

Bury Child and Adolescent Mental Health Service (CAMHS) Update

CAMHS link team

Recruitment update

We have recently recruited two CAMHS link workers and they will be starting from the 5th of June. We now have a full team in place.

CAMHS on Instagram.

Bury CAMHS are due to launch on Instagram later in June and we have a small group of CAMHS staff supporting with this. We will be adding new content; this will consist of tips and advice around how to maintain good emotional and mental health. This will also be a helpful resource for both young people and parents.

Mental Health & Wellbeing Training for Professionals

Bury CAMHS are reviewing the content of the Bitesize recording sessions below before adding this to the Intranet and we will update you when these have been uploaded.

We will also review the training sessions and see what the gaps are, and what we can add.

- Self-harm and Suicide
- Emotional Regulation
- Low mood and Depression
- Emotional Resilience

Consultation Line

The CAMHS link team continue to provide access to the professional's consultation line every Friday between 1-5pm.

The contact number is 07912 453942 or you can email your query to this address (pcn-tr.burycamhsconsultationline@nhs.net).

The consultation line is available to **all professionals** who would like to discuss concerns and receive advice and guidance from a mental health professional, about any bury young person they are working who they may have non-urgent concerns about but are **not** open to CAMHS.

The aim of the consultation line is to support Bury professionals working with children and young people with a shared decision-making opportunity: implementing the Thrive model. The goal is this will help professionals fully consider the most appropriate support to meet the needs of the young person they are involved working with.

CAMHS Waiting Lists

Routine CAMHS Initial Assessment Waiting List

Bury CAMHS successfully completed the waiting list initiative early this year. This means that the now currently stands at 5 months.

Core CAMHS Allocation Waiting List

The Core service/team provides specialist evidence based clinical interventions for children and young people aged 5 –16 years who are experiencing emotional and mental health difficulties presenting at the 'Getting More Help' and 'Getting Risk support' domain of the Thrive model. Some of the problems the core CAMHS team can help with include anxiety, depression, eating disorders, psychosis, post-traumatic stress disorder (PTSD), emotional dysregulation, self-harm, and more complex psychological difficulties. This would usually relate to a situation where there has been deterioration in a child or young person's mental health impacting negatively on their day-to-day functioning such as sleeping,

appetite, accessing education, concentration, irritability or where interventions have been offered with little or no positive change and an increase in risk concerns.

Waiting list initiatives:

- On completion of our Initial assessment blitz, we have developed a 6 session (weekly) package for the Emotional regulation group. We are looking to roll this out in time for the summer holidays and continue to contact families to obtain the numbers needed to offer this group.
- A number of young people and children we assessed during our blitz have also taken up the worry Wizard group which works with young people under 12 years (presenting with low level anxiety) and parents. This is planned to go ahead during the summer holidays also.
- Waiting times for one-to-one intervention for Core mental health support stands at approx. 16 weeks.

Cognitive Behavior Therapy (CBT) Waiting List

CBT (Cognitive Behavior Therapy) is a talking therapy which can work very effectively for children and adolescents to help them overcome conditions such as anxiety, low mood and depression, phobias, post-traumatic stress disorder (PTSD) and obsessive-compulsive disorder (OCD).

Waiting times for CBT therapy one to one sessions currently stand around 18 months. Based on our new staff we expect the CBT waiting times to reduce and contact is being made with parents to check if parents still feel this service is required and are offering CBT review appointments also.

Waiting list initiatives and recruitment.

CAMHS have recently recruited a new CBT therapist who offers high level CBT.

This is an add on to a recruitment drive in April 2023 during which we recruited 1 Qualified Psychological Wellbeing practitioner (PWP), 1 Trainee Psychological Wellbeing practitioner (PWP). Also, 2 Trainee CBT therapists and our new staff are being allocated CBT cases both from the current waiting list and on occasions if a need is identified from SPOE referral meeting discussions.

Autism Spectrum Condition (ASC) and attention deficit hyperactivity disorder (ADHD) Assessments.

We get many referrals with concerns about possible ADHD and/or ASC we therefore request relevant evidence is submitted at the point of referral. On receipt of the screening questionnaires the child/young person will be placed on our neuro triage waiting list to be reviewed by the neurodevelopmental team. Following review, we will write to the family and school regarding the outcome and next steps if applicable. If the information submitted is supportive of further assessment of ADHD and/or ASC, the child/young person is placed on our initial assessment waiting list.

The approximate wait from point of referral to feedback is 2 years for a full assessment.

Waiting list initiatives:

- Staff continue to offer additional appointments for ASC and ADHD assessments in a bid to reduce waiting times, and this has been in place since April 2023.

We are part of the steering group which is reviewing the current neurodevelopmental pathways in Bury. This includes input from Bury CAMHS, Community Pediatrics, Bury2gether; parents/careers forum, Voluntary community, and social enterprise (VCSE) organizations, Social Care and Education.

Please note the above waiting times are approximate and are dependent on factors such as staffing, sickness, training, and annual leave. If your child/young person is

currently on one of our waiting lists, we will contact you when an appointment becomes available.

VCSE Navigator Project

The VCSE navigators (employed by Early Break) have offered support children, young people, and their families, offering a maximum of 5 sessions to young people aged 5-18 and who have been discharged from CAMHS, with low-level emotional health needs.

CAMHS and the Navigators are having regular discussions and will to expand the role and referral criteria further; We will be shortly providing updates regarding this.

Support Available

- If parents/young people require any non-urgent wellbeing advice/support; the Bury getting help line offers an all-age free telephone service for residents of Bury experiencing difficulties with their wellbeing: 0161 464 3679. Further details can be found on their website: <https://earlybreak.co.uk/what-we-do/emotional-health-wellbeing-services/getting-help-line/>
- We also have a number of self-help resources available for children/young people, parents, and professionals available on our website: <https://www.penninecare.nhs.uk/burycamhs>

Pennine Care Trust also run a helpline for mental health, learning disability and autism service users and carers, of all ages, who are experiencing increased mental health needs during the coronavirus. This is run by experienced mental health professionals who can:

- Listen to you and help you work through immediate problems.
- Work with you to find ways to move forward or suggest ways of working
- Give you information about other services that may be helpful to you or the person you care for
- The helpline is open 24 hours a day, 7 days per week on 0800 014 9995.
- During office hours if you have urgent concerns regarding your child's mental health, please contact the department on 0161 716 1100 and ask to

Speak with a member of the duty team.