

Parent Network Meeting – Mental Health and Well-being

Fenland, 24 June 2015

Oasis Community Centre, Wisbech

Attendees

Parents: 6

Service Providers: Jo Rooney, Meredith Teasdale, Jo Fallon, Josie Lynn, Donna Sparrow

pinpoint: Eve Redgrave, Lenja Bell, Kari Payne

Overview

The topic for these network meetings was Mental Health and Well-being with an aim to gather parents' views around what types of early intervention services would help families. Jo Rooney, Commissioning Manager from the Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) gave an update on what is happening locally and nationally around mental health services. A copy of the presentation can be found on the pinpoint website: <http://www.pinpoint-cambs.org.uk/pinpoint-reports>. This was followed by group work with parents, service providers and commissioners to answer four questions on service provision. After the group work, each group fed back their key points which had been captured on flip chart paper and are recorded below. Parents had a chance to talk individually with each other and service providers over lunch. After lunch, pinpoint ran a well-being session for parents. For more information about this session, see: <http://www.pinpoint-cambs.org.uk/news/blog/mental-health-well-being> .

Feedback from group work

1. What services do you value and think work well? Why?

- When in CAMH very good service
- Some schools very good and offer signposting i.e. Burrowmoor
- One example good EHC Plan - for younger children
- 0 to 5 services very good e.g. Early Years SENCo, Early Support
- pinpoint / PEGGS

2. Where are the most suitable places to receive services?

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- Mental health nurse at special school or school, different environment and less disruption
- In community / locality – less journeys
- School
- Anywhere – quality of service is most important, planned approach not firefighting

3. How can we improve access to services?

- Knowledge of what is available (x 2), what they can offer
- When diagnosed, this is what is available
- Need better integration
- Out of hours on call service
- Works to ask CAMHS to phone if they've had a cancellation
- Parents sharing information with each other

4. How can we do things differently?

- Autistic specific units in mainstream schools – Wiltshire
- Better training for school – SENCo
- Need better integration (x 2), more co-ordination
- Joined up services – key work role to link into all aspects of a child's life (within school provision)
- Make best use of EHC Plan / key worker
- Cover gaps in services made by staff being off
- Understand transition / common pressure points
- Allow parental support / focus groups / social media / networks
- Parent to parent support
- Clear explanation and a plan, what are we all working towards?

These comments were also fed back during discussions:

- "It [support] should just happen from 0 – 25"
- Support should be planned over the years e.g. if you know you have a 3 year old with ADHD, you know he will need support at 10, 15, etc.
- A diagnosis opens other doors, get nowhere without it e.g. access to support, for example Butterfly Team at Meadowgate. Helps you come to terms with it.
- EHC Plans are good for picking apart a child's needs.

Next Steps

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The feedback from the group work will be collected and analysed across the five network meetings and shared with the County Council, CCG and Cambridgeshire and Peterborough Mental Health Trust (CPFT). It will feed into the CCG Transformation process and support work around improving how early intervention mental health services are offered by the County Council, health services, the voluntary sector and schools. Pinpoint will update parents on how this work is taken forward.