



Department  
of Health



# Professionals' Survey for Children and Young People's Mental Health and Wellbeing Taskforce

November 2014

<p><b>Title:</b> Professionals' Survey for Children and Young People's Mental Health and Wellbeing Taskforce</p>
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<p><b>Target audience:</b> Professionals from a diverse range of sectors involved, in a direct or indirect capacity, in the mental health and wellbeing of children and young people.</p>
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# Overview

The Children and Young People's Mental Health and Wellbeing Taskforce has been set up to consider some of the biggest challenges facing mental health services for children and young people, and to find ways to tackle these problems across the system.

## What is the purpose of this survey?

An important part of finding solutions is speaking with professionals who work with children and young people across a diverse range of sectors.

The Taskforce has heard about the problems that children and young people face in getting the right support for their mental health needs. We now want suggestions from frontline professionals of feasible solutions and practical steps that government, the NHS, voluntary organisations, local authorities and individual providers could take to improve children and young people's mental health outcomes.

## Who should take part?

There are no special requirements to take part, this is an open call for views. The Taskforce wants to hear views on these issues from a diverse range of professionals who work with children and young people directly or indirectly and have experience and ideas to share with us.

We will be speaking to children and young people and their families separately to this survey. If you would like to know more about this, please contact [CYPMHTaskforce@dh.gsi.gov.uk](mailto:CYPMHTaskforce@dh.gsi.gov.uk)

## What information is the survey looking for?

The questions are built around the four key themes identified by the Taskforce members:

- Data and standards
- Access and prevention
- A co-ordinated system
- Vulnerable groups and inequalities

Before each question, we have provided context as to why we are asking that particular question. We particularly want practical solutions and steps that may not have occurred to our Taskforce members. Ideas can be short, medium, or long term. If you have personal experience of something working well or badly, then please do include this.

The survey contains 11 questions. Please limit your answers to a maximum of 150 words. You do not need to answer all of the questions if you don't wish to.

If you work with young people who are considered particularly vulnerable (e.g. victims of sexual exploitation, learning disabled children, looked after/adopted children, young offenders), please consider specific ways that the questions relate to them.

## What will happen to the views I feed in?

Your ideas and views will directly impact the core work of the Children and Young People's Mental Health and Wellbeing Taskforce by informing and shaping the contents of their final report, which we expect to be published in the spring.

### What other ways are there to get involved?

We are also holding three regional engagement events in late November and early December. For more information on attending these, and giving further views, please visit:

- South West - <https://www.eventbrite.co.uk/e/cyp-mental-health-taskforce-professionals-engagement-south-west-tickets-14259864639>
- South East - <https://www.eventbrite.co.uk/e/cyp-mental-health-taskforce-professionals-engagement-south-east-tickets-14259974969>
- North East - <https://www.eventbrite.co.uk/e/cyp-mental-health-taskforce-professionals-engagement-north-east-tickets-14260031137>

### Where can I find out more?

More information on the Taskforce and its Task and Finish Groups can be found here: <https://www.gov.uk/government/groups/children-and-young-peoples-mental-health-and-well-being-taskforce>

For updates on the work of the Taskforce, please follow #CYPMHTaskforce on Twitter. To send us your suggestions on improving CYPMH services, or to follow/join the online discussion, follow #youngmentalhealth.

For queries or problems, please contact [CYPMHTaskforce@dh.gsi.gov.uk](mailto:CYPMHTaskforce@dh.gsi.gov.uk)

# Introduction

## Contact details

The personal details you give in the following questions are confidential, will not be stored beyond the end of the Taskforce’s work, will not be passed onto third parties, and will not be used for purposes other than the Taskforce’s work.

<b>Name</b>
<b>Phone number</b>
<b>Would you be happy for the Taskforce Secretariat to get in contact, if they would like to speak further with you about your answers to this survey? (Required)</b>
Yes/No [please delete as appropriate]

## Email address

This is optional, but if you enter your email address then you will be able to return to edit your consultation at any time until you submit it. You will also receive an acknowledgement email when you complete the consultation.

<b>Email</b>

## Your Work

The information collected in the following questions may be published in a collated format to show the demographics who responded to the survey (e.g. 20 people from South West).

<b>Which of the following best describes the service you work in? (Required). Please circle.</b>
<ul style="list-style-type: none"><li>• Education - Early years</li><li>• Education - Primary Education</li><li>• Education - Secondary Education</li><li>• Education - Further Education</li><li>• Education - Higher Education</li><li>• Health - Specialist CAMHS</li><li>• Health – Community</li><li>• Health - Acute/Hospital</li></ul>

- Policing & Justice
- Local Authority
- Voluntary
- Other – please specify .....

**Which of the following best describes your role? (Required). Please circle.**

- Counsellor
- Psychologist
- Doctor (GP)
- Doctor (Other – please specify below)
- Nurse
- Police
- Offender Management
- Teaching staff
- Youth Worker
- Social worker
- Commissioner
- Policy
- Other – please specify .....

We may wish to use quotes or information from your answers to this survey in the Taskforce's final report. No names, location, contact details, or anything else that could identify you will be included.

**Are you happy to have your answers to this survey published in the CYPMH Taskforce report or its annex? (Required) Please Select.**

Yes/No [please delete as appropriate]

For queries, please contact [CYPMHTaskforce@dh.gsi.gov.uk](mailto:CYPMHTaskforce@dh.gsi.gov.uk)

# Prevention and access to support

## Early intervention

We know that early intervention can reduce the risk of mental health difficulties later in life, with long term benefits to the child and wider society.

**How can early intervention to prevent mental health difficulties be supported and improved? (across early years, schools, colleges, youth services, primary care services, and all health services).**

## Family in early years

Much of the evidence we have seen so far has been around the role of the family in early years.

**How can families of young children be supported to nurture their child's mental health and wellbeing early, and avoid problems arising?**



## Access

We know that not all children and young people who need mental health services are accessing them.

**How can we get the right support to children and young people who need it, and at the right time?**

## Hospital and crisis services

Even with effective early intervention and prevention, we know that some young people will require intensive support such as hospital treatment or crisis care.

**What practical steps could be taken to improve their experience of hospital and crisis care?**

# How the system works

## Commissioning

Despite the obvious importance of children and young people's mental health, CAMHS has been described as a 'Cinderella service'.

**How can it be ensured that children and young people's mental health and wellbeing is prioritised in strategic planning and commissioning?**

## Transition

We know transition, both from CAMHS to Adult Mental Health Services and across different parts of the system, is a problem for many young people.

**What practical steps can be taken to improve this?**

## Shared outcomes

Feedback suggests there is often broad consensus about what we want to achieve for children and young people, but confusion about where responsibility lies.

**How can we achieve shared ownership of children and young people's mental health outcomes across the system?**

## Integration

We know that there are sometimes problems in the way that services addressing mental health issues in children and young people work together.

**What practical steps can be taken to improve integration across services working with children and young people's mental health issues?**

# Data and standards

## Data collection

We have received feedback that the collection of data can be a significant time burden on professionals.

**What practical steps could be taken to improve the process of collection?**

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## Information sharing

We know that there are sometimes barriers to timely and appropriate sharing of information between professionals and organisations at local level.

**Can you point to any good practice and/or innovative solutions in your area?**

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## Vulnerable groups

### Extra barriers for vulnerable groups

We know that there are some groups of children and young people who are particularly vulnerable and find it harder to access mental health services (e.g. victims of sexual exploitation, learning disabled children, looked after/adopted children, young offenders).

**What practical steps could be taken to help particularly vulnerable children and young people to access mental health services?**