

ANNUAL REPORT 2007/2008

Annual Report of the Northern School of Child and Adolescent Psychotherapy to NHS Yorkshire and the Humber

June 2008

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1. NSCAP: 5 YEARS ON

The Northern School of Child and Adolescent Psychotherapy (NSCAP) was established in 2003 by the then eight Workforce Development Confederations to address the inequity of access to child and adolescent psychotherapy in the north of England compared to other regions. The development of NSCAP is a major success story for workforce planning and training in the north of England. It is now the 2nd largest child and adolescent psychotherapy training institution in the UK.

Key 5 Year Achievements

- A robust and responsive organisation that addresses DH and DCSF priorities
- 23 new training posts with NHS Trusts across the north
- High quality courses for professionals working with children and young people
- Supporting workforce planning and development in children's services
- The hub of partnership developments and innovative training models

2. ACHIEVEMENTS IN 2007/08

In the past year we have:

- built on the foundations of the previous years to strengthen the quality of our delivery;
- provided new and innovative programmes;
- worked in partnership with a wide range of organisations to support training and workforce development within services for children, young people and their families.

We have managed this against a background of uncertainty about the location of the school and its hosting arrangements within the NHS. These are now being resolved and this report begins to look towards the long-term future of NSCAP.

Developments in 2007/08 include:

- We have developed a new post of North West Training and Workforce Development Lead to build on activity and partnerships in the north west region. The postholder will be part of NSCAP's senior management team and deliver short courses and other access activity as well as working with commissioners and providers to develop child and adolescent psychotherapy services. This post has been developed jointly by NSCAP and the Central Manchester and Manchester Children's University Hospitals NHS Trust.
- We have reviewed our administrative structures to support the expanded activity and range of functions within NSCAP. We have appointed a new Business Manager and an Academic Services Officer and will shortly appoint a new Course Administrator.

- We have made new links with Leeds Metropolitan University with a view to developing more activity and sharing resources with local academic partners.
- Following a review of the academic accreditation of the Leeds course in Psychoanalytic Observational Studies it was agreed that the validation of the programme will remain with the University of Leeds.
- We have strengthened our partnership with the Tavistock and Portman NHS Foundation Trust. Arrangements have been made to establish a formal liaison committee to manage the increasing areas of shared activity. This includes the child and adolescent psychotherapy clinical training doctorate, the “top-up” doctorate for qualified Child and Adolescent Psychotherapists and the Liverpool course in Psychoanalytic Observational Studies.
- We developed and successfully launched two new programmes in 2007/08 that address key national and local priorities. One programme is for professionals *working therapeutically with young people* and the other is concerned with *working therapeutically with people who are a danger to themselves or others*. Both programmes were important new developments for the north of England and built on the partnerships that NSCAP has developed over the last five years, particularly with Leeds Partnerships NHS Foundation Trust and the Tavistock and Portman NHS Foundation Trust.
- We have built on our existing links with the Leeds Partnerships NHS Foundation Trust in the sharing of resources and development of joint courses. It has now been agreed that NSCAP will move its host organisation from Leeds PCT in September 2008 to become part of Leeds Partnerships NHS Foundation Trust.
- Over the past couple of years the focus of NSCAP has increasingly been towards supporting the work of service commissioners, providers and clinicians in developing child and adolescent psychotherapy services. We continue to develop new links with areas that are currently not providing child psychotherapy and we have produced a substantial amount of information to support local workforce and service development. This has now been pulled together on the NSCAP website which has undergone a major redevelopment to emphasise both the service development and training aspects of our role.
- We have invested this year in our library to make it a resource that is of value to our own students and which can increasingly be shared with other organisations.
- NSCAP staff are increasingly being seen as important contributors to national policy developments including the strategic work of the Association of Child Psychotherapists. NSCAP staff have contributed to consultations and the work of the NIMHE National Workforce Programme and Skills for Health’s development of National Occupational Standards for both psychological therapies and CAMHS workers.

NSCAP has continued to deliver its core range of activity and functions effectively and to a high quality. Despite some of the uncertainty that has been around in the last year over the future of our premises and hosting arrangements we have ensured that this does not impact on the experience of students or the quality of the programmes we deliver.

3. ACTIVITY REPORT 2007/08

Clinical Training in Child and Adolescent Psychotherapy

Professional Doctorate in Child Psychoanalytic Psychotherapy

The NHS funded 4-year training in child and adolescent psychotherapy is now validated to provide an academic qualification at doctoral level as well as a professional qualification with the Association of Child Psychotherapists. Trainees are registered for the postgraduate degree of Doctor of Child Psychoanalytic Psychotherapy through the Tavistock Clinic and University of East London.

During 2007/08 we accepted **7** new trainees and the first NSCAP trainee from the original 2003 cohort achieved qualification. This means that at April 2008 there were **21** people in training plus one on maternity leave.

We had to make arrangements to transfer one student from Sheffield to Wakefield when it became clear that the service was not able to meet her training requirements.

Qualifications

Trainee CPTs	Employer	Location	End-Date
2003 Intake			
Julie Klingert-Hall	Central Manchester and Manchester Children's University Hospitals NHS Trust	Manchester	Completed January 2008

Continuing Trainees

Trainee CPTs	Employer	Location	End-Date
2003 Intake			
Jackie Taylor	Royal Liverpool Children's NHS Trust	Central Liverpool	December 2008
2004 Intake			
Isabel Blundell	Cheshire and Wirral Partnership NHS Trust	Wirral	On maternity leave (1 year extension on return)
Ann England	Wakefield District PCT	Castleford	February 2009
Fionnuala Francis	Sheffield Children's NHS Foundation Trust	Sheffield	February 2009
Gabrielle Lorenz	Pennine Care NHS Trust	Oldham	June 2009
Nikki Lusher	Central Manchester and Manchester Children's University Hospitals NHS Trust	Manchester	February 2009
2005 Intake			
Ben Lloyd	Leeds PCT	Leeds	September 2009
Andrea White	Leeds PCT	Leeds	September 2009

2006 Intake

Sue Firth	Tees, Esk and Wear Valleys NHS Trust	Stockton on Tees	September 2010
Mary Lindley	Wakefield District PCT	Pontefract	September 2010
Joanne Miley	North Yorkshire and York PCT	Northallerton	September 2010
Katie Reid	Cheshire and Wirral Partnership NHS Trust	Macclesfield	September 2010
Julie Trice	5 Boroughs Partnership NHS Trust	Wigan	September 2010
Ania Wilcocks	Leeds PCT	Leeds	September 2010
Liz Wray	Tees, Esk and Wear Valleys NHS Trust	Durham	September 2010

New Trainees

Trainee CPTs	Employer	Location	End-Date
2007 Intake			
Ruth Dunstan	Wakefield District PCT	Wakefield	September 2011
Sarah Emslie	5 Boroughs Partnership NHS Trust	Wigan	September 2011
Claire Hopkins	Bradford District Care Trust	Bradford	September 2011
Karl Huntbach	Central Manchester and Manchester Children's University Hospitals NHS Trust	Manchester	September 2011
Wendy Lewis	Doncaster and Bassetlaw Hospitals NHS Trust	Doncaster	September 2011
Genevieve Lowes	South Tyneside NHS Foundation Trust	South Shields	September 2011
Julie Mancini	Northumberland, Tyne and Wear NHS Trust	Newcastle Upon Tyne	September 2011

Planned New Placements 2008

NHS Trust	Location
Barnsley PCT	Barnsley
Central Manchester & Manchester Children's University Hospitals NHS Trust	Manchester
Cheshire and Wirral Partnership NHS Trust	Wirral
Northumbria Healthcare NHS Foundation Trust	North Tyneside
Tees Esk and Wear Valleys NHS Trust	Consett
Wakefield District PCT	Castleford

“Top-up” Professional Doctorate in Child Psychoanalytic Psychotherapy

As part of our commitment to continuing professional development for qualified Child and Adolescent Psychotherapists we commence delivery in 2007 of the “top-up” Professional Doctorate in Child Psychoanalytic Psychotherapy to increase the research and clinical skills of individuals who can take leadership roles in services. There was a higher than expected uptake in the first year of 7.

Pre-Clinical Training

Psychoanalytic Observational Studies

The Masters/Postgraduate Diploma in Psychoanalytic Observational Studies is available at three locations in northern England. In Liverpool, provided by NSCAP and validated by the Tavistock and Portman Foundation NHS Trust with the University of East London; in Leeds provided by NSCAP and validated by the University of Leeds; and in Newcastle, provided by Northumbria University.

The course is designed to help people deepen their understanding and awareness of human development and interaction and to help participants to think about their work from a psychodynamic perspective. The course is relevant to teachers, psychologists, child and adolescent psychiatrists, social workers, occupational therapists, nurses and allied professional disciplines.

All three courses continue to thrive with healthy intakes and a good mix of students from a range of backgrounds and professions. The courses are well managed with experienced staff groups providing high quality learning.

PG Diploma/Masters in Psychoanalytic Observational Studies				
	Completed 2007	New 2007	Remitting	Total Registered
Leeds (with the University of Leeds)	8	9	4	32
Liverpool (with the Tavistock Clinic/University of East London)	6	9	3	29
Newcastle (provided by Northumbria University with support from NSCAP)	5	6	-	15
Total	19	24	7	76

Access Courses and Professional Development

NSCAP is a multi-disciplinary training organisation. The majority of our activity is aimed at extending the skills and competencies of professionals working with children, young people and their families in the full range of settings and organisations. A recent audit showed that the professional background of students on just one of the programmes included:

Professional Background of Students

Health Visitors, Residential Social Workers, Foster Care Worker, Specialist Registrars in Child and Adolescent Psychiatry, Clinical Psychologists, SureStart Nursery Nurse, Paediatric Staff Nurse, Behaviour Support Worker, Youth Worker, Genetic Counsellor, Teachers, Midwife, Learning Mentors, CAMHS Social Workers, Mental Health Practitioners, Art Psychotherapists, Teaching Assistant, Family Outreach Worker, Nurses, Occupational Therapists, Community Paediatrician, Nurse Manager in CAMHS, Voluntary Sector Manager, Counsellors.

Personality Development: A Psychoanalytic Approach

This series of 7 Seminars runs annually in Leeds and Manchester and has been one of our major successes in introducing psychoanalytic learning to a wider audience and providing access to continuing development. The course is a detailed introduction to the key developmental factors and unconscious processes involved in the emotional life of the child and family from before birth to young adulthood.

In 2007/08 **43** people in Manchester and **44** in Leeds attended at least one of the 7 seminars.

Introduction to Child and Adolescent Psychotherapy

This 13 week course for Specialist Registrars in Psychiatry (ST4's) and other child and adolescent mental health professionals has been developed by NSCAP in collaboration with the Deaneries in the north of England. It provides an initial understanding of the nature of psychoanalytic thinking and its application to work with children, young people and their families. It is also a chance for participants to think about their own work from a psychoanalytic perspective which can be a helpful contribution to the often complex and challenging work encountered in CAMHS settings.

The course ran in Manchester and Liverpool in 2007/08 with **12** and **10** students respectively including several from social services and CAMHS. It has been provided previously in Newcastle and both Newcastle and Manchester will be repeated later in 2008.

Working Therapeutically With Young People

This was one of two major new training developments in 2007/08, both of which were very successful. It is a joint development with the Tavistock and Portman NHS Foundation Trust with support from NHS Yorkshire and the Humber.

This training programme in adolescent mental health provides an escalator of training opportunities for professionals working directly with adolescents and young people. It covers the adolescent developmental process from a broad psychoanalytic perspective as well as taking into account biological and social influences on development.

The programme was launched with a 3-day short course which provided an introduction to the problems and disturbances of adolescence. This is an innovative training model developed by NSCAP that provides a valuable learning experience in its own right as well as facilitating access into professional mental health training for those who have the potential to benefit. **50** places were available on the course but it was heavily oversubscribed (in excess of 200 applications), demonstrating the need for this type of training.

The next phase in the programme is to launch a one year PG Cert level course from September 2008. The planned intake for the first year will be approximately **10** students and we will finalise academic validation of the course during the year. The

majority of the students will have participated in previous “escalator” activity with NSCAP.

Working Therapeutically with People Who Are a Danger to Themselves or Others

This training programme in forensic mental health was the second major development of the year. This was a true partnership venture with Leeds Partnerships NHS Foundation Trust, the Northern Network for Forensic Psychotherapy and the Tavistock and Portman NHS Foundation Trust. It was supported by NHS Yorkshire and the Humber.

This programme draws on the expertise of the Portman Clinic to deliver training opportunities for professionals in the north of England working with violent, disturbed and personality disordered people in a range of public and voluntary sector settings.

The programme commenced with a 3-day short course designed as an introduction to the body of knowledge employed by the Portman Clinic in working with patients who pose a danger to themselves or others and in supporting the professional development of staff working with this challenging group. 48 places were offered on the course which was again oversubscribed.

Neuroscience Research Reading and Clinical Discussion Group

This series of bi-monthly reading groups provides continuing professional development for adult and child psychotherapists and other disciplines. A second group was added in 2007 because of demand for places bringing the number of participants to 16.

The seminars are led by Margaret Wilkinson author of ‘Coming into Mind: The Mind-Brain Relationship : A Jungian Clinical Perspective’ and introduce a selection of cutting-edge research papers and books concerning the neuro-biology of emotion. Members bring clinical material for discussion within the group setting so that clinical work may be considered in the light of the psychoanalytic response to this new research from the fields of neuroscience, attachment and trauma.

PG Dip/MA in The Foundations of Psychoanalytic Psychotherapy

This course is primarily aimed at professionals working in adult mental services and is delivered in Leeds by the Leeds Partnerships NHS Foundation Trust with the Tavistock Clinic and University of Essex. The 2nd year of the course is based in NSCAP premises and the whole course will move with us to our new premises in September 2008. Students have been given access to our library and NSCAP staff have taught on the course.

4. WORKFORCE PLANNING

NSCAP has a crucial role in working with service commissioners and providers to ensure that child and adolescent psychotherapy is made available locally to meet the needs of children, young people and their families and secure improved outcomes. This involves producing information in support of commissioning proposals and strategic workforce plans and meeting with commissioners, managers and clinicians across the region. This is a role that only NSCAP has the knowledge and capacity to undertake.

Recently we have produced and distributed the following information:

Workforce Planning Information

- “Promoting the Mental Health and Psychological Well-Being of Children and Young People: Commissioning Child and Adolescent Psychotherapy” – in support of the Report on the Implementation of Standard 9 of the National Service Framework for Children, Young People and Maternity Services
- “New Ways of Working: The Contribution of Child and Adolescent Psychotherapy to New Ways of Working in CAMHS”
- “Invest to Save: the Cost-Effectiveness of Developing Child and Adolescent Psychotherapy Services”
- Contributed to the “5 Year Strategy for the Development of Child and Adolescent Psychotherapy in Northumberland, Tyne and Wear NHS Trust”
- Disseminated information about evidence for the effectiveness of psychoanalytic child and adolescent psychotherapy.

Current Child and Adolescent Psychotherapy Workforce

The workforce in the north of England has increased steadily over the past 5 years. We are pleased that our first two graduates from the clinical training have been able to secure substantive posts (in Manchester and Wakefield).

The current whole time equivalent workforce is:

Region	WTE	0-19 Population
North East	4.7	624,000
North West	6.7	1,739,000
Yorkshire and the Humber	8.3	1,267,000
Total	19.7	3,630,000

These totals do not include the time that the NSCAP Clinical Directors are employed by their Trusts on behalf of NSCAP which is funded by us. It also does not include a small number of people in the private sector or who are not currently employed in designated child and adolescent psychotherapy roles.

5. FUTURE PLANS

Our Priorities for 2008/09:

- The short-term priority for NSCAP will be to move successfully into our new premises and transfer to the new hosting arrangement with Leeds Partnerships NHS Foundation Trust.
- The new premises are in central Leeds and are accessible from the main train station as well as having good parking. The commercial unit we are leasing is being rebuilt to our specification giving us the right size and number of rooms to enable us to continue to deliver a high quality learning environment. As we will be managing our own space we can increase the number of partnership ventures and offer resources to other training organisations.
- The new organisational arrangement with Leeds Partnerships NHS Foundation Trust will mean we are embedded in a large mental health provider and be able to strengthen our role as a key agency in the regional development of the children's workforce.
- In order to equip the organisation for its long-term future we will review the management and leadership structures during 2008/09.
- We will concurrently develop a long-term vision for NSCAP and produce a five year strategy and business case to ensure we have the resources to respond to the changing health, social care and education agendas.
- In line with this we have already made arrangements for one of the Directors to change her role to focus on developing training programmes that meet local and national priorities. The recent partnership developments in adolescent and forensic mental health training are good examples of this type of work. Amongst the policies that NSCAP is involved in informing are New Ways of Working, Improving Access to Psychological Therapies, National Occupational Standards and the national CAMHS Review.

We will continue to deliver training for professionals that provides them with a high quality learning experience that enables them to better understand and work with children, young people and their families.