

WaMH in PC Wales Mental Health in Primary Care

**A Practice Sharing Day
to support the
implementation of services under
Part 1 of the Mental Health (Wales)
Measure 2010**

Making Trust, Communication and Person Centredness a Reality in Daily Practice

'Wading up the Stream'

North Wales Child and Adolescent Mental
Health Service

What Have we learnt 10 years on?

Patrick Howells, Irfon Williams

Children's Service Managers

Sara Hammond-Rowley

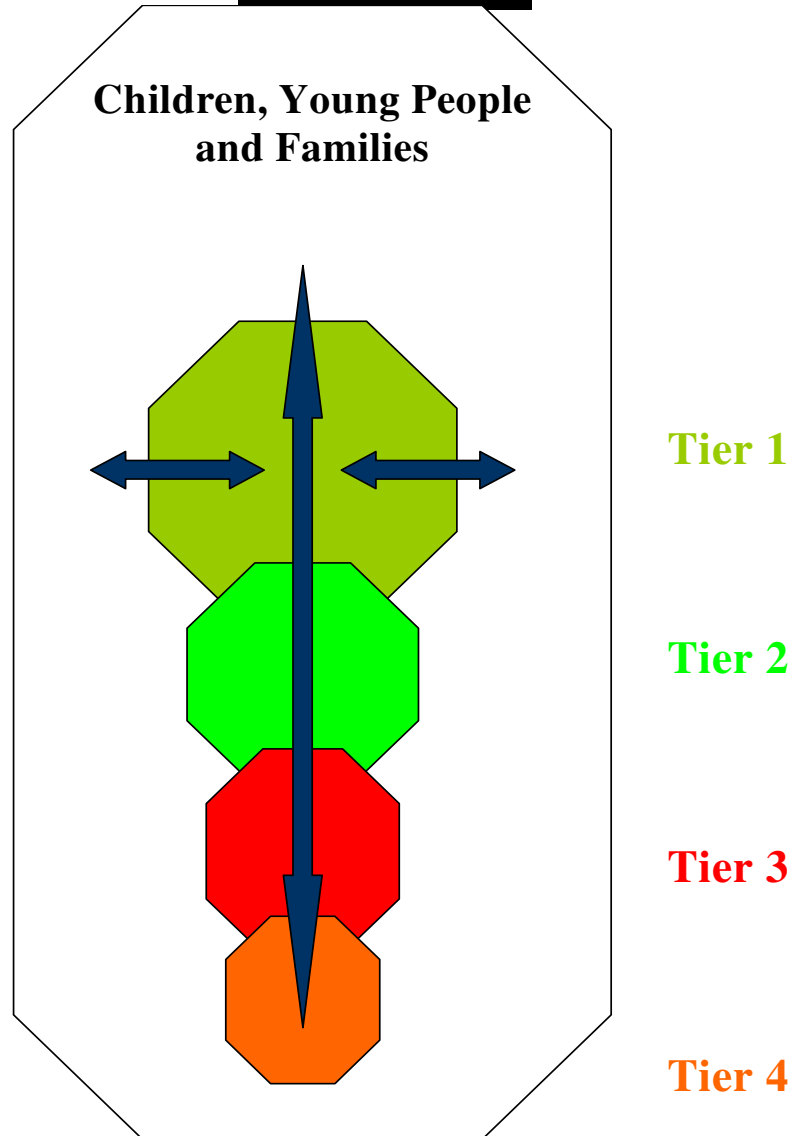
Consultant Clinical Psychologist

Betsi Cadwaladr University Health Board

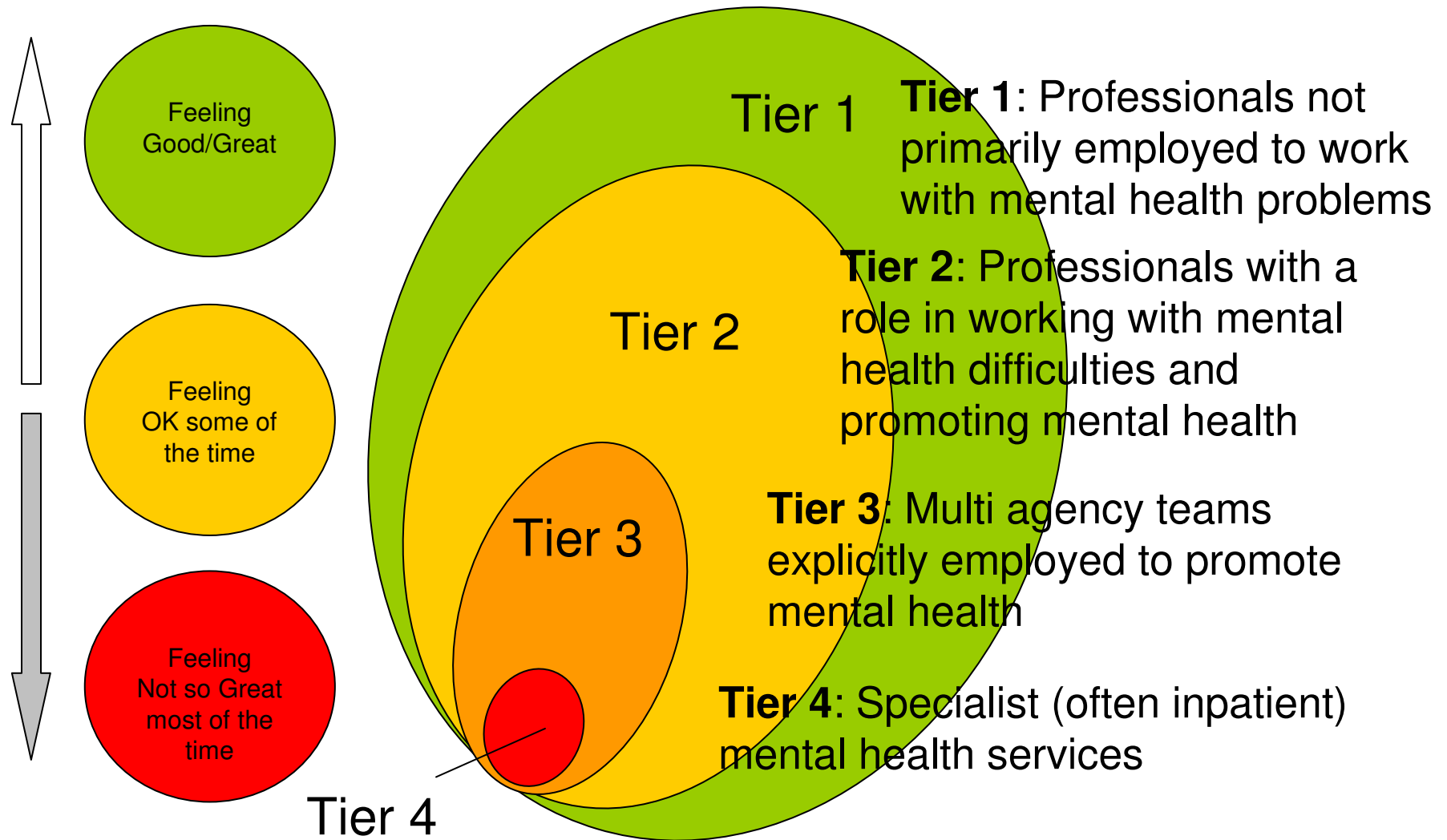
What are the drivers for CAMHS

- Everybody's Business
- Breaking the Barriers
- Talk to Me
- Families First
- Mental Health Measure

Child and Adolescent Mental Health



CAMHS Framework: Mental Health Continuum



What is the Challenge?

- Reduce Stigma
- Raise Awareness
- Foster Resilience in children, families and communities
- Opportunities for:
 - Health Promotion
 - Early Intervention

Understanding Mental Health

- Do people working with children understand Mental Health?
- Do Children understand Mental Health?
- Stigma
- Poor engagement with services across the tiers

Understanding Mental Health

- Who wants 'Mental Health' ?
- Group Work – spider diagrams
- Feedback
- Mental Health
 - Reduce Stigma
 - Raise awareness of mental health
 - Raise awareness of helping agencies across the tiers

Fig.1. Mental Health Maintenance



RESILIENCE

Fig.2. Life's Stresses



What can we do to help ourselves when these problems arise and who could help us?

Fig.3. Problems That Can Occur During Adolescence

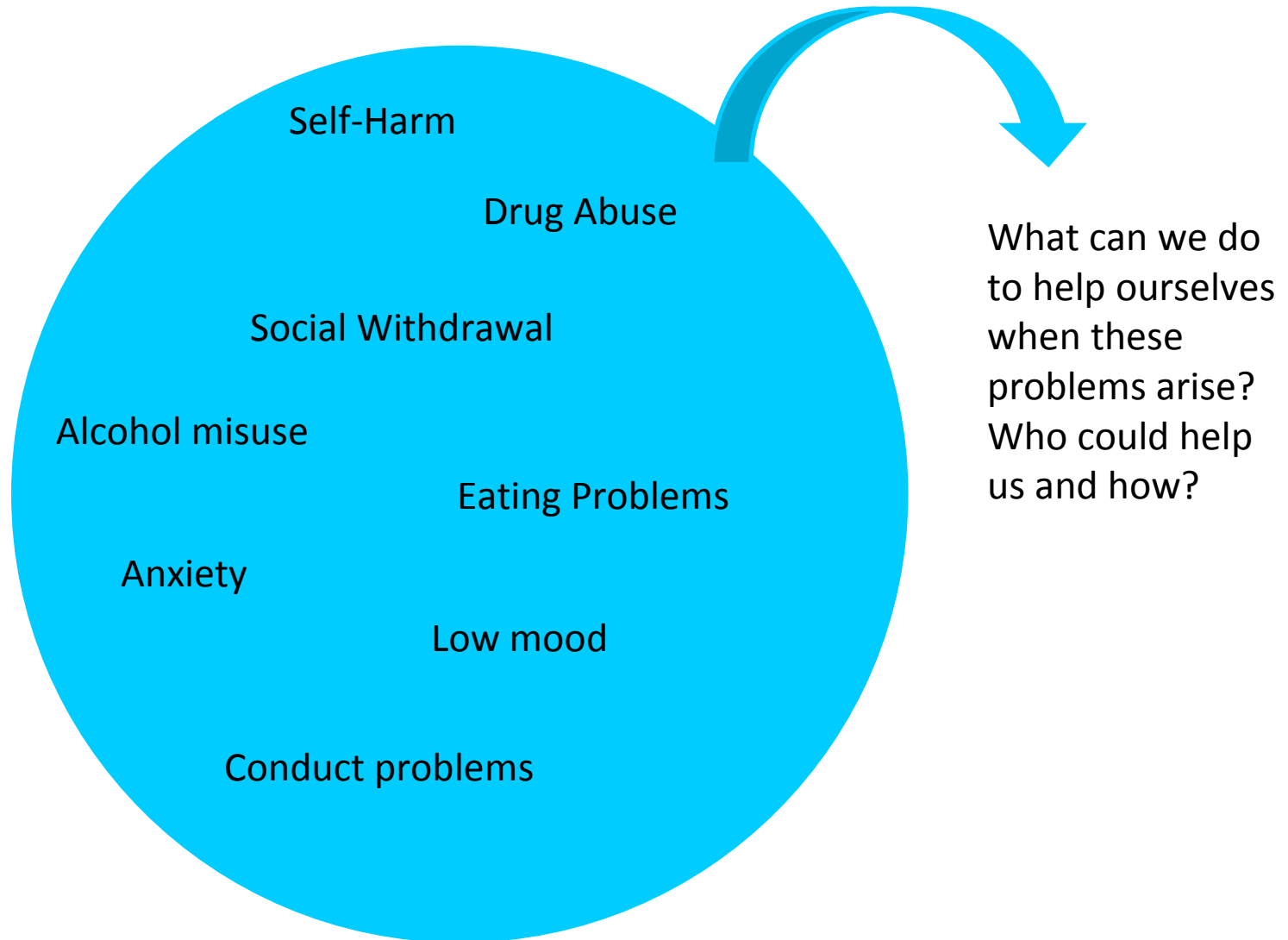


Fig.4. Mental Illness

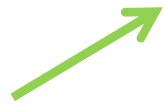




MENTAL
HEALTH



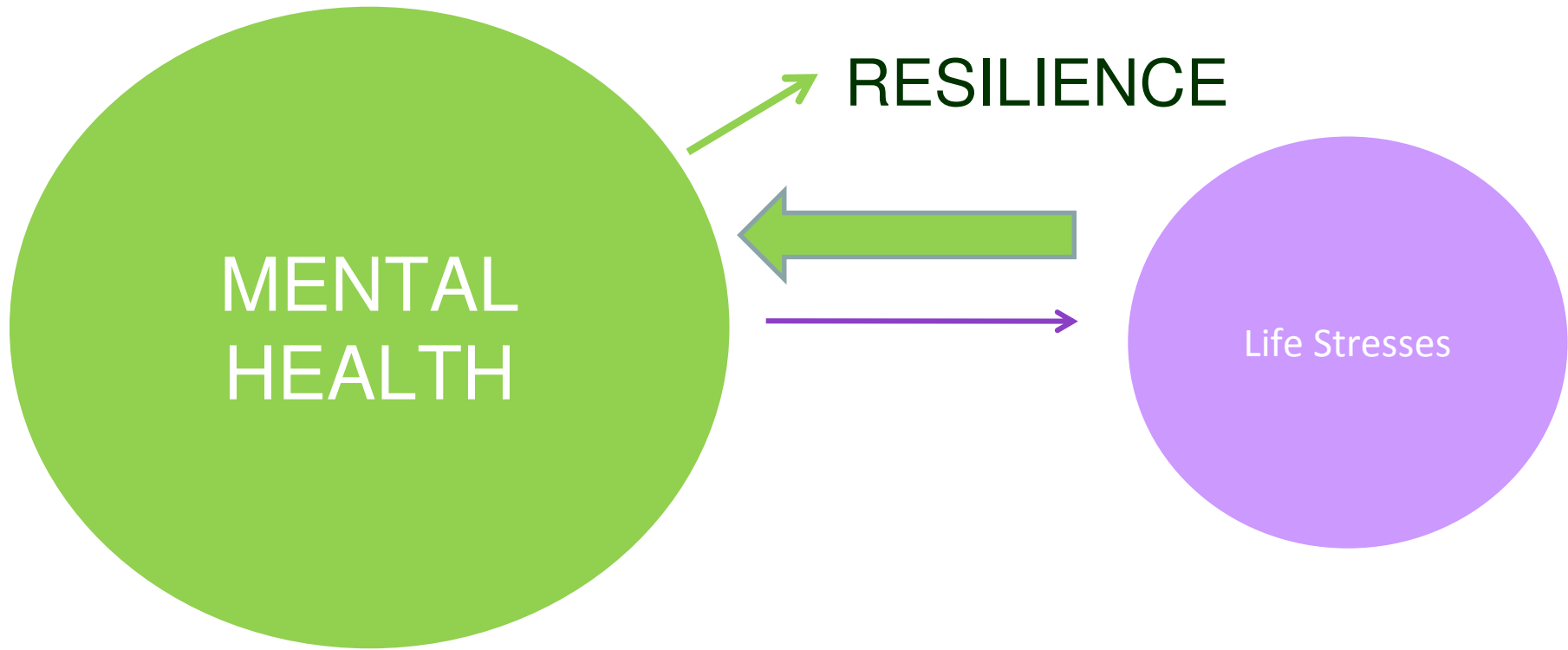
RESILIENCE

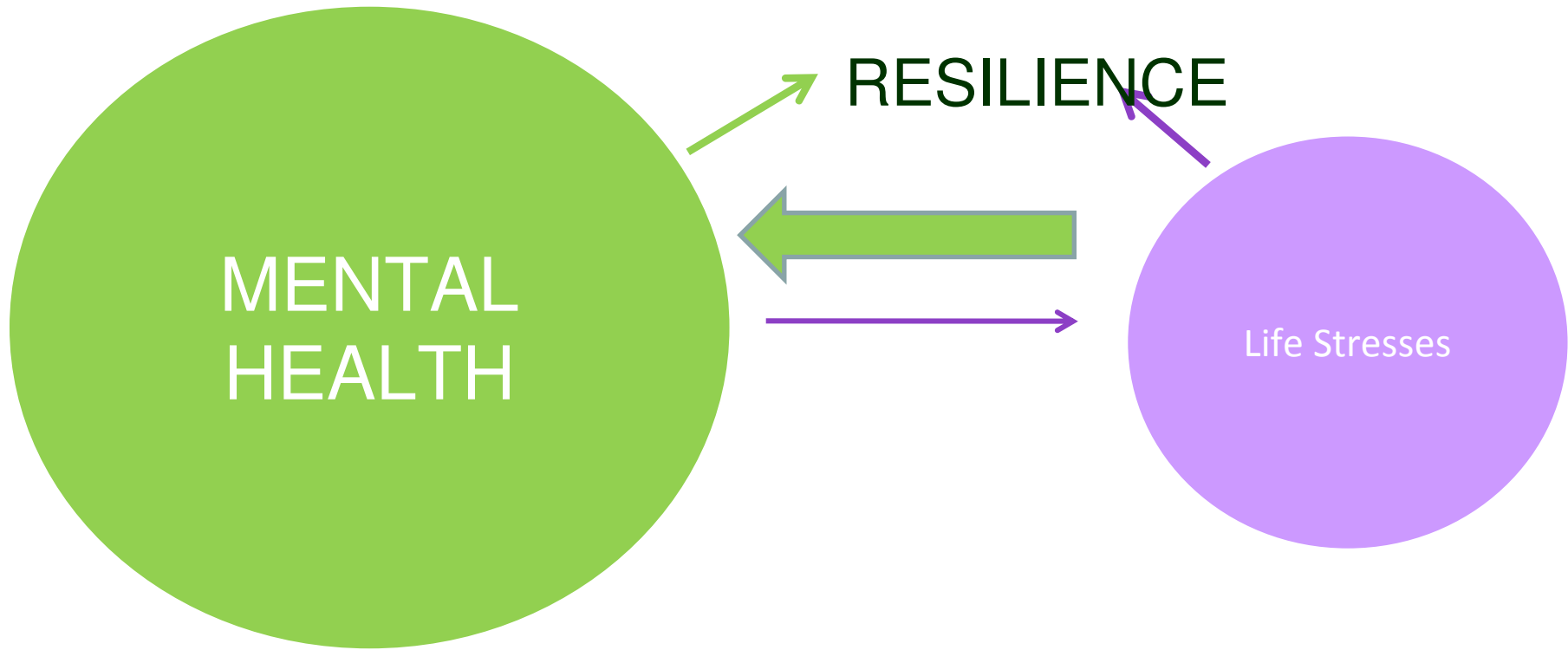


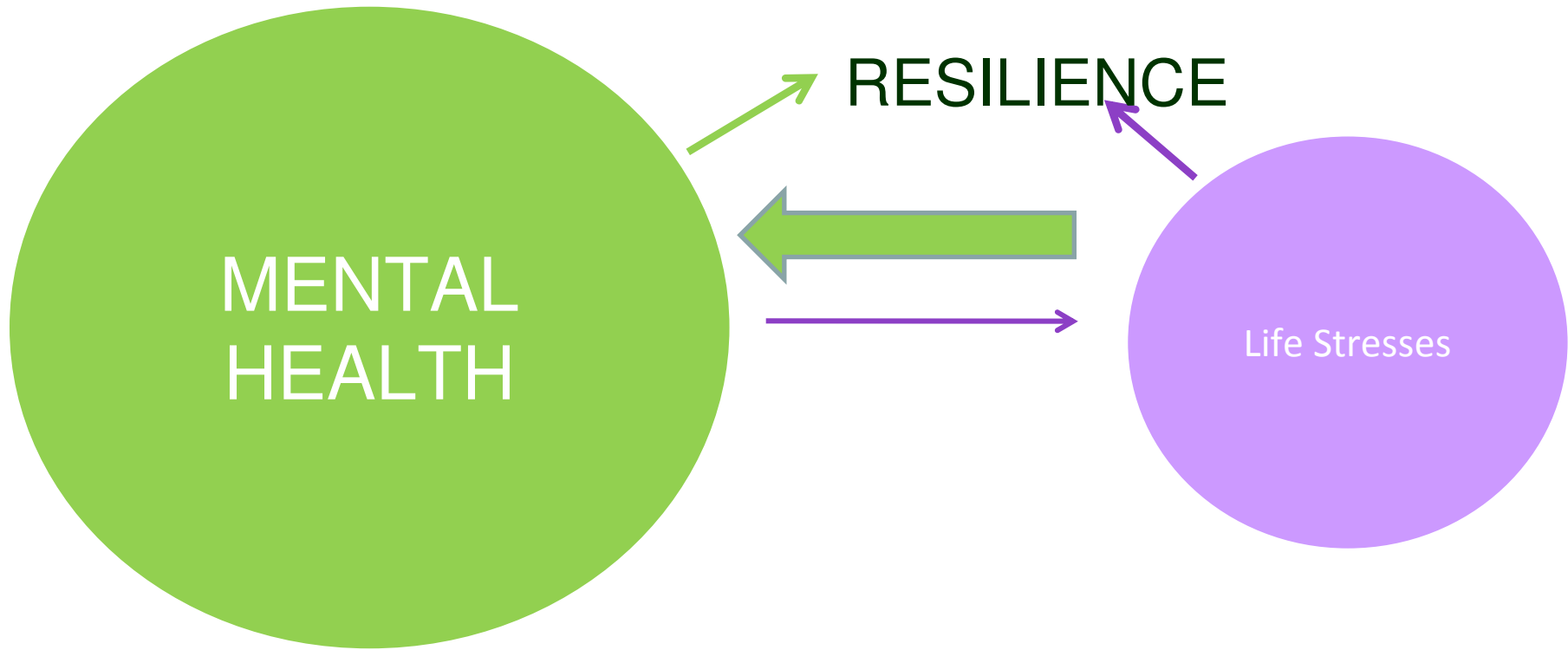
RESILIENCE



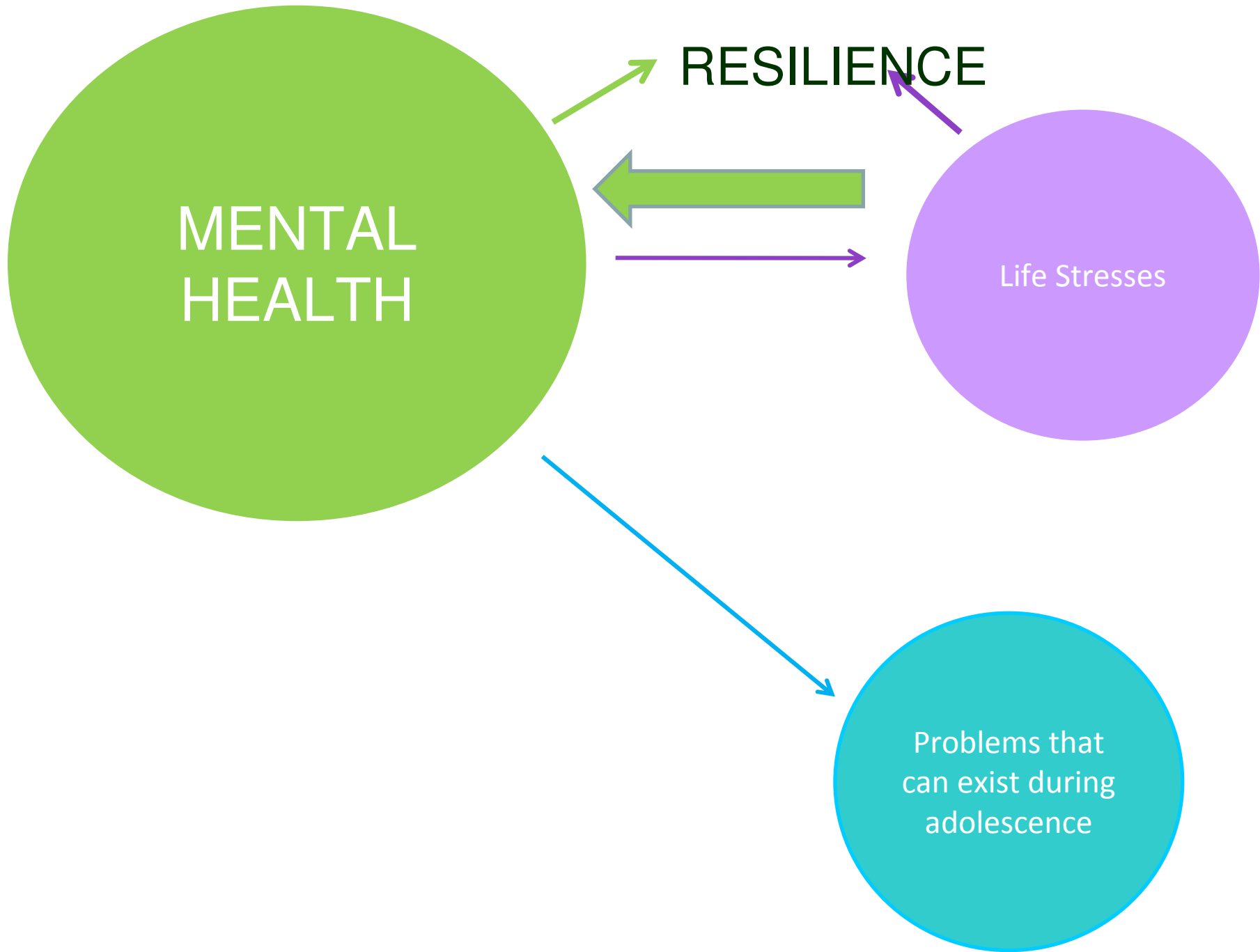


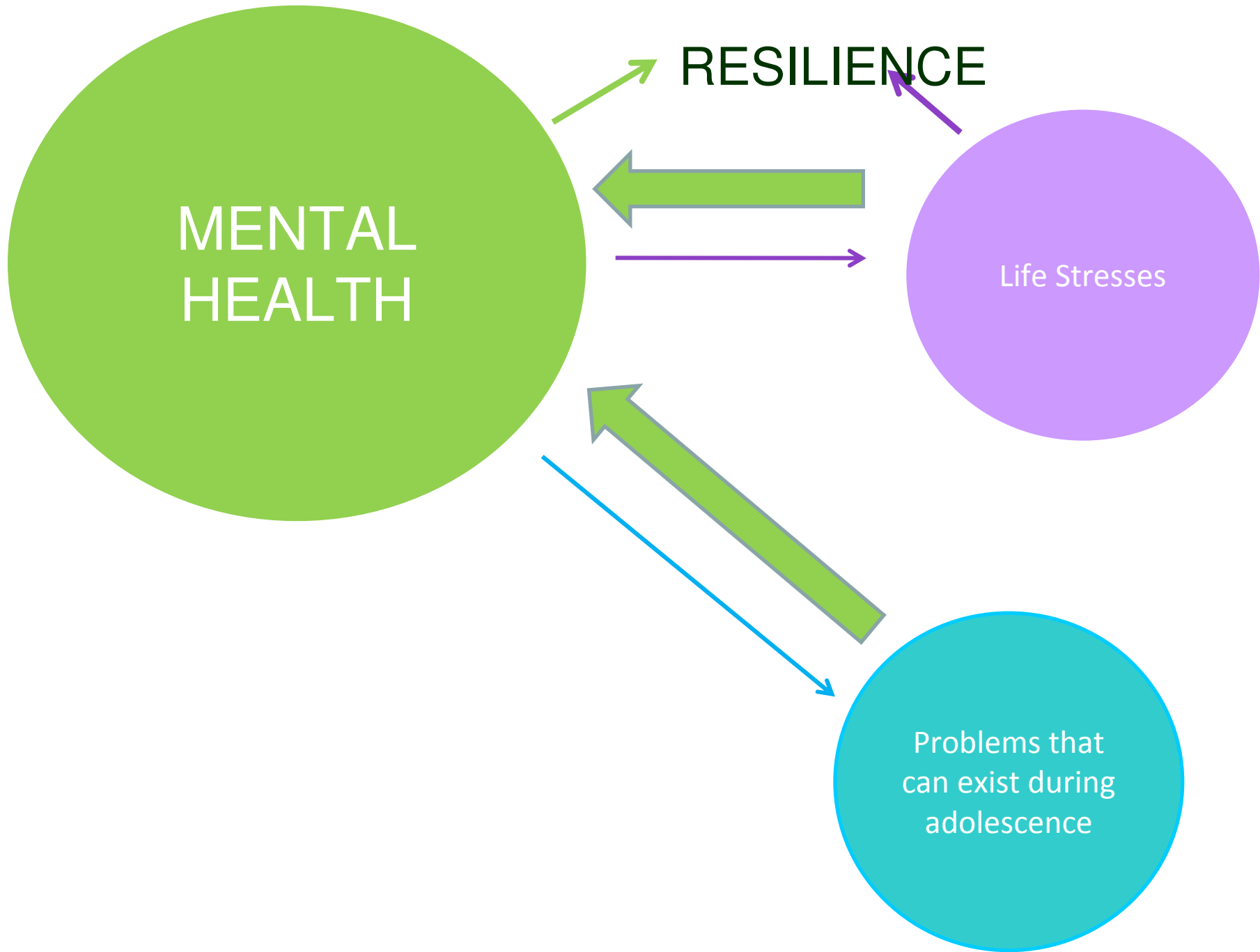


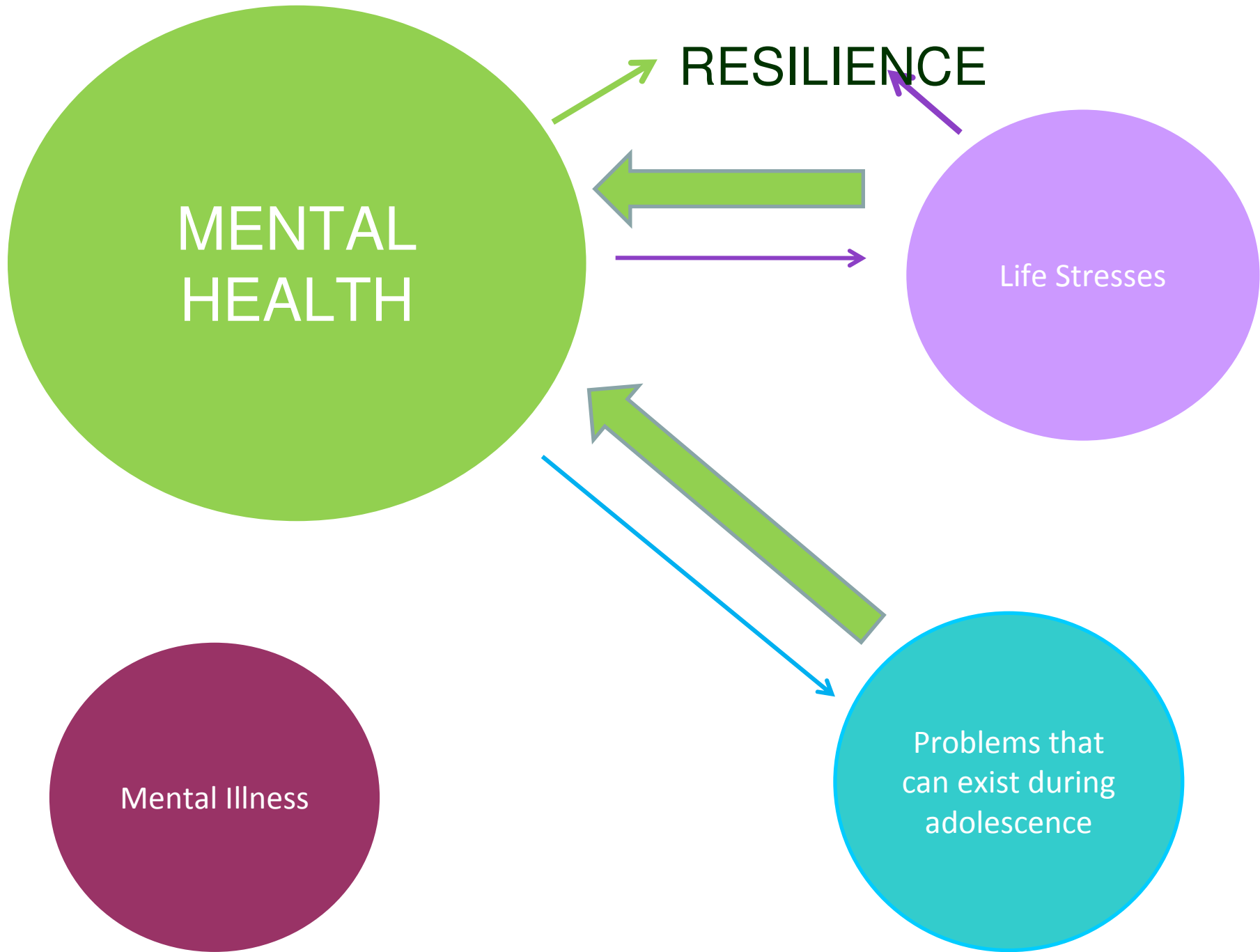


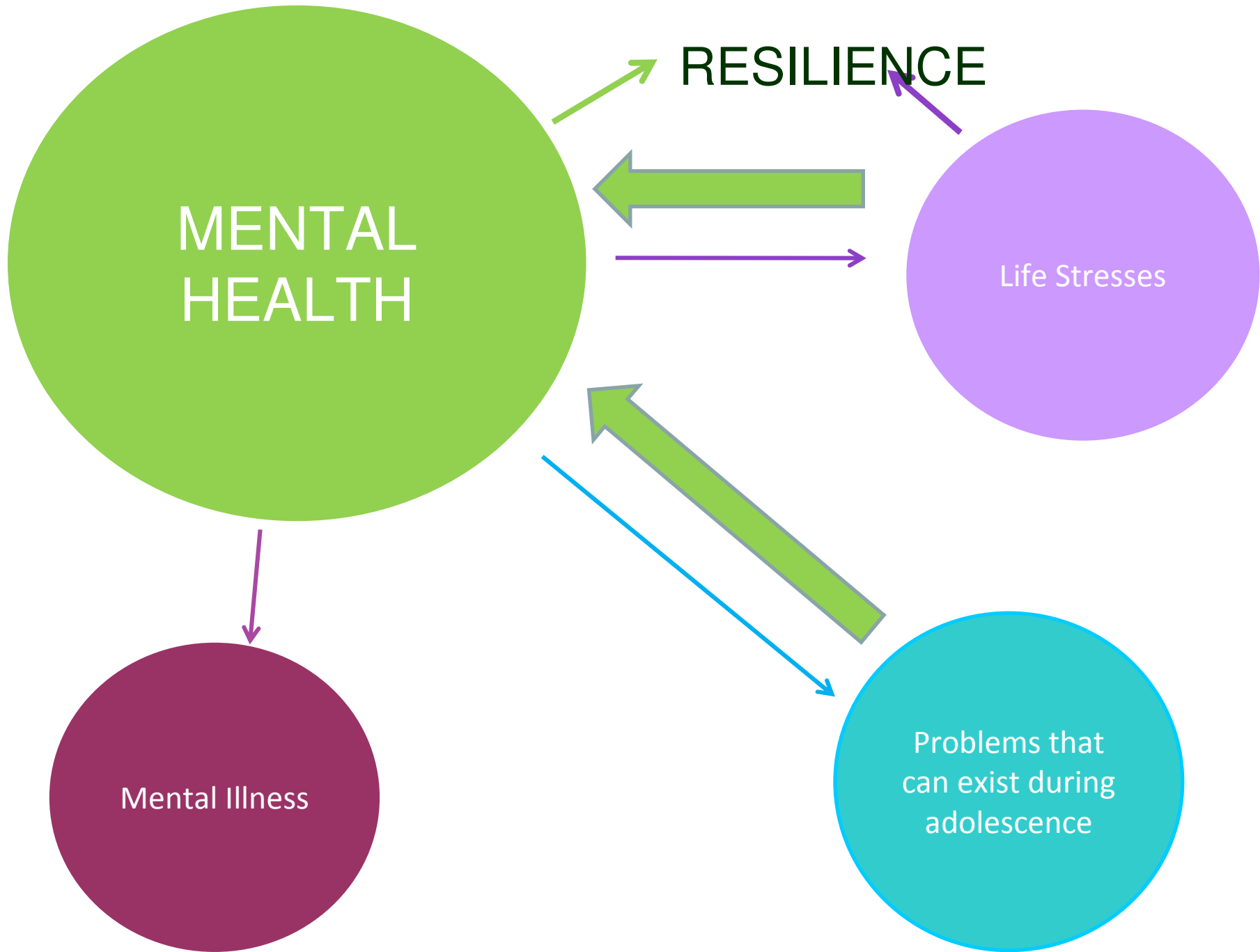


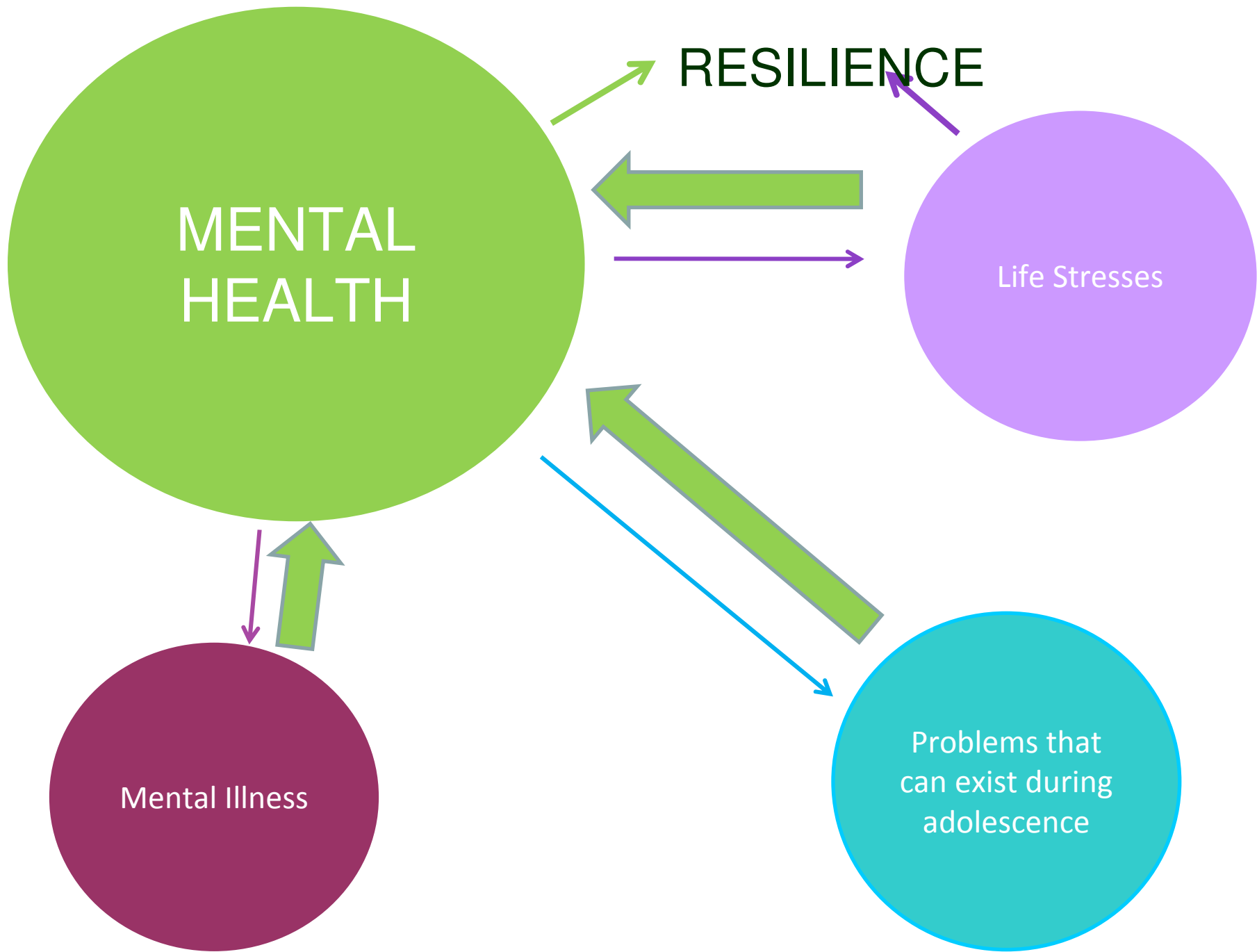
Problems that
can exist during
adolescence











What have we done up to now?

CAMHS Primary Mental Health in North
Wales

Training

delivered to front line services

- Mental Health Awareness
- Self-Harm prevention
- Depression
- Anxiety
- Eating problems
- Behavioural work
- Skills Training

Consultation

Face-face, Telephone, Group

- Educational Psychology
- Parent Strategy
- Social Services
- Behaviour Support
- Schools
- School Counselling

Liaison and Joint Work

- Contribution to Policy and Guidance
- Families First
- Sure Start/Flying Start
- G.P. Tool Kit
- School based programmes

What are the Challenges Ahead



- Increasing delivery of ‘upstream prevention’
- Managing increase in prevalence of ‘downstream demand’
- Linking in with Adult Services
- Challenging Tradition
- Workforce
- Financial

Part 1: The Task

- Improve the quality of primary mental health through offering better assessments and brief treatments for children young people and families *in* primary care
- Maintain and continue to develop access to consultation, advice, training and joint working
 - the heart of the model without which risks of
 - PMHW role dilution/reduced development of capacity
 - shifting waiting time problems to primary care
- Bring above functions together within CAMHS
- Bring relevant aspects of these functions together across CPGs for *families* e.g. for some parents, training GPs



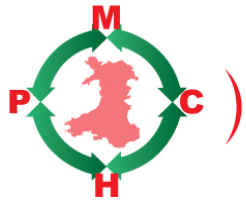
How will we know if we've got where we need to be?

- Performance against targets
- Improvement in quality
 - Greater access to advice and consultation on child mental health
 - Greater access to assessment and brief treatment in primary care – more 'seamless' closer working 
 - Better clinical outcomes for families
 - Increased satisfaction
 - People who use the service – children, young people, adults, carers, professionals
 - Increased confidence and skills in Tier 1 professionals 
- Reduced waiting times in secondary care - AQF

Conclusion

- Need to ensure progress is maintained
- Maintain clinically led process
- Engaging GPs and consulting closely with Local Authorities (together where relevant)
- Manage risks effectively
- Thoughts & questions?





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