

# Children and Young People Service (CYPS) & CAMHS

Rosemary Richards - Clinical Director

Sarah Batten - Service Director

# Children and Young People Service CYPS & CAMHS



In partnership with:



**2gether**  
Making life better

Foundation Trust  
For Gloucestershire **NHS**

# In Partnership with:



*THE SYM PROJECT*  
*IMPROVING THE MENTAL HEALTH + WELLBEING*  
*OF YOUNG PEOPLE IN HEREFORDSHIRE*

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The CLD Trust

counselling / learning / development



# CYPS & CAMHS

- **Who we are**
- **What we do**
- **How we do it**

# The CQC and Our Service

Overall rating for the service	Good	●
Are services safe?	Good	●
Are services effective?	Good	●
Are services caring?	Good	●
Are services responsive?	Good	●
Are services well-led?	Good	●

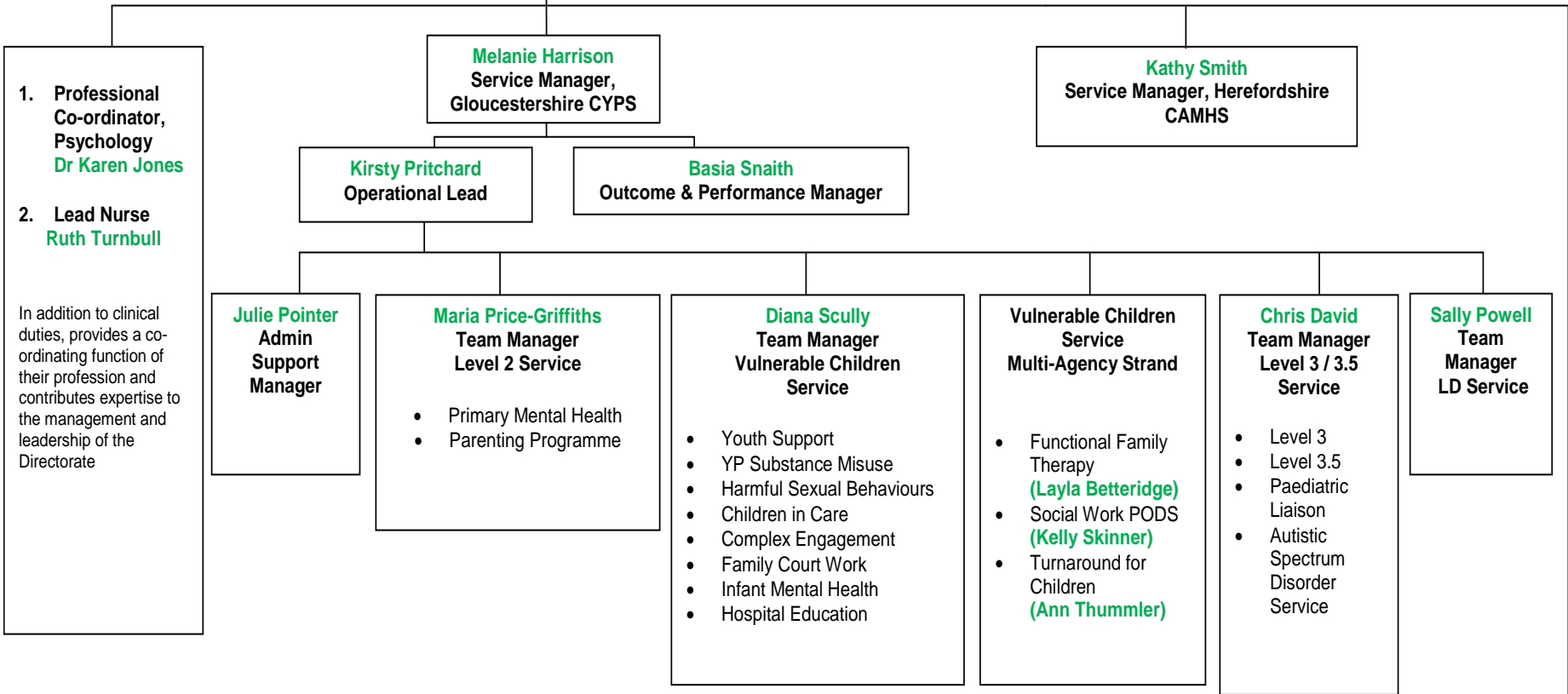
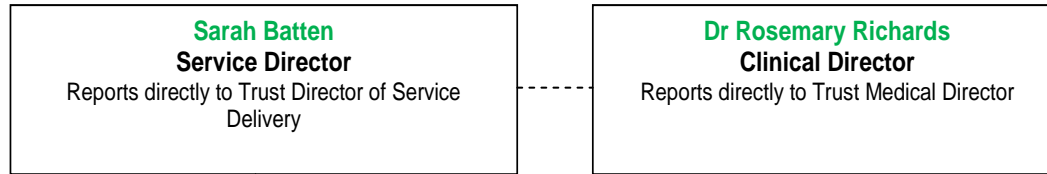
# 2Gether: Service Structure for Children & Young People

**In December 2016 CYPS Gloucestershire & CAMHS Herefordshire came together into a single Clinical Directorate structure to:**

Provide an organisation-wide, responsive and cohesive service for children and young people.

- To provide parity of services, offering choice, high quality and standardised care as commissioned within each locality.
- To ensure the benefits of localism.

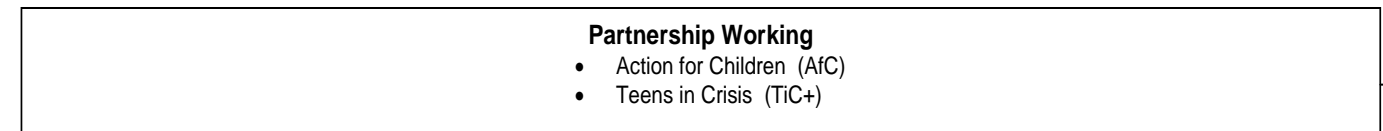
Children & Young People Service - Organisation Chart



1. Professional Co-ordinator, Psychology  
Dr Karen Jones

2. Lead Nurse  
Ruth Turnbull

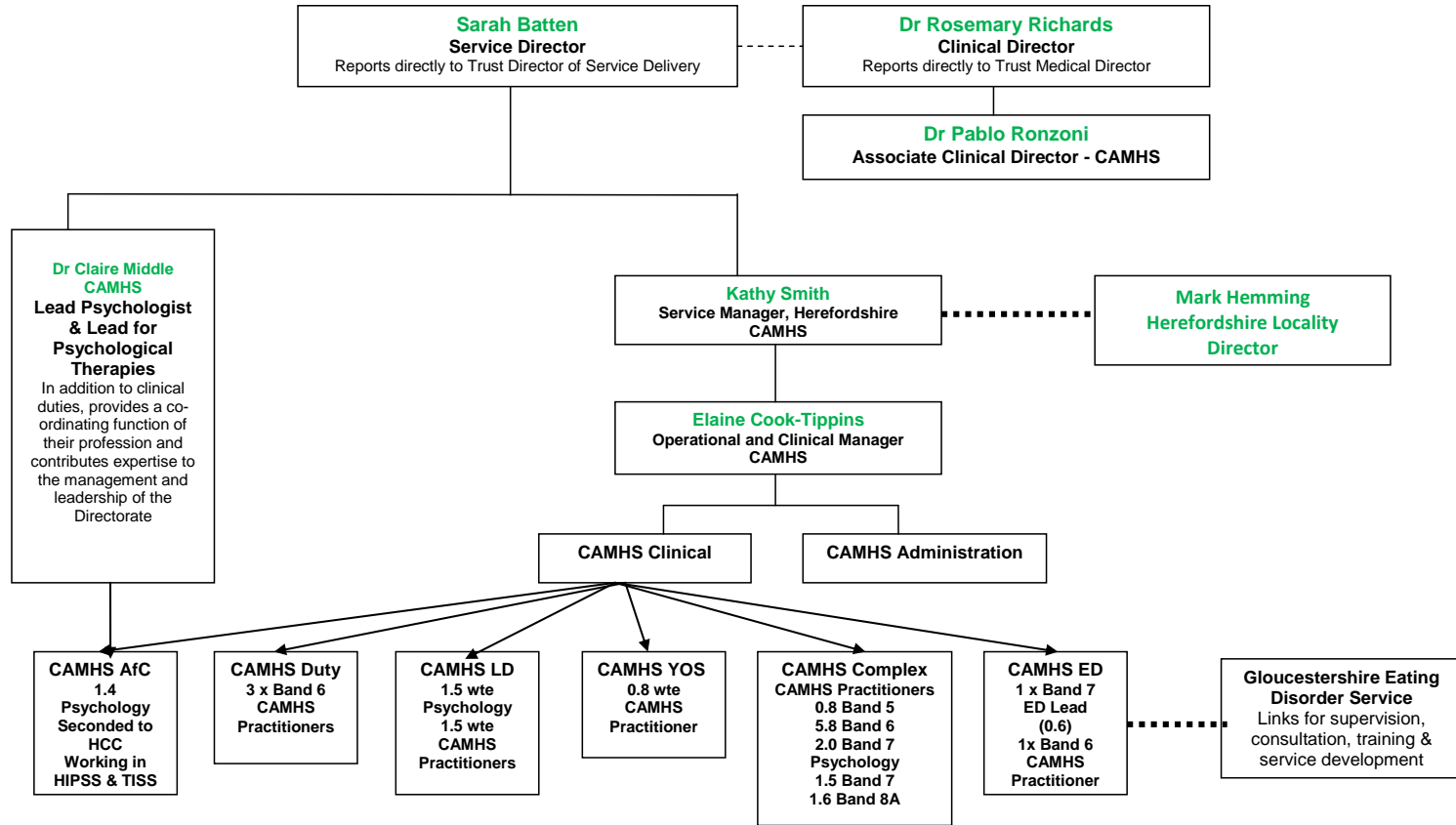
In addition to clinical duties, provides a co-ordinating function of their profession and contributes expertise to the management and leadership of the Directorate



# CYPS & CAMHS Service Structure

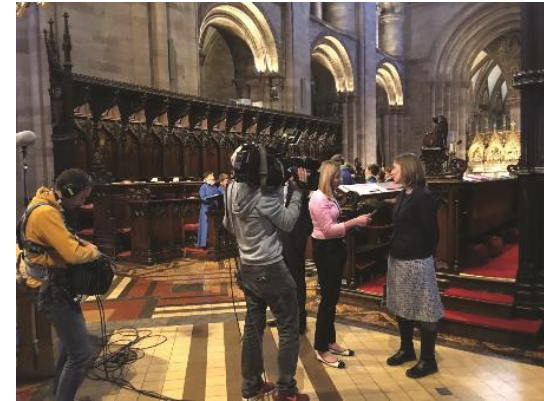
2gether NHS Foundation Trust

## Hereford CAMHS - Organisation Chart





# Hall of Fame



# Who We Are

- Art Therapist
- Consultant Psychiatrist
- Drama Therapist
- Nurse
- Occupational Therapist
- Psychologist
- Psychotherapist
- Registered Counsellor
- Social Worker
- Speciality Doctor

# What We Do

- Choice Assessments
- Partnership - therapeutic interventions
- Consultation slots for Social Care
- Triage with Social Care
- Training for other agencies
- Supervision for other agencies
- Cognitive Behavioural Therapy
- Dialectic Behavioural Therapy
- Family Therapy
- Systemic Family Practise

# What We Do

- Art therapy
- Neurodevelopmental Assessment
- Autism Co-ordinator
- Sleep Clinics
- Chronic Sorrow Clinics
- Sibling Groups
- Priority Partnership Team
- Specialist Substance Misuse Nurse
- Court Work

# Gloucestershire & Herefordshire

## **Primary Mental Health Team - Level 2 Gloucester**

- Practitioner Advice Line
- Referral management
- Initial assessments
- Consultation
- Training
- Parenting Programmes

## **No Primary Mental Health Team - Level 2 Herefordshire**

- Over 10s – limited interventions from CLD Trust
- Duty workers available to provide telephone advice and consultation to professionals

# Gloucestershire

Referrals should be sent to :

**2gether NHS Foundation Trust,  
Children & Young People Service,  
Acorn House, Horton Rd,  
Gloucester, GL1 3PX.**

**Tel; 01452 894300 Fax; 01452 894301  
(option of Choose & Book for GPs)**

**Urgent referrals should be faxed with a  
follow up telephone call to Acorn House**



# Gloucestershire Practitioner Advice Line

- Access to a qualified Mental Health Practitioner
- 9 am – 5 pm Monday – Friday
- Advice about:
  - ✓ Making a referral
  - ✓ Training
  - ✓ Consultation
  - ✓ Strategies to help children, young people, families, carers & practitioners
  - ✓ Signposting to an appropriate source of help
  - ✓ Working closely with partner agencies to consider children, young people, families & carers

# Gloucestershire & Herefordshire

## Level 3

- Partnership - therapeutic interventions
- Home treatment
- Admission/discharge from inpatient provision
- Cognitive Behavioural Therapy
- Dialectic Behavioural Therapy
- Family Therapy
- Systemic Family Practise
- Range of therapeutic provision
- Neurodevelopmental Assessment



# Gloucestershire & Herefordshire

## The Learning Disabilities Team

- The team
- Referrals
- Outcomes
- Interventions: Behaviour
  - Sleep
  - Parenting
  - Sibling Groups
  - Sorrow & Joy Course
  - Positive Behaviour Management

# Gloucestershire & Herefordshire

## Emergency Department Liaison Team

- 7 day duty response to Children and Young People in crisis in Hereford Hospital
- 7 day duty response to Children and Young People in crisis in Gloucestershire Royal Hospital

# Gloucestershire

## Vulnerable & Complex Teams

- Children in Care (CiC)
- Youth offending and other vulnerable groups
- Harmful Sexual Behaviour
- Young People's Substance Misuse
- Family Court Assessment
- Complex Engagement
- Infant Mental Health
- Hospital Education

# Gloucestershire & Herefordshire

## Interagency Teams - Gloucestershire

- Turn Around for Children
- Functional Family Therapy Team
- PODS

## Interagency Teams – Herefordshire

- Interagency Project with YOS
- Psychologists seconded to Action for Children, Children in Care Project

# Key Developments

- Schools Project in Gloucestershire
- CAMHS staff delivering training to wide range of agencies in Herefordshire
- Priority Partnership Team in Gloucestershire
- Support to Military families in Herefordshire
- Transition of Care Policy Gloucestershire & Herefordshire
- New pathway for Eating Disorders for Children and Young People in Herefordshire, linked to 2Gether Gloucestershire Eating Disorder Service and Wye Valley Trust.

# National Commissioning Tier 4 Inpatient Beds & CYPS Tier 4 Pathway



**ACC Paul Netherton**

@ACC\_Operations

Follow

We have a 16yr old girl suffering from mental health issues held in police custody. There are no beds available in the uk!  
[#unacceptable](#)



RETWEETS

2,119

FAVORITES

675



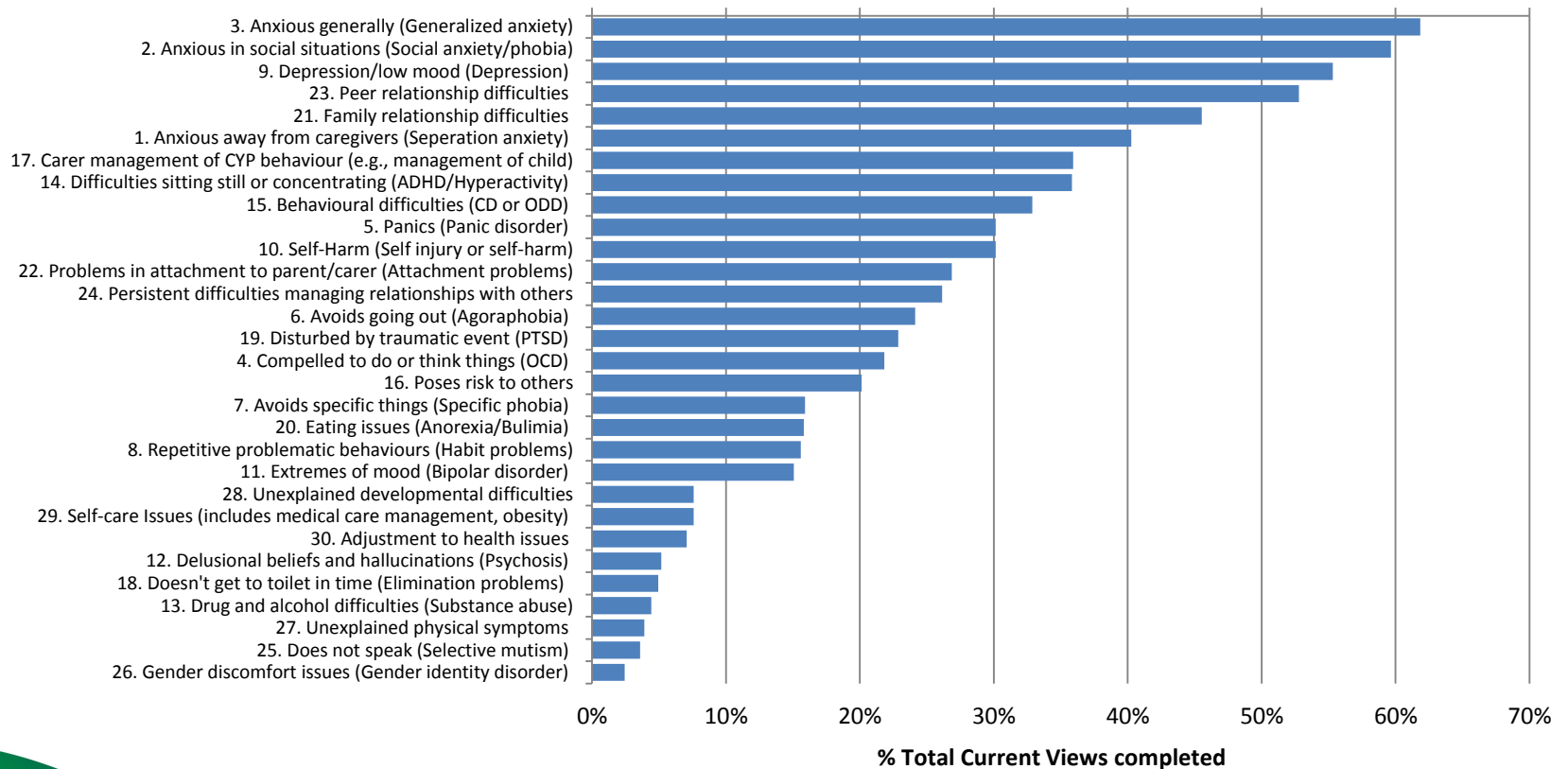
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TWITTER/ACC PAUL NETHERTON

# CYPS & CAMHS Service Delivery

## Key Presenting Problems – Anxiety, Depression/low mood, Peer relationship & family relationship difficulties,

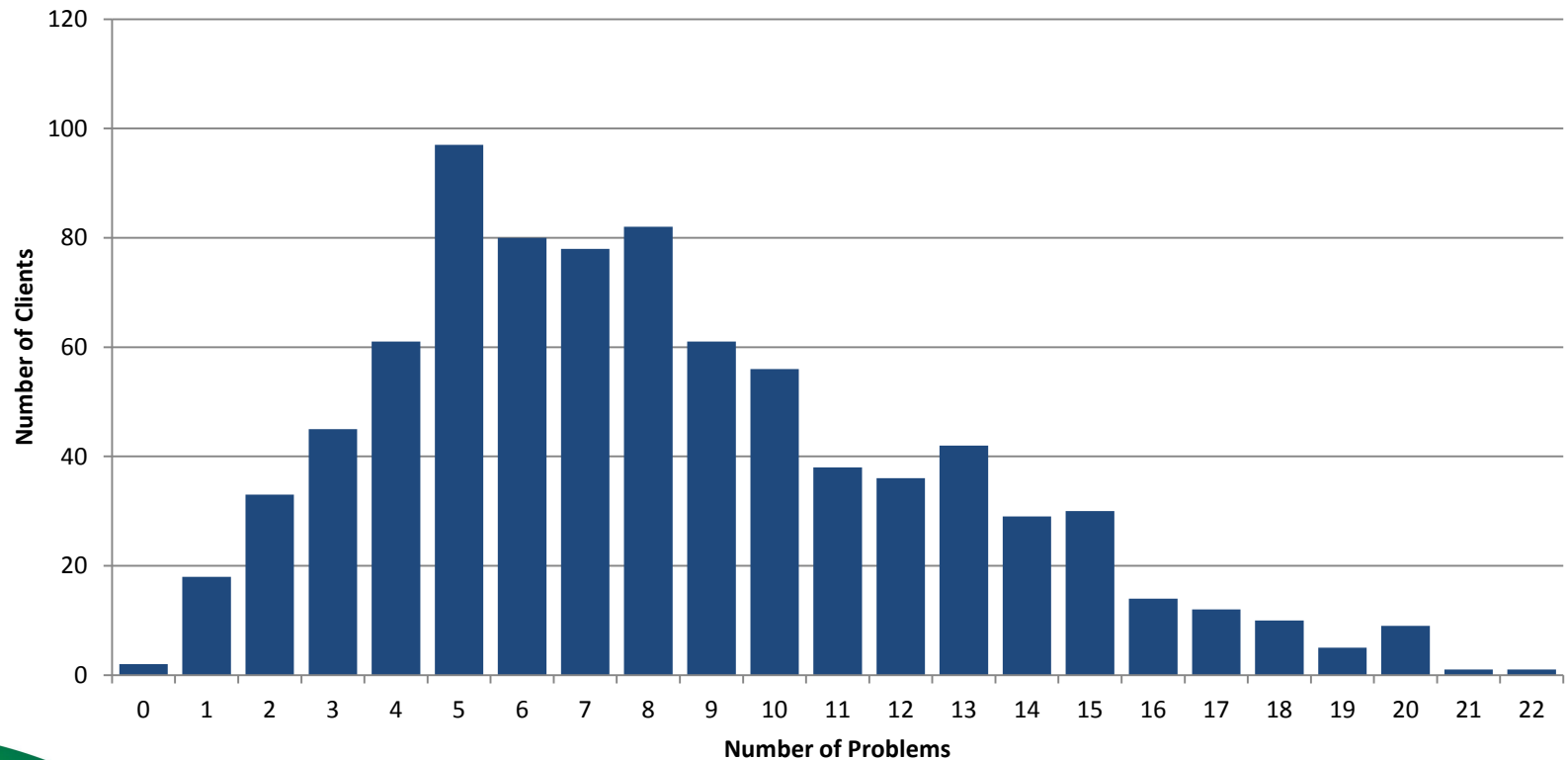
Presenting Problems (Mild - Severe)



# CYPS & CAMHS Service Delivery

Average (mean) Number of problems per patient is 8.39

Number of Problems per Client (Mild - Severe)





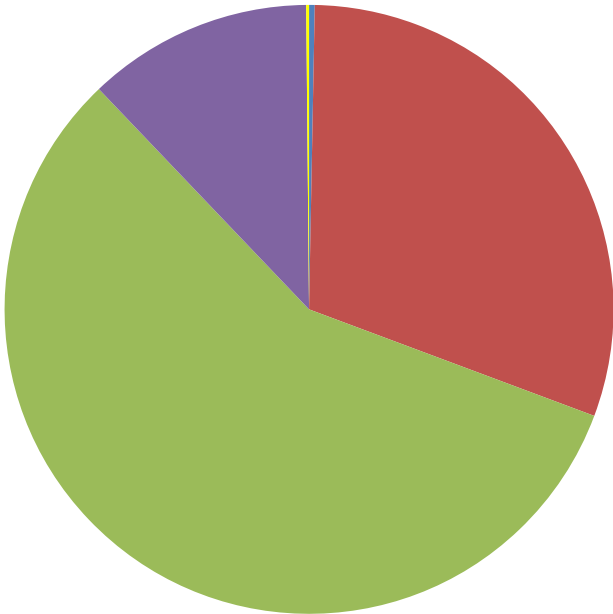
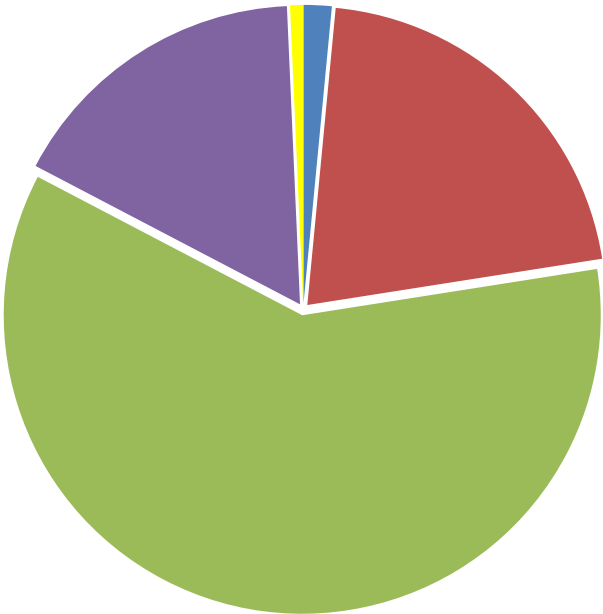
# CYPS & CAMHS Service Delivery Age Profiles

**CYPS**

**CAMHS**

**CYPS Caseload by Age Band**

**CAMHS Caseload by Age Band**



■ <5yrs ■ 5-10yrs ■ 11-16yrs ■ 17-18yrs ■ >18yrs

■ <5yrs ■ 5-10yrs ■ 11-16yrs ■ 17-18yrs ■ >18yrs

# Quality



- **QNCC**: Quality Network for Community CAMHS, a network that is part of the Royal College of Psychiatry and sets comprehensive service standards for community based CAMH teams and reviews them through a process of self and peer review.



- **Routine Outcome Measurements (ROMs)**: Are routinely collected to help clinicians work in partnership with children and young people, demonstrate evidence regarding the clinical effectiveness of services and for monitoring patient outcomes.

# Tackle Stigma, Talk Mental Health

## World Mental Health Day

### Pupils make a wish for good health

Picture: Kevin Fern CHKF20111010B-008 C



**WISH UPON A BALLOON:** Community involvement team manager Pam Smith with Beth Boydell, front, and pupils

BALLOONS tagged with heartfelt wishes were released for World Mental Health Day.

Stow Primary was the first county school to work with the 2gether NHS Foundation Trust

to promote mental wellbeing. Pupils carried out activities based on the trust's five ways to encourage wellbeing, including being active and curious.

Head teacher Rebecca Scutt

said: "There's a real gap in mental health services in the north Cotswolds for parents. How a family functions can really affect children's education and life chances."

# CYPS & CAMHS Participation

- Participation of Children & Young People is a key part of NHSE Service Transformation and CYP IAPT
- We have many examples across the service of projects, developments & input into service planning including takeover days and challenges
- CAMHS First 15 Steps – a review of CAMHS Accommodation





## The Houses of Parliament CYPs Participation



## Asking Questions CYPs Participation



## Can we take a Selfie? CYPs Participation





## Gloucester Park CYPs Participation



# CAMHS – First 15 Steps Survey

A group of CAMHS service users got together to review the service.

We did a 15 step walkthrough & we made lists of

Positives

Negatives

and Recommendations



Ground Rules	Timetable
How can we make sure we stay on track?	2:00-2:10 Intro + game
- Keep things confidential	2:10-2:50 Activity (Postcards)
- Phones on silent	2:50-3:00 Forms
- Respect opinions	3:00-3:10 Write Q's
- ...	3:10-3:20 Break / game
	3:20-3:50 'Walkthrough'
	3:50-4:00 Ask the staff



# Positives

positive things

Chairs by the doors are good!

10 things I (especially) love

Accessible toilet in waiting room



Spacious hallway & good light

Disabled parking & good disabled access

feedback from young people & parents/carers

love it!

Positives 😊

- Fun therapy sessions
- Being told what will happen next
- Learning self help skills
- Feeling listened to
- Quick service transfer
- Having a fresh start from previous therapy
- Not sharing information with my parents/carers

We like the animal pictures in the hallway!

Nice big window in hallway!

Fresh

water in waiting room



We like the pictures of staff! Helpful

wonderful

# Negatives

NEGATIVES

Indiscreet

Dentist smell + noises !!

Waiting Room

only one clock

Not specifically for CAMHS

Too hot

Too loud overstimulating

Lots of busy people

No big sign to point you towards phone

Feeling judged

No sign

Noisy children's play area

Too much going on.

A lot of people do not like phones

Stigmatising

Too quiet

unhygienic

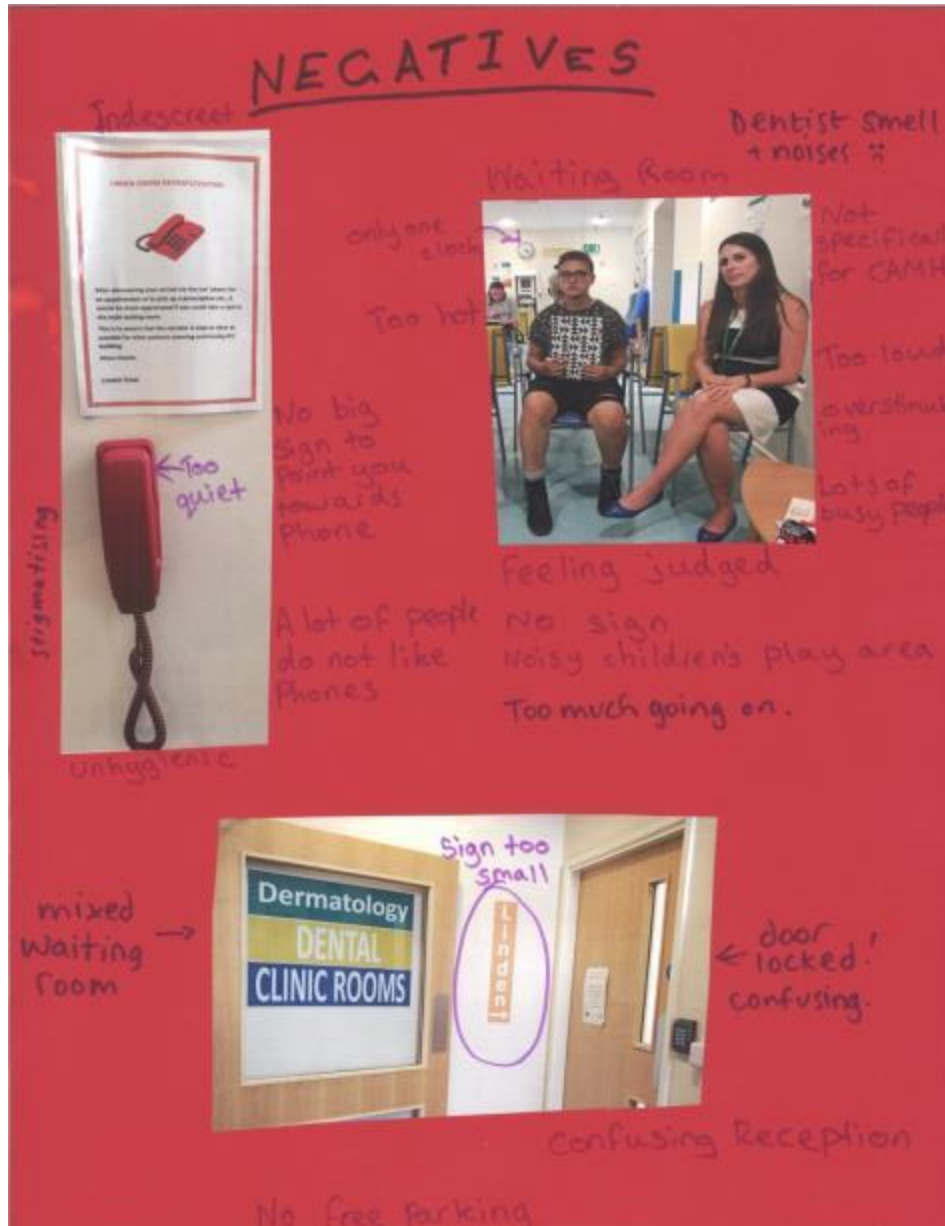
mixed waiting room →

Sign too small

door locked! confusing.

confusing Reception

No free parking





# Recommendations

**COSY!** needs painting

nicer chairs

more friendly rooms needed

Future perfect

**Help us**

YUCKY CARPETS

HARSH THERAPY ROOM

**Needs Improving**

Better Accommodation!

- Waiting time after referral too long
- Need more support for family members
- No waiting room
- Insurance how to give feedback
- Option of family sessions
- Consulting email without a replacement number
- Worked out of hours emergency team
- Option of more therapy sessions
- Need more young therapists

FIDGET TOYS

Pretty Walls

DIGITAL CLOCK  
no ticking

MURALS ON WALLS

Patient parking!

POSSIBLE FISH TANK

HELPFUL SIGN IN WRONG PLACE  
can't see it!

**OWN WAITING ROOM!**

Nicer rooms

Own reception

# Working on the Feedback Report



# Young People and Mental Health

**1 in 10 child/young person aged 5-16 years suffer with a diagnosable mental illness**

**1 in every 10 young people self harm**

**Approximately half of adult mental health disorders had an onset before the age of 14 years**

# CYPS & CAMHS

[cayp.2gether.nhs.uk](http://cayp.2gether.nhs.uk)

Thank you

Any Questions ?