

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 center 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.

The team will be offering future informal drop-in sessions soon and this information will be distributed to local services very soon.

CAMHS Participation group

The CAMHS link team have been spreading the word of our new participation group. This is aimed at any young people with an interest in mental health and wellbeing between the age of 14-18. They do not need to be open to services. This is a forum for young people to share their ideas and views of services and to identify areas of improvement.

This starts every Tuesday from the 4th of October until the 1st of November between 4pm and 6pm.

See attached porter for additional information and to share with young people.

CAMHS on Instagram.

Following feedback from the Bury youth council earlier this month the link team are currently looking to develop an Instagram account for Bury CAMHS and this will be managed and overseen by the link team.

We plan on offering tips and advice around how to maintain good mental health and to explain some of the jargon and terminology – and hopefully to dispel any myths about mental health.

This is a forum to share helpful and accurate information and we are looking to make it user friendly and interesting. Hopefully this will be a helpful resource for both young people and parents.

We will keep you updated on our progress, and we hope this will be up and running very soon.

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 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
- **12th October 2pm 3:30pm** - Building resilience
- **26th October 2pm- 3:30pm** - Self harm and Suicide
- **27th October 10am-11:30am** - Anxiety
- **3rd November 10am-11:30am** - Emotional Regulation
- **10th November 10am-11:30am** - Low mood and depression
-

Please see the training plan (soon to be added to our website) for new topics and dates commencing the 12th of October. The link team are also recording past sessions which professionals can access from the CAMHS website shortly .

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

Consultation Line

As of the beginning of October due to limited uptake of the consultation offer, we will be offering a reduced offer. This will now be on a Friday afternoon (weekly) 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.

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 *and a number young people have successfully utilized this service.*