

# Overview of Worcestershire CAMHS and Emotional Wellbeing

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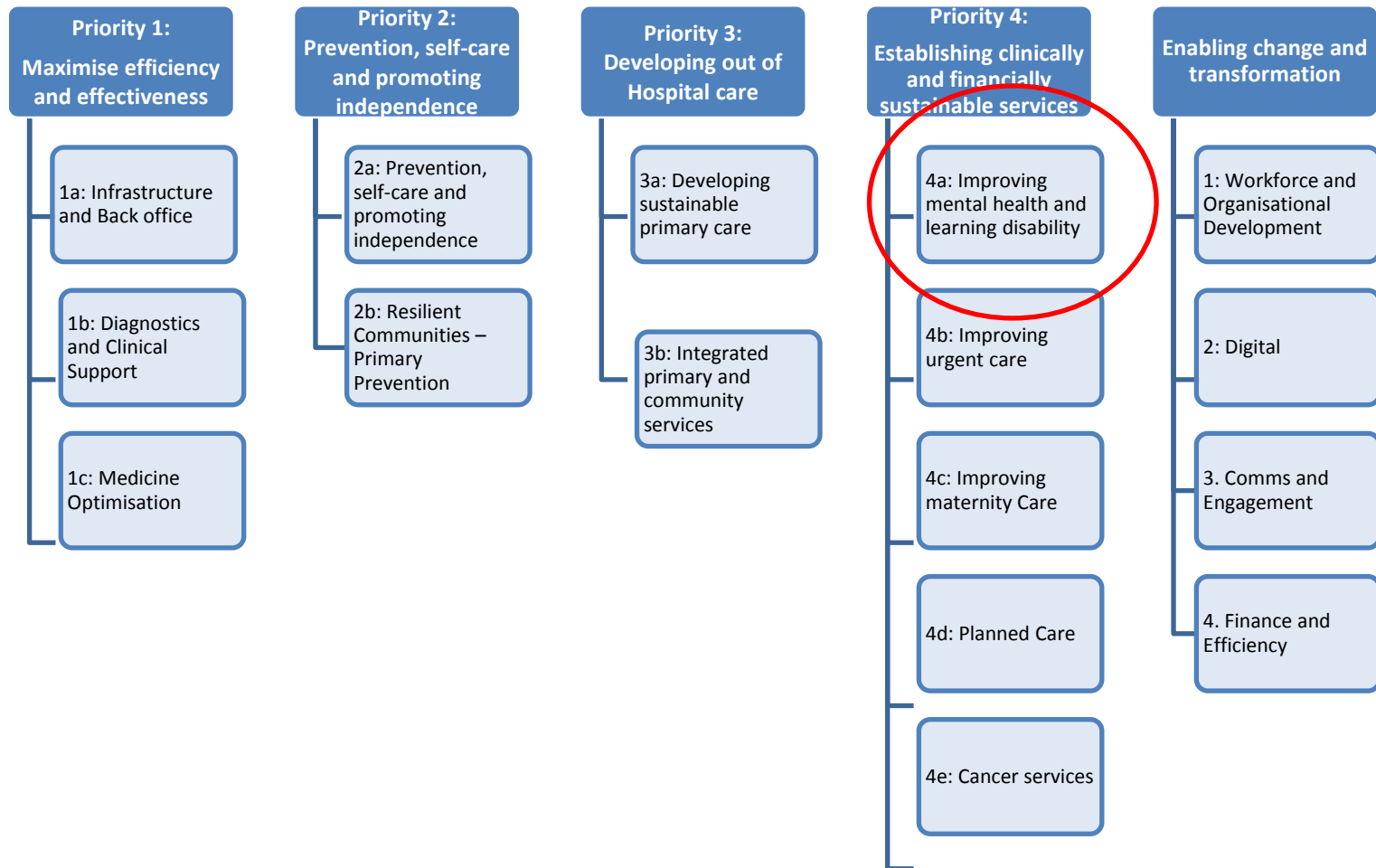
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# Priorities and Programme



# CAMHS and Emotional Wellbeing history

- Child & Family Service – Psychiatric Consultant Led service – 2005
- Started to involve wider disciplines – working with ‘worries and muddles’ seeing children as a part of a system
- 2002 – Health Of the Nation 4 tiered model of mental health care for CYP

# Current Context

**Future in Mind** - transforming child and adolescent mental health services

- Tackling the problems to create a system that brings together the potential of the web, schools, social care, the NHS, the voluntary sector, parents and of course children and young people.
- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

**Transforming Children and Young People's Mental Health Green Paper**

- Senior leads in schools and mental health support teams
- Improved access
- Evidence base

**Significant Investment** - new pathways and ways of working



# Emotional Wellbeing, Mental Health and Eating Disorder Pathway for Professionals

**CAMHS CAST** - Consultation, advice, support and training - offers advice to all **professionals** working with children and young people - to find your local CAST worker:

[www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast](http://www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast)

## Eating disorders:

Worker thinks that the child or young person may be suffering from an eating disorder or is at risk of developing an eating disorder.

## What should you do?

Complete a CAMHS referral form (GPs should complete the eating disorders section including height, weight and relevant tests that have been undertaken). At CAMHS SPA the referral will be passed to the new CEDS-CYP (Community Eating disorder service for children and young people) team. The referral will be triaged within 1 day and contact made according to level of need. **Contact SPA: 01905 768300**

## Suicide risk?

Follow WSCB guidance  
'What to do if you believe a child or young person is at risk of suicide'

[westmidlands.procedures.org.uk/local-content/ykjN/suicide-prevention](http://westmidlands.procedures.org.uk/local-content/ykjN/suicide-prevention)

## Mental health needs:

Worker thinks that the child or young person is suffering from a significant mental health need preventing them functioning within the norms of their age. These may be persistent and of a moderate to severe nature, causing significant difficulties with their relationships.

## What should you do?

Complete CAMHS referral form

Speak to CAMHS Single Point of Access (CAMHS-SPA) regarding referral if necessary:

[www.hacw.nhs.uk/camhs](http://www.hacw.nhs.uk/camhs)

**Tel: 01905 768 300**

If out of hours follow Worcestershire's Children and Young People's Urgent Mental Health Care Pathway: [worcestershirecs.proceduresonline.com/pdfs/mental\\_health\\_pathway.pdf](http://worcestershirecs.proceduresonline.com/pdfs/mental_health_pathway.pdf)

## Reach 4 Wellbeing (R4W)

NHS service for face to face emotional wellbeing support:

[www.hacw.nhs.uk/starting-well/reach4wellbeing](http://www.hacw.nhs.uk/starting-well/reach4wellbeing)

## Emotional wellbeing needs:

Worker thinks that child or young person has emotional wellbeing needs. These will be starting to cause difficulties with their school work, friendships or family relationships. Needs cannot be met solely within universal services.

## What should you do?

Discuss **Reach 4 Wellbeing** service with child/young person and/or parent/carer: this service offers face to face group work or individual support for 5-19 year olds with low level anxiety or depression. Make a referral, or suggest self-referral.

Discuss **Kooth** with child/young person and/or parent/carer and give them contact details for self referral.

Discuss **Worcestershire Healthy Minds**, which supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression.

## Kooth.com

Self-referral for on-line emotional wellbeing support and counselling:

[www.kooth.com](http://www.kooth.com)

## Worcestershire Healthy Minds

Self or professional referral, referral form on healthy minds website:

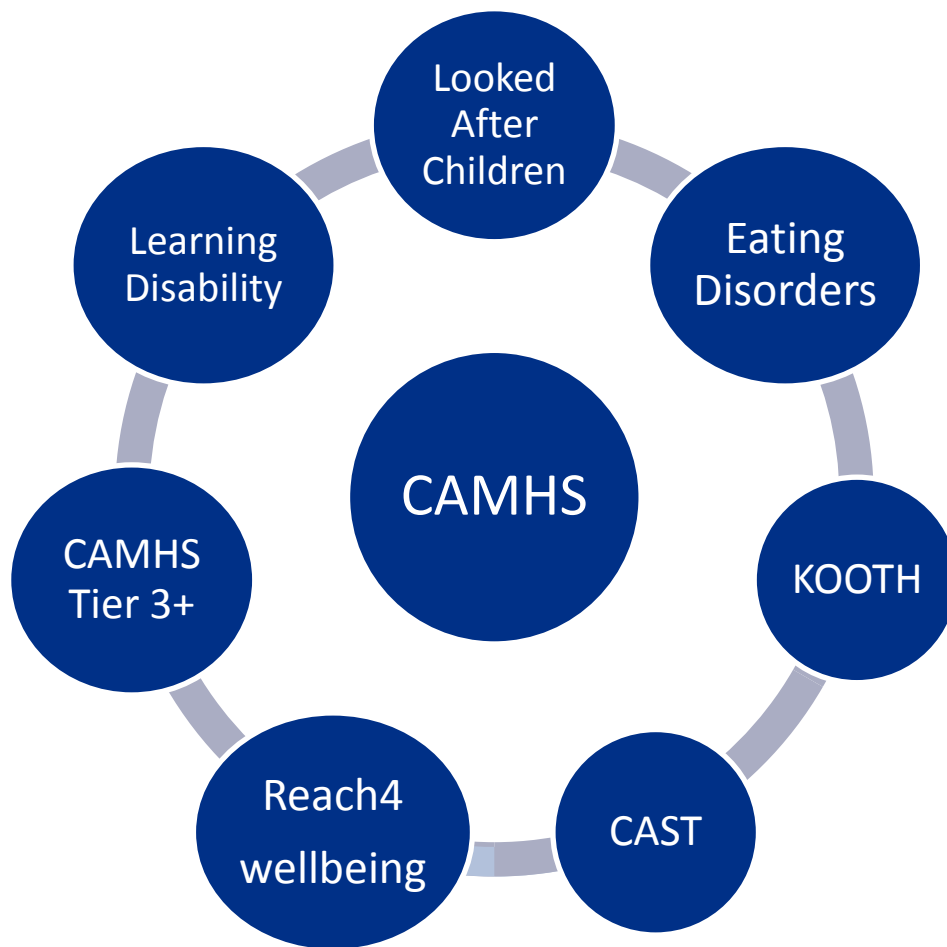
[www.hacw.nhs.uk/our-services/healthy-minds](http://www.hacw.nhs.uk/our-services/healthy-minds)

## Safeguarding concern or other support needed:

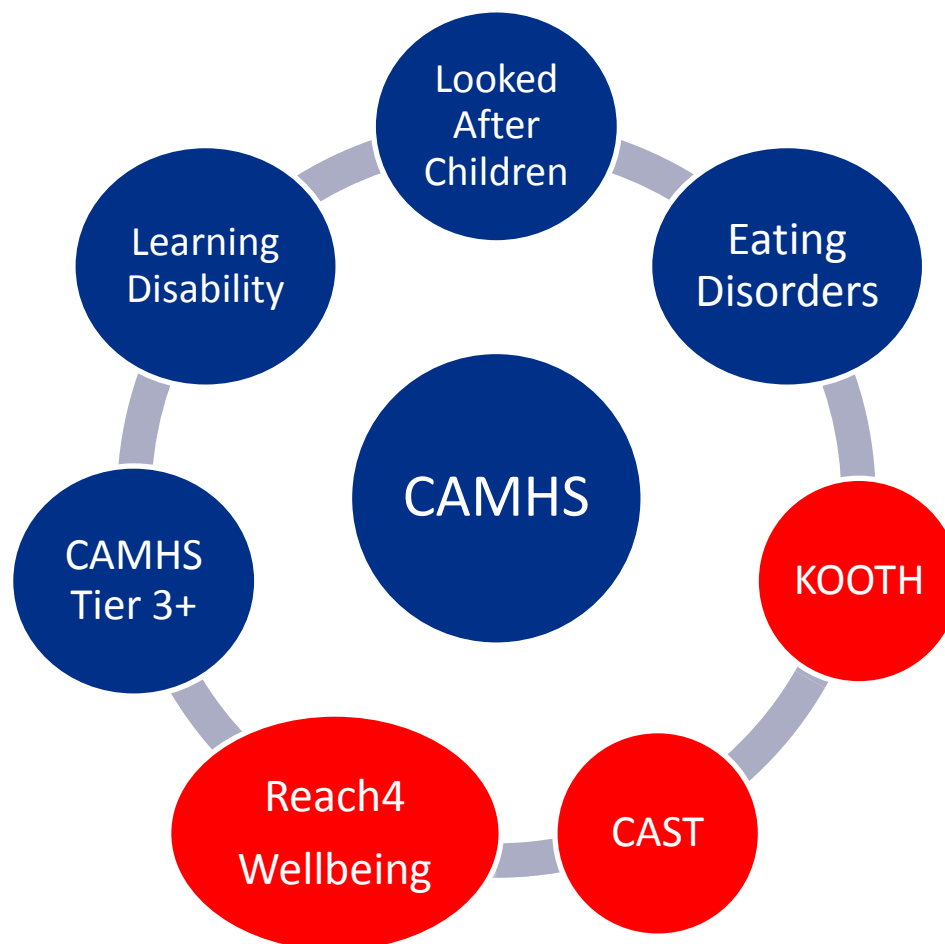
If you are worried a child is in immediate danger contact the Police on 999. If you are concerned a child or young person may be in need of protection or safeguarding complete a cause for concern form. [www.worcestershire.gov.uk/info/20383/are\\_you\\_a\\_professional\\_worried\\_about\\_a\\_child](http://www.worcestershire.gov.uk/info/20383/are_you_a_professional_worried_about_a_child)

Out of office hours (5:00pm to 8:30 am weekdays and all day weekends/bank holidays) contact the Emergency Duty Team (EDT) on 01905 768020

# CAMHS and Emotional Wellbeing



# Emotional Wellbeing



# UK and County Statistics

- **Worcester Warriors Stadium** has a capacity of 12,024.... So the stadium would need to be filled 24 times to represent every young person in the UK who suffers from anxiety.





# Reach4Wellbeing

- Support 5-19 year olds experiencing emotional difficulties
- Specifically anxiety, low mood and self-harm
- Short-term group support programmes –evidence based
- Referrals: 752 received - 495 accepted
- To date - 302 CYP have been seen
  - 40 groups have been run
  - 264 CYP have been seen in groups
  - 38 1-1 interventions undertaken
- Routine outcome measurements

# Feedback

‘It is great to go it is so good you get to meet new people’

Aged 10

‘It has been amazing they really helped me get over my fears’

Aged 11

‘I think the group has helped with my anxiety, I hope for success in the future’ Aged 14

‘The different way to deal with the situation’ Aged 15

‘Helping to understand I’m not on my own’ Aged 15



# Consultation, Advice, Support and Training

- For school staff & other professionals
- Understand role in supporting the mental health of a child or young person
- Advice on mental Health issues within schools
- A visible presence schools, working with GPs
- Provide mental health specific advice and support to stakeholders.
- Supporting partners to develop holistic plans
- Close working relationships with Tier 3 specialist CAMHS to ensure a seamless transition into treatment
- Support partners to understand the difference between mental health issues and neuro developmental issues and behavioural difficulties

# KOOTH

- Provides online counselling and emotional well-being
- Online self help resources
- Chat – online access to message counsellors
- Most heard through school
- Greatest access 13-16 year olds
- Getting help, self-help, anxiety and emotional aspects
- Out of hours greatest demand
- 91% would recommend this service to a friend

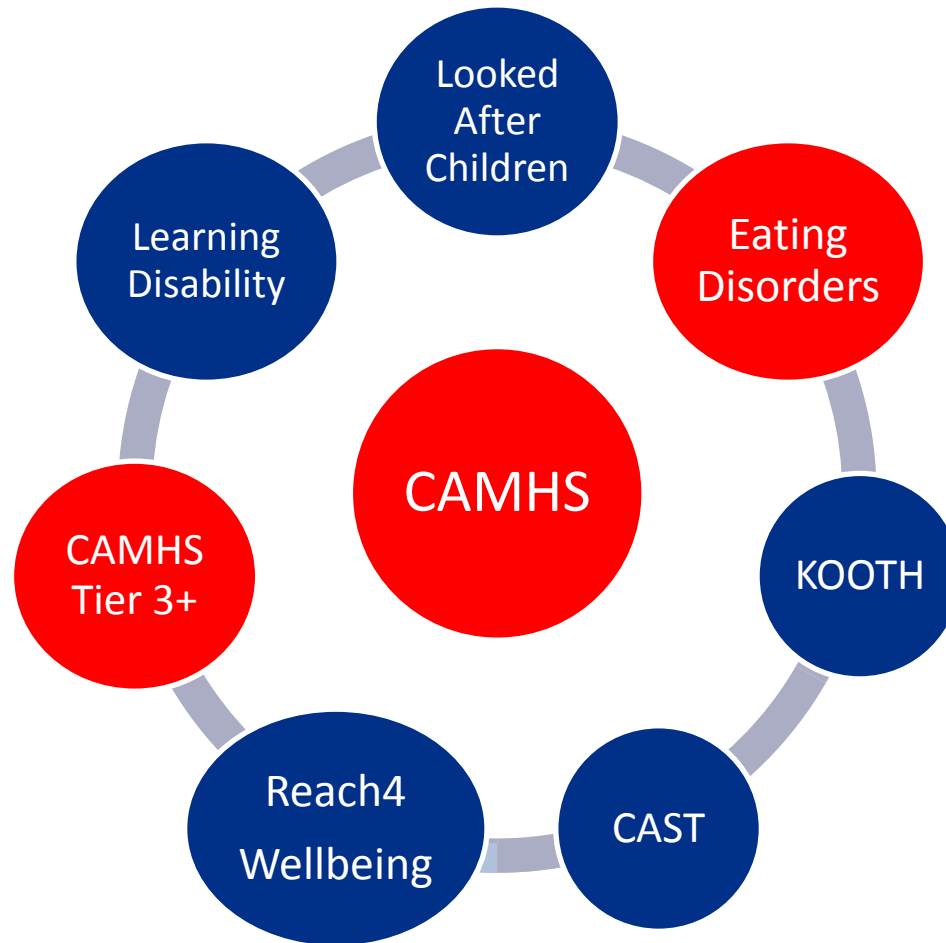
*‘Thank you so much, this helped a lot and was a really good first time on Kooth. thanks for your help’*

*‘Thank you so much..... Thanks’*

*‘Thanks a lot for all of the help’*



# CAMHS, Tier 3+ & Eating Disorders



# CAMHS, Tier 3+ & Eating Disorders

0-18 year-olds with significant mental health needs

- Depression
- Mood disorders
- Significant anxiety
- Eating disorders

- Post traumatic stress disorder (PTSD) DSM5
- Obsessive Compulsive disorder (OCD)
- Severe Deliberate Self harm
- Psychosis

# SPA (Single Point of Access)

## Referrals

- GPs
- Schools
- Youth Workers
- Social Workers
- Paediatricians & other health staff
- Specialist CYP hospitals

## Triage

- CAMHS clinician for possible mental health illness
- May request more information
- Consistency

## Possible outcomes:

Signpost to other provision

Accept for Specialist CAMHS assessment

Directed to alternate CAMHS pathway e.g.

Learning disability

Eating disorders

# What is provided?

- Detailed assessment
- Signposting
- Evidence based interventions : Family therapy, psychotherapy, cognitive behavioural therapy (CBT), dialectic behaviour therapy (DBT)
- Consultation to professionals
- Under 5s' service
- Intensive support
- Assessment and support for admission and discharge to Tier 4 provision (in-patient)
- Eating Disorder pathway
- Effective transition from C&YP provision to adult pathways



# Performance

- 17/18 total referrals at 2502 are comparable to previous 3 years (source CAMHS SPA)
- 63% of all referrals accessed CAMHS assessment and planning
- Signposted to a range of pathways
- Significant increase in referrals from schools since November 2017

# Performance

- National benchmarking average wait for 1<sup>st</sup> appointment = 8 weeks (non urgent)
- Worcestershire average is 7 weeks (non urgent)
- 99.37% of people (non urgent) assessed within 18 weeks
- Urgent appointments same day/24 hours
- 15 young people waiting over 26 weeks for treatment (87.9% achieved)
- Consistent improvement seen since March 18.
- Eating Disorder referrals 100% seen within 4 weeks

# Next Steps

- Demand management
  - Role of CAST to improve appropriateness of referrals
  - Reach4wellbeing anxiety management in community
  - Consistency in triaging at SPA
- Efficiency to increase access
  - Utilisation of appointments
  - “Letting go” conversations
  - Staff training and development
  - Recruitment
- Improved systems
  - Waiting list management
  - Outpatient model launching November 2018
  - Transition