

Bury Child and Adolescent Mental Health Service (CAMHS) Update

CAMHS Waiting Lists

Routine CAMHS Initial Assessment Waiting List

- Bury CAMHS have implemented a waiting list initiative to reduce waiting times and commence an initial assessment blitz from the 16th of January 2023. We hope this will have a significant impact on waiting times.
- Staff also continue to offer additional weekend appointments to further reduce waits.
- We hope to update you next month about the impact this has had on our waiting times.

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.

Waiting list initiatives:

- Following the Initial assessment blitz, we will offer these young people several specific groups for anxiety and emotional dysregulation.
- We will offer further updates regarding this when the groups are ready to commence.

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).

The approximate wait for this intervention following initial assessment: 14 months.

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:

- Bury CAMHS have implemented a waiting list initiative to reduce waiting times and commenced the initial assessment blitz from December 2022 and we hope that this will have an impact on waiting times.
- Staff also continue to offer additional weekend appointments to further reduce waits.

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.

CAMHS link team

CAMHS Wellbeing Drop-in sessions

The CAMHS drop-in sessions offering emotional and mental health advice and information have received mixed attendance and they will be discussed early this year. We are hoping to offer these throughout 2023 but these are likely to take place in a new setting to ensure they are more widely accessible to young people and families.

CAMHS on Instagram.

Bury CAMHS are shortly due to announce details of the Instagram account which we hope to have ready to launch early this year. This will be managed and overseen by a small group of CAMHS staff volunteers, and we will provide tips and advice around how to maintain good emotional and mental health and will be a helpful resource for both young people and parents.

.Mental Health & Wellbeing Training for Professionals

Bury CAMHS are currently recording all the Bitesize sessions below and they will be available on the intranet shortly; we will update you when these are available online.

Bury CAMHS will circulate new Mental Health Training needs analysis questionnaires shortly and this will be to gather professionals' views on any additional mental health training needs in Bury.

These training sessions consist of the following topics.

- Self-harm and Suicide
- Understanding Anxiety
- Emotional Regulation
- Low mood and Depression
- Emotional Resilience

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 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

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.

CAMHS and the Navigators are having regular discussions and will to expand the role and referral criteria further; We will be shortly providing updates regarding 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-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.

