

Scottish Child Psychotherapy Trust Strategic Plan

Promoting the emotional well-being of children and young people

THE CONTEXT

As we move through this first decade of the new century, the wider context within which child psychotherapy must make its mark is one of continuous change at all levels in the structures and administration of public services. Health, education and social work are all affected, with varying impacts on people and services. The gap in all of these areas between the vision and the resources available to achieve it often seems unbridgeable. The challenge of securing due recognition in Scotland for the still relatively unknown profession of child psychotherapy remains a daunting one.

Nevertheless the picture is in many respects more helpful than that of a few years ago. The continuing development of integrated children's services and the high priority given still to social inclusion policy help to keep a focus on need. The Mental Health Act, the Adoption Act, and the additional support needs legislation have all created a more favourable legislative framework. The Review of the children's hearings system and the re-evaluation of social work services may lead to better levels and a wider range of services for children and families.

In the field of child and adolescent health, there is now a series of policy documents, the SNAP report, the Framework document, and the recently published report of the Mental Health Workforce Planning Group, which together chart a clear and coherent way forward, and foresee a place for child psychotherapy.

On the political front, the introduction of PR in local government elections in Scotland may create a significant shift in the balance of power in local government. The Scottish Parliamentary election in 2007 offers an important opportunity to set out policies and strategies for the growth of child psychotherapy in Scotland in manifesto form.

The Scottish Child Psychotherapy Trust itself has continued to make progress, and is in some ways stronger and more purposeful. It continues to attract interested and experienced Trustees and Patrons, has a track record of successful fund-raising events, and is building a new approach to promotion of child psychotherapy in Scotland. As a partner in the new Tripartite Group for child psychotherapy in Scotland - (Scottish Child Psychotherapy Trust, Scottish Institute of Human Relations, Association of Child Psychotherapists), the Trust is also well placed at a strategic level to address the challenges and make use of the opportunities which the next four years will bring.

HOPES AND ASPIRATIONS

This new strategic plan has been formulated with these challenges and opportunities in mind. The first, and greatest challenge is that child psychotherapy in Scotland is at the tipping point in terms of its continuing existence. The training is under threat, the service is still not available across whole regions of the country, establishment and recruitment levels remain perilously low, and general levels of awareness, even among those who ought and need to know, are well below what is required to generate the drive necessary for development.

The over-riding priority for the Trust in the next four years is therefore to work with others to create and sustain a "virtuous cycle" in the development of child psychotherapy in Scotland. We will focus on building and advocating for workable strategies for achieving the targets for child psychotherapists set out in the Mental Health Workforce Planning Report (2005), building on our own awareness-raising programme, and continuing our medium-term strategy of support for students in training, and for assisted access to services.



AIMS AND OBJECTIVES

Aim 1 To be a voice for child psychotherapy in Scotland

Objectives

- continue active support for the development of the Tripartite Group
- maintain a focus on policy developments
- help to consolidate the reputation of child psychotherapy as a profession alongside other related professions

Key actions

- input to Tripartite Group
- plan and implement follow-up to seminar programme
- respond to key documents, policy papers etc.
- prepare a child psychotherapy “manifesto”
- develop a bank of case study material
- plan for a scientific meeting or conference in 2007

Aim 2 To continue to build and support networks with service users and partners

Objective

- to create informed networks supportive of child psychotherapy
- to keep abreast of developments in related fields

Key actions

- build on established contacts
- set up a short-life working group to build contact and mailing lists
- develop contacts where new structures are being developed
- create a short presentation as initial briefing for service users and partners
- offer short presentations as part of CPD meetings and conferences
- investigate potential for support from Patrons
- expand the “Friends” network
- maintain regular publication of the newsletter, and expand its circulation



Aim 3 To continue to support the on-going development of child psychotherapy services in Scotland

Objectives

- maintain the small grants scheme for students in training
- maintain the grants programme for ensuring access to services for children and families for whom finance is the primary barrier

Key Actions

- on-going fund-raising activity to support the two grant schemes
- regular reviews of the terms and conditions
- regular feed-back from beneficiaries

Aim 4 To manage the affairs of the Trust efficiently and effectively.

Objectives

- maintain the number of Trustees, and broaden the base of skills and expertise as necessary
- create ad hoc and sub-committees as necessary, to assist Trustees in maintaining their focus on policy and strategy
- increase the level of income, and broaden the income base

Key actions

- maintain continuity of Trustee meetings
- sustain range of fund-raising activities
- produce annual report and accounts in line with good practice requirements.

