

# FCAMHS Jargon Buster for Parent and Carers

## Care plan

All young people that are admitted to hospital will have specific 'needs' (e.g. managing their mental illness symptoms) which have to be addressed with 'interventions' (e.g. treatments) to help them to meet their 'goals' (e.g. recovery from their symptoms). A care plan is a plan which should be developed jointly between staff and young people which identifies specific needs and goals and plans out what type of care and treatment is required to reach these goals and how long it would be expected to reach these goals. Young people are given a copy of their care plan and these are reviewed regularly.

## CPA

CPA stands for Care Programme Approach. The Care Programme Approach (CPA) is there to support your recovery from mental illness. CPA is a framework used to assess your needs. And make sure that you have support for your needs. Under CPA you will get a care coordinator who monitors your care and support. Your care coordinator will review your plan regularly to see if your needs have changed.

## CARP Meetings

CARP meetings are meetings held by the staff team at Ardenleigh during the week before the CPA meeting. The purpose of the CARP meeting is for staff to come together in preparation for the CPA meeting to update reports and risk assessments and to ensure that everything required for the CPA meeting has been done. Young people and their families/carers do not attend CARP meetings.

## CPA Meetings

CPA meetings are formal meetings in which the young person, their family/ carers, community professionals (e.g. from mental health services, social services, youth offending services etc) and inpatient staff (members of the clinical team and nursing staff who know the patient well) meet together to discuss the young person's progress and to develop future plans. This includes discussions around a wide range of issues including those which may be affecting the young person's health, social, safety and learning needs.

## **Care Coordinator**

Every young person who is admitted to Ardenleigh will be allocated a Care Coordinator. The person carrying out this role will be a member of the young person's clinical team e.g. a social worker, occupational therapist, nurse or psychologist. The key responsibility of the care co-ordinator is to proactively oversee a young person's care pathway, keeping them on track, and co-ordinating and managing their care in partnership with the young person and their family/carers. The care co-ordinator will provide a consistent point of contact during an admission but they are not expected to be the person who actually delivers all components of a young person's care. In Ardenleigh, the care co-ordinator will also chair CPA meetings.

## **CFL – Centre for Learning**

This is the on-site school based at Ardenleigh. All Young people at Ardenleigh, regardless of their educational level or age, are offered education in CFL. CFL is part of James Brindley School, Birmingham. [www.jamesbrindley.bham.sch.uk](http://www.jamesbrindley.bham.sch.uk)

## **Commissioner**

NHS commissioners are responsible for planning and purchasing healthcare services for the UK population. The inpatient beds in Ardenleigh FCAMHS are commissioned by 'NHS England'. During a young person's admission at Ardenleigh, commissioners are kept informed of their progress and they can offer assistance in relation to future healthcare placements.

## **CQC – Care Quality Commission:**

The CQC is the independent regulator for health and adult social care in England. It registers, monitors and routinely inspects all hospitals, care homes and home care agencies to ensure that they meet national standards of quality and safety. All providers of health and social care have to be registered with the CQC. It publishes its inspection reports on the CQC website, so you can see whether a particular health or social care provider has met the required national standards. The CQC does not investigate or resolve individual complaints, but you can contact them if you feel that you, or someone you know, have received poor care. Any information you provide is used to help the CQC decide when and where to inspect services. [www.cqc.org.uk](http://www.cqc.org.uk)



## **CTM – Clinical Team Meeting**

Each young person who is admitted to Ardenleigh will be allocated to one of two multi-disciplinary teams (MDTs), either Darby team or Brunel team. Each MDT consists of psychiatrists, nursing staff, a psychologist, occupational therapist, social worker and a pharmacist. The clinical team meeting (CTM) is a weekly meeting when the MDT come together to discuss each young person. Young people are on a rota to attend these meetings. During school term times, a member of teaching staff also attends these meetings. At the end of each CTM, all young people are given 'CTM feedback', which they receive in a letter from a member of the MDT, who talks this through with them.

## **DOSSN– Duty On-Site Senior Nurse**

This is the senior nurse on duty for the Ardenleigh Site, which covers CAMHS inpatients and the other inpatient services on site. There is DOSSN cover for 24 hours every day.

## **HCA – Health Care Assistant**

These are members of the nursing team who deliver care for the young people alongside qualified nursing staff

## **IMHA/ IMCA – Independent Mental Health Advocate/ Independent Mental Capacity Advocate:**

Independent Mental Health Advocacy is a statutory form of advocacy which was introduced in 2009 as part of amendments to the Mental Health Act. Anyone who is detained in a secure Mental Health setting, under the Act, is entitled to access support from an Independent Mental Health Advocate (IMHA). An independent mental health advocate can help young people to understand and use their legal rights under the Mental Health Act, if they have been detained under the Mental Health Act (sectioned) or are being treated on a community treatment order (CTO). All young people in Ardenleigh have access to an IMHA if they request this. An IMCA carries out a similar role in relation to issues covered by the Mental Capacity Act.

## **Key Team/ Key Worker**

Each young person has a team of 3 members of nursing staff from the ward on which they are placed. At least one of the members of the key team is a qualified member of staff and they are allocated as the 'key worker' for the young person. The key team and the key worker take on specific tasks to help their young people during their admission, including regular keyworker 1:1 sessions.

## **OT – Occupational Therapist**

An OT aims to help young people at Ardenleigh overcome any practical difficulties they have as a result of their mental health difficulties. They help young people build up the confidence and skills needed for personal, social, domestic, leisure and work activities and work with the individual to make any goals they want to achieve in these areas. They can work with young people in groups and on a 1:1 basis.

## **PALS – Patient Advice and Liaison Service (PALS)**

All NHS Trusts have a Patient Advice and Liaison Service. They provide support, advice, and information to service users and their families. They can also inform people how to make a complaint and assist with this process.

## **QNIC – Quality Network for Inpatient CAMHS**

QNIC is a project which is supported by the Royal College of Psychiatrists. Its aim is to demonstrate and improve the quality of inpatient child and adolescent psychiatric inpatient care through a system of review against specific standards. Each year, a QNIC-review takes place in Ardenleigh when reviewers from other inpatient units, as well as service users, come to review the service and offer suggestions for areas of improvement. These reviews involve young people, parents/carers, and staff.



## **RC – Responsible Clinician**

For any person detained in hospital under the Mental Health Act, there must be a Responsible Clinician identified for them. In Ardenleigh FCAMHS, the RC is the consultant psychiatrist involved in the young person's care.

## **Tribunal – Mental Health Tribunal**

Most patients detained under the Mental Health Act are entitled to apply to the Mental Health Tribunal if they want to appeal against their detention in hospital under the Mental Health Act. Young people can do this themselves, or via their solicitor. In some circumstances the young person's 'Nearest Relative' can also make an application for discharge.

Following an application being made, a Tribunal hearing will be arranged. A Tribunal panel, whose members are completely independent of the hospital, will be present at the Tribunal hearing. The panel includes a chair person (a lawyer), a medical member (usually a psychiatrist) and a lay person. The medical member of the panel will visit the young person



before the Tribunal hearing and will discuss their findings with the other members of the panel. Members of the young person's clinical team (Psychiatrist, Social Worker and Nursing staff) will also be present at the Tribunal hearing along with the young person and their solicitor. The Tribunal panel will read reports about the Young person and will ask questions about their care and treatment and reasons for being detained. The panel will use the information they have to decide whether the young person's detention under the Mental Health Act is to continue or not. Their decision is usually given soon after the hearing, on the same day. The tribunal can also make some recommendations regarding the young person's future care.

## **Hospital Managers Hearing**

This is similar to a Mental Health Tribunal. However, one of the main differences is that the panel consists of three lay people (no legal or medical members). Although it is called a Hospital Managers Hearing, the panel members are independent of the hospital. The other main difference is that the panel's powers are to decide on whether a young person's detention under the Mental Health Act is to continue or not; they do not give other recommendations regarding the young person's care.

## **MS Teams**



This is a virtual meeting programme on a computer. If there are restriction on attending the site due to healthy and safety or you are struggling to attend the site for any reason, we are able to send you a 'Teams' link to be able to join the meeting virtually.

## **Tele-conference**

If you are struggling to attend the site for a meeting or unable to attend due to restrictions and don't have access to a computer, we can provide you with a telephone number to be able to call into a meeting.

During your young persons admission if you think of any other Jargon that would have been helpful to know please let us know and we will add this onto the list.