



# Scottish Managed Clinical Network for Children With Complex Mental Health Needs

## Newsletter

Volume One, Issue 1

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## WELCOME!

Welcome to the first edition of the Scottish Managed Clinical Network (MCN) for Children with Complex Mental Health Needs Newsletter. The MCN consists of a group of health professionals and other relevant people who have an interest in the care of children who have a range of complex and severe mental health needs. The MCN works towards facilitating the improvement of services for this group of children and their families all over Scotland.

The Scottish MCN for Children with Complex Mental Health Needs follows the same principles as other MCN's

in Scotland. The Scottish Executive defines MCN's as:

*"Linked groups of health professionals and organisations from primary, secondary and tertiary care, working together in a co-ordinated manner, unconstrained by existing professional and health board boundaries, to ensure equitable provision of high quality clinically effective services throughout Scotland".*

The Scottish MCN for Children with Complex Mental Health Needs does not seek to duplicate or remove responsibility of local health boards to

respond to the needs of children with severe or complex mental health needs. The Network will work across health boards, and with partner organisations, to promote best practice and develop systems and processes to enhance and evidence this.

## NETWORK OBJECTIVES

The Network has now defined its objectives for 2008-2009:

- Set up clear and accessible internal and external communication pathways
- Identify ways of establishing service user participation
- Establish practice exchange forum meetings
- Collect comprehensive data across Scotland on current CAMHS service provision for children across Scotland
- Collect required information to define complex mental health needs in children in Scotland
- Review roles and functions for both individuals and groups involved in the Network to ensure effective future working

## WORKING GROUPS

The MCN has two sub groups; the Practice Exchange Planning Group and the Service User Participation Group. The Practice Exchange Planning Group works on a range of tasks in order to facilitate the improvement of services. One of these tasks is to organise and participate in case discussions, whereby a group of different professionals come together to talk about a particular case to try and shed some light on it. As well as this, the sub group will define 'complex' in order to

clarify what exactly is meant by a 'complex mental health need'. The Practice Exchange Planning group will also dedicate time into forming guidelines and work on service mapping and benchmarking, as well as working towards facilitating and promoting information sharing about all aspects of complex mental health needs in children across Scotland.

The Service User Participation sub group concentrates on involving children and their families in the

MCN. The sub group will explore ways to: obtain the views of children and families; find out what children and families want from services and; find out how children and families would like to be involved with the MCN. The working group hope that by finding out the above information, children and their families will be able to directly influence how services are delivered.

## NETWORK LOGO

The Network is proud to announce the launch of its new logo. The logo was designed and drawn by Albi Taylor, a graphic facilitator and also a parent representative involved with the Network. The logo was taken from Albi's graphic minutes which she drew at the launch steering group meeting in August 2007.

Albi and the two working groups felt that the logo, which is a group of people with a child under an umbrella, encapsulates what the network is trying to achieve well. Each of the adults is a different colour to represent the different professions involved

in the child's care and the child is a rainbow of colours to show that he or she has received input from all of the adults. The child in the logo is smiling and holding the umbrella and this was perceived to be empowering. Most importantly, Karen Martin, the Co-Chair of the Service User Participation working group, has shown the logo to a group of children who very much liked it.

The logo was shown to the steering group at the meeting on 1<sup>st</sup> February and approved so will now be used in all future documentation. Thanks to Albi for

the work she put in to it.



## NETWORK TEAM

The team to support and manage the Scottish MCN for Children with Complex Mental health needs is now established. Dr Sandra Duke, a child and adolescent psychiatrist from NHS Tayside is Lead Clinician for the Network. Jenny Bruce is the Network Manager and Jennifer Hogg is the Network Administrator.

The Complex Mental Health Needs Network sits within the Managed Clinical Network Department at the Royal Hospital for Sick Children, Yorkhill in Glasgow. The MCN Department manages and develops several paediatric MCNs both on a regional and national level.

Contact details for the Network Team are detailed on page four of

this Newsletter. We would be delighted to hear from you on any issue related to the Network, or just to say hello and express an interest in our work.

## STEERING GROUP MEETING

The Network hosted its second steering group meeting in the Lovat Hotel in Perth on Friday 1<sup>st</sup> February. Despite the snowy conditions, the meeting was attended by twenty people of different professions from around Scotland.

The theme of the meeting was *Communication and Participation* with the aim to encourage those present to share ideas about service user involvement. The meeting was very interactive, with

lots of opportunities to discuss particular topics and delegates rose to the occasion well. The atmosphere was positive and engaging and as such the Network was able to record many useful views and ideas. The meeting also provided a learning opportunity with a presentation on Talking Mats, a communication tool designed to help people who suffer from communication disabilities or difficulties.

As well as this, a thorough

presentation was given on Service User Participation in order to clarify terms and also to ensure that everyone fully understood what was meant by service user participation. The Chairs of the two working groups and the Network Lead Clinician gave presentations updating the steering group on the work and the progress of the groups. The Network Logo was also approved by the steering group and will now be used in all future Network documentation.

## SERVICE USER PARTICIPATION TRAINING DAY

The Service User Participation working group is currently working on exciting plans to host a training day on how to encourage children and their families to get involved in how the services they receive are delivered.

This training event will be a full day with multi-disciplinary attendance. It will be held on Friday 13th June 2008 and the

Network office is currently looking at possible venues. The structure and content of the event will be shaped around what the families want. It was also decided that there will be a range of workshops on the day, one being the Barnardo's snakes and ladders (see [http://www.barnardos.org.uk/resources/resources\\_training/resources\\_training\\_snakes.htm](http://www.barnardos.org.uk/resources/resources_training/resources_training_snakes.htm) for more information).



If you have any ideas you would like to give for the event or if you would like any further information, please contact the Network office. More details of the event, including a draft programme and location, will be released shortly.

## PILOT PRACTICE EXCHANGE

The Pilot Practice Exchange will take place on Thursday 29<sup>th</sup> May 2008 between various teleconferencing sites. Instead of focussing on a particular case, the Practice Exchange Planning group have decided to dedicate each meeting to a particular theme. The pilot meeting's theme is Autistic Spectrum Disorders. The group hope that people will come along and discuss ASD cases they have

had experience with and find out how colleagues in different parts of the country have dealt with similar cases. Discussions will be about reality, not best practice! If this is something you are interested in please let the Network Office know. Contact details are on the last page of this newsletter.

A full list of the themes will be sent out shortly so if you would like to

attend a future meeting please contact the Network office to confirm your attendance.

## NETWORK CONTACTS

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## MESSAGE FROM THE LEAD CLINICIAN

Over the past year the members of the Steering Group, Service User Participation Group and Practice Exchange Planning Group have worked consistently to establish a structure in which we can explore significant aspects of complex mental health needs in children with all those involved in their care and to be able to hear from children how they want to be treated.

I would like to thank everyone involved for their enthusiasm and commitment. MCN's are voluntary and so depend on people committing their time and effort over and above their 'day jobs' in order to make a Network a success. The work those involved have put in is of huge value and is greatly appreciated.

I would also like to take this opportunity to invite anyone who has an interest in the MCN from reading this Newsletter to contact the Network office for more information. Your input could be of value to the Network and we therefore welcome and urge you to get involved.

## NETWORK CHAIR, SALLY KUENSSBERG

The Scottish MCN for Children with Mental Health Needs is proud to say that Sally Kuenssberg is the Network Chair.

Sally has a wide array of experience in children's services which includes being the Non Executive Director of NHS Greater Glasgow and Clyde and working in the juvenile justice system. More specific to our MCN, Sally is a trustee for the Scottish Psychotherapy Trust, a charity which promotes the development of child psychotherapy services in Scotland. Sally was also awarded a CBE in 2000 for services to child welfare and justice.

Thanks to Sally for her time and effort in her role as Network Chair.

## HAVE YOUR SAY!

The Scottish MCN for Children with Complex Mental Health Needs Team are always keen to hear what you have to say. We are interested in any local stories for inclusion in the next edition of the Newsletter. You may, for example, know about an innovative new approach for working with children who have complex mental health needs.

We are extremely keen to hear from parents/carers and children whose experience could help us to improve child mental health services in Scotland. If you have any articles, comments or questions please do not hesitate contact the Network (contact details on page 4 of this newsletter). Please also get in touch if you are interested in

becoming involved with the Network.