

## **Fundamental Basics of Mental Health**

It is becoming more common, and especially against minorities, for a council's public services to collaborate with each other to avoid accountability when mistakes are made. Because of the complexities in such cases, we are using several law firms specialising in child mental health, human rights and equalities, to demonstrate the damage this has on their victims' mental health and wellbeing.

This information has been put together for Mum and Dad's legal action against Oxleas NHS Foundation Trust (Oxleas NHS), Bexley Children's Social Care Services and Haberdashers' Aske's Crayford Academy. These are referred to collectively as "Bexley Public Services" and the following information will be proven during this process.

### **NHS Mental Health Services**

It is common knowledge that the NHS lack specialist training to treat mental health. It is significantly lagging behind independent child mental health services. NHS mental health therapists are trained to first gain trust from their patients so they become compliant. Then, using an outlawed technique proven to only compound mental health, without consulting the diagnosis with anyone else (as do independent therapists with experienced professionals that are regulated in each field), they **discriminately** use this trust to instruct their patients to have whatever they decide. For example, a condition that will be easiest for them to treat, or as in this case, for an ulterior motive.

The most corrupt abuse of this power throughout this case, was when this child was given the therapy session to convince them that they are **independent**, and they would be better off living in the home of a family with special needs. This is clearly corrupt because this other family are being treated by the same NHS therapists.

### **NHS Mental Health "Names"**

NHS mental health doctors like to give names to problems because it helps them treat their patients. **The obvious downside to this is it encourages fraud by allowing welfare families to look up and practise symptoms to claim.** Naming mental health issues does not help patients. This is because every person is different and every mental health diagnosis is purely subjective. It is never good for a patient, and especially for children, to be told they have any sort of "disorder". An independent mental health expert may use the term "trauma-related mental health issues" to consult with experienced professionals. But, if they were treating a patient for any negative experience they would always be very careful around giving it any sort of name.

We have understood that this child had an Oxleas NHS therapist specialising in sexuality and gender, say to this child, "PTSD is a very serious long term illness". To call any trauma-related mental health issue an illness, and say it is long term, is highly incorrect and very seriously against any code of conduct. PTSD is in fact, very easily treated. It is a natural and logical reaction to trauma, and for young children can be caused by school bullying. A therapist in sexuality and gender should never be commenting outside of their field. The fact that they, and this child's next therapist, ceased working for Oxleas NHS following complaints against them, is a clear example of the NHS's inexperience.

Far worse, is making such a statement to a patient who is being treated by Oxleas NHS, and just before they are diagnosed with PTSD symptoms. This will confuse the patient and a likely reaction could be the patient rejecting treatment and they could confuse their therapists.

## **Wrong Therapy**

It is well known in the independent mental health profession that no treatment is always better than the wrong treatment for mental health patients. The wrong treatment for a child under these circumstances will compound this child's confusion. Our recommendation would be to apologise to the patient on behalf of the NHS and whoever provided the wrong treatments, tell the patient it is OK to have trauma-related mental health issues and we can work with them to get their life back on track.

## **Child's Formative Age (12 to 16)**

In studying this child's legal file, we can see that because the parents' case against Bexley Public Services is compelling. Over many years Bexley Public Services have been humiliating this Mum and Dad and alienating their child against them. We are also aware that this child has siblings. **It will be crucial to acknowledge the serious negative impact that this case will also have on all these children.**

Under these circumstances, any child in their formative years will remember their own experiences of their parents. Children will also believe what they are being told by whoever has daily access to them. The most natural and logical reaction for any child under this much duress will be confusion. This will create and compound anxiety, and eventually cause enough conflict to create voices and hallucinations.

**It is our professional judgment that each Bexley Public Service in this case, with immediate effect, must stand down from having this child influenced with conflicting realities. The legal process must now be allowed to take place, for these public services to defend their accountability.**

## **Child's Mental Health Strength**

In studying how positively this child reacts to **being helped**, and how hard this child is continuously trying to get their life back on track, we believe they do not have any type of disorder or deficiency and they are naturally and logically reacting to their experiences. For example, we have learned that some of the perpetrators in this case have advised this child to consider that they have autism. We can clearly see how this advice would benefit the perpetrators, but not this child. On 22/11/2018 at this child's school parents' evening, all of their teachers said words to the effect, "your child does not have any problems learning", and "we are so very impressed by how hard your child works", and "your child's only problem is with their confidence". For a child to receive so many commendations from their teachers, it is highly unlikely for them to have any kind of learning deficiency.

We importantly note that on 15/08/2018 Oxleas NHS formally declared that the cause of this child's problems is what happened to them in 2014, but they do not know how to treat them because of too much confusion. Given this child's remarkable performance each time their human rights are respected, this reaffirms the confusion of how they are forced to live a reality that they know is false.