

Bury Child and Adolescent Mental Health Service (CAMHS) update.

CAMHS Waiting Lists

Core CAMHS Initial Assessments (for anxiety, low mood, and other mental health related difficulties)

- 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.

Waiting list initiatives: Following the Initial assessment blitz, we will offer these young people several specific groups for anxiety and emotional dysregulation.

Autism Spectrum Condition (ASC) and attention deficit hyperactivity disorder (ADHD) Assessments.

The approximate wait from point of referral to feedback is 2 years for a full assessment.

Waiting list initiatives:

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Partnership services

Bury CAMHS work closely with third sector services in the community and form part of our Multi-disciplinary Team SPOA (Single point of access) meetings which take place weekly. These services consist of.

- First point - who offer parenting support and advice for many of our families of service users, as well as providing families with Post diagnostic advice and support (this is for parents and not our young people.)
- Early Break and Streetwise - who provide Mindfulness and holistic, Loss and bereavement counselling (age 6-16 years), therapeutic input (including CBT BA and DBT) informed sessions, advocacy services, and substance misuse interventions in the format of one to ones and groups (aged 14-18 years.)

Referrals are made via Bury CAMHS following professional requests via the CAMHS referral form, as well as offered by the CAMHS duty team following service user duty calls and assessments.

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 again in 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. They will be available on the intranet shortly. We will be reviewing training packages so any suggestions are appreciated

These training sessions consist of the following topics.

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

CAMHS 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.burycamhsconsultationonline@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.

Other 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 PENNINE care 24/7 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 Bury CAMHS department on 0161 716 1100 and ask to speak with a member of the duty team.