

# Nursing Skills for Children and Young People's Mental Health

Laurence Baldwin

Editor

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 Springer

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Laurence Baldwin  
School of Nursing, Midwifery and Health  
Coventry University  
Coventry  
Warwickshire  
UK

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*This book is dedicated to all the children, young people and families I have worked with over the years, who have taught me so much about life and how to cope with what it throws at you.*

*My thanks to all the staff I have worked with in Nottingham, Mansfield and Derby CAMHS who have shared the journey, and who continue to work in very trying circumstances to deliver skilled help to those who need it.*

*To my mother, and late father, who always knew I would write a book (or part of one!) eventually.*

*And to my wife Katrina and my sons, Laurence, Luke and Lewis.*

# About the Book

This book focuses on what skills nurses have which are actually valued and needed by children and young people with mental health problems.

Whilst other books have focused on conditions, how they affect children and young people, and the treatments which can help, this book moves away from the formulaic pathway approach which has become popular in recent years and looks at what children and young people themselves have said they most value from those who seek to help them across the healthcare and other professions, and looks at why nursing skills are amongst the most valued things that our service users want from us. This focus on therapeutic relationships, establishing trusting, helpful ways of nursing and empowering children and young people to develop into healthy and resilient young adults has been neglected despite the feedback from those who need the help but often struggle to find it, or are wary of seeking help and reluctant to engage. It also stresses the importance of understanding the developmental and systemic context in which children and young people live their lives, and how this contributes to their needs.

Rather than focusing on different mental health conditions, this book will focus on the places where nurses encounter young people and how they use their skills to help them in that context. It will look at the role nurses play in specialist child and adolescent mental health settings (such as in-patient and community, as psychotherapists and on self-harm teams) and where paediatric nurses work with troubled young people (in emergency departments, paediatric wards and primary care). It will also look at a couple of areas, eating disorder services and consent-seeking, which benefit from nursing skills which are currently undervalued, but which should be seen as invaluable.

This focuses on what skills nurses have, but may not be consciously using, makes this book uniquely appealing to all nurses who work with children and young people with mental health problems, in whatever setting, and is aimed at both students and experienced professionals. The skills described, whilst central to nursing practice, are also useful for other professionals who have frontline contact with distressed children and young people, such as allied health professionals, social workers, teachers and third sector staff.

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## About the Editor

**Laurence Baldwin** spent over 30 years in the NHS working mostly in specialist Child and Adolescent Mental Health Services, for the last 13 years as a Nurse Consultant. During this time, he also became an independent nurse prescriber and represented the Royal College of Nursing at various national forums, including the CAMHS Taskforce that developed the 'Future in Mind' policy. Clinically he has interests in ADHD, Autistic Spectrum Disorders, and self-harm, as well as developing service-user led research projects. His PhD was on professional identity in CAMHS, and he is now an Assistant Professor in Mental Health Nursing at Coventry University where he leads on research methodology at postgraduate level and has recently developed an online module for the MSc Nursing.



# Contributors

**Marie Armstrong** Hopewood, Nottinghamshire Healthcare NHS Foundation Trust, Nottingham, UK

**Laurence Baldwin** School of Nursing, Midwifery and Health, Coventry University, Coventry, Warwickshire, UK

**Ann Marie Cox** North Staffordshire Combined NHS Trust, North Staffordshire, UK

**Moira Goodman** Retired, formerly Nottinghamshire Healthcare NHS Foundation Trust, Nottingham, UK

**Stephanie Mansfield** School of Nursing, Midwifery and Health, Coventry University, Coventry, Warwickshire, UK

**Tim McDougall** Greater Manchester Mental Health NHS Foundation Trust, Manchester, UK

**Gemma Robbins** School of Nursing, Midwifery and Health, Coventry University, Coventry, Warwickshire, UK

Children and Young People's Nursing, Coventry University, Coventry, Warwickshire, UK

**Katrina Singhatay** Cognitive Behavioural Psychotherapist (Private Practice), Nottingham, UK

**Leanne Walker** Derbyshire Healthcare NHS Foundation Trust, Derbyshire, UK