

Bury Child and Adolescent Mental Health Service (CAMHS) Update

CAMHS Wellbeing Drop-in

CAMHS link team provided a community drop-in To support young people with their mental health and wellbeing at Victoria community and youth centre during 5 weeks of the summer holidays for all young people aged 14-18.

It was attended by several young people and professionals and received lots of positive feedback.

Mental Health & Wellbeing Training for Professionals

Bury Child & Adolescent Mental Health Service (CAMHS) previously circulated a Mental Health Training needs analysis questionnaire to gather professionals' views on the mental health training needs in Bury.

This has informed on the training that will be rolled out over the next few months by CAMHS, Early Break and the Inclusion Service which includes the following bitesize sessions:

- **Thursday 1st September 2022 at 2.30 – 4 pm** – Bitesize CAMHS; Building Resilience
- **Thursday 8th September 2022 at 2.30-4 pm** – Bitesize CAMHS; Emotional Regulation
- **Thursday 29th September at 2.30pm -4pm** - Bitesize CAMHS; Understanding self harm and suicidal thoughts in young people
- **5th October – 9.30am- 11am-** Understanding self harm and suicidal thoughts in young people

Please see the training plan (soon to be added to our website) for training dates. The link team will be recording sessions, and these will also be added to our website.

Also, a huge thank you to Tom, Chloe, Samina and Kate who have been involved in delivering some of these training sessions!!

Consultation Line

In your discharge letters/communication with professionals please continue to share information regarding our CAMHS consultation line.

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 young person they are working with 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.

The consultation line is open from 2.30-4.30pm, Tuesday to Friday. The contact number is 07912 453942 or you can email your query to this address (pcn-tr.burycamhsconsultationline@nhs.net).

VCSE Navigator Project

Over recent months we have 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.