

## **Feedback report for BSC Honours in Mental Health CAMH Pathway**

### **Year 1**

Firstly I would like to sincerely thank FPSA for the funding which enabled me to start my degree, after wanting to do this course for so long, it was so exciting to finally be able to start.

I have a unique role, I am both adult and paediatric nurse trained, and work as a Specialist Nurse in Child Protection, and give advice and support around safeguarding issues to CAMHS staff, both tier 4 and tier 3.

I knew that by doing my mental health degree, CAMH pathway it would really improve my knowledge which in turn would increase my understanding of the complexities involved for these young people, who are accessing CAMHS and have safeguarding elements involved in their presentations.

### **Course Structure and Content**

The course ran from September to April, and consisted of two double modules.

The first module was the "CAMH Pathway", and I attended university one day per week for lectures. A wide range of topics were taught:

- Autistic Spectrum Disorders, ADHD
- Psychosis and voice hearing
- Eating Disorders
- Attachment disorders
- Play Therapy and the benefits of its use in CAMHS
- Safeguarding and The Children Act and wider legislation
- CAF Common Assessment Framework
- Role of psychotherapy
- Self-harm
- Solution Focused Therapies

As part of the module we had to deliver a teaching session, to demonstrate our knowledge, and the topic was assessment tools. I chose to talk about a tool used to assess risk of child sexual exploitation "CSE risk assessment tool" and I went on to deliver a case study presentation about a young person I had worked with who was a patient in CAMHS who had been exploited.

The second assessment was an assignment which focused on interventions, and again I used the case study of the young person I had worked with and chose solution focused therapy.

The second module was “The emotional and psychological concepts of abuse, trauma and loss and the effect on the child, young person and family”, and again I attended once per week to university.

I really enjoyed this module as it was particularly relevant to my role.

Topics covered were:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Neglect
- Child Protection Policies and procedures
- Post-Traumatic Stress Disorder
- Forensic CAMHS
- Loss, and the effect on the child
- Bereavement
- Trauma, the consequences of
- Reflection
- Clinical supervision

As part of the course I had to deliver a teaching session, this time a subject of my choice so long as it related to abuse, trauma or loss and I chose to deliver a session on “Teenage Partnership Violence”.

The written assignment was a reflective piece and I chose to look at a very complicated case I had worked with where a young person was a victim of severe physical, emotional and sexual abuse and then became a perpetrator of a sexual assault, and how we had managed this young person as an organisation.

## **Conclusion**

This course really did help to consolidate my existing knowledge, and I also learnt lots of new things along the way. It has made me a more reflective and effective practitioner and I feel more capable to give advice and support to the CAMHS Multi-disciplinary Team.

This course has helped me understand the complexities of presentations which young people may have, and I believe this has really improved the way in which I am able to respond to the young people.

I have since run two Adolescent Study days with a strong focus on safeguarding, adolescents and CAMHS.

I look forward to starting year 2 in September.

Melanie Homer

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