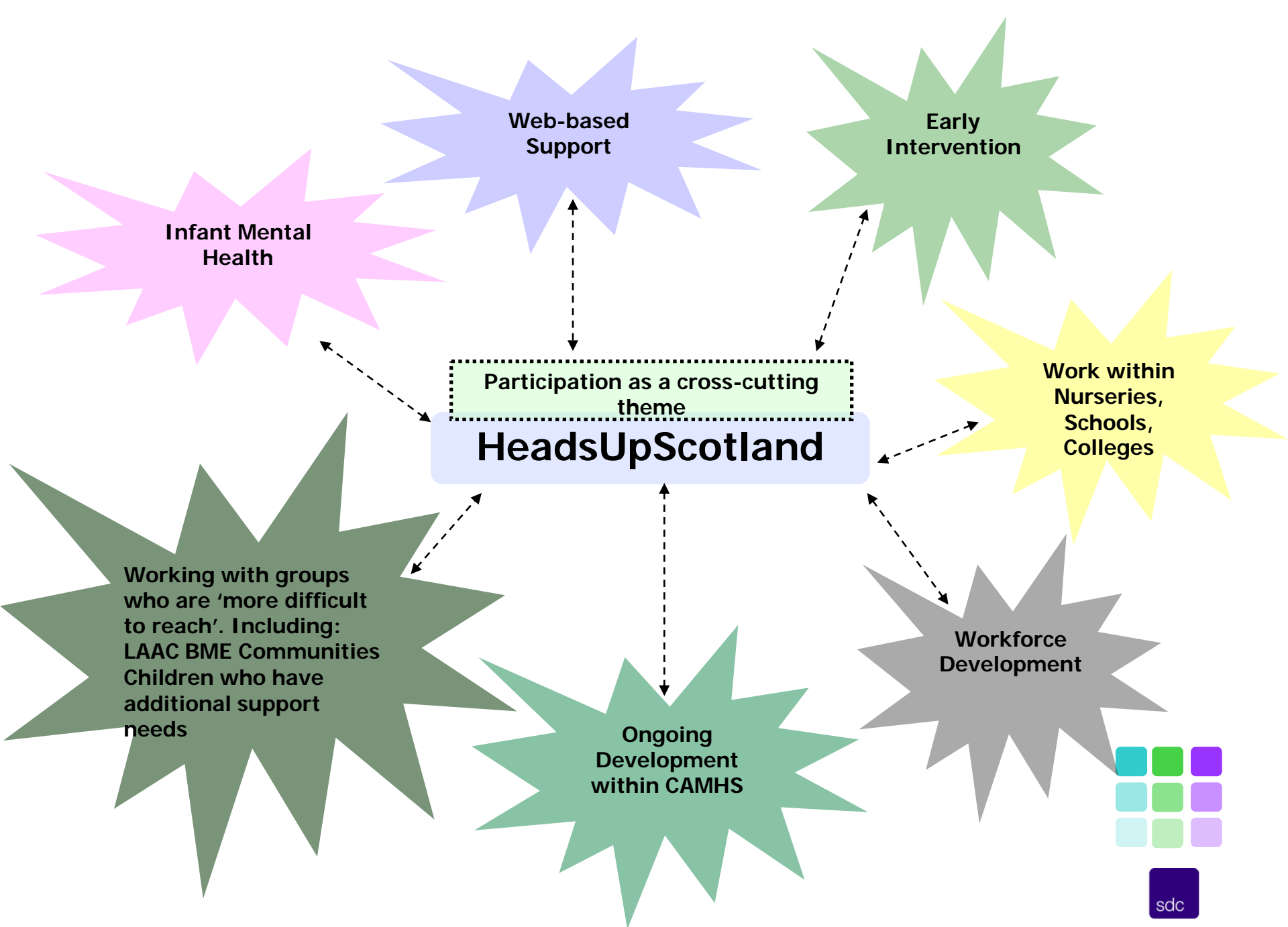
- *The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care (FPPC)-2005*



Key roles of the HeadsUpScotland Lead Officer include:

- National support & coordination of the Framework
- Leadership role in championing the Framework
- Advisory role re changes required to deliver the Framework's outcomes





Infant Mental Health

Web-based Support

Early Intervention

Participation as a cross-cutting theme

HeadsUpScotland

Work within Nurseries, Schools, Colleges

Workforce Development

Ongoing Development within CAMHS

Working with groups who are 'more difficult to reach'. Including: LAAC BME Communities Children who have additional support needs



The mental health of children and young people who are LAAC: familiar challenges

- Numbers and trends
- Levels of need
- Organisation of services
- Culture and expectations



Models and approaches: promoting mental health

1. Planning and decision making
2. Care environments and settings
3. Supporting individual children and young people



LAAC MH services: example 1

- Direct therapeutic work with children and young people (50% of the workload, 40% of the direct work involves case work of ≥ 6 m)
- Training for RU staff, tailored to needs
- Training to enable foster carers to support individual children, including training for new foster carers
- Consultation for carers to talk about an issue or an individual child and to consider what support the carer / the child needs



LAAC MH services: example 2

- Regular consultation with all local RCUS
- Direct work is the 2nd main element
- Training is offered as part of the core training programme for residential staff(9 nine wks x 3 hrs)
- Team takes part in care planning and review meetings
- Team meets with RU and SW managers annually every 6m to review issues



LAAC MH services: example 3

- Consultation work with RCUs, embedded as routine practice
- Designated MH workers assigned to each RU & each unit appoints a MH link worker
- Foster carers are offered a consultation service
- Training offered as requested, supplemented by resource bank of tools materials
- Direct work with small no.'s of YP



Effective service systems are able to deliver the following:

- Promote awareness and understanding of mental health
- Build capacity within care settings to respond to needs and to create a mental health promoting care environment
- Provide a bridge between CAMH specialist services and foster care and residential care
- Enable clear communication and information sharing among care providers
- Ensure understanding of mh informs planning and strategic development



Opportunities to build on for the future

- Cross cutting policy commitment to the needs of LAAC to achieve improved health, education and social outcomes
- Cross sectoral training & development initiatives
- Examples of effective local services and resources to support LAAC mental health



Further information

sdcmh@sdcmh.org.uk

www.sdcmh.org.uk

Support for Change – coming shortly!

