

## **Parent Network Meeting – Mental Health and Well-being**

**Cambridge, 29 June 2015**

**Cambs FA HQ, Histon**

### **Attendees**

Parents: 15

Service Providers: Jo Rooney, Teresa Grady, Amanda Langford, Amineh Palizdar, Anita Hewson, Koren Wilmer, Richard Holland, Sally Hamilton, Chloe Chapman, Jo Sollars, Vicki Durack

pinpoint: Eve Redgrave, Lenja Bell

### **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?

- Learning Disability Partnership (adult learning disability) – keep promises, small team, all site, work together, service access many, led by social worker, great support
- Blue Smile
- CAMHS
- School nurse
- SFSS (super nanny) – social care

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- Family centre – and for older children please
- GP – if same person – lottery experience
- Aspire – supportive, helpful
- Parent Partnership
- Carers Partnership Board
- Who you know
- CDC – Early Bird Programme
- Siblings group and support
- Variable, patient dependent
- Family support worker (individual +/-)
- Respite (+/-)
- Carer's Trust
- Those who listen
- Working in partnership
- Cambridge Disability Team
- Centre 33

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

- Depends from person to person, need choice e.g. home, school, other community location, need to see behaviours in different situations
- Consultation with parents as may be useful to assess unfamiliar settings
- School
- Home
- Neutral place
- Places / facilities to all children to move i.e. children with ADHD need to fidget / fiddle, wiggle balls, child friendly
- Weekend clinics
- When is important too e.g. Saturday AM
- Challenging! Waiting rooms, come out of your office
- Variable, patient dependent
- Home
- School (IVC, BVC)
- Children's Centres
- Local
- Unsuitable – Ida Darwin, not child friendly / no suitable facilities

3. How can we improve access to services?

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- Much quicker access to services
- Schools to recognise and address issues
- More information about what's out and about – to carers, to GP's, etc., honest info, county-wide info packs, voluntary services
- Carers – flexibility
- Consistent contact with professionals
- More advocates for older children too
- Help available without a label, recognition of problems without defaulting to “It must be your parenting.”
- Less waiting
- Website
- Professional who can signpost
- Access to treatment / support
- Improve resources for parents / signpost e.g. You Tube tutorial, e-learning, be more creative
- Equal partnership with parent

#### 4. How can we do things differently?

- Integration of health and education aspects
- More Ed Psych's and more available within schools
- Schools need more expertise
- Local health roll out programme to all schools on 'emotional well-being'
- More specialist knowledge in schools
- Consistency between services
- Create a pathway of best practice across all services / schools
- Equivalent of SENDIASS for mental health
- Things you can do at home – virtual programmes, etc.
- Signposting services
- Parent groups – CBT (low level)
- Continuity – Early Birds, etc. / transitions
- Webinars – ICT
- Timings – courses
- Support – carers – work – family – siblings
- Charity
- Independent suppliers
- Support – information, practical (ideas to deal with one issue), Hotline, ICT (YouTube, links)
- Integration of services and work flexibility

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- Cultural change
- Train parents / give tools
- Support parents (emotional)
- Parents not 'alone'
- Education / Health / Social Services together
- Professional being prepared
- Consistency
- Emergencies – Hotline, not A&E but alternatives, medication options, 24/7 shift patterns for CAMHS
- Training from the start for schools, etc.

These comments were also fed back:

- "We're failing at the first hurdle" by not supporting these kids
- Learned low level CBT from CAMHS support worker to use with her child
- Is diagnosis important?
- Issues with referrals from CAMHS to adult services (x 2)

### **Next Steps**

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.