Achievements and Performance

2020 was a unique year in ACAMH’s history and is certainly the year when we have made the most changes to the way we operate over the shortest time, filled with challenges, but also unexpected opportunities. The pandemic brought into sharp focus the mental health challenges across every part of society on a scale that was previously unimagined, broadened our understanding of global challenges and encouraged us to be more ambitious in working towards our vision of ‘Sharing best evidence, improving practice’. Despite the many challenges, ACAMH remained nimble, resourceful, and optimistic and more relevant than ever.

We learned much from the experience. During this time of crisis, the organisation as a whole pulled together to keep the organisation moving forward, adapting procedures to ensure our members and volunteers could stay engaged. New ways to connect were found, and, despite the loss of in-person contact, ACAMH’s work became more vital than ever.

At the start of the first UK-wide lockdown we moved quickly to reimagine in-person meetings and live events, while finding new ways to connect, provided free access to a collection of COVID-19-related research articles and standards and ensured our membership offering remained accessible. The existence of a well-developed remote working plan, coupled with an earlier move to cloud-based services and an already more flexible working pattern meant that we were able to adapt quickly, thereby ensuring that, by and large, most activity (save for physical events and meetings) continued uninterrupted.

Increased efforts to build and engage with both members and the wider CAMH community, and our social media activity in particular, was instrumental in the continued success of our outreach and engagement. Followers across our channels continues to grow, with 32,000 followers across our four Twitter handles, over 40,000 LinkedIn followers and over 25,000 on Facebook.

In contrast to many other professional bodies, membership grew by 12% (2019 v 2020) to 2,780, of which our concessionary memberships (aimed primarily at students and trainees) rose by 25% over the same period.

Member’s Report 2020
acamh.org
Journals

Despite the enormous challenges of the pandemic, 2020 proved an incredibly exciting and fruitful period for our journals.

The growing success of our journals continued apace. The Journal of Child Psychology & Psychiatry (JCPP), widely recognised to be the leading international journal covering both child and adolescent psychology and psychiatry, saw its IF rise from 7.035 (2019) to 8.982 (2020). Likewise, Child & Adolescent Mental Health (CAMH) also benefited from an increase of 1.77 (2019) to 2.174 (2020).

CAMH also welcomed Dr. Bernadka Dubicka (Honorary Professor at the University of Manchester) as its new Editor in Chief of CAMH, appointed during 2020.

Perhaps the most significant development in ACAMH’s recent history was the development of our new journal, JCPP Advances (JCPPA), a new, high quality, high impact gold Open Access journal in the field of child psychology and psychiatry and related disciplines. JCPPA builds on the values and prestige of its sister publication, the Journal of Child Psychology and Psychiatry, to advance the field by opening new opportunities for diverse researchers and for the dissemination of innovative science. It will publish empirical studies and reviews encompassing wide-ranging methodological traditions, including, but not limited to, epidemiology and longitudinal cohorts, experimental psychology, neuroscience, genetics and intervention trials.

Professor Henrik Larsson (Professor of Psychiatric Epidemiology at Örebro University and Karolinska Institutet, Sweden) was appointed as Editor in Chief in 2020, and the journal was open for submissions in October 2020. April 2021 saw the publication of the inaugural issue.

Finally, following a competitive tendering process towards the end of 2019, Wiley was again appointed as the Association’s publishers in June 2020.
**Events and CPD activity**

Inevitably, in line with many other membership bodies Covid placed enormous pressure on individuals and employers’ ability to carve out the time to take part in CPD activity. Further our Branches network, ran entirely on the time and goodwill of volunteer professionals, was negatively impacted. These pressures led to a halving of overall delegate numbers during 2020, from 2703 to 1134.

Nonetheless, the forced move to more quickly adopt online event delivery brought with it some important benefits. With our operations based in the UK we are fortunate in that we sit at the time zone which allows us to interact around the middle of our day with North America over their breakfast and the Far East over their supper. The positive by-product of the forced move to online-only events and meetings meant that we were able to engage with a wider and more diverse range of members around the world which led to a rapid rise in overall delegate numbers. By the end of Q2 2021 our online events had attracted over 11,000 delegates, an increase of over 800% over 2020.

The close of 2020 also saw the launch of our free, highly successful monthly journal club, ‘CAMHS around the Campfire’. Each 1-hour meeting features a new piece of research which delegates discuss as a group on an informal basis. Primarily targeted at CAMHS practitioners, and researchers, the focus of each meeting will be on critical appraisal of the research and implications for practice. The meetings attracted a growing international audience and form an important development in our drive to raise standards in the understanding and management of child mental health issues.

Dr. Stephanie Lewis (Clinical Lecturer in Child and Adolescent Psychiatry, Institute of Psychiatry), newly appointed to Editor in Chief of The Bridge magazine in 2020, kicked off a complete review that will see the publication transition to a more engaging online format, with the aim of attracting a broader readership of multi-disciplinary clinicians and professionals who work with young people with mental health problems, for whom accessibility is crucial because of limited time or specialist knowledge.
CPD learning portal

It is now well known it can take up to 17 years for research findings to become daily practice in health care. The Association is sitting on a wealth of raw material, over 60 years of the best research and developments, and ACAMH intends to help accelerate its uptake. Working to the same rigorous standards that our journals operate within, our vision is to become one of the ‘go to’ online resources for anyone seeking expert digests and interpretations of the best evidence available, helping to accelerate improvements for the mental health and wellbeing of children, young people, and their families.

2020 saw the start of a series of meetings and a rigorous selection process to help identify a technology partner ideally placed to develop an unrivalled child and adolescent mental health video resource. Designed to support child and adolescent mental health professionals worldwide, this growing resource will help professionals accelerate the translation gaps from research to clinical practice, with a suite of functions designed around the end user, including:

- full text searching within transcripts and slides of all videos in any supported language
- interactive transcripts, making recorded content easy to consume, bookmark, clip and share
- ability to add supplementary materials such as slides, posters, abstracts
- ability to pick up from where you left off on when watching a video
- robust search and discovery tools, including faceted navigation, to allow for richer information discovery

Following a robust vendor selection process during the first half of 2021, ACAMH selected Cadmore Media, the leading streaming platform dedicated to scholarly and professional organisations, as our technical partner on the project.

As well as hosting the various video, podcast, blog and other outputs from our Branches network, national conferences, and journal authors, plans to employ up to three content producers were developed. Each producer will source/create online videos on a variety of child and adolescent mental health (0-25) topics, for a variety of English language-based audiences (parents, non-clinical professionals, trainees/students, clinical professionals).
International activity

The growing interest and awareness of ACAMH internationally also led to an increase in the number of professionals looking to work with the Association to develop their own local activity. During 2020 we chose to start work on development of two of these: Egypt and India.

Both groups worked swiftly to form a committee of highly motivated professionals in their respective countries, and very quickly set to work establishing their respective priorities and drivers.

In September 2020, only a few short months after their formation, our Egyptian colleagues had already run their inaugural event with former ACAMH Chair Professor Eric Taylor. This was followed soon after by a webinar on ACE’s, attracting 235 delegates, a highly commendable start, and yet another in May 2021 on self-harm (2,582 in attendance).

In line with local laws, our Egyptian colleagues’ main goal is the formation of an entirely new body that will be formally linked to ACAMH, the Egyptian Association for Child and Adolescent Mental Health (EACAMH). Talks on developing the proposal started in earnest during 2020.

Our partners in India have been equally adept and motivated in their development. Having started small late in 2020 the committee rapidly grew to nine members, having held several meetings to ensure the views of all members are considered.

Finally, early in 2020 discussions around partnering opportunities commenced with The Union of Mental Health for Russia, a non-profit organisation committed to achieving the highest level of mental health and well-being of individuals, families, and communities in the Russian Federation.

Member’s Report 2020
acamh.org
ACAMH Awards – celebrating success

ACAMH has always been a beacon for blue sky science, as well as ways services, and practices, can help foster an improved understanding of child and adolescent mental health. The 2020 awards built on the success of our inaugural 2019 ceremony and recognised the best research and practice through 10 different awards. Sixty-six nominations were received, with Dame Uta Frith winning the President’s medal. The awards were presented at an online event held on 30 October.

Refreshing our governing documents

In 2020 the Board was advised by the Associations solicitors that the governing documents for the Association would benefit from a full update to bring them into line with legal and regulatory requirements, as well as best practice. It was recommended that the existing Memorandum and Articles of Association were deleted in their entirety and replaced with an updated version. A special resolution to that effect was passed at the Annual General Meeting of the Association held on 18 September 2020.

Updates included:

- the addition of provisions relating to conflicts of interest management which is a legal requirement and an area of governance the Charity Commission has focussed on in recent years
- the amendment of contradictory provisions relating to notice requirements for meetings
- the removal of duplicate provisions (e.g. the dissolution clause)
- references to outdated legislation to be updated
- provisions relating to the removal of trustees to be updated in line with best practice
- provisions relating to when trustees can be paid to be expanded and modernised in line with best practice

The revised documents were accepted by the Charity Commission and filed with them, together with Companies House.
Future plans

We are in a strong position as we embark on the remainder of 2021 on onwards. Looking forward, we look to build on the record high levels of engagement through a predominantly online programme. The increased engagement by a digital first approach will remain a benefit to many of our communication and professional objectives. As evidenced by the rapid and sustained increase in delegate numbers, as well as the growing reach international reach that online events provide, members and the wider professional community alike have responded enthusiastically to these new opportunities and taken full advantage. A gradual phasing in of physical and hybrid events is planned, but we do not envisage running any physical events for the remainder of 2021.

We expect a gradual increase in the take-up of memberships, particularly from those eligible for our concessionary rates as we expand our offering and awareness of ACAMH continues to grow globally.

In recognition of our new international outlook, a small but important change will be the made in the name of our flagship national conferences. The Emanuel Miller National Conference (as well as the Jack Tizard and Judy Dunn) will now become the international conferences, e.g. the Emanuel Miller International Conference.
We anticipate a steady increase in the activities of both our Egyptian and Indian colleagues. ACAMH India will hold their inaugural online event in October 2021. Interest is expected to be high and widespread, especially given the thirst for access to high quality, evidence-based learning. The formation and legal recognition of the Egyptian Association for Child and Adolescent Mental Health is expected to continue, with the launch of the new body expected during 2022.

By the close of the year we hope to have agreed on a partnership with The Union of Mental Health for Russia. This in turn will help ACAMH raise its profile both in Russia and Russian-speaking countries, especially as we begin to roll out Russian-language material.

ACAMH will continue to invest in new opportunities and environments to ensure we are reaching our members wherever they are and meeting their needs. We are focused on the capabilities that will ensure that our organization remains pioneering and agile. This is best evidenced by our plan to launch our new video portal by the end of 2021. Our newly appointed content producers will be developing an extensive range of (predominantly) video-based learning material aimed at three core groups three specific content groups - (1) parents (2) academic focus and (3) clinical focus. Based on the success of our webinars to date we expect engagement to be high, particularly given the ability to access the content from anywhere in the world.

Further we will be embarking on an ongoing initiative to translate a large corpus of ACAMH outputs into other major languages on an ongoing basis through investment in professional translators, thereby ensuing the highest quality outputs on a consistent basis. Two major languages have been chosen for this initial phase, Arabic and Russian. The benefits of this for the video portal are clear, with transcripts and closed captions available in Arabic, Russian and English.

Our 2021 (and third) Awards Ceremony will be taking place in October, and we look forward to another fantastic evening as we celebrate the high-quality work in evidence based science, both in research and practice, in the field of child and adolescent mental health.

*But we need to do even more.*
After many years of cuts to services, recruitment gaps, and endless re-organisations, the mental health of children and young people has gained public and professional prominence. It is the talk of the media and lies at the centre of public and policy initiatives. It has become even more important to ensure that these developments are grounded in sound evidence-based practice and top-quality research, that services and practice are subjected to rigorous scrutiny, and that professional help becomes more easily available. Parents and teachers have to become our partners in delivering these goals. We must listen to the young people. The pandemic has created new challenges for them and in particular for the vulnerable groups of children.

ACAMH is perfectly positioned to deliver this agenda. Its publications carry world quality peer-reviewed research, and its multidisciplinary membership enriches research and practice. The programmes ACAMH has envisioned for parents and for the involvement of children and young people will ensure that the work we do is meaningful and that it results in good outcomes.
Three initiatives have been identified our focus moving forward.

Firstly, our Chair has stressed the importance of ACAMH’s excellent journals extending their influence on the main body of the organisation, so that the two become synonymous with each other. ACAMH’s journals have a remarkable reputation, but not enough of our readership associate the journals with the organisation. We will work hard to promote ACAMH in all its complexity and ensure the integration of its different activities.

Secondly, through disseminating up-to-date research ACAMH should assume a greater national public advocacy role on behalf of children, young people, carers, families, and the institutions which serve them. In advancing standards and sharing best evidence from research and practice, ACAMH can be at the heart of efforts to protect and serve the interests of children, young people, their families and carers.

Thirdly, we shall continue to reach out to our multidisciplinary membership and our branches and persist in our efforts to gain more members both nationally and internationally.

Navigating the post-Covid environment will require adaptability, flexibility and innovation, and we are confident that a future of promise and possibility lies ahead.
## Financial information 2020

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<tr>
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<th>2020</th>
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<tr>
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