



## reviews

### Child and Adolescent Mental Health Services: Strategy, Planning, Delivery and Evaluation

Richard Williams  
and Michael Kerfoot  
Oxford: Oxford University  
Press, 2005, £40.00,  
556 pp.  
ISBN: 0–19–850844–1

Child and adolescent mental health services (CAMHS) in England and Wales face a decade of major challenge and major opportunity; challenge in the Children's National Service Framework objective of providing comprehensive mental health services to the 18th birthday and opportunity in the promise of 10% year-on-year increased funding to facilitate this. Politicians, planners, commissioners and providers will need to collaborate as never before if this aspiration is to become reality. Richard Williams and Mike Kerfoot endeavour to provide a road map for that journey.

Contributors drawn from academic, clinical, health economic, policy and management backgrounds provide a theoretical and practical framework within which to develop services. In some chapters liberal use of figures, flow charts and tables complements the text. The book comprises four sections – how/where planning takes place, planning for what, lessons from abroad, and delivery.

Sometimes drawing on homespun wisdom, other times using highly reasoned philosophical and ethical argument, the initial section describes the context within which decision-making and planning occur.

A clinical section reviewing the requirements of young people with particular disorders or needs follows. Inevitably each problem receives only summary treatment and chapters overlap considerably. Forensic services and substance misuse services stand out as exceptions, perhaps reflecting the underdeveloped nature of current services in these areas.

'Lessons from abroad' are personal reflections upon Europe, Australasia, North America and developing countries.

The final section focuses upon service development. 'Priority setting' and 'Achieving change' provide practical checklists against which commissioners and clinicians can assess their services. There is considerable emphasis upon interventions at a primary care level but little regarding development of age-

appropriate in-patient provision (five indexed references in total), despite the problems often encountered by clinicians and commissioners in accessing such a bed in an emergency – a situation likely to intensify as the 18th birthday becomes the watershed between CAMHS and adult mental health services.

Does the book achieve its aims? Would I purchase it? I will certainly use it in discussion with our managers and commissioners and with trainees in preparation for the service world they will inhabit. Whether it achieves its aims will be measured by how CAMHS evolve over the next decade.

**Andrew Clark** Consultant and Honorary Senior Lecturer in Adolescent Psychiatry, Young Persons' Directorate, Bolton Salford Trafford Mental Health NHS Trust, Bury New Road, Prestwich, Manchester M25 3BL, e-mail: andrew.clark@bstmht.nhs.uk

### Key Concepts in Mental Health

David Pilgrim. London:  
Sage, 2005, £17.99, 216 pp.  
ISBN: 1–4129–0777–2

This book is one of a series – the next title to be produced is *Key Concepts in Leisure Studies* – that, according to the publisher's blurb, 'encourages critical evaluation through understanding'. Pilgrim provides the reader with 50 brief clearly written essays, structured into three parts: Mental Health and Mental Health Problems, Mental Health Services and Mental Health and Society. Essay titles include Psychiatric Diagnosis, Psychiatric Epidemiology, Mental Health Professionals, Coercion and Corruption of Care. Despite the necessarily fragmented structure of the book, Pilgrim puts forward a coherent argument. In these essays, heroes, villains and victims emerge. Heroes include the usual suspects (Szasz, Laing, Cooper, Foucault) together with the rising stars of the user and survivor movement and, presumably, Pilgrim himself. The villains are the psychiatrists, who have abrogated to themselves power over the fate of 'mad' people, and more specifically those who, in league with big pharmaceutical companies, peddle biomedical explanations of 'madness' in place of social and psychological causation. The victims are those who are labelled or identified as 'mad'.

Pilgrim has some harsh things to say about the conceptual basis of psychiatric diagnoses, despite at times using terms such as 'madness' in a quasi-diagnostic fashion. He has read the literature widely,

if not always deeply, and might be criticised for dismissing too readily that which he does not or chooses not to understand (for example, the nature and extent of the claims of neurobiologists and psychiatric geneticists). Some essays are gems of concise exposition of complex concepts (for example, the essay on labelling). Others draw welcome attention to forgotten literature (an essay on corruption of care cites John Martin's important book *Hospitals in Trouble*, published in 1984).

The target audience for the book is 'students', in this context encompassing an enviably wide group of people who need to write essays or submit project work about mental health topics. I suspect that many an essay will be based on an entry in Pilgrim's book, which is certainly critical in its evaluation of the concepts underlying contemporary psychiatric practice. It is, perhaps, a pity that the author, given his satisfaction with his world view, has not engaged fully with these concepts. The understanding that emerges for the reader of the book is, to my mind, distinctly partial.

**Frank Holloway** Consultant Psychiatrist and Honorary Senior Lecturer, Bethlem Royal Hospital, Monks Orchard Road, Beckenham, Kent BR3 3BX, e-mail: f.holloway@iop.kcl.ac.uk

### Interventions for Schizophrenia

Emma Williams  
Oxford: Speechmark,  
2004, £29.95, 200 pp.  
ISBN: 0–86388–435–0

*Interventions for Schizophrenia* certainly looks good, has a nice layout, useful handouts and worksheets, and is undoubtedly produced with the best of intentions. Although psychological treatments for schizophrenia have an increased evidence base, are popular with patients and are recommended as a core intervention by the National Institute for Clinical Excellence, they are yet to feature routinely in packages of patient care.

This manual is designed for clinical psychologists, psychiatric nurses, social workers, occupational therapists and other mental health workers treating patients in group or individual settings on the ward or at home. It is divided into three parts: a brief overview of the theory, assessment and, in the third part, individual modules of engagement and treatment preparation, understanding and managing positive symptoms, maximising



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mental health and bringing it all together. Each module has suggested session plans, worksheets and case examples.

However, I have a few reservations, based not entirely on the glib dismissal of the medical model which is portrayed as the antithesis to the collaborative psychological model (we have moved on surely?). My main reservation is whether this manual will actually help deliver psychological therapies to patients: whether armed with this clinicians will feel able, or indeed should feel able, to go out and practise. This appears to be the intention of the author. We know from experience with family interventions the difficulty of putting theory into practice and the importance of proper training and ongoing supervision.

I would recommend this handbook as a starting point only. Perhaps another use would be for trainees preparing to answer an essay question or patient management problem on psychological treatments in schizophrenia.

**Rachel Upthegrove** Birmingham and Solihull Mental Health Trust, Yewcroft MHRC, Court Oak Road, Birmingham B17 9AB, e-mail: rachel.upthegrove@doctors.org.uk

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## Seminars in Clinical Psychopharmacology, 2nd edn

Edited by David J. King  
London: Gaskell, 2004,  
£30.00, 682 pp.

ISBN: 1-904671-08-X

The first edition of *Seminars in Clinical Psychopharmacology* received much published praise; the second edition deserves more. Professor David King once again brings us an outstanding and up-to-date reference text for the practising psychiatrist, mental health professional or researcher.

The authors of the individual chapters are experts in their respective fields. The organisation of this book is excellent. Part 1 covers the general principles of psychopharmacology and includes pharmacogenomics, pharmacogenetics, pharmacokinetics and pharmacodynamics, with an excellent chapter on clinical principles underlying drug treatment in psychiatric practice. Part 2 covers pharmacology of the main psychotropic drugs.

Part 3 covers special therapeutic areas, including psychopharmacology across the life span, drugs of misuse, personality disorders and sexual function. The last two chapters by J. Guy Edwards deserve special note. Both cover the unwanted effects of psychotropic drugs; the first the effects on human physiological systems, their mechanisms and methods of assessment and the second drug interactions, effects during pregnancy and breast-feeding, pharmaco-vigilance and medico-legal considerations.

The book provides a balanced and simple approach to complex drug treatments in psychiatry with the provision of appropriate evidence throughout. It is an excellent refresher for any practising psychiatrist and mental health professional wishing to keep abreast of new developments and offers a single compact resource in psychopharmacology for trainees preparing for the MRCPsych examinations. It should be available on the shelves of any library serving mental health professionals.

**Serdar Dursun** Neuroscience and Psychiatry Unit, University of Manchester Medical School, Manchester M13 9PT, e-mail: serdar.dursun@manchester.ac.uk