

South Woodham Ferrers Health & Social Care Group
Child/Teen Health Meeting Notes

Notes of a meeting held on 15th May 2017 in Holy Trinity Church

1. **Welcome** – The attendees were welcomed to the meeting by Chairman Peter Blackman. He explained that audience numbers were reduced because of the cyber-attack on various health bodies and potential attendees were required to sort out their computers. Also traffic difficulties had prevented some people getting to the meeting. Just before the meeting one of the principal speakers – the Assistant Director Children's Services for Barnados phoned in to report that she had experienced a tyre blow out on the way to the meeting and could not attend. Fortunately she is safe and well and a meeting is to be set up with her at a later date.
2. **Essex Well Being and Mental Health Services.** A presentation was given by Tina Russell of Emotional Wellbeing and Mental Health Services. A copy of the slide presentation is appended for information.
The background was that a lot of fragmented services have been brought together by the North East London Foundation Trust and put under one umbrella of Child Mental Health. A task force was set up to modernise the service to meet children's needs. In parallel a new training scheme was devised for operatives. The initiatives under the programme include seeing youngsters where they are most comfortable eg in school or at home and trying to see children before they experience significant mental health problems perhaps when they have anxiety problems. In Essex there is a single access point where they offer telephone advice, triage, signposting, preventative planning and an early offer of help. The referrals are allocated to a team. All consultant and non-consultant treatment will start within 18 weeks of referral. Referrals to the central point will be reviewed daily, screened within two working days and responded to within 5 working days. The addresses of the Locality Hubs, the Response Teams and the Crisis teams are on the slides. Some digital aids have been established – a My Mind App enables youngsters to keep in touch between appointments. The Big White Wall provides safe on-line access for 16-18 year olds. 24-hour access with on-line therapies and self-management materials. "Reprezent" is a radio channel aimed at children aged 12+ across Essex.

Q1: Is the service only for those aged 16+?

A1: It serves people with emotional and learning difficulties of any age up to 18.

Q2: Why is there an increase from 4000 people helped in 2015 to 7000 currently?

A2: The availability of self-referral and the removal of barriers coupled with changing attitudes.

Q3: Do people appreciate working in groups?

A3: Emphatic yes, they are great help in discussing matters. Sometimes one to one is needed, other people prefer group therapy and often discussion with their peers is helpful.

Q4: How is the schools programme to be formulated?
A4: Schools' needs are ascertained and once it is completely developed it will be rolled out.

Q5: Are government restraints on finance having an effect?
A5: Finances ok for the immediate future.

Q6: Are there links with other organisations that help youngsters with issues such as drug use?
A6: The service is working closely with drug and alcohol abuse agencies.

Q7: Do the police refer people?
A7: Yes, for example the young offending team refer.

Q8: How do you get to the single point of access?
A8: Telephone 0300 300 1600 and follow instructions.

The Chairman pointed out that the previous week had been Mental Health Awareness week. It was very good to see all the interactions between different organisations dealing with these cases.

3. **Childrens Physical Health.** A presentation was given by Janet Tipping, Team Leader for Paediatric Speech and Language Therapy at Provide. A copy of the slides is attached. She explained the various health challenges and the time during childhood when these emerged (detailed on the slides). The slides also outline the routes and processes by which the children get into the system. She described the EPIC programme which is designed to help carers of children with special needs and referred to the Education Health Care Plan which is gathering evidence from education, health and social services from which a report will be compiled.

Q1: What is the support for families?
A1: Takes into account relationship with the family, signposting, referral to outside agencies, communication with GPs.

Q2: Do you go into the home to help those who are carers of children with needs?
A2: People are put in touch with professionals such as Homestart. A list of useful websites is on the slides.

4. **Other Business.** The Chairman said he would be in touch with Heidi Kimber from Barnardos (who had the unfortunate accident en route to the meeting) to arrange a meeting so that her input can be relayed to the audience at a later date.

5. **Future meetings.** There is to be a meeting end June/ beginning July on pharmaceutical services with input from the Chief Pharmacist at Mid Essex Clinical Commissioning Group, a SWF pharmacist and a pharmacist working in a GP Practice. This meeting would also be the Group's AGM. In September/October it is planned to have a Cancer Services presentation with input from Dr Liz Towers who is a Macmillan GP, from the Macmillan nurses team and from a Hospice.