

MINUTES OF THE THIRTEENTH MEETING OF THE CROSS PARTY GROUP ON MENTAL HEALTH HELD ON 4 DECEMBER 2014 IN CR2 , SCOTTISH PARLIAMENT

1. PRESENT

Mary Scanlon MSP (Chair) Fiona Barlow; Shaben Begum; John Bremner; Shane Buckeridge; Thomas Byrne; Alison Cairns; Jackie Clark; Alastair Cook; Helen Dawson; Susan Donnelly; Caroline Fell; Niamh Jarvis; Sean Harper; Mahmud Al-Gailani; Mark McDonald MSP, Catherine McWilliam; Willie McFadyen; Brian Magee; Fiona MacLeod MSP; Katie Rafferty; Carolyn Roberts; Richard Simpson MSP; Maria Narajo; Alex Stobart; Vanessa Taylor; Keith Walker; Phil Watson; David Wright and Shirley Young.

In attendance

Ms Karen Addie (Minutes)

Dr Anne McFadyen (RCPsych in Scotland)

Nicola Byrne (Vox)

2. APOLOGIES

Apologies for absence were received from:

Malcolm Chisholm MSP; Chrys Muirhead; Jude Clarke; Alison McInnes MSP; James McKirdy; Frankie McLean; Miles Mack; Stephen McLellan; Frances Simpson; Colin McKay; Faye Keogh; Louise Marryat and James Hendry.

3. MINUTES OF THE PREVIOUS MEETING HELD ON 24 SEPTEMBER

The minutes of the previous meeting held on 24 September were accepted as accurate.

4. UPDATE ON DEAF CAMHS

Katie Rafferty gave a short update on progress with getting a service for deaf children with mental health problems. The National Deaf Children's Society (a member of the Scottish Council on Deafness) has been working up an application to submit to the National Services Division. There is a service in England and they have provided helpful advice to the Scottish application. Katie went on to say there is unmet need in Scotland but accurate data on likely numbers of children needing a service has been difficult to obtain. They have some evidence from England that some of these children have been misdiagnosed, particularly in children with autism or psychosis.

There is an adult service hosted by NHS Lothian and they have offered to be involved and this would make sense.

They are due to meet with lead clinicians group in Scottish Government.

This is a unique situation as they are a third sector organisation making an application to NSD. They want to get to the stage where this application can be taken over by a Health Board. Mary thanked Katie for her update.

5. PRESENTATIONS ON CAMHS WAITING TIMES

The following speakers gave brief presentations to the group (two presentations are attached to the minutes).

Dr Anne McFadyen, Consultant Psychiatrist in Child and Adolescent Psychiatry

Shaben Begum, Director, Scottish Independent Advocacy Alliance

Shaben spoke about their publication of the Advocacy Map of Scotland which shows where advocacy is available throughout the country. The map can be accessed here.

<http://www.siaa.org.uk/resources/publications-category/advocacy-maps/>

Mary asked about the Mental Health Bill going through Parliament at the moment and whether it mentions the right to advocacy. Shaben said it is not in the Bill which is disappointing and often the problem is in the interpreting the legislation rather than what is written in the Act.

Nikki Byrne, Voices of Experience (Vox) Young Peoples Community Involvement Leader outlined her own experience as a young person with a mental health problem which started when she was 13. She didn't get any help from mental health service at the age of 13 but her problems returned when she was 16 and became more serious with episodes of self harming. She has recovered and has been helped by Dialectical Behavioural Therapy (DBT).

She talked about dealing with emotions and how British people are not good at dealing with children's emotions and feelings. Often children and young people don't want to talk to teachers and when they are acting up it is for a reason. They also hide the truth from parents and family about how unwell they are as they want to protect the adults.

Nikki went on to say she had to leave her home and family to get treatment. The treatment was very effective but she had to go to England to access it. Nikki is now passionate about raising awareness around self harm and suicide. Children need a voice when they have treatment, Nikki would like to start groups around Scotland for young people to talk about mental wellness and how it is just as important as physical health. Education about mental wellness should start at the pre-school stage. Finally Nikki echoed the earlier comments about advocacy and emphasised that children and young people need more advocacy.

Mary thanked Nikki for her powerful speech and she particularly welcomed the points Nikki made about pre-school saying it was often difficult for staff or parents to identify a professional to turn to when a child is struggling at nursery.

Carolyn Roberts from SAMH acknowledged the helpful presentations and asked Anne McFadyen about the HEAT targets and what they should be replaced with or developed into? Anne replied that HEAT targets have been a good tool but have not worked effectively and there needs to be something that allows Board and Government to have a dialogue about what the obstacles are in that particular board.

Alastair Cook said we need to move on from just getting people into services and get to outcomes. He suggested services need to demonstrate that patients are actually improving. Asked if the group could think about whole spectrum of mental health and outcomes and how it can be measured. He referred to the Benchmarking work that Scottish Government is doing on quality improvement.

Mary Scanlon agreed and added the Government are now looking at their budget and if positive outcomes could be clearly demonstrated it would be really helpful when thinking about funding for services.

Susan Donnelly suggested that pastoral care in schools is not working and often the teachers undertaking that work are not necessarily trained.

Susan then went on to say there are poor outcomes for children because of poverty both in terms of physical and mental health problems. There has been a piece of work done in New York City, presented recently at Strathclyde University which looks at identifying how improving peoples mental health can save money.

Finally Susan mentioned the "Step Up" programme which puts more services into school to prevent addictions and other problems later in life for the students.

You can see more on this in the document attached to these minutes.

Anne McFadyen pointed out that by 2015 25% of the CAMHs workforce would be primary care workers. They will work in schools, supporting and consulting, as well as with peer support projects and giving guidance to pastoral staff. Across the country the models are different. Dumfries and Galloway have done this really well. The good practice needs to be identified and shared across Scotland.

Shirley Young emphasised that what families and carers do when mental health of the child or young person deteriorates is crucial. The young person often doesn't tell anyone they need help. It is really useful to have a protocol agreed so that when someone goes into a crisis their carers or family know how to respond.

John Bremner said he is the father of a child with autism sent to England because the services in NHS Lothian couldn't support his daughter's needs.

Mary Scanlon said she would put in a question about how many children are sent to England for this reason.

John went on to ask Anne about what special expertise there is in Scotland. She replied he has highlighted a very important point and said there is currently a group at the Scottish Government looking at Children and Young People's Forensic and Learning Disability provision. She went on to say there are a small number of patients who have ASD and a co-morbid mental disorder. All 3 adolescent units in Scotland are open units and so security has to be managed by the staff which can be difficult. Often it is the need for added security to keep the young person safe which results in a transfer to more secure facilities in England.

Willie McFadyen said he was representing the Scottish Council on Deafness. He has been involved for many years campaigning for the adult service which was successful. He acknowledges things are still difficult but there is a foundation of a national service but unfortunately they are under pressure and can't take on work with children but are still dependent on help from England. There are no psychiatrists and no MHOs other than the 4 employed in the adult service who have experience of working with profoundly deaf people but who have not worked with children.

Mary Scanlon said she would ask questions on this issue and she added that Fiona MacLeod was present and she is about to be the Minister for Children and Young People for a temporary period. It was agreed Mary would speak to Fiona out with the meeting.

Maria Navajo said that she is part of an organisation called "Mind's Well" which works in partnership with organisations to deliver training and education around self harm. She emphasised the important role for Peer support and added they are developing a pilot about training peers to work in suicide and self harm prevention.

Keith Walker from Samaritans picked up on some of the points on emotional awareness in schools and drew attention to materials the Samaritans have recently re-launched about emotional wellbeing.

Niamh Jarvis spoke about her personal experience and said she had suffered mental health problems since she was 13 and is now 16. She had a positive experience of services and has recovered. She praised the staff who helped her and emphasised there are examples of good practice around.

6. APPLICATIONS TO BECOME ORGANISATIONAL MEMBERS

The group agreed to accept the Scottish Children's Services Coalition as an organisational member.

7. ANY OTHER BUSINESS

Alex Stobart put an item forward on the Integrated Care Fund and a paper was tabled. Mary Scanlon agreed to pass to colleagues on the Health Committee and discuss with the co-convenors. The group noted this has been a Government decision and the CPG has no power to change that. Mary added she assumed Alex has sent this to the Health Minister.

8. DATE AND TIME OF NEXT MEETING

The group noted the four meetings arranged for next year:

25TH March CR6 at 5.30pm

18 June CR2 at 12.30pm

23 September CR4 at 5.30

3 December CR2 at 12.30

Mary Scanlon asked the group to submit topics for discussion to Karen Addie by email. Mary wondered if the group could look at the outcome/quality improvement issues mentioned by Alastair Cook earlier in the meeting. In addition perhaps the group could look at the issue of domestic violence and the impact on children.