

Consultation Questions

Improving Mental Health Outcomes:

The plan has 14 main outcomes. These are the things we want from the plan. We have been working towards these outcomes. However there are challenges.

The way we work:

We want to change the way people think about mental health

We want services to be centred on the individual

We want services to always be improving.

Tell us what you think:

We really agree with this methodology.
we have had a fantastic service from
CAMHS Edinburgh over the last 2½ years
with 3 of our daughters receiving treatment

CAMHS is great - stretched.
fundraising

Home Support + care

Parents ^{can't do it} not on own or - family gaps

Siblings need help too.

Income suffers but

Lack of awareness School/ GP.

Private School support. - schooling

mental health link worker.

Transition at 18.

school education - eating disorders

for eating disorders + associated mental health conditions
This still has been a very very hard ~~road~~ ^{road} for us.
and we can reflect on what would have helped
All that we write is from a perspective of parents
of young people facing mental illness.

The challenges:

It can be difficult for the Government to make a plan if it is for local areas. The government would need to support local areas to change.

Question 1: Do you think the Government could take action to help them make changes?

No

Yes - Tell us more about this

Government can facilitate local change by providing strong clear guidelines and funding focused on priorities.

Government can establish links with education providers (state and private) and primary care networks to ensure increased knowledge of mental health issues and increased support.

The Government knows it has to improve services. There may be a gap in services and things may need to change.

Question 2: Do you think change is needed?

No

Yes - Tell us more about this

We have nothing but praise for the work of CAMHS who have been amazing. HOWEVER

- ① We can see that resources are limited
- ② New approaches rely on parents as carers - this has v. positive outcome. But more support for parents + carers is needed.
- ③ A clear strategy to allow all young people to access education whilst in recovery

There are 14 outcomes that we want:

- ④ A person centred approach to transition to adult care
- 1. We will encourage people and communities to have good mental health which can help them prevent mental ill health ✓
- 2. Action will be taken in childhood and the early years of people's lives to prevent mental ill health ✓
- 3. To help people understand their mental health. If they are not well they should be able to get help. ✓
- 4. On first contact mental health services will work well. ✓
- 5. Suitable care and treatment will be available. This will be based on a persons needs. ✓
- 6. Care and treatment is focused on the individual's needs. ✓
- 7. The role of the family and carer is understood and this will be supported by professionals. ✓
- 8. The amount and type of services should be correct to meet peoples needs. ✓ transition.
- 9. All groups should be able to access services equally ✓
- 10. Mental health services will work well with other services. ✓
- 11. Health and Social Care staff should have the skills to do all their duties.
- 12. We will check local and national results. This will show how the mental health system is working.
- 13. We shall support the improvement of health and social care services.
- 14. We will ensure that people are supported and protected by the law. ✓ in some cases

Question 3: Do you think there are other things we can do to reduce self harm and suicide rates?

No

Yes - Tell us more about this

- ① Clearer guidelines + referral procedures for GPs + schools. Often GPs 'hang on' to the young person for too long before referral. In our daughter's case this led to her becoming dangerously ill.
- ② Transition to adult services is a very vulnerable time. Often young people who have experienced mental illness are socially/emotionally/intellectually younger than their chronological age. ~~transition~~ ~~keep workers would~~ ~~help support~~ young people + families at this stage.

No

Yes - Tell us more about this

Yes. Strong network with educators.
Positive messages from ambassadors + career

Question 5: Can we develop the good work of the 'see me' campaign in reducing discrimination? (This is the Scottish Government's campaign against discrimination of mental health)

No

Yes - Tell us more about this

See me has impacted me only as advertising. I would like to see see me ambassadors in schools and communities.

Question 6: Do you know of ways in which we can take action to promote good health and wellbeing?

No

Yes - Tell us more about this

Schools are right in promoting increased activity + healthy eating. However the message is blunt and for young people prone to eating disorders or low self esteem can be taken too far. An awareness that the messages should be healthy balance rather than fruit + veg majority would be helpful.

Question 7: Can we improve access to

Question 7: Can we improve access to services for children with mental health problems?

No

Yes - Tell us more about this

- ① Education of GPs to facilitate prompt referral.
- ② Liaison with schools to equip guidance staff with tools + confidence to react to situation.
- ③ Why are there no mental health workspaces for private schools? 40% of children attend private school in Edinburgh. ~~as~~ this demographic can be seen to be at risk from social + academic pressures.

(6) The HOTS school service is fantastic. Why is this only provided for children attending State schools? We had no access to this schooling for our daughter. She was not well enough to attend her own school and missed 10 weeks of school. This increased anxiety and social isolation. If taxpayer cannot fund this even though parents of children attending private school pay taxes too, perhaps there can be a facility to agree funding with private schools.

Question 8: Does the National Health Service (NHS) need more support to improve children and young people's mental health services?

No

Yes - Tell us more about this

- ① More support needed to integrate and facilitate our young people in their community.
- ② More Staff to reduce waiting list. from initial appointment. This would reduce the number of emergency situations.
- ③ Work with Parents to support their care of young people. We have attended a wonderful Parents Support group. Places were limited and it was so valuable.

Question 9: Are there ways in which we can help people to help themselves, which will improve their own mental health and wellbeing?

No

Yes - Tell us more about this

use see me to build awareness of early signs

Question 10: Do you think there are ways we can encourage people to get advice when they need it?

No

Yes - Tell us more about this

Question 11: Are there ways we can change services so they are quick to see if someone has mental ill health?

No

Yes - Tell us more about this

Question 12: Are there ways we can support the NHS and their partners to collect information that will help improve services?

No

Yes - Tell us more about this

Question 17: The Government has created a tool called the Scottish Recovery Indicator (SRI). This supports mental health services to focus on recovery. Do you think staff can and should be encouraged to use this?

No

Yes - Tell us more about this

Question 18: The Scottish Recovery Network is a group to make people aware of recovery from mental health problems. Do you think we can encourage professionals to use more recovery based processes?

No

Yes - Tell us more about this

Question 19: Can we support families and carers to be involved in care and treatment?

No

Yes - Tell us more about this

Yes this is already happening. The diagnosis + treatment of your child with a mental health illness is shocking and traumatic. There is a need for a source of advice and place to ask questions for parents + carers as soon as child is seen at CAMHS. It is essential for positive outcomes that the wellbeing of the whole family is considered. Particular regard should be taken for impact on siblings.

Question 20: Families and carers want to be involved in their relative's care. Can staff be supported to provide information for this to happen?

No

Yes - Tell us more about this

Yes:- The issue of confidentiality is difficult. However the value of information sharing should be discussed with the young person at every stage of their care. There is a tension between patient confidentiality and empowering families to care.

Question 21: Could the areas that have designed good services be a model to follow?

No

Yes - Tell us more about this

Question 13: Do we need to do other things to support the NHS and their partners to develop care plans?

No

Yes - Tell us more about this

Question 14: Are there ways the Scottish Government could work with partners to continue to develop good services?

No

Yes - Tell us more about this

① Yes involve families transparently in design and evaluation of services.
e.g. relocation of CAMHS Edinburgh to ERI - What consultation available for families?

Question 15: Do you think we need to have things in place to develop partnerships with service users, families, carers and staff?

No

Yes - Tell us more about this

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The Manselley method empowers families to care for young people at home with good success. It is essential that the parents needs are evaluated and supported. Many parents would be willing to get involved here. Questions such as how to manage financially when parents have to stop work to care. How to maintain own health and energy. Young people too need a voice in planning own care here.

Question 16: Can more be done to have a person-centred process in mental health settings?

No

Yes - Tell us more about this

There is a need for advocacy + advice here.

CAMHS Edinburgh have dealt with our family in a fantastically person-centred way. We have never felt judged and always cared for.