

Contents

Foreword	ix
by Sarah Brennan OBE, formerly Chief Executive, YoungMinds	

Introduction	1
---------------------	----------

PART 1

1 Understanding mental health	3
What does mental health mean?	3
Understanding mental health problems: diagnosis and formulation	5
The Child Attributes and Past and Present Experiences (CAPPE) matrix	9

2 Why are looked after children vulnerable to mental health problems?	15
Prevalence of mental health problems	15
Adverse childhood experiences (ACEs)	16
What is developmental trauma?	17
What is attachment and why is it important?	18
Formulating by thinking about the child's Inner Working Model	21
The carer's attachment style	22

3 Gathering information to make sense of the child	24
The importance of good information	24
Assessment tools familiar to social workers	29
Other standardised assessment tools	31
Using functional analysis to work out what may be causing the child's difficulties	32

4 Facilitating children's mental health	34
What do all children need to develop good mental health?	34
What do looked after and adopted children need to promote, protect and support healthy mental health?	35
What do looked after and adopted children need to recover from past experiences and make good progress?	36

Creating safety	37
Building skills	45
Reflection and recovery	47
<hr/>	
5 Child and Adolescent Mental Health Services	50
What is CAMHS?	50
How is CAMHS organised?	50
What can each service/professional offer?	52
Does the child need a referral to CAMHS?	53
Potential challenges with CAMHS	53
Accessing CAMHS services	54
Navigating the system	58
How to ensure that children have a voice	59
<hr/>	
6 Legislation and policy context	61
Regional definitions	61
England	62
Wales	64
Northern Ireland	65
Scotland	66
<hr/>	
PART 2	
Introduction	68
<hr/>	
Anxiety	69
What is anxiety?	69
What causes anxiety difficulties?	71
Will anxiety dissipate or increase over time?	74
What can be done to support the child?	74
Guidance and resources	76
<hr/>	
Attachment difficulties	77
Attachment styles and attachment difficulties	77
What are the causes of attachment difficulties?	80
Will attachment difficulties dissipate or increase over time?	82
What can be done to support the child?	83
Guidance and resources	84
<hr/>	
Attention difficulties, impulsivity and hyperactivity	87
What are attention difficulties, impulsivity and hyperactivity?	87
What causes attention difficulties, impulsivity and hyperactivity?	88

Will it dissipate or increase over time?	91
What can be done to support the child?	92
Guidance and resources	93

Behaviour and conduct problems 95

What are behaviour and conduct problems?	95
What is the cause of behaviour and conduct problems?	96
Will these problems dissipate or increase over time?	99
What can be done to support the child?	99
Guidance and resources	101

Depression and low mood 102

What is depression?	102
What is the cause of depression?	103
Will it dissipate or increase over time?	105
What can be done to support the child?	106
Guidance and resources	106

Eating problems 108

What are eating problems?	108
What causes eating problems?	109
Will these problems dissipate or increase over time?	113
What can be done to support the child?	113
Guidance and resources	114

Obsessions and compulsions 115

What are obsessions and compulsions?	115
What causes obsessions and compulsions?	117
Will it dissipate or increase over time?	119
What can be done to support the child?	120
Guidance and resources	121

Post-traumatic stress 123

What is post-traumatic stress disorder?	123
What is the cause of PTSD?	125
Will it dissipate or increase over time?	127
What can be done to support the child?	128
Guidance and resources	129

Psychosis 131

What is psychosis?	131
--------------------	-----

What is the cause of psychosis?	133
Will it dissipate or increase over time?	136
What can be done to support the child?	136
Guidance and resources	137

Self-harm 139

What is self-harm?	139
What is the cause of self-harm?	140
Will it dissipate or increase over time?	143
What can be done to support the child?	144
Guidance and resources	145

Sleep problems 147

What kind of sleep problems do children have?	147
What are the causes of sleep problems?	148
Will these problems dissipate or increase over time?	152
What can be done to support the child?	152
Guidance and resources	153

References 155

Appendix 165
