How children and adolescents potentially at risk of developing mental health problems are identified and how those problems should be prevented

- Training for school based and primary care staff
  This would involve a range of multi disciplinary service providers working together to both provide and receive training on mental health difficulties and as importantly what is normal child and adolescent development.
- Greater awareness amongst young people themselves
  As above
- Training for parents
  As above
- Reducing Stigma
  As above
- Increase in PATHS programme. This is a seven year long developmentally appropriately programme aimed at increasing emotional literacy, social problem solving and recognize positives within oneself. An extension of the emotional literacy approach would be to enhance levels of Cognitive awareness. This would aid children to be more of what they were thinking and how this, in turn affected their mood and their behaviour.
- Developing the GIRFEC my world triangle to make mental health needs more explicit. Although it is implicit throughout the MY World triangle about the factors which impact on mental health it may be useful to ensure that there are explicit components added to each side of the triangle which specifically and explicitly talk about mental health.
- Deal with conduct disorders at an earlier age. There is significant body of evidence through NICE stating the importance of using programmes such as the Webster Stratton Incredible Years Dinosaur School for children who are risk of developing conduct disorders. There is also a parallel body of evidence which illustrates that children who are diagnosed with conduct disorder are at significantly higher risk of developing mental health problems in later life
- Use of the FRIENDS programme. This is a prevention of anxiety and depression programme that has been proven to be successful in supporting children to make an effective transition to high school
- Increase in services to support children who are experiencing loss and bereavement

What obstacles there are in identifying children and adolescents with mental health problems and how they might be overcome

- Over diagnosis of Asperger’s syndrome when difficulties are caused by another issue e.g. OCD. Increase training for staff in education to recognize mental health problems
- Lack of specialist knowledge
- Support for GP’s to enable them take further responsibility for the psychiatric welfare of young people

What action is being taken to facilitate early intervention and what else can be done
• Increase in support for children who are at risk of developing conduct disorders e.g Incredible years programme
• Increase training in early years
• Recognize that Early intervention takes many forms. It is an overused term but it needs to be recognized that early intervention can mean early intervention chronologically, early intervention in a problem and remove the risk factors or early intervention in areas such as psychosis
• Making the Framework for Promotion, Prevention and Care a legal and statutory requirement for local authorities and health boards. It is unfortunate that this policy document seems to have been forgotten about. It would be useful if the recommendations from this document were inspected on and possibly even become a legal requirement the way the Additional Support for Learning Act has been enacted.

How access to services and ongoing support can be improved
• Increase funding to CAMHS at all tiers, particularly at Tier 1 and Tier 2
• Statutory obligation on larger health boards to support smaller health boards
• Increase in Primary Mental Health Worker but also ensure they cover small numbers of schools in a core and cluster model, to ensure maximum coverage.

What problems there are around transition from CAMHS to adult mental health services and how a smoother transition may be achieved.
• Joint CAMHS and adult mental health team intake assessments when young people are between 17 and 18 to ensure that young people, who are under eighteen, but need a longer term service can receive it from an adult team which would prevent the stress of transition to another team at 18
• Support and training for Adult Mental Health Teams in working with young people

Iain Crozier
Chief Executive
NHS Orkney
28 January 2009