

BSc (Hons) Mental Health Studies Child and Adolescent Pathway

FPSA funded my first year of the Bachelor of Science Degree which started me on a journey to complete the two year BSc with Honours Mental Health CAMHS pathway.

I have now completed the two year programme thanks to FPSA who funded my course and I graduated in September 2015 with a first class honours degree.

- The course content of year one :
- Child and Adolescent Mental Health
- The Psychological and Emotional Effects of Abuse, Neglect and Loss on the Child / Young person and their Family

I have already written a report on the content of year one which is listed on the FPSA webpage (see “feedback report for BSc Honours in Mental Health CAMH Pathway)

Year 2 consisted of the following modules

- Diversity and Equality: I looked at child sexual exploitation, mental health presentation and ethnicity
- Evidence Based Practice: looking at research around treatment for personality disorders and young females
- Substance Misuse: Crisis to Recovery:
- This was an excellent module, enabling me to learn about substance misuse, models of treatment, effects upon mental health and treatment programmes for young people.
- Safeguarding aspects of substance misuse
- The overlap between mental health and substance misuse
- Drug issues relevant to young people (cannabis, synthetic drugs and so called “party drugs”)

This course has helped build my knowledge of child and adolescent mental health, enabling me to extend upon my knowledge and become more aware of research and evidence based practice which has in turn improved my practice and made me a more confident practitioner.

I am now running twice yearly adolescent study days in our trust which have a strong focus on mental health, safeguarding, child sexual exploitation and substance misuse.

I have been invited back into the university to deliver sessions to students doing the same course I did. The sessions I deliver are around adolescents, safeguarding, and impact on mental health, teenage partnership violence and child sexual exploitation.

I am currently looking to get a research project off the ground, looking at capturing the “Voice of the child” in relation to their tier 4 experiences and safeguarding and what lessons can we learn to ensure we keep young people central to everything we do and really enable them to have a voice and be listened to.

I am really grateful to the FPSA for funding my degree, and giving me such a fantastic opportunity to complete the programme.

Melanie Homer Melanie

Specialist Nurse Child Protection CAMHS