

Bury Child and Adolescent Mental Health Service (CAMHS) October update

CAMHS on Instagram.

Bury CAMHS are now live on Instagram, and we have been posting resources and updates on what is going on within the service.

Please follow us @Penninecamhs to see what we are up to, we are welcome to take on feedback and suggestions about what you would like to see on here. So far we have doubled our followers and have had a lot of positive feedback!

We hope this will be a helpful resource for children and young people, parents, and other professionals.

**Consultation Line**

We continue to recommend that professionals consider utilising the CAMHS consultation line. If they are unsure about what we offer or would like advice on what information is needed when making a referral. This is available **every Friday between 1-5pm.  The contact number for the consultation line is 07912 453942.**

The link team are available to provide advice and answer any questions forany Bury young person who present with non-urgent concerns and 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 initial assessment waiting list currently stands under 12 weeks.

**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.

**Core team waiting list initiatives**:

* + - The Worry Wizard group which works with young people under 12 years (presenting with low level anxiety) and parents is still ongoing and we have received lots of good feedback so far!
    - Waiting times for one-to-one intervention for Core mental health support currently remains 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 for CBT (and other psychological therapies.)**

Bury CAMHS are continuing with the recruitment drive and are interviewing for a new Child and young person wellbeing practitioner (CYPWP) later this month.

We are also interviewing for a family therapist. In addition, we are looking to recruit a Psychotherapist and a clinical psychologist (with a specialism in learning disabilities and Neuro-developmental difficulties.)

**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.

They are currently reviewing their referral criteria to fill gaps in service needs and CAMHS and the Navigators continue to engage in regular discussions about 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-](https://earlybreak.co.uk/what-we-do/emotional-health-wellbeing-services/getting-help-line/) [wellbeing-services/getting-help-line/](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.

**Information about The Graduated Approach Toolkit used within schools.**

* The Graduated Approach Toolkit is an online document for schools, parents/carers and young people which sets out Bury’s advice and guidance for fulfilling the statutory duties set out in Section 6 of the Special Educational Needs and Disabilities (SEND) Code of Practice 2015. The document can be found here: [Bury SEND Graduated Approach Toolkit | The Bury Directory](https://theburydirectory.co.uk/bury-send-graduated-approach)
* The document includes guidance for the identification of SEN in schools and provides broad definitions of the four different types of special educational need. It gives guidance for schools in respect of those children identified as requiring SEN Support, providing detail of the action needing to be taken to remove barriers to learning and put effective special educational provision in place.
* The Graduated Approach Toolkit was launched at the start of the 2022-23 academic year. Although revisions to some sections are still underway, the sections for schools and for parents/carers are complete. In the 2023-24 academic year, a continuing professional development programme is planned for Special Educational Needs Co-ordinators (SENCOs) to support the embedding of the Toolkit in everyday school practice. It will be important for schools moving forward to be able to evidence how the approaches outlined in the Toolkit have been used in order to access top up funding.
* For further information, please contact Cath Atherden, Service Lead (SEN Support) [c.atherden@bury.gov.uk](mailto:c.atherden@bury.gov.uk)