

Summarised note of the Children and Young Persons Advisory Group Meeting Video Conference Meeting 22nd October 2020

Present: Colin McKay, Kathleen Taylor, Jackie McRae, Karen Martin, Aileen Blower

Secretariat: Sophie Ryder

Apologies: May Dunsmuir

1. Minute of the last meeting

The note of the last meeting was approved.

2. Evidence of Families and Young People

The group discussed some of the common issues highlighted by families and young people, in response to a questionnaire about their experiences with CAMHS.

The following points were raised in the subsequent discussion.

- Mental illness often presents with greater complexity in young people, with more comorbidity.
- Early Huntington's, dementia, schizophrenia, life threatening anorexia are rare at a population level but mainstream conditions in CAMHS.
- Evidence based treatments such as family-based therapy require immense supervision and a lot of time allocated to these. With the current resource issues this could be a problem.
- Consent is important for heavy duty psychological therapies and people should be well informed about the pros and cons in order for them to make a decision.
- It was acknowledged that cultural attitudes and training need to be addressed.
- The feedback gathered so far reflects the feedback gathered for the Care Review, particularly in relation to the system.
- Advocacy is now being introduced into the hearing system.
- We are in a period of major change and should consider whether and how our change agenda could be joined up with the implementation of the Care Review.
- It was agreed that there should be another type of mental health support for young people whose needs cannot be met by CAMHS.
- The resource of CAMHS is very limited.
- The MHO role was highly significant in this model, bringing an ethical voice to decisions, focussed on understanding and respecting rights, with an ability to direct to the most appropriate service for the child.

Going forward it was agreed that we would map out the ideal picture and determine how these become legal recommendations.

3. Evidence of professional organisations – discussion of key themes

It was agreed that the report was comprehensive and the themes were clear, and that the group should continue beyond the publication of the interim report.

4. Future work of the group

The questionnaire for Children and Young People in detention requires approval from an Ethics Committee.

It was suggested that a virtual workshop would be useful.

It was suggested that the Leading Improvement Team (Scottish Government) might be able to help with this.

Working with CELCIS might also be useful.

It was agreed that any changes made to the law need to add value and therefore it is imperative that these discussions take place.

The question was posed whether there should be a separate mental health law for children.

It was agreed that it would be useful to speak to teachers for additional evidence.

5. Next Meeting

The next meeting will be held on 19th November.