

SHERIFFDOM OF TAYSIDE CENTRAL AND FIFE AT DUNDEE AT DUNDEE
SHERIFF COURT

Court ref: DUN-B558-19
Procurator Fiscal ref: DN14001616/SRQ

RESPONSE

to the

DETERMINATION OF SHERIFF DRUMMOND

UNDER THE INQUIRIES INTO FATAL ACCIDENTS AND SUDDEN DEATHS
ETC. (SCOTLAND) ACT 2016

IN THE

INQUIRY INTO THE DEATH OF SOPHIE ANNE PARKINSON

To: The Scottish Courts and Tribunals Service

1. Tayside Health Board, Ninewells Hospital & Medical School Dundee DD1 9SY being a person to whom a recommendation under section 26(1)(b) was addressed do respond as follows.
2. Tayside Health Board was a participant in the inquiry
3. It was recommended to Tayside Health Board that:
 - (i) CAMHS provide written information to CAMHS patients and their carers explaining the organisational structure and role of clinicians within CAMHS;
 - (ii) CAMHS investigate the viability of “safe space” beds as currently provided to CAMHS patients of the Lancashire and South Cumbria NHS Foundation Trust;
 - (iii) CAMHS provide an out of hours contact number for CAMHS patients so that patients and their carers know how to contact CAMHS’ out of hours.

Tayside Health Board’s response to these three recommendations is set out in the appended Action Plan.

FAI RECOMMENDATIONS

NHS TAYSIDE CHILD AND ADOLESCENT MENTAL HEALTH SERVICES ACTION PLAN



20 November 2020

Recommendation	Recommendation (Individual, Team, Service, Directorate, Organisation)	Actions to Address Factors Date of expected completion	Lead(s)	Evidence of Completion
<p>CAMHS provide written information to CAMHS patients and their carers explaining the organisational structure and role of the core worker within CAMHS.</p>	<p>Service</p>	<p>A service leaflet has been developed for children, young people and families. It highlights the roles played by individual clinicians, as well as the role of the core worker. The leaflet will be sent alongside a patient's initial letter of acknowledgement and also their first appointment letter.</p> <p>The leaflet will also be widely available within CAMHS departments and distributed to our partners, including schools and GP surgeries.</p> <p>A digital, downloadable version of the leaflet will be available on the new NHS Tayside CAMHS website and partners' websites. There will be a social media campaign to ensure awareness of this new resource and promotion through social media platforms.</p>	<p>Service Manager</p>	<p>Leaflet will be distributed across all CAMHS sites, sent to partners, and be available on NHS Tayside CAMHS website and partners' website by end of December 2020.</p> <p>CAMHS website launched.</p>

		<p>CAMHS Website also provides organisational structure and role of the core worker: http://eds.tayside.scot.nhs.uk/Internet01/OurServicesA-Z/CAMHS/index.htm.</p> <p>Completion, end of December 2020.</p>		
<p>CAMHS investigate the viability of “safe space” beds as currently provided to CAMHS patients of the Lancashire and South Cumbria NHS Foundation Trust.</p>	<p>Organisation – and partner organisations</p>	<p>A multi-agency, multi-disciplinary team has been established to investigate viability. The provision of “safe space” beds would require the involvement of, at least, the Social Work Departments of Dundee City, Perth & Kinross and Angus Councils and CAMHS.</p> <p>As part of the investigation, contact has been made with Lancashire and South Cumbria NHS Foundation Trusts to understand the delivery model in these areas.</p> <p>Once a finalised report is available, NHS Tayside will consider its recommendations, together with the other agencies.</p> <p>To note: currently, there is a service within NHS Tayside for children and young people requiring an urgent or immediate admission into an inpatient facility.</p>	<p>Service Manager</p>	<p>Partner organisations present options for delivery of a new model of care for safe space-type referrals.</p>

<p>CAMHS provide an out-of-hours contact number for CAMHS patients so that patients and their carers know how to contact CAMHS out of hours.</p>	<p>Service</p>	<p>An out-of-hours contact number will be provided to existing CAMHS patients as soon as the nurse-led out-of-hours service, referred to below, is established.</p> <p>Currently, patients requiring urgent or emergency care in the out-of-hours period contact NHS 24 on 111 or attend their local emergency department. This information is included in the Keeping in touch with CAMHS section in the new CAMHS leaflet, NHS Tayside website and NHS Tayside social media platforms.</p> <p>Going forward, NHS Tayside are developing a local nurse-led out-of-hours service which will operate between 5pm and 9am, Monday to Friday and 24 hours Saturday and Sunday. The service would provide care for young people already being seen within CAMHS experiencing a mental health crisis. This could include young people who are:</p> <ul style="list-style-type: none"> • At risk of imminent and significant self harm • May be an immediate significant risk to others due to their mental health • Are in acute psychological or emotional distress • already a patient within CAMHS. <p>The aim of the nurse-led service is to:</p> <ul style="list-style-type: none"> • Reduce or prevent admission to a mental health unit. 	<p>Service Manager</p>
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| | | <ul style="list-style-type: none">• Complete a mental health assessment.• Offer advice and support about how to cope in a crisis.• Help the young person and carers make plans to keep the young person safe.• Develop plans to offer ongoing support if required. | | |
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Completion date of the nurse-led out-of-hours service is expected to be March 2021.



Welcome to Tayside CAMHS

A guide for young
people and their
families

Child and Adolescent Mental Health Services in Tayside

Child and Adolescent Mental Health Services cover a whole range of services and support available to you as a young person. They are there for you if you are having a difficult time with how you are feeling, how you are coping emotionally or if you are behaving in a way that's not usual for you.

CAMHS, which is what people often call the services, is the more specialist part of this range of services. We're a specialist service because we support children and young people with more severe or concerning emotional, behavioural or functional difficulties including anxiety, depression, eating disorder, ADHD and ASD. The young people we support are six years old all the way up to 18-year-olds, who are still on a school roll.

How are children and young people referred to CAMHS?

The first step to getting help from CAMHS is usually a referral for a CAMHS assessment. This can come from a professional such as a teacher, GP or school nurse.



How to prepare for your appointment

The most important thing for any child or young person or family to know before attending an appointment is that whoever you see at CAMHS wants to help you.

It's their job to try to find out as much as they can about you, your life and what's been happening so that they can think about where best, who best and what's best to support you.

Remember - whether you're a young person, child, parent or carer, no one is judging you, no matter what you tell us, no matter what's been happening.

On the next page you will find our 6 simple steps to help you, as a young person - and your family - prepare for your appointment.



6 simple steps for your CAMHS appointment

1

Write down any questions you would like to ask about CAMHS. That can be anything at all. Will you tell my parents what I say? How many appointments will I have? Will you have to tell anyone else about anything I say? Will you contact my school? You might also want to check our Frequently Asked Questions page on our website to make sure the answer to some of your questions isn't already there. Go to www.taysidecamhs.scot.nhs.uk

2

Write down as much as you can about what's been happening recently? How you've been feeling and or behaving. Focus on the things that make you feel you need to come to CAMHS. For example, how your mood has been, how you've been sleeping, eating, whether you are still managing to do the things you always did such as seeing friends or enjoying hobbies.

3

Write down anything else you feel it would be important for us to know. Even things that happened to you a while ago or when you were little because these can have an impact on how you're doing now. This could include things like parents separating, moving house or school, bullying, any bereavement or the loss of someone you've cared about.

4

Think about what might help you to get the most out of the session. If talking is difficult try writing things down. If you find the first appointment too tricky, would this feel better over a video appointment? Having a chat over the phone first? Whatever you think might help to make it okay for you to engage with us.

5

Spend a few days before the appointment thinking about and checking in on how you (or your child) are doing? We all feel different on different days. Be more aware of how you're doing day to day. Is every day the same? Are some days better than others? Are some situations better than others? Are things better at school or at home? Are some situations more difficult than others?

6

Bring something with you that makes you feel comfortable. A toy or a teddy, something to fidget with, a book or magazine to read to distract yourself whilst you wait. The main thing is for you to feel comfortable.



What happens at my appointment?

On arriving at the building, you will meet our receptionist who will take your name and date of birth. This helps them know they have the correct young person and find out who you have come to see that day. They will then let the healthcare professional know you are here and ask you to take a seat until they come to collect you.

Your healthcare professional will collect you from the reception to take you into their clinic room. The process is different depending on the type of appointment you are attending and the person you see. Don't worry, the person you are seeing will talk you through the process once they have introduced themselves. There will be lots of questions to begin with in order for us to get to know you and understand the difficulties you are experiencing. This could take a few appointments then everyone will agree the best way forward together.

Is the service confidential?

Your healthcare professional at CAMHS will, in the main, keep what you say confidential. You may be asked if you want your parents/carer to be involved in the appointment and you can decide. However, there are times when the healthcare professional has to break that confidentiality if they feel there is a risk of harm to you or someone else. They will always let you know before they do this. Remember, this is only ever done to keep you and others safe from harm.

Who's who at CAMHS?

Nurses

The nurses working in our CAMHS service are Registered Mental Health or Learning Disability nurses. They are trained to carry out assessments with children, young people and their families and can provide treatment for mental health illnesses, whilst also reviewing how you are progressing. Some of the nurses have had further training and can deliver psychological therapy and prescribe medication.

Psychologists

Clinical and other Psychological therapists are trained to assess and treat young people with mental health difficulties by using a range of approaches.

Psychologists mainly use talking therapies to understand and help young people, their families and support networks to achieve their goals, and make changes that improve their health and wellbeing. Psychologists work together with young people to find a joint understanding of the difficulties and help young people to develop skills and techniques to manage and overcome these difficulties.

Psychiatrists

Psychiatrists are medical doctors who work with people with mental and emotional health difficulties. They provide specialist assessments, can diagnose a mental illness and use a range of medications to help a person recover. A Child and Adolescent Psychiatrist works with young people and their families to better understand what is going on for them, to provide information and advice, as well as helping put together a care plan. They work closely with your allocated healthcare professional and with other team members to ensure you are well supported.

Paediatricians

Paediatricians are medically qualified doctors who specialise in the medical care of children and young people.



Occupational Therapists

Occupational Therapists help children and young people who have been suffering with mental health problems build up the confidence and skills needed to live a fulfilling life.

Dietitians



A dietitian provides individual information and advice around food and nutrition, particularly for people who have specific dietary requirements or difficulties with eating, food or dietary conditions.

Family Therapists

Mental health difficulties can have a big impact on the whole family, not just the young person who has been referred to CAMHS. Family therapists can help families to explore each other's experiences and views, appreciate each other's needs, build on strengths and make useful changes in their relationships and lives.



Clinical Support Workers

Support workers work with a young person's main healthcare professional to provide additional help and support both practically and emotionally. This can be useful if young people and families are really struggling and need extra support or advice. They will often see a young person and their family at home, at school or in the community to help them achieve specific goals as part of the care plan.

Administration staff

Administration staff organise appointments, answer the phones, provide administrative support and welcome children, young people and their families into the service.



If more than one healthcare professional is going to be involved in your care, you will be assigned a Core Worker. They will be your point of contact and they will link with other agencies such as schools, social care and the voluntary sector.

Confidentiality and information sharing

What we discuss at each appointment is normally kept between the people attending the appointment.

Sometimes professionals will seek the opinions of other CAMHS professionals. At times it is helpful to talk with other professionals outside the service, such as a teacher, but we will always get permission from you first.

Your GP will be kept informed in writing of any agreed CAMHS involvement.

If a CAMHS practitioner has concerns about the safety of a child or young person they are obliged by law to involve other professionals. Whenever possible, the family will be informed before this happens.

We can provide you with leaflets detailing how we gather and store data and data sharing.



Keeping in touch with CAMHS



**CAMHS is open between the hours of 9am and 5pm,
Monday to Friday.**

**if you need to contact someone outside of these hours for
urgent care please call NHS 24 on 111.**

**If it is an emergency attend your local Emergency
Department.**

**Centre for Child Health
19 Dudhope Terrace
Dundee
DD3 6HH
01382 204004**

**CAMHS
8 St Leonards Bank
Perth
PH2 8EB
01738 458950**

**For more information please visit
www.taysidecamhs.scot.nhs.uk**

