



SCPT

Scottish Child Psychotherapy Trust

Promoting the emotional well-being of children and young people

Child and adolescent psychotherapy in Scotland

Factfile One

Child and adolescent psychotherapy works

Child and Adolescent Psychotherapy is a therapeutic treatment for children and adolescents with mental health problems. It eases emotional disturbance, making emotional growth possible. It works for children who have not responded to other forms of therapy.

Research confirms that 80% of children referred with anxiety disorders were symptom-free on completion of treatment.

Child and Adolescent Psychotherapists are highly trained and highly skilled professionals. They work in Child and Adolescent Mental Health Services (CAMHS) teams, in the voluntary independent sector, and in education. They work with individual children and families.

They work in support and consultancy roles with other professionals working with disturbed and damaged children.

Factfile Two

The need for child and adolescent psychotherapy is clear and urgent

The evidence points to continuing growth in the numbers of children in Scotland suffering from serious mental and emotional disturbance. It confirms that child psychotherapy leads to measurable progress for some of our most damaged children.

Factfile Three

A service in danger, and hope for the future

Only six areas of Scotland – Lanarkshire, Ayrshire, Glasgow, Aberdeen, Fife and Borders – have child psychotherapists working in public service provision. All other areas of Scotland have either no child psychotherapy service, or services available only in a voluntary organisation, or in private practice for which fees must be paid.

The total number of child and adolescent psychotherapists working in Scotland at the present time is 15.3 (fte). The number recommended in the Executive's own workforce planning report is 50.

The NHS in Scotland has until now refused to pay for the training, leaving students to meet the costs themselves. Their recent welcome decision by the Executive to invest in training over the next five years offers real hope for the future.

Who remembers Wednesday's child? Who cares?



Bringing hope to Wednesday's child

Do you remember Wednesday's child, born to be full of woe? Such a small, quiet word, "woe." A small, quiet-sounding word which can hide great depths of fear, pain, anger, rage and despair - emotions which all too easily find their release in disturbed and damaging behaviours. Who would be Wednesday's child? Who would not want to do something to ease the pain, bringing hope in place of despair?

The mission of the Scottish Child Psychotherapy Trust (SCPT) is to bring hope to Wednesday's children by working for the development of child and adolescent psychotherapy services across Scotland.

Unfortunately for Scotland's most troubled children, child and adolescent psychotherapy services are under threat.

UNICEF report on our children - a shock to the system
In February 2007 the UNICEF Report Card on the well-being of our children placed the UK:

- among the bottom third of our peer group on five out of six measures
- bottom, by a considerable distance, on Behaviours and Risks measures - our children are more likely to harm themselves than those in any of the other countries measured
- showed that our children's sense of their own well-being was markedly lower than average.

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The Scottish Child Psychotherapy Trust,
Park Business Centre, 5 La Belle Place, Glasgow G3 7LH.
Tel: 0141 353 3399 E-mail: catriona@scpt.fsnet.co.uk
Registered charity no. SC030070





Proposals for the new government

The Scottish Child Psychotherapy Trust welcomes the planned new investment in training and urges the Scottish Executive to:

1. Adopt the service level target of 50 child psychotherapists by 2015, as recommended in its Workforce Planning Group.
2. An additional investment of £500,000 a year for the next five years will make it possible to find a Child Psychotherapist in every CAMHS Team.

The investment required is modest, considering the needs and social consequences if nothing is done.

These are achievable targets – SMART targets.

The benefits in terms of hope for a better future for some of our most damaged children and their families will be worth every penny.

The investment will be recouped many times over through their improved health and better life-chances.

The Scottish Child Psychotherapy Trust

The Scottish Child Psychotherapy Trust is an independent charity committed to improving the lives of emotionally damaged children and adolescents through the development of child psychotherapy services across Scotland. We aim to see such services available to all children and young people who require them as a fundamental right within health care provision in Scotland today.

At a strategic level, the Trust works in close partnership with the other key bodies in the field: the Association of Child Psychotherapists, which is the professional body, and training accreditor and the Scottish Institute of Human Relations, which provides the training in Scotland, and also provides a child and adolescent psychotherapy service.



In January 2007, Scotland had a foretaste of what was to come. The Government's own report on *Growing up in Scotland* pointed to high percentages of children and toddlers in Scotland living in disadvantaged households and deprived areas, in families with low rates of general health and high rates of long-standing illness.

The Scottish Executive admitted 20% of families and 20% of children were living below the poverty line, showing little improvement from the 1970s.

The impact on the emotional and mental health of children was of particular concern, with evidence of a growing number of children and adolescents suffering from severe and prolonged mental and emotional disturbance – Wednesday's children.

Vision for a better future

Through the *Getting it Right for Every Child* initiative, leading to the draft Children's Services Bill, the Executive has initiated a programme of change designed to revolutionise services for children. Their vision is to ensure that our children and young people can become confident individuals, effective contributors, successful learners and responsible citizens. Therefore we need to ensure that they are safe, nurtured, healthy, achieving, active, respected, responsible and included.

The vision is clear, and one to which we can all sign up, but for too many of our children it seems impossibly far away from their reality.

Framework for progress

The Mental Health Framework document (2005) charted a way forward. The Mental Health Workforce Planning Group report, *Getting the Right Workforce, Getting the Workforce Right* (2006) followed up with clear estimates of the staffing and resource levels needed to provide appropriate mental health services to children and adolescents. It:

- identified child psychotherapists as one of only three professions equipped with the breadth of skills and understanding necessary for working with the most damaged children and providing consultancy support to other professionals involved
- noted the serious shortfall in the numbers of child psychotherapists in Scotland, and set targets for the development of the profession over the next ten years
- highlighted the need for training for child psychotherapists in order to avert an imminent crisis.