

Bury Child and Adolescent Mental Health Service (CAMHS) Update

CAMHS Wellbeing Drop-in

The next Wellbeing drop-in session for young people (aged 14-18 open and not open to CAMHS) will take place during October half term on Thursday the 27th of October 1-5pm.

Again, this is based at the Victoria Community and Youth Centre, Charles street, Whitefield, M45 6AL.

This is following up on the success of the drop-in sessions provided during the summer holidays.

CAMHS Participation group

The CAMHS link team continue to pull together some ideas regarding the new Participation group and will be visiting a number of specific local young people's services.

This is aimed at all young people with an interest in mental health and wellbeing between the ages of 14-18. They do not need to be open to services and this is a forum for young people to share their ideas and views of services and to identify areas of improvement.

CAMHS on Instagram.

Following feedback from the Bury Youth council in September the link team are currently in talks with our Trust Communications department and are working on an Instagram account for Bury CAMHS. This will be managed and overseen by a small group of CAMHS staff volunteers.

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 continue to update you on our progress, and we plan to have this up and running shortly.

Mental Health & Wellbeing Training for Professionals

Bury Child & Adolescent Mental Health Service (CAMHS) have circulated a number of 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:

- **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

The new CAMHS training plan which commences the end of November will be circulated out in the next few days.

The link team have also recorded all previous Bitesize training sessions which will be going up on the CAMHS website shortly and professionals can access this.

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 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.

VCSE Navigator Project

The VCSE navigators (employed by Early Break) have been working to support children, young people and their families who have been discharged following therapeutic intervention with CAMHS.

The Navigators are currently in discussions and looking to expand their role even further. We will be providing updates about these exciting changes shortly when we have more information.

Previously, the Navigator has been offering a maximum of 5 sessions to children or young people (CYP) aged 5-18 who have been discharged from CAMHS and with low-level emotional health needs.