



investing in children

## Evaluation for Investing in Children membership

### Middlesbrough CAMHS

For the purpose of this evaluation I met with Kyra, Luke, David and Andrew who have been meeting at the Rosewood Centre.

Children and Adolescent Mental Health Service, 'CAMHS', in Middlesbrough is based at the Rosewood Centre. During my visits for this evaluation I spoke with Catherine Daly. She informed me that she has been working in partnership with some young people who access the service. The team is committed to developing a process of participation, where children and young people who use the service are able to give their important and necessary input and ideas about the service. During the last few months Steven Clarkson, a colleague of Catherine's has also been working with young people from the Rosewood Centre.

This report below highlights opportunities young people have had, through different methods of dialogue, to get their ideas and opinions across and how the team has started to make some changes to the service based on this input.

### **Evidence of Dialogue and Change.**

#### Investing in Children Group

Catherine and now Steven, the lead workers, have been working in partnership with a group of young people since February 2006. During this time a group of young people have attended meetings, once a month to discuss the service CAMHS offers to young people in Middlesbrough locality. When staff team meetings take place, there is an item on the agenda for Steven to feed back to the team what ideas or issues the Investing in Children group has been discussing. Luke, a member of the Investing in Children Group told me, "**We do get listened to and some things have changed**, Luke went on to explain, "**They asked us about the waiting area and changed it. The horrible boring rack in the waiting area has gone and we decided on a big bright colourful rack made of plastic which was better than the other one**". The rack is now used for the purpose of different health issues.

Andrew explained, "**We do get listened to but I think we should meet more regular because I sometimes forget about ideas you have been talking about and we should look at different ways of getting more young people involved**". This is something the group and staff might want to look at over the next year.

This process between the staff team and the Investing in Children group is starting to encourage communication between children and young people who attend CAMHS. This includes children and young people who are not part of the group as they are also positively encouraged by the Investing in Children Group to have their say. Kyra told me, "**We made up a questionnaire to find out what other young people think about coming here and ideas to make things better**". When the questionnaires are completed the group discuss these ideas when they meet.

## Waiting Room.

The team has responded to what young people had asked for and made some developments to the waiting room area. Kyra told me, **“We wanted to come up with some themes for the waiting area”** Kyra added, **“I wanted to do something on bullying because it’s a big issue, I also came up with the name, ‘stop that bully’**. The group, during one of their meetings put posters up and leaflets out on bullying and are now working on some more themes for the waiting area. These are healthy eating and drugs and alcohol.

Also more teenage magazines are purchased on a regular basis and placed in the waiting area and more children’s toys have been bought. Andrew told me about these changes, **“They have bought more car magazines which is good because you do not get as bored and more toys have been bought for younger children so they do not get bored when they are waiting”**.

## Counselling Room

Luke told me, **“We spoke about the counselling room”**. The group were concerned because personal conversations could be heard outside the room. Luke went on to explain, **“The room has had the ceiling lowered and the walls sound proofed”**. The group were pleased with this and said the room is much better now.

During all my visits to the Rosewood Centre I was made to feel welcome and I could see that the views and opinions of children and young people are heard, respected and valued by the staff at Middlesbrough CAMHS. There is evidence of children and young people being involved in decision making and changes occurring and there are other plans to develop this even further.

Therefore, I would recommend that Middlesbrough Children and Adolescent Mental Health Service receive Investing in Children Membership and look forward to seeing more developments over the next year.

This report has been read and agreed by the following young people: Kyra, Luke, David and Andrew.

**Rob Johnson**  
**Investing in Children**  
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