

CHILDREN & YOUNG PEOPLE'S SOCIAL CARE & LEARNING SCRUTINY

11 DECEMBER 2018

CAMHS and Early Help Services

HEAD OF SERVICE Chris Davis

SUMMARY

1. Child and Adolescent Mental Health Service (CAMHS) in Middlesbrough work with young people/children and their families aged 0-18 years.

Aims of the service

- To improve and enhance the emotional wellbeing and mental health of children and young people who are experiencing emotional and mental distress and ill health.
 - To provide high quality, comprehensive, multi-disciplinary, and multi-modal specialist child mental health provision to the children and families of Tees and support seamless transition to adult services.
 - To provide effective, outcome focused services that put the needs of children, young people and their families and carers at the centre of their care and are delivered as part of an integrated model of multi-agency service provision.
2. The Community Team in Middlesbrough consists of Psychiatrists, Psychologists, Therapists, Clinicians, Support Staff and Psychological Well-being Practitioners. There is also specialist staff who work solely with children and young people diagnosed with a Learning Disability. The Early Intervention In Psychosis Team are part of the Adult Directorate, but work alongside CAMHS staff for children and young people age 14 years onwards who require specialist service input for the early identification, assessment and treatment of first episode of psychosis or symptoms suggestive.

CAMHS also offer a variety of groups including Sensory Support/Incredible Years/Positive Behaviour Support. CAMHS contribute to training needs of parents and professionals with wide and varied programmes offered on a rolling basis, including information about ASD/ADHD/Depression/Anxiety. Within Middlesbrough West Lane Hospital has inpatient units including Newberry Centre, Westwood Centre (low secure) and Evergreen Centre (Eating Disorders). There is a specialist community service serving Teesside for children and young people with eating difficulties not warranting inpatient treatment. Forensic CAMHS (community) is also available to the population in Middlesbrough, staff work closely with Youth Offending Service and Liaison and Diversion Service.

INTRODUCTION

3. Referral Process- CAMHS operates a referral process which can be accessed directly by young people/parents/carers. There is a duty worker available to assist any individual wishing for guidance, assistance or referral Monday-Friday 9-5pm. The duty worker will also provide assistance to any other organisation seeking support. Primary Care staff including GP's and other professionals e.g. Social Workers, Speech and Language Therapists, Occupational Therapists and Educational Psychologists may also with parental consent complete a referral. The referral form is attached to this report and needs to be completed (or letter) prior to CAMHS accepting referral.

Outside of "office hours" the CAMHS Crisis Team is available (leaflet attached).

4. Criteria-CAMHS accepts referrals from families/carers/self and professionals for children and young people aged 0-18 years. The referral needs to highlight difficulties about a child/young person's mental health/emotional wellbeing/behaviour.

EVIDENCE/DISCUSSION

Early Help Strategies:

5. Incredible Years Group is available at CAMHS. Additional individual coaching is provided where appropriate.
6. EHCP-CAMHS attends panel and reviews as requested.
7. PBS-Consultation can be accessed by any person feeling this strategy may assist.
8. Multi Agency Screening Team (MAST)-One member of staff attends 3-4 hours each morning to provide input into safeguarding issues at First Contact Team.
9. A Consultation Model is running as a pilot at Outwood Academy in Ormesby and UCA, Park End.
10. A new venture is about to commence providing input into Adverse Childhood Experiences (ACE) in schools in Middlesbrough. Two staff have been identified to provide 2.5-3 days each per week.
11. Early Help Forum. A member of CAMHS attends this forum on a twice monthly basis.
12. Hollis Academy-A member of CAMHS is currently on secondment at this provision, providing specialist behaviour input.
13. VEMT- A member of staff attends the review meeting to update on all children and young people who are known to CAMHS.

14. Head Start-There is regular communication between staff within Head Start and CAMHS.

15. As highlighted above full training packages are ongoing, individual organisations training needs if outside the planned programme can also be considered

CONCLUSIONS

16. Pressure on all services working with Children and Young people is recognised and CAMHS continually try to meet these challenges by working more Streamlined and seek closer working relations with partners. The service has over a number of internal meetings reviewed performance and targets, reviewing need and highlighted creative strategies to meet population demands. Ongoing considerations include potential for multi-agency “drop in”, stronger school support, increase presence in GP buildings to ensure Early Help is readily available. CAMHS aims to improve and develop training packages, groups and links with voluntary organisations such as Parents for Change. CAMHS also include parents and patients to participate in regular meeting to seek their expertise to improve the quality of service delivery. CAMHS provide consistent and targeted input into all Early Help strategies in Middlesbrough, within the constraints of staff numbers and financial targets.

17. CAMHS review performance and measure outcomes by utilising ROMS (routine outcome monitoring).

BACKGROUND PAPERS

Jane Sonnen was asked to produce a report for panel outlining information about how CAMHS works with the Council (and other partners) to support children, young people and families in providing early help and prevention services.

Information has been gathered from the Team Manager at Middlesbrough Community Team and senior clinicians.

AUTHOR

Jane Sonnen, Clinical Nurse Specialist/Non-Medical Prescriber