

Faculty of Child and Adolescent Psychiatry Winter 2024 newsletter

Dear CAMHS colleagues,

It is the time of year when Christmas events start to come thick and fast. We hope that most of you can take some time from busy clinical schedules to rest and enjoy some time with family or friends. We have had several interesting submissions in this newsletter which we look forward to sharing with you all. As per the new format we trialled in the last newsletter, we have ordered articles and updates with a brief headline summary below, so you as busy clinicians can go straight to the articles you would like to read:

1. We start with our Faculty Chair [Dr Elaine Lockhart's summary](#). Elaine celebrates the achievement of setting up a new Faculty podcast, the RCPsych awards and another successful CAP Faculty conference in September. There are some recent awards and conference pictures at the bottom of Elaine's update.
2. We then include **updates from representatives from our devolved nations: Dr Holly Greer** provides an [update from Northern Ireland](#), the RCPsych Wales Manager **Oliver John** writes about [activities in Wales](#) and a [report on the faculty in Scotland](#) is written by **Dr Kandarp Joshi**.
3. Our **CAP Faculty trainee reps** have provided their [update](#) and include an interesting commentary on sharing good practice on return from maternity/parental leave.
4. In the [faculty prizes article](#), we announce winners of the annual CAP Faculty prizes, including the Poster prize and Margaret Davenport prize winners. The current prizes open to submissions are also included in this piece.

5. **Dr Anupam Bhardwaj**, CAPSAC Chair provides his [update](#) including developing an Entrustability Framework for WBPAs, recruitment updates and updated CESR application guidelines.
6. **Prof Andrea Danese**, Current ESCAP Secretary, gives the [ESCAP update](#) which also reminds us that the ESCAP biannual conference as well as research academy is coming up in Strasbourg in Summer 2025, a great opportunity to connect with our international neighbours.
7. **The CAPSS Team** announce they are celebrating their 15th anniversary next year and invite us to a 'birthday event' next April and provide us with their [update](#) including active studies and an interesting ARFID masterclass.
8. **The RCPsych West Midlands division** is announcing a [new Autism webinar](#) series. You can register to attend the first session 'Autism in CAMHS' on 22 January 2025.
9. **Prof Tamsin Ford** and her research team give us an [overview of the ATTEND trial](#) which is actively recruiting participants. The trial is evaluating the effectiveness of a mindfulness programme for young people and carers in teenage depression.
10. **Dr Alex Sales** provides us with a thought-provoking [reflection on iatrogenic harms](#) of disintegrative care including the harms of sectioning young people who get stuck with mental health identities.
11. **Dr Mona Freeman**, Chair of the Psychiatrists in Independent Practice RCPsych group explains the [benefits of building a portfolio career](#).
12. **Dr Catherine Dakin and Dr Jennifer Scott** explain [their project](#) which attempts to reduce PRN medication in an inpatient environment through pioneering DBT prescribing cards.
13. **Dr Shivam Sharma** outlines an [important overview](#) of under-recognition and under-treatment of ADHD in females.
14. **Dr Roisin Nuttall and Dr Kiran Savarapu** explain [their work](#) to STAMP out overprescribing in CAMHS intellectual disability population in Liverpool CAMHS.
15. **Dr Amy Fulkner** writes a [piece](#) where she reflects on working with a young person with purported Dissociative Identity Disorder and mental health challenges it brings up.

We hope you have enjoyed the newsletter. As always, we welcome your feedback so please **email us** if you have suggestions to improve it or if you want to contribute to the first CAP Faculty newsletter of 2025!

Season's greetings to you all from your newsletter editor.

Dr Mei Simmons

(With support from RCPsych Faculty and Committee Manager, Hayley Shaw)