

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

### **CAMHS Wellbeing Drop-in**

The CAMHS link team are currently looking into more central locations within Bury for the drop in sessions to continue in the hope that this will be accessible to a wider audience.

See Tom Hughes' report below RE the success of the CAMHS drop in sessions;

**In response to the tragic suicide of a Bury Young Person in July 2022, Bury CAMHS started our Youth Drop-in Service at the Victoria Community Centre in the summer of 2022.**

The objective of the drop in was to enable young people the opportunity to access mental health support and wellbeing advice away from the clinical setting of Bury CAMHS, and in a timely manner, allowing for early identification of needs and intervention.

At the drop in young people can engage in a range of different activities including pool, table football, mindfulness colouring and even cuddling Tom's pet dog! Young people can meet new people and have informal chats with a mental health practitioner in a group setting or meet with practitioners on a one-to-one basis in a confidential space.

There are lots of self-help resources available on a number of different topics including managing emotions, coping with anxiety, anger management, and support to improve mood and wellbeing. If ongoing support needs are identified, practitioners can signpost or refer on for further support from partner agencies and support services or recommend referrals into the core CAMHS team where appropriate.

Feedback obtained from the initial pilot was very positive and the drop in grew to be well attended throughout summer, identifying an ongoing need for this support within the local community.

**We plan to continue to offer this service initially in school holidays. The next drop in will be on the 21<sup>st</sup> of December 1pm to 5pm.**

### **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.

### **Bitesize training sessions**

***We currently have training booked in up until 15<sup>th</sup> December. A new offer will be reviewed after the Christmas holiday as we plan on uploading all the Bitesize training sessions onto the Bury CAMHS website.***

Thursday 1<sup>st</sup> December-1pm-Understanding Anxiety [Click here to join the meeting](#)

Thursday 8<sup>th</sup> December-10am-Low Mood and Depression [Click here to join the meeting](#)

Thursday 15<sup>th</sup> December-10am-Self Harm and Suicide [Click here to join the meeting](#)

### **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.

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.

This will be managed and overseen by a small group of CAMHS staff volunteers who have now put their names forward and we will look at developing some form of daily rota where the volunteers add resources onto the account and oversee/respond to comments on the page.

We will continue to update you on our progress!

