

Description of Universal, Targeted and Specialist CAMHS

Universal:

Mental Health Awareness Training – ‘Everybody’s Business’ – Mental health awareness training included in the common induction programme across children’s services within Surrey. A 2 day training course is funded via the pooled budget and is delivered 8 times per year and is available to staff working with children and young people in universal settings including the third sector, to increase their knowledge and skills in recognising and supporting children and young people with emerging mental health and psychological difficulties.

Feeling good week - promotes emotional wellbeing through schools, early years settings and youth groups across the county. Small grants support activities, games and initiatives that promote positive mental health in children and young people.

Communication - The CAMHS website continues to act as a first port of call for both young people, parents and professionals, to understand more about the services offered at CAMHS and help alleviate any concerns. The CAMHS website is a vital resource that is referenced in all CAMHS literature and receives approximately 1,500 visits each month, with the majority of these being unique users. www.surrey-camhs.org.uk

Targeted:

Borough based Primary Mental Health Workers (PMHW) – offer consultation, assessment and training to school staff and other professionals working with children and young people in universal settings. They also provide short-term direct work and facilitate access to multi-disciplinary specialist CAMHS.

Targeted PMHWs – deliver a dedicated service in a variety of settings including

- Short stay schools
- Schools for children with behavioral, emotional and social difficulties
- Special schools for children with severe learning difficulties and with autism

- Youth Support Service, including those young people in the criminal justice system
- **CAMHS Children in care (3Cs)** – a dedicated service working with children and young people and their carers
- Surrey Children’s Service Extended Hours service for children in need which aims to prevent family breakdown and children coming into local authority care.
- **Sexual Trauma and Recovery Support (STARs)** – a service provided by SABP for children and young people who have experienced sexual abuse

Mindful - Two mental health workers are out-posted at Surrey East and Guildford YMCAs. Their focus is to work with young people aged 16-25 years, with emerging-to-moderate mental health difficulties that stop them being able to cope and/or leave them unable to manage other areas of their lives such as relationships, college or employment and who find it difficult or who do not wish to engage with statutory services.

No Labels – This initiative is a partnership between CAMHS Social workers and the Youth Support Service that aims to engage and support young people aged 13–18 years, who are referred to CAMHS and who either do not attend or drop out from therapeutic interventions. The focus is for the youth worker, with the support of CAMHS clinicians, to engage the young person on a one-to-one basis, to build a positive relationship via activity based learning and to transfer the case back to specialist CAMHS once the young person feels able to use therapeutic interventions.

Parent Infant Mental Health Service – children’s centres, community health services and CAMHS work in partnership to deliver a service to vulnerable parents and their babies, where early attachment issues have been identified. Also included is a specific project focusing on young parents who are in care or care leavers. The PIMH service also supports the specialist placements for mothers and their babies where significant risk has been identified.

TaMHS – Targeted Mental Health support in Schools. The approach aims to increase the capacity of school staff to develop their skills and confidence to meet the mental health needs of children and young people, through early intervention and integrated working. The focus is on building capacity through staff training in mental health awareness and attachment theory together with the provision of CAMHS primary mental health workers to provide earlier intervention, consultation advice and support.

CAMHS community nurses for schools – are commissioned to work in the 0-19 years school nursing teams. These roles aim to increase the service's capacity to support schools in the early identification and support of children and young people with emerging mental health difficulties. Together with the borough based community PMHWs they provide the training and support to schools within the TaMHS approach.

Participation and Advocacy

CAMHS Youth Advisors (CYA), are a group of young people with different experiences of accessing CAMHS. CYA works to ensure that children and young people who use CAMHS have a voice, through being involved in recruitment, staff training, service development and peer education in schools. A CAMHS Participation and Rights Officer supports CYA who also provide an advocacy service to children and young people who use CAMHS. An assistant and four full time apprentices, with experience of using CAMHS, are employed to support CYA and lead on the participation activities and projects.

Specialist:

Community CAMHS - Assessment and treatment services are delivered through multi-disciplinary teams including psychiatrists, psychologists, nurses, social workers and therapists. There are a range of mental illnesses and disorders served through these clinics, for example: depressive and attachment disorders, anxiety, ADHD, eating disorders, assessment and treatment of self-harming behaviour.

CAMHS Social Work Team

The CAMHS social work service contributes to the delivery of a multi-agency CAMHS for children and young people with complex moderate to severe mental health issues and brings a social care perspective to the work of the CAMHS team. A pathway had been established for referrals from social care teams to CAMHS via fortnightly/monthly consultation offered by CAMHS social workers, all potential referrals to specialist CAMHS have to come through the consultation process for discussion before a decision is made to refer.

HOPE service is an integrated countywide service provided by SABP and SCC for young people aged 11-18 who have complex mental health, social, emotional and behavioural difficulties. It provides intensive community support and interventions and therapeutic day program to prevent or shorten young peoples' admission to Tier 4 inpatient units and to prevent young people looked after from needing to be placed in an out of county provision. It is also a short stay school, offering education to young people according to their ability and need. HOPE works alongside education colleagues to plan for discharge into appropriate community education wherever possible.

The Child and Adolescent Learning Disability Team (CLDT) in Surrey provide a service for families of children and young people with a learning disability and developmental delay. The main purpose of the service is to provide advice and support on a range of practical issues affecting the care and management of children with learning disabilities or developmental delay and their families who experience challenging behaviour.