

## **Bury Child and Adolescent Mental Health Service (CAMHS) Update**

As shared in previous SEND newsletters Bury CAMHS have been experiencing an ongoing increased demand on the service resulting in longer waiting times for triaging, assessment and treatment appointments. From the 22<sup>nd</sup> December 2021 to the 28<sup>th</sup> February 2022, in order for the service to safely meet the demand for urgent mental health support we cancelled all routine appointments. Following welcoming some new staffs we recommenced routine business from the 1<sup>st</sup> March 2022. We are working closely with commissioners regarding our current waiting times, please find information below providing further details.

### **CAMHS Information Sessions for Parents**

In May 2022 we launched monthly CAMHS information sessions for parents of children on our core initial assessment waiting list. The aims of these session will be to:

- Provide you with information and advice about managing children's mental health needs
- Provide an opportunity for you to ask questions
- Provide you with self-help material and guidance to support your child
- Provide you with contact details of service that can offer support whilst you wait for your first appointment.

Starting with the children who have been waiting the longest, we will write to parents with details on the group sessions. Attendance at these sessions will not affect a child's place on our initial assessment waiting list.

### **Understanding Anxiety for parents/carers sessions**

In June & July the CAMHS Link Team and Educational Psychology offered two bitesize Understanding Anxiety sessions for parents/carers. We asked attendees for feedback which will help inform on future sessions.

### **Waiting List Updates**

#### **Routine CAMHS Initial Assessment Waiting List**

Current approximate wait: 13 months.

Waiting list initiatives:

- We have a number of staffs offering weekend appointments to support with reducing this wait.

- The first waiting list workshop for parents starts on the 30<sup>th</sup> May 2022 to provide psychoeducation and advice. We will be writing to families on the initial assessment waiting list to provide further information in due course, these workshops will take place monthly.

### 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.

The approximate wait for this intervention following initial assessment: 4 months.

Waiting list initiatives:

- We have two practitioners currently completing Interpersonal Therapy Psychotherapy with Adolescents (IPT-A) Course. This is an evidence based psychological approach working with young people and their families with disorders of depression and self-harm. Following completion of the course the attendees will be able to offer this intervention to further young people on the core waiting list supporting with reducing waiting times for treatment.

### Cognitive Behaviour Therapy (CBT) Waiting List

CBT (Cognitive Behaviour 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).

The approximate wait for this intervention following initial assessment: 13 months

Waiting list initiatives:

- We received additional investment from the CCG for a full time Clinical Psychologist. This practitioner has recently completed her local induction and will start seeing new patients soon.
- We also have a practitioner who is currently completing a postgraduate diploma in CBT. Following completion of the course the attendee will be able to offer this intervention to further children/young people on the CBT waiting list supporting with reducing waiting times for treatment.

Psychological Wellbeing Practitioner (PWP) support a range of low intensity interventions informed by cognitive behaviour therapy (CBT).

The approximate wait for this intervention following initial assessment: 11 months

Waiting list initiatives:

- We will be relaunching our CBT Informed Therapy Group. This group is for children/young people aged 12 to 16 years of age who require further support to manage difficulties associated with anxiety, low mood and/or emotional dysregulation via a cognitive behaviour therapy (CBT) informed approach. Young people suitable for the group will be identified following their CAMHS initial assessment. It has an open group model whereby young people can join as soon as there is space to do so, rather than having to wait until one group course finished and the next is established.
- We recently welcomed a new Trainee Associate Psychological Practitioner (TAPP) to the CAMHS Team who will offer low intensity psychologically informed evidence-based interventions to suitable clients on the psychological wellbeing practitioner (PWP) waiting list.
- Group Work for Parents – Overcoming Your Child’s Fears and Worries Group. The Group Overcoming Programme is an evidence-based guided Cognitive Behavioural Therapy (CBT) programme for parents of children who have difficulties in managing their worries at home or school. We know from working with parents that it is very effective, in fact research has shown it is as effective as working with children themselves as parents are best placed to implement change. There will be two groups: one for parents of Primary school aged children and the other for secondary school age. The Programme will take place weekly over the course of 6 weeks for 1.5 hours per session. Suitability for the group will be considered following a CAMHS initial assessment. In the near future we are also hoping to work with a number of local services to co-deliver this programme for parents of children not open to CAMHS. Training dates and contact information will be circulated to parents of children on our PWP waiting list for anxiety intervention soon.

#### 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 initiative:

- We have staffs offering weekend appointments to support with reducing this wait.

- We are part of the steering group which is reviewing the current neurodevelopmental pathways in Bury. This includes input from Bury CAMHS, Community Paediatrics, Bury2gether; parents/carers forum, Voluntary community and social enterprise (VCSE) organisations, 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.

### **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.

### **Participation Group**

We are launching a new young peoples participation group at Bury CAMHS and are looking for young people aged 12-18 years old who are either currently accessing CAMHS or have recently accessed our service.

We are keen to hear from young people who are interested in sharing their experiences and ideas to help us improve our services. If interested, we would recommend for your child to speak with their allocated CAMHS worker.

### **VCSE Navigator Project**

We recently welcomed an exciting new role to Bury CAMHS; the VCSE Navigator Post. The Navigator is employed by Early Break and will be working to support children, young people and their families who have been discharged following therapeutic intervention with CAMHS. The Navigator can deliver a maximum of 5 sessions to children or young people (CYP) aged 5-18 who have been discharged from CAMHS and have low-level emotional health needs. The types of support the Navigator may provide include:

- Maintaining progress made at CAMHS
- Continuing work on CYP's care plan
- Supporting parent/carers to manage CYP's emotional health
- Supporting wider issues for CYP and/or family such as housing, education, isolation/loneliness
- Support transition to community services, providing 'hand-holding' into appropriate services

If your child is coming towards the end of their treatment at CAMHS and you would like further information on the Navigator post please speak with your child's CAMHS Case Manager.

### **Emotionally Based School Avoidance**

Emotionally Based School Avoidance (EBSA) describes children and young people who have trouble attending school due to emotional factors, often resulting in absences from school. We know the earlier difficulties are identified and supported, the more successful we can be in reducing anxiety and developing coping skills. This improves school attendance and ongoing life opportunities.

To co-ordinate multiagency EBSA support in Bury the following is available via the Bury Directory:

- guidance documents and resources
- free training
- follow up Q&A/ problem solving sessions

Find resources and training dates on the Bury Directory, including a recorded session for parents and carers: <https://theburydirectory.co.uk/support-for-children-young-people>

If you have any further questions we would recommend speaking with school.

### **Referral Information**

Any professional with concerns regarding a child's mental health/wellbeing can make a referral to CAMHS Single Point of Entry (SPOE) using the CAMHS SPOE referral form. We are a SPOE for the following services:

- CAMHS (core, neurodevelopmental, link worker and transitions teams)
- Mindfulness and holistics at Early Break

- Streetwise Counselling (for ages 14-16)
- Loss and bereavement Counselling at early break
- First point parenting/family support
- First point post diagnostic workshops for diagnosed ADHD and ASC

It is the referrer's responsibility to ensure the family are aware CAMHS are a SPOE service and to advise the referral will be directed to the most appropriate service listed above or we may make recommendations for the professional to refer externally.

At present we do not accept self-referrals, but all children should be invited to participate in their involvement with CAMHS from referral through to discharge. It is therefore expected that the referring professional has had contact with the child, this could be face to face, telephone or video. The information gathered along with the professional view will aid with the triaging process. Parents are welcome to submit additional information/evidence to also provide their viewpoint.

### **Mental Health Support Teams (MHST) for schools**

We recently shared the exciting news that Bury will be launching a Mental Health Support Team (MHST) for school/colleges. The developments follow the publication of Transforming children and young people's mental health: a green paper,' which sets out a national ambition to enhance the mental health support in schools and colleges. Nationally, it is intended that by the end of 2023/24, MHSTs will be rolled out to between 25-30% of the country. The MHSTs are to be supervised by NHS children and young people's mental health staff and will provide specific extra capacity for early intervention and ongoing support within some education settings. Expression of interest went out to schools/colleges and shortlisting was completed in May 2022. 32 schools were successful; following recruitment there will be a phased roll out. Phase 1 schools include:

#### **Phase 1 Secondary Schools**

Elton High School

Hazelwood High School

Parrenthorn High School

Philips High School

St Gabriel's RC High School

The Derby

The Heys

Tottington High School

Unsworth Academy

## **Phase 1 Primary Schools**

Cams Lane Primary School

Chesham Primary School

Park View Primary School

St John's with St Mark's CE Primary School

St John's CE primary

St Joseph and St Bede's RC Primary School

St Stephen's CE primary School

Unsworth Primary School

Woodbank Primary School

Summerseat Methodist Primary School

If you would like any further information please speak with your school mental health lead.