

# the Bridge

THE NEWSLETTER OF THE ASSOCIATION FOR CHILD AND ADOLESCENT MENTAL HEALTH

## THE EDITOR WRITES

As another busy year draws to a close, it seems an appropriate time to reflect on what 2009 has brought for, and to, the Association - the developments, the progress, the highlights and of course, the challenges (would any year be complete without its share?!). Successes outnumber by far tribulations I'm pleased to say and the most recent one, which will also be of greatest benefit to the Association and its members, is the appointment of our Member Services Manager, Martin Pratt, who joins us at an important period in our long-term planning cycle. Other positives include implementation of our next two Special Interest Groups focusing on paediatric liaison and mental health needs of looked after children, launch of our prestigious Lionel Hersov International Travelling Speaker Fellowship Series and of course, successful completion of our three-year strategic plan. Challenges have been few and the one with most effect, namely the external promotion our Glasgow-based Administrator and consequent implications has, whilst difficult, achieved many positives in terms of centralising admin resources and strengthening support mechanisms which will further assist and nurture our branches. So, little pain, lots of gain - a good year, which projects us with enthusiasm into 2010.



Maureen Smillie

## NEW APPOINTMENT TO ACAMH



Martin Pratt

The Association is delighted to welcome Martin Pratt, recently appointed to the newly created full-time position of Member Services Manager. Working closely with the Executive Director, linking into the branch network and guided by the recently agreed three year strategic plan, Martin's remit will combine development of ACAMH at the local level, providing support at the regional level, and servicing the membership at national and international level. A challenging task perhaps but one that Martin has already grasped with enthusiasm and one that we have every confidence he will meet to the fullest of his abilities.

He comes to ACAMH well-qualified, well-experienced and well-suited. After a first degree in joint Business Studies and German and a Masters Degree in German Studies at UCL, he worked in a variety of research orientated roles, most recently at the Institution of Mechanical Engineers where he spent eight years in events marketing. Whilst there he project-led and launched the Institution's webcasting service, along with a host of other initiatives including the redevelopment of the events website.

Martin is passionate about knowledge dissemination and has a keen interest in new online technologies, enhancing the user experience, and helping organisations to communicate more effectively through online media. He looks forward to working closely with ACAMH members and applying his existing and developing skills-set to grow and develop membership services to continue to meet the demands of today's child and adolescent mental health professionals. Not all office though, Martin is also a family man, married with one son (and a regular commute between London Bridge and Bedfordshire!). He can be reached at [martin.pratt@acamh.org.uk](mailto:martin.pratt@acamh.org.uk).

## THE ASSOCIATION'S JOURNAL, JCPP, WELCOMES TWO NEW EDITORS:

The Journal of Child Psychology and Psychiatry bid reluctant farewells to Dr Thalia Eley and Dr Danny Pine at the end of their terms of office as Editors, and eagerly welcomed:

**Journal Editor:** Thomas G O'Connor, Professor of Psychiatry and Psychology and Director of the Wynne Center for Family Research at the University of Rochester, US. His interests focus on the mechanisms by which early stress experiences and exposures have lasting effects on behavioral and biological development. He has also published on attachment, behavioral genetics, family transitions and parenting effects, serves as frequent reviewer for other journals and is a member of the NIH Childhood Psychopathology and Developmental Disabilities Study Section. He has also received distinguished awards for his research, including the Boyd McCandless Award and the Distinguished Scientific Award for Early Career Contribution to Psychology from the American Psychological Association.



Thomas O'Connor



James F Leckman

**Annual Research Review Editor:** James F Leckman, Neison Harris Professor of Child Psychiatry, Psychology and Pediatrics at Yale where he also serves as Director of Research for the Yale Child Study Center. His thirty-plus years at Yale have been supplemented by several sabbaticals including one at the University of Cambridge. Regularly voted by his peers to be one of the Best Doctors in America, Jim is widely recognized for his skills as a clinician and researcher in the area of Tourette's syndrome (TS) and early onset obsessive-compulsive disorder (OCD). Author or co-author of over 400 original articles published in peer-reviewed journals, seven books, and 130 book chapters, he was identified in 2002 by the American Society for Information, Science and Technology as a "Highly Cited Researcher" in the top half of the top one percent of all publishing researchers of the world's most cited authors in the fields of psychology and psychiatry.

## ACAMH NATIONAL JACK TIZARD LECTURE AND DAY CONFERENCE

Now in its twenty-seventh year, ACAMH's National Jack Tizard Lecture and Day Conference, held on 12 June 2009, took as its focus the very topical theme of "Working with Young Offenders: CAMHS and Forensic Services". In keeping with tradition, the emphasis of the day was very much aimed towards clinical practice and day-to-day relevance, and delegates were rewarded with an outstanding series of informative, applicable and inspired Lectures.

Lord Ramsbotham, formerly HM Chief Inspector of Prisons and now a cross-bench Member of the House of Lords, President of UNLOCK (National Association of Reformed Offenders) and Advisor to the Sainsbury Centre for Mental Health, set the scene and standards of the day, with a clear and reflective view on the state of Custodial Services in England, Wales and Northern Ireland, which he described variously as personally shocking, outrageous and chaotic. A Prison Service should aim to help all those committed by the Courts to live useful and law-abiding lives, both in prison and on release, to assess prisoners through aptitude testing, and ensure that efforts were being made to promote skills, including both literacy and living skills, as well as ensuring proper diagnosis of mental- and physical-health needs. Whilst Lord Ramsbotham identified some pockets of good practice, he advocated that without adequate reform, the future Service would continue to reflect the disorganised chaos that characterises the current one.

Following this captivating opening address, but more than equalling it, was the conference's Tizard Lecturer, Professor Charles Borduin, Professor of Psychology at the University of Missouri and Director of the Missouri Delinquency Project. His excellently comprehensive presentation covered both the evolution of Multi Systemic Therapy (MST) from the works of Bronfenbrenner, Haley and Minuchin, to its present format as well as provided a sound overview of MST – an intensive therapy with small case loads (usually four-to-six families for an average of four months), addressing risk factors through community and family-based treatments, with an emphasis on empowering caregivers to be more effective with the adolescents in their care. Professor Borduin demonstrated significant reduction in recidivism for people engaged in the therapy, and also cost-effectiveness based on reduction of days confined, arrests, and greater family stability.



Charles Borduin

The MST model achieves this success by using a range of evidence-based therapeutic techniques; it also has an intensive quality assurance system, with an in-built programme of treatment, supervision and consultation protocols and initial and regular booster training sessions. It is now on trial in a number of centres in the UK and is also being used for young sex offenders, substance abuse, and child maltreatment. It will be very interesting to see both how the trials develop as well as follow the wider use of this therapeutic system.

The third presentation, led by Professor David Farrington OBE of the Institute of Criminology at Cambridge University



David Farrington

looked at "What we have learned from longitudinal studies of delinquency". Professor Farrington is interested both in the continuity and discontinuity aspects in respect of the development of offending, as well as the possibility of protective factors. To highlight this, he focused on the Cambridge Study in Delinquent Development (CSDD), where children were initially interviewed at the age of eight, were re-interviewed at the age of forty-eight, and the children of the initial subjects were now being interviewed.

Professor Farrington firstly distinguished between conviction and self-reporting, then went on to summarise that the CSDD had found thirty-nine self-reported offences per conviction, with offending behaviour becoming more "rational" with age. He identified a range of risk factors, which led to the ability to predict future offending patterns at the ages of eight-to-ten, thus emphasising the need for early targeted intervention, focusing on such issues as the challenges facing teenage parents, young people brought up in conflictual relationships, and a lack of family involvement. These findings all linked back to Professor Borduin's lecture and the benefits of strengthening caregivers' competences. The final morning session by Dr Susan Young, Senior Lecturer in Forensic Clinical Psychology at the Institute of Psychiatry in London focused on the issue of ADHD in Young Offenders. Her presentation identified studies suggesting that between 22% and 67% of prison inmates had childhood ADHD, up to a third with adult symptoms, and higher rates in Young Offender Institutes. Her study in Aberdeen had identified a quarter of prisoners with childhood ADHD, of which a quarter remained fully symptomatic and a third in partial remission. Dr Young indicated that, if extrapolated, this data would suggest that in England and Wales there

would be around 17,000 male prison inmates with a history of childhood ADHD, of which 10,000 would be symptomatic.

Dr Young's findings emphasised the importance of identifying and treating ADHD, both to reduce symptoms as well as to improve behavioural control and develop pro-social competence. Medication could improve symptoms in up to 80% of symptomatic adults, and programmes such as the Reasoning and Rehabilitation Programme for Youths and Adults with ADHD also demonstrated significant reduction in re-offending.

Taken together, the morning sessions presented a grim picture of youth offending and the prison services, a high degree of predictability of offending behaviours and a high degree of re-offending. Yet the sessions also demonstrated some areas for hope – effective treatments that do not just benefit the young people but also their families, are cost-effective and reduce risk to society. Many of these issues can be identified and worked with long before young people are involved in repetitive and serious offending.

The afternoon sessions opened with the day's Guest Lecturer, Thomas Grisso, Professor of Psychiatry and Director of Psychology and The Law Psychiatry Programme at the University of Massachusetts Medical School, who spoke eloquently on "Screening and Assessing Mental Health Problems in Young People in The Juvenile Justice System".

In his presentation, Professor Grisso looked at how the recognition that an increasing proportion of young people have mental disorders led to an increase in screening in the last decade so that it is now routine and how the development of standardised mental health screening in turn, produced three known benefits: firstly, an increase in empirical research on mental health problems among delinquent youth; secondly, changes in juvenile justice policy; and thirdly, changes in practice in juvenile justice settings. However, Professor Grisso qualified this by adding that there are still important problems to resolve and further research to be undertaken if mental health screening is to fulfil its potential - the value of standardised and valid tools for screening is weakened by lack of integrity in their actual use in juvenile detention programmes; there is little research to document whether mental health screening leads to better mental health services for youth; and it has been observed that there are negative effects



Thomas Grisso

## ACAMH NATIONAL JACK TIZARD LECTURE AND DAY CONFERENCE

of mental health screening. Professor Grisso highlighted in particular, the risk that screening may encourage communities to use Juvenile Justice referral as a way to obtain services for young people that might not otherwise be accessed in the community. In terms of future direction, Professor Grisso emphasised that when mental health screening is used, it is important not just to ensure the validity of the tool but also the integrity of its use; that screening is not useful solely for its own sake, but there should be demonstration of some benefit; and that screening must be recognised as also causing some risks and these need to be reduced as the benefits are increased.

Unfortunately, the next speaker, Mr John Lonergan, Governor of Mountjoy Prison in Dublin, due to present on "Adolescent Prisoners with Unaddressed Mental Health Needs", was unavoidably and unexpectedly detained, giving everyone a timely reminder of the challenges and risks of working with this population. Whilst disappointing, however, it enabled Dr Eileen Vizard, Consultant



Eileen Vizard

Child and Adolescent Psychiatrist to the National Clinical Assessment and Treatment Service in London and University College London to take that earlier time in order to give an extremely interesting lecture on "Sexually Abusive Behaviour and Emerging Personality Disorder in Children – Trajectories and Outcomes".

Dr Eileen Vizard's lecture raised the challenging question of Emerging Severe Personality Disorder in Childhood. The discussion explored the origins of personality disorders; how these might be recognised in childhood; how Antisocial Personality Disorder and Psychopathy might be linked; a review of brain structure and function; and of juvenile sexually abusive behaviour and recidivism, with discussion of Emerging Severe Personality Disorder traits in this population. Dr Vizard concluded with discussion of the cost benefits of early intervention for these children, the clinical and policy implications and the research implications. Despite the controversial nature of the subject, the measured, balanced and well argued and evidenced presentation was welcomed by the audience and generated questions from the floor and also a great deal of discussion afterwards.

The Conference Chair and Incoming Chair of ACAMH, Professor Eric Taylor, rounded off the day's proceedings by drawing out some of the key themes of the day – the importance of policy in

integrating children's needs with those of the community, the need to be able to identify those factors associated with the child's difficulties which can be targeted and those which can be modified, the importance of enhancing the role and changing the behaviour of the family, the relationship between individual and systemic factors and the ability to detect different types of psychopathology to differentiate between various interventions in order to determine what is most appropriate for different needs. He also touched on the organisation of services, stressing the importance of evaluation and the need for professionals to be able to demonstrate use of this through ongoing monitoring whilst retaining fidelity to the chosen systems of management and intervention.

Professor Eric Taylor closed the day by thanking Professor David Cottrell, the Association's Outgoing Chair, for his excellent work and the significant progress made during his term of office. He also gave thanks to the presenters for the excellence of their contributions, noting in particular that the note of optimism with which delegates left at the end of the day was in contrast to common experiences of proceedings around this theme.

*Dr John Eastgate, Child & Adolescent Psychiatrist, Swindon  
Dr Alison Westman, Child & Adolescent Forensic Psychiatrist,  
Newcastle-upon-Tyne*

#### National Conference Press Coverage

*Source: Prevention Action, 26 June 2009*

#### MENTAL HEALTH SCREENING CUTTING OFF PREVENTION BLOOD SUPPLY?

Until recently screening young offenders for mental health issues was unusual in the US. Thomas Grisso - Professor of Psychiatry at the University of Massachusetts - has been one of the researchers at the forefront of a shift that has seen such assessments go from rare to routine.

Nevertheless, in a presentation to the Association for Child and Adolescent Mental Health's (ACAMH) in London earlier this month, he highlighted the discrepancy between the wide support enjoyed by the policy, and the lack of empirical evidence showing that it benefits young offenders. Grisso explained that the impulse for the promotion of mental health screening did not initially come from researchers - it was political.

A rise in delinquency in the 80s and 90s created what he called "a not very friendly juvenile justice system". The system spent a long time preoccupied with punishment, but by the end of the century, both politicians and professionals working with young offenders were beginning to take young people's needs more seriously.

The first step was ensuring that children had access to services appropriate to

their problems. To do this an effective screening tool was needed.

To fill this gap, Grisso recalled, his team developed MAYSI (the Massachusetts Youth Screening Instrument), a reliable, standardized screening tool. MAYSI and other similar measures provided a cheap way to improve the referral process and match individuals needs to available services. With everyone receiving the right treatment, logically this should lead to better environments inside detention centers, and possibly better outcomes for inmates.

But it is not that simple, Grisso explained. He acknowledged that there was very little hard evidence to support these supposed improvements. Using such tools might even have some unintentional negative consequences. By improving mental health services for young offenders, services in the community might be "let off the hook," he said. The disparity resulting from improving juvenile justice resources without making any equivalent investment in community mental health could result in "net-widening" – drawing children into the system as a way of securing them better care: "This would be in complete contrast to our philosophy of preventing children entering this system," he argued.

The number of articles in the press about mothers complaining that they had to get their children arrested before they could access the services they needed was already a worry.

But despite the uncertain results from mental health screening, Grisso persists in promoting it. Equipped with an arsenal of anecdotes supporting it, he is now busy collecting the hard evidence he hopes will back them up. His team has already looked at two detention centers in Pennsylvania where reports of problem behavior have decreased since the implementation of MAYSI. They are currently working on two more robust studies, examining different aspects of screening. The first will examine the link between mental health referrals, service use and problem behavior, before and after the introduction of screening tools.

The second will look at the effect of "net widening" by studying the relationship between mental health services in the community and the proportion of children in detention centers with mental health problems.

The net effect of screening measures for young offenders, both inside detention center and in the community at large, are still unsure. Work by Grisso and his team will help to fill in the blanks.

<http://www.preventionaction.org/node/1285>

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## ACAH NORTH EAST BRANCH: TRIBUTE CONFERENCE TO DR TRIAN FUNDUDIS



An extremely successful, well-attended, and embracing conference focusing on "Psychological Therapies" was hosted by our North East Branch to honour the work of Dr Trian Fundudis, a bastion of CAMHS and ACAMH, on the occasion of his retirement. The day not only paid tribute to the enormous contribution Trian has made over many years, but also looked at the wider theme of established psychological therapies and emerging techniques, as well as reflecting on the standard of service that could - and should - be expected and, equally, received.

Before delivering the day's keynote, Trian, in typical style, thanked the packed audience, many of whom were long standing colleagues, expressing particular appreciation to his secretaries for their support and to his wife for her sweet and patient forbearance.

His presentation was a salutary reflection on the state of the psychological therapies; a talk steeped in evidence, exploring the centrality of the role of the psychological therapists and practitioners, walking us through an argument that described a need for a dimensional approach to assessment and evaluation, one that looked at the current situation of NICE assessments of psychological therapies and recognised that we have a long way to go in testing the understanding of psychological therapies. He looked at the strengths, areas for improvement and possible negative facts of psychological treatments, acknowledging the pressure in current climates to meet targets and recognising that CBT was more often used than other therapies.

In his address, Trian gave the example of the need for long term intervention, particularly for complex presentations such as conduct disorder, against the backdrop of a government which may want a "quick fix" approach to mental health treatment. He warned against the trend for community based services as a panacea for a model of delivering CAMH Services and cautioned against fragmentation and against the apparent cost saving of these services. He highlighted the importance of establishing therapeutic engagement, stressing that it was not sufficient to be just a "nice guy" but to also have the skills of training, understanding and thinking about the dynamics of interpersonal relationships. The issue of the relationship with Trust Managers and Commissioners was

also raised, together with the need for better dialogue with these managers and commissioners, in particular for clinicians to raise awareness that good practise cannot be delivered with minimal resources and training, and that services may have reached a "critical lack".

Dr Sue Wressell responded to this with an evidence-based talk which paid tribute to Trian's enormous capacities and capabilities, describing him as a "scholarly practitioner" whose contribution was a triumph of substance over ephemera and a good colleague who had slowly, steadily and successfully built up a sound practise base for CAMHS. She acknowledged his flexibility and his pragmatism, his trustworthiness and the way he always managed to deliver his ideas with gentleness and without contention; his capacity for training other professionals including many of the local lawyers who do family work; his generosity with knowledge and time to families as well as institutions as far afield as Greece and Russia; his gift of tuning in to a person's unique skills and develop these and how he has always been a support for colleagues when they have difficult families to work with. She paid tribute to his authoritative works on elective mutism and child protection, his huge case work, the way he placed Newcastle on the International map and the fact that he never turned away a family that needed help; above also, her presentation reflected a widely held sentiment that CAMH Services depends upon stars and that Trian was undoubtedly one of its long-standing stars.

The next talk, a wide ranging one delivered by Dr Lesley French, a Clinical Psychologist based in Greenwich, focused on implementing Multi-Systemic Therapy (MST). The speaker outlined the policy framework, reflecting on the age of criminal responsibility and highlighting the importance of addressing anti-social behaviour in adolescence when the brain was more malleable. She described the Youth in Need partnership between Greenwich CAMHS and the local Youth Offending Service, talking in detail about the multi-systemic therapeutic intervention which aims to treat the causes of anti-social behaviour through highly intensive work with family in contrast to other approaches which predominately look at children individually. She then went on to outline the principles of MST which she described as "not dissimilar to a social case work model with a great deal of emphasis on recording and supervision", before talking the audience through the evidence base

for this therapeutic intervention, and closing with an overview of future directions, including the Cambridge Child Abuse and Neglect model.

The day's next speaker, Stephen Barton, gave a highly informative talk on developing CBT in CAMHS - the obstacles and opportunities presented by this model as well as its perceived limitations in terms of applicability within a CAMHS environment. His talk attempted to answer commonly raised questions, in particular in respect of its sufficiently developmental-appropriate approach (when children's development is unavoidably more limited), its over-emphasised individual focus (when children are more affected by their surroundings) and its potential to be used at the expense of combined interventions and multi-agency working (when integrated care plans which take in other systems may be more successful). However, the speaker also explored ways of turning obstacles into opportunities, stressing the need for early intensive intervention and proposing a CBT model for adolescence which took, as its base, that depression was not a disorder of mood per se but a disorder of motivation.

Alison Murphy rounded off the conference, by using an enchanting and moving description of therapeutic stories and creative writing she had completed with children, to highlight the importance of narrative stories (both those told to us and those we ourselves tell) in terms of engagement and experimentation, and to illustrate the important role language plays for the child. She recognised that professionals often talk in the language of deficit and she held aloft that the person is not the problem but in fact it is the problem that is the problem. Her presentation described the various narrative techniques she herself applies, providing examples from her own clinic of using letter writing as a permanent expression, a reminder of something that can be revisited, a mark of progress or a celebration of achievement. It would have been difficult to have found a single delegate not moved by Alison's descriptions. Indeed, it would have been impossible to have found a single delegate who left at the end of the day not impressed with the excellence of the presentations, the depth and range of topics covered, and the many ideas and images. It was a truly momentous day and a fitting tribute to Trian Fundudis, "more than just a nice guy" - as inspirational and giving on the occasion of his retirement as during his many years of service.

*Dr Jamie Dibdin, Chartered Consultant Clinical Psychologist, Newcastle*

## BRANCH REPORTS

### EAST ANGLIA

An interesting day on "Meeting the needs of children with learning difficulty and complex needs" was hosted by the branch in June. Attended by a multi-disciplinary audience of 55, the atmosphere was relaxed and accommodating, the talks stimulating, and the feedback very positive, with delegates finding the day both valuable and useful.



The conference opened with Learning Disabilities expert, Professor Jeremy Turk of St George's Hospital Medical School, delivering a comprehensive and clinically-relevant presentation on developmental disorders – their classification, identifying features, prevalence, co-morbidities and aetiology – which he then used to discuss functioning profiles, approaches to assessment, intervention techniques and management strategies. He was followed by The North East Essex Learning Disability Team, a multi professional healthcare team providing a service for children with learning disabilities, who spoke about their assessment process and interventions, and the groups they run for children with learning disabilities of various ages - "chill the body group", "keeping cool group" and a parenting group specifically designed for parents of children with learning disability focusing on commonly experienced problems for parents. They ably supported this with material from three case studies.

In the afternoon Jim Blair, Learning Disability Nurse (recently appointed to Consultant Learning Disability Nurse), spoke about "Caring Solutions", the organisation he set up to enable parents of affected children share concerns, identify priorities and form collaborative partnerships with Health, Education and Social Care in order to influence change. He and a parent representative spoke about work in South West London to improve the care of learning disabled people in the hospital environment and the changes they had managed to make as well as on going progress.

Mary Dicks, Clinical Psychologist, who has worked in many parts of the world, most recently Suffolk, spoke of her work in America and Canada for people with Learning Disability. She is practising solution focussed work with families, which looks at what families can do and the changes they want to happen to make their goals more achievable.

Finally Nancy McArdle, School Head Teacher and Nicky Lyle, Outreach Service Manager, both at Thomas Wolsey Special School in Ipswich, discussed their work with children with Complex and Additional Needs, the development of dual placements with mainstream schools and the integration of their school with a mainstream high school.

The broad range of topics covered during the day and receptiveness of the audience, combined with the practical, solution-focused approaches of the speakers and the example-led way the importance of originality and innovation in terms of casework and service development were highlighted, gave the day a special appeal, ensuring each delegate left with a professional – and many cases personal – take-home message.

*Alison Robinson, Branch Committee Member*

### LONDON AND SOUTH EAST

Dr Philip Collins, Lewisham Child and Adolescent Mental Health Service and Lewisham Youth Offenders' Team Member, gave a fascinating and challenging talk to a lively audience made up largely of child psychiatrists and nurses, on 'Sexually Offending Youth' at the Branch's June twilight meeting. He shared many pearls of wisdom in a very well researched presentation (noting in passing that Lewisham Police station is the second biggest station after Scotland Yard in London and the need to hide the reference to mental health problems in the world of young offenders, calling his team ART (Adolescent Resource Team)).

He imparted that young people who engage in sexually harmful behaviours commit about 30% of all sexual crimes in the UK, 44% of them have special educational needs and 41% report having themselves been abused. One third to one half of rape victims in the UK are adolescents. He explored the understanding achieved about offending behaviour from family systems and learning theory perspectives; he emphasised the importance of striking a balance between an individual's risks and strengths in assessment and indicated that the strengths of an individual are most easily worked with to avoid repetition of behaviours. He also advised that denial is to be expected in working with these youngsters - a service needs a clear philosophy in working with denial. His favoured approach is to state to the young person, for example, "you're telling me you haven't done this, we're going to work with you to try to avoid such accusations in the future". In this respect, it is crucial to see the victim's statement in order to challenge distortions, minimalisation and denial. Many individuals manage to get away with a lot of sexual offending; there may be something different about those who get caught. Unavoidably, a small number of offenders are extremely dangerous, impulsive psychopaths.

Assessment involves offering a very neutral listening ear (which in itself can be therapeutic). A structured assessment avoids the danger of "getting the run around" from the young person. The possibility of vulnerable others living with the offender is something the assessor always needs to be aware of. The audience was introduced to the assessment tool, AIM 2 (standing for Assessment, Intervention, and Moving on) which is the preferred one - a thoroughly researched and referenced manual that ranks the risk domains, with offenders usually seen on three occasions over an eight week period to produce a report for the court.

Violent and sexually violent crime is halved by age 40 and near to zero by age 60. Rapists are like non-sexual criminals and are most likely to recidivate non-sexually. Sexual offenders may have a late tail off in risk, and may reoffend after seven or more years without offending. Age at first sexual offence may provide the most accurate assessment of a person's long-term risk of sexual recidivism.

The speaker, whilst recognising some major difficulties, also offered good reasons why CAMHS might be suitable to work with these youngsters. He emphasised the importance of working with the young person's family where possible. He also explained how he had been successful in establishing his team and ensuring continuing commissioning for its work. He noted the toll of this work on staff, and the importance of supervision, reflective thinking space, and a good balance of activity within one's daily work in dealing with this potential toll.

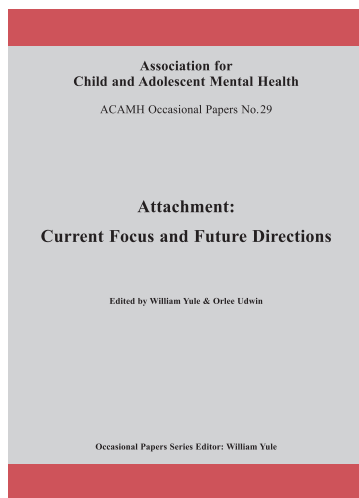
He finally left us with some very useful selected learning resources including [aimproject@msn.com](mailto:aimproject@msn.com), the book 'Working with Sexually Abusive Adolescents' by Masud Houghugh, and the 'National Organisation for the Treatment of Abusers'. The speaker can be contacted at [Philip.collins@slam.nhs.uk](mailto:Philip.collins@slam.nhs.uk).

*Kevin Healy, Lead Clinician, Cassel Hospital*

## ACAMH OCCASIONAL PAPER SERIES

### Attachment: Current Focus and Future Directions

Edited by William Yule & Orlee Udwin



The Association is delighted to announce the publication of its most recent Occasional Paper on Attachment (Series Paper No 29), based on the proceedings of the prestigious Emanuel Miller Memorial Lecture and Day Conference held in 2007. Produced to enable members of the Association and all those engaged within child and adolescent mental health to share the expertise, knowledge and

thoughts of world-class speakers, they bring together the latest developments, research findings, techniques and interventions to keep readers up-to-date and informed.

Nearly 70 years after John Bowlby first hit the headlines with his WHO monograph based on his observations of children raised in institutions, and at a time when issues such as parenting, genes, relationships and social environment are increasingly recognized as influencing factors, this collection of papers illustrates how far the concept of attachment has

developed over these 70 years, whilst simultaneously alerting the readers to the methodological pitfalls. Focusing on current conceptualisations of attachment and leaning heavily on hard, observational data from studies of deprived, institutionalised Romanian orphans placed for fostering or adoption in the UK and USA, the papers are relevant, intellectually stimulating and informative, neatly reinforcing how science and application can go hand in hand.

Papers included within the publication are:

- Michael Rutter, Jana Kreppner and Edmund Sonuga-Barke: Attachment Insecurity, Disinhibited Attachment, and Attachment Disorders: Where Do Research Findings Leave the Concepts?
- Jonathan Green: Attachment and Social Impairment in Development
- Jay Belsky: Origins of Attachment Security: Differential Susceptibility or Genetic Vulnerability?
- Femmie Juffer, Marian Bakermans-Kranenburg and Marinus van IJzendoorn: Attachment-Based Interventions: Heading for Evidence-Based Ways to Support Families

To receive a copy, please contact Sam Moore (020 7403 7458; [sam.moore@acamh.org.uk](mailto:sam.moore@acamh.org.uk)). The cost of the Paper (100p) is £7.50 (delivery within the UK is free; add £1 for postage to Europe / £2 for delivery to the rest of the world).

## EXTERNAL ADVERTISEMENT

### CALLING ALL CONSULTANT CHILD AND ADOLESCENT PSYCHIATRISTS

New Research Study commencing September 2009

**Surveillance of Paediatric Bipolar Disorder (SPBD)**

**UK and the Republic of Ireland**



From September 2009, the Child and Adolescent Psychiatry Surveillance System (CAPSS) have included Paediatric Bipolar Disorder on the yellow reporting card. There is a lack of studies investigating the incidence, diagnostic features and short-term outcomes of PBD in the UK and the forthcoming surveillance of this condition will continue for 13 months.

**SURVEILLANCE CASE DEFINITION:** Bipolar Disorder is a disturbance of mood characterised by **ONE** episode of euphoric or expansive mood, (this might include irritability) present for at least 7 days (less if hospitalised) that is sufficiently severe to cause impairment in social functioning.

**REPORTING INSTRUCTIONS:** Please report any child, younger than 16 years of age receiving a first time diagnosis of BD and presenting in the previous month with at least **one** 7 day period (less if hospitalised) of abnormally and persistently elevated or expansive and possibly irritable mood consistent with BD. **Please remember to return the notification card even if you have nothing to report.**

**FURTHER INFORMATION:** Dr Aditya N Sharma Academic Specialist Registrar and Hon Clinical Lecturer Northumberland or Dr Joanne Neely, Tyne & Wear NHS Trust, Newcastle University, 3rd Floor, Sir James Spence Institute, Royal Victoria Infirmary, Newcastle, NE1 4LP; Email [SPBD-UK.ROI@ncl.ac.uk](mailto:SPBD-UK.ROI@ncl.ac.uk)

Study funded by Northumberland, Tyne & Wear NHS Trust and to be undertaken by Newcastle University in collaboration with the Child and Adolescent Psychiatry Surveillance System (CAPSS). Approval received from Charing Cross Research Ethics Committee and granted NIGB (section 251) support to process patient identifiable information without consent.

## Quality of Life in Child and Adolescent Mental Health



ACAMH Chair, Professor Eric Taylor, attended the recent international conference sponsored by ESCAP on improving the quality of life for children and young people with mental health conditions. Bringing together leading experts from across the world in a four-day event of plenaries, symposia, forums, lectures, posters and workshops, the programme covered the major pervasive disorders – ADHD, ASD, Tourette Syndrome, Depression, Anxiety, Disruptive Disorders – the various treatments and interventions available for their management – pharmacological, pharmacotherapeutic, psychotropic, electrocortical – and the diverse trials, studies and trainings across the globe to monitor and evaluate them – memory strategy, emotional regulation, clinical and research-controlled trials, meta-analysis, parent training, teacher-based prevention programmes, care provision systems and quality improvement networks. Although dominated in parts by neuropsychiatric issues and scientific content at the expense of the clinical and practical elements, informal meetings around the posters indicated an increasingly active contribution from Eastern Europe and Baltic states, with some interesting examples of good co-operation between professionals, politicians and the media for development of school and anti-bullying programmes, from which we may have a good deal to learn. ACAMH members, Journal Editors past and present and Past Chair gave some of the most distinguished presentations – a joy to listen to and a tribute to the Association! Well done!

## Cognitive Behaviour Therapy with Children and Families: making CBT work for individuals, families, practitioners and services

2nd - 4th December 2009, Selsdon Park Conference Centre

### Confirmed Pre-Conference Workshop Topics

CBT for Traumatized Children: Dr David Trickey CBT for Young People who are Depressed: Professor Shirley Reynolds & Dr Chrissie Verduyn Systemic CBT: Dr Nicola Dummett and Dr Anne Stewart CBT, Anxiety and Families: Professor Ron Rapee

### Confirmed Conference Keynote Presenters

Professor Derek Bolton, UK Professor Susan Bogels, Netherlands Professor Ron Rapee, Australia Professor Paul Stallard, UK

### ACAMH MASTER CLASS

The Association is delighted to announce the next in its prestigious Master Class Series, which will take as its focus:

### DEPRESSION

The Class will be led by:

**Dr Gordana Milavic, Consultant Child and Adolescent Psychiatrist, Clinical Director of SLAM Child & Adolescent Mental Health Services**

**Dr Patrick Smith, Hon Consultant Clinical Psychologist, Lecturer in the Department of Psychology, Institute of Psychiatry, KCL**

**Dr Eleanor Leigh, Chartered Clinical Psychologist, Programme Supervisor (Postgrad Diploma in CBT for Children and Adolescents)**

and will be held on:

Friday February 5th 2010, London

### Emanuel Miller Lecture and Day Conference

AUTISTIC SPECTRUM DISORDERS: ASSESSMENTS AND INTERVENTIONS

**Keynote Lecturer:** Professor Fred Volkmar, Irving B Harris Professor of Child Psychiatry, Pediatrics and Psychology, Yale University School of Medicine and Chief, Child Psychiatry, Children's Hospital at Yale-New Haven

**Guest Lecturer:** Professor Cathy Lord, Professor of Psychology & Psychiatry and Director of the University of Michigan Autism & Communication Disorders Centre

12 March 2010, London

### ACAMH BOARD MEMBERS

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## FORTHCOMING ACAMH BRANCH CONFERENCES

For further details on the forthcoming events, please visit [www.acamh.org.uk](http://www.acamh.org.uk) or contact:

Sharon Gruber: [sharon.gruber@acamh.org.uk](mailto:sharon.gruber@acamh.org.uk), Tel 020 7403 7458

for events in North East, North West, Scotland, Wales, Yorkshire

Jacqui Colgate: [jacqui.colgate@acamh.org.uk](mailto:jacqui.colgate@acamh.org.uk), Tel 020 7403 7458

for events in Devon & Cornwall, East Anglia, Ireland, Leicester, London & South East, Midlands, Southern and National Conferences

### Mailing list:

If you wish to join our mailing list and receive notification of forthcoming ACAMH meetings please contact either Sharon Gruber or Jacqui Colgate (as above)

**14 October 2009**  
**Birmingham**

**Midlands Branch: Half Day Conference "HARMFUL BEHAVIOURS IN ADOLESCENCE"**

Speaker: Gareth Savage

Venue: Parkview Clinic, Birmingham

**15 October 2009**  
**Dublin**

**Ireland Branch: Twilight Meeting "SUPPORTING THE MOST VULNERABLE"**

Speaker: Jennifer Rylands

Venue: Mater CAMHS, Metropolitan Building, James Joyce Street, Dublin 1

**21 October 2009**  
**London**

**London and South East Branch: Twilight Meeting "SELECTIVE MUTISM"**

Speakers: Alison Wintgens and Daphne Keen

Venue: ACAMH Head Office, London

**26 October 2009**  
**Edinburgh**

**Scotland Branch: Day Conference "LEARNING DISABILITIES IN CAMHS"**

Speakers: Ama Addo, Helen Beltran, Fiona Gellatly, John Robertson and Duncan Manders

Venue: Radisson SAS Hotel, Edinburgh

**30 October 2009**  
**Pontypridd**

**Wales Branch: Half Day Conference and AGM "WORK OF THE GUARDIAN AD LITEM"**

Speaker: Ann Head MBE

Venue: QED Conference Centre, Treforest Estate, Pontypridd near Cardiff

**20 November 2009**  
**Edinburgh**

**Scotland Branch: Day Conference "GANG CULTURE: THREATS, IMPACTS, RISKS"**

Speakers: Detective Chief Superintendent John Carnochan QPM,, Aileen Blower and Sandy Scringeour

Venue: Radisson SAS Hotel, Edinburgh

**20 November 2009**  
**Bristol**

**Avon Branch: Day Conference "EMERGING BORDERLINE PERSONALITY DISORDER IN ADOLESCENCE"**

Speakers: Julia Ronder, Anja Muehlschlegel, Ian Skeldon, Caroline Mercier, Rebecca Cross

Venue: Engineers House, Bristol

**23 November 2009**  
**TBC**

**East Anglia Branch Joint Day Conference with Norfolk PCT "ADHD: A MULTI-AGENCY APPROACH TO SUPPORTING CHILDREN"**

Speakers: Catherine Laver-Bradbury, David Howe and Fintan J O'Regan

Venue: TBC

**26 November 2009**  
**York**

**Yorkshire Branch: Annual Winter Festivity Event "FORGING ATTACHMENTS WITH RELATIONSHIP BASED PLAY"**

Speaker: Sarah Bryan

Venue: Limes Trees, York

**4 December 2009**  
**Southampton**

**Southern Branch: Day Conference "AUTISM SPECTRUM DISORDER: UPDATES ON CLINICAL PRACTICE AND RESEARCH"**

Speakers: Gillian Baird, Mark Houston, Sandy Teal, John Lawson and Glenys Lawson

Venue: Chilworth Manor Hotel, Southampton

## FORTHCOMING ACAMH NATIONAL FELLOWSHIP SERIES

**2-4 December 2009**  
**London**

**Joint ACAMH-BABCP Conference: "COGNITIVE BEHAVIOUR THERAPY WITH CHILDREN AND ADOLESCENTS: MAKING CBT WORK FOR INDIVIDUALS, FAMILIES, PRACTITIONERS AND SERVICES"**

Speakers: Confirmed Keynote Speakers: Professor Susan Bogels (the Netherlands), Professor Derek Bolton (UK), Professor Ron Rapee (Australia) and Professor Paul Stallard (UK)

Venue: Selsdon Park Hotel, Croydon

**12 March 2010**  
**London**

**Emanuel Miller Lecture and Day Conference: AUTISTIC SPECTRUM DISORDERS: ASSESSMENTS AND INTERVENTIONS**

Keynote Lecturer: Professor Fred Volkmar, Irving B Harris Professor of Child Psychiatry, Pediatrics and Psychology, Yale University School of Medicine and Chief, Child Psychiatry, Children's Hospital at Yale-New Haven Guest Lecturer: Professor Cathy Lord, Professor of Psychology & Psychiatry and Director of the University of Michigan Autism & Communication Disorders Center

Further details will be made available in due course

Venue: London