

**Health Education Wessex
School of Psychiatry**

**Placement Profile: New Forest Child and Adolescent Mental Health Service
Sussex Partnership NHS Foundation Trust**

Post Number:

Speciality Training Years 4 – 6: Child & Adolescent Mental Health

Base

New Forest Child and Adolescent Mental Health Service
Ashurst Child & Family Centre
Lyndhurst Road
Ashurst
Southampton
Hampshire
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Clinical and Educational Supervisor: Dr Richard Sankar
Consultant Child & Adolescent Psychiatrist

Clinical and Educational Supervisor: Dr Subha Muthalagu
Consultant Child & Adolescent Psychiatrist
Lead Psychiatrist for Hampshire CAMHS

Description of placement

This post is in a specialist multidisciplinary community child and adolescent mental health service providing evidence-based interventions for 0-18 year olds. The service is also commissioned to see children and young people with a learning disability who have comorbid psychiatric disorders. The service also offers early intervention through primary mental health workers and a crisis and home treatment service. The experienced team comprises 2 whole time equivalent psychiatrists, psychologists, senior mental health practitioners, primary mental health workers, specialised nurses, psychotherapists, social workers, psychology assistants and a specialised administrative team.

The service covers a total population of over 200 000 and is located in West Hampshire, bordering Wiltshire and Dorset. There are three hospitals in the locality, 8 state-funded secondary schools and 25 primary schools. On average the team sees 70 new patients per week, with two-thirds requiring further assessment or treatment. The team employs a modified systemic approach to service organisation, utilising evidence-based outcome-focused interventions in collaboration with children, young people and families.

The post offers broad clinical training in the assessment and treatment of significant psychiatric disorders in children and young people. This includes the assessment and treatment of escalating self-harm; and emotional and behavioural symptoms secondary to a traumatic event or significant family or relational difficulties. It also includes assessment of neurodevelopmental differences and the treatment of psychiatric co-morbidities in children and young people with neurodevelopmental disorders and learning disabilities. This post includes on-call duties on the Solent NHS Trust out- of-

hours child and adolescent mental health rota, which provides cover for Southampton and Portsmouth. This is a first on-call rota with a frequency of 1:11; and a consultant psychiatrist as second on-call.

Clinical training opportunities

- Adequate clinical training is available to achieve all of the mandatory Intended Learning Objectives (ILO) and at least 4 of the selective Intended Learning Objectives stipulated by the Competency Based Curriculum for Specialist Training in Child and Adolescent Psychiatry.¹ The trainee can expect to have ample opportunity for the various and required number of workplace-based assessments.
- The trainee will be able to assess with supervision at least the minimum number of patients suggested by the Competency Based Curriculum for Specialist Training in Child and Adolescent Psychiatry. The trainee can choose to participate in specialised neurodevelopmental assessments.
- The trainee will be able to choose and treat holistically, with supervision, a mixed caseload of between 20-30 patients; of which at least 10 will have common psychiatric disorders and presentations.
 - The trainee will be able to practice establishing and maintaining therapeutic relationships with children, adolescents and families.
 - With medical supervision the trainee will be able to initiate and modify treatment with psychotropic medication if indicated, for the patients on their caseload.
 - With medical supervision the trainee will monitor growth and the physical observations of patients on medication. With supervision, the trainee will be expected to assess the medical risks associated with psychotropic medication, malnutrition and starvation, neglect and self-injury; ordering and checking necessary investigations and acting accordingly.
 - With psychotherapeutic supervision the trainee will be able to develop skills in psychological and psychotherapeutic treatment modalities, or participate in group supervision of psychological treatment.
- The trainee will be able to undertake risk assessments and develop and modify risk management plans with supervision. The trainee can choose to participate in urgent risk assessments with the crisis and home treatment service. With supervision the trainee can also develop skills in the multi-agency safeguarding of children and young people.
- The trainee will have ample opportunity to observe and participate in multidisciplinary work within the team. They will also be able to network with other agencies in health, social care, education and the voluntary sector. There is constant opportunity to develop professionalism and leadership skills, as well as understanding management roles and team processes and dynamics.
- The trainee will be able to observe and categorise normal childhood development, normal social communication and interaction and systemic and socio-cultural factors that influence a child or young person's emotional well-being and mental health. The trainee will also be able to observe and assess the quality of the care-giver/child dyad and its relationship to psychological and emotional development.

Educational opportunities

- Adequate training is available to achieve the Intended Learning Objectives in:
 - Establishing and maintaining therapeutic relationships with children, adolescents and families
 - Undertaking clinical assessment of children and young people with mental health problems
 - Assessment and treatment of child and adolescent neuropsychiatry
 - Managing the main clinical diagnoses in childhood and adolescence
 - Managing psychiatric emergencies in children and young people
 - Paediatric psychopharmacology
 - Psychological therapies in child and adolescent psychiatry
 - Safeguarding children and working with networks
 - Teaching, supervision and learning skills
 - Professionalism, leadership and management

- Adequate training is available to achieve the selective Intended Learning Objectives:
 - Substance misuse
 - Medico-legal aspects of Child and Adolescent Psychiatry
 - Leadership and management
 - Psychological therapies
 - Learning disability

- Specific educational opportunities in the multi-disciplinary team include shadowing and working with the:
 - Autistic Spectrum Condition pathway team
 - Attention Deficit/Hyperactivity Disorder pathway team
 - Primary Mental Health Workers
 - Crisis Home Treatment Team (i2i)
 - County-wide Eating Disorder Service (in development)
 - Lead Consultant Psychiatrist and senior management team
 - Cognitive Behavioural Therapists
 - Clinical Psychologists
 - Non-medical prescriber
 - Youth Offending Team
 - 'Looked After Children' therapist
 - Systemic and Family Psychotherapists
 - Art and Drama Psychotherapists
 - Specialist child and adolescent pharmacist

- Further educational and management opportunities within the service include initiatives in:
 - Children and Young People's Improving Access to Psychological Therapies (CYP-iAPT)
 - Improving shared primary and secondary care of psychotropic medication
 - Promoting emotional well-being and better mental health in schools
 - Opportunity to participate in **The Health Foundation Innovating for Improvement Programme** – 'Developing community pharmacies to support medication monitoring in children and young people attending CAMHS ADHD clinic'
 - Piloting a buddying scheme for parents of young people in CAMHS
 - Piloting mobile child and adolescent mental health services: 'the CAMHS bus'
 - Initiating a Single Point of Access for CAMHS
 - Meeting waiting time targets for assessment and treatment
 - Governance of the county-wide multi-agency protocol for s.136 (MHA)
 - Mental health crisis care for children and young people

- Educational opportunities linked but extramural to the service include the:
 - Multi-agency Safeguarding Hub
 - Early Help Hub, Referral and Access and 'Child in Need' teams of Children's Services
 - Missing, exploited and trafficked and care-leavers teams of Children's Services
 - Young people's substance misuse service: Catch-22
 - LGBT support charity: Breakout Youth
 - Youth counselling umbrella organisation: No Limits
 - Improving Access to Psychological Therapies: i-talk
 - Gender Identity Development Service: Tavistock and Portman NHS Trust
 - Special Educational Needs department of Children's Services
 - Early Intervention in Psychosis service

- The trainee will have the opportunity to participate in an audit project relevant to the service or of their choosing. The trainee will be invited to critically appraise research at the monthly journal club and discuss a topic at a group educational meeting at least once during the placement.

Working and supervisory arrangements

- The trainee will be expected to work from 09:00 to 17:00 on weekdays unless otherwise negotiated with Dr Sankar. They will be given a laptop computer, telephone line and office space for clinical use during the placement. The trainee will be provided with training in electronic note-keeping and the appropriate information technology access and support. The trainee will be expected to use the electronic record system for all clinical information. The trainee will be expected to complete the mandatory training required by the employing Trust.
- The trainee will have a team and service induction with Dr Sankar on the first working day of the placement covering the standard requirements of the post, including procedures for prescribing and monitoring medication and obtaining consent. The trainee will meet with Dr Sankar for 2 hours in the first week of the placement to develop an educational and training agreement and personal development plan and agree a draft working timetable. The trainee and Dr Sankar will complete an Assessment of Clinical Expertise (ACE) workplace-based assessment in the first week of the placement. The trainee will start the placement with no caseload.
- The trainee will have 1 hour per week of individual clinical supervision with Dr Sankar. If this is not feasible Dr Sankar will make alternative arrangements with senior clinicians and the trainee. The purpose of this clinical supervision is to discuss patients on the trainee's caseload, issues that arise in the clinical team and liaising with other agencies. The trainee should take this opportunity to undertake workplace-based assessments; to be used formatively to give the trainee, Dr Sankar and the educational supervisor an indication of progress in acquiring the competence required by the curriculum. The trainee and Dr Sankar will modify the learning goals and personal development plan if needed. The trainee and Dr Sankar will conduct the mid-point and end-of-placement reviews together.
- Monthly educational supervision can be arranged with Dr Sankar or be external to the placement.
- The trainee will be invited to attend regular group psychological and psychotherapeutic supervision. The trainee may choose to use this opportunity to discuss the patients on their case-load. The trainee may also use this forum to complete a Structured Assessment of Psychotherapy Experience (SAPE) workplace-based assessment. If appropriate the trainee can arrange individual or small-group supervision in specific psychological modalities.

Trainee Timetable

	Monday	Tuesday	Wednesday 2 nd and 4 th Wednesday: SpR academic programme	Thursday	Friday Special Interest
am	New patient assessment (urgent)	Follow-up appointments or Monthly local or county Leadership meetings or Clinical Quality Review meetings with commissioners	1 st and 3 rd Wednesday: Attention Deficit/Hyperactivity Disorder Clinic	Follow-up appointments	1 st and 3 rd Friday: Crisis Home Treatment/urgent response rota 2 nd and 4 th Friday: Autistic Spectrum Condition pathway team
	Clinical Supervision with Dr Sankar			Clinical administration/preparation for team meeting or Monthly group systemic Supervision	Crisis Home Treatment/urgent response rota administration or Autistic Spectrum Condition pathway administration
12:00	Lunch	Lunch	Lunch	Lunch Monthly Journal Club	Lunch
pm	Follow-up appointments	New patient assessment (routine)	Attention Deficit/Hyperactivity Disorder clinic	Team Meeting: Case Discussion	External clinical meetings or activities or extramural activities
		Psychotherapy (if arranged) or Follow-up appointments	Attention Deficit/Hyperactivity Disorder team consultation or Attention Deficit/ Hyperactivity Disorder duty service	Business Discussion	Clinical e-mails and telephone calls
	Administration/e-mails and telephone calls	Psychotherapy Supervision (if needed) or Administration	Attention Deficit/Hyperactivity Disorder administration/e-mails and telephone calls	Audit/research or Monthly educational meeting	End-of-week check-in with Dr Sankar

Educational Supervisor Timetable

	Monday Duty consultant	Tuesday Duty consultant	Wednesday	Thursday Duty consultant	Friday
am	Follow-up appointments	Monthly county leadership /consultant meetings or Clinical Quality Review meetings with commissioners	Attention Deficit/Hyperactivity Disorder Clinic	New patient assessment or Follow-up appointments	Clinical e-mails and telephone calls
	Duty consultation	Duty consultation		Duty consultation	Supporting Professional Activities
	Trainee clinical Supervision			Monthly group systemic Supervision or Non-medical prescriber supervision or Primary Mental Health Worker supervision	
12:00	Lunch	Lunch	Lunch	Lunch Monthly Journal Club	Lunch
pm	Follow-up appointments	New patient assessment	Attention Deficit/Hyperactivity Disorder clinic	Team Meeting: Case Discussion	
		Follow-up appointments	Attention Deficit/Hyperactivity Disorder team consultation or Attention Deficit/ Hyperactivity Disorder duty service	Business Discussion	Non- clinical administration
	Clinical administration	Clinical administration	Service leadership meeting		Trainee end-of-week check-in