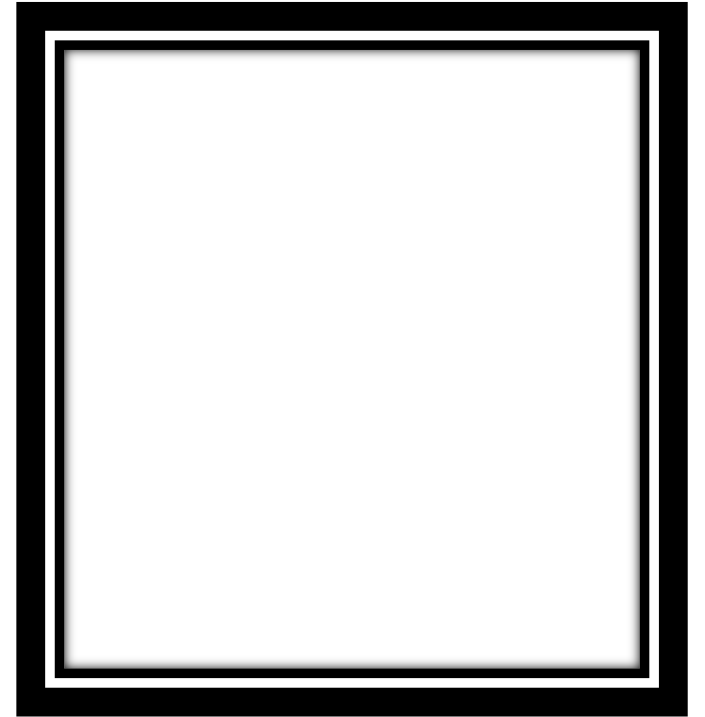


CAMHS in 2017 / 18

- Wandsworth has been driving the transformation of CAMHS services, since the publication of the Future In Mind in 2015.
- Transformation includes improving the scale, relevance and effectiveness of existing services and creating a range of new services, so that young people receive treatment at the right time, in the right place and delivered in the right way (given their age and needs).
- Wandsworth is on target to have increased by 35% the number of young people being assessed and receiving support, by 2020.
- Over £1m of additional funding is now being spent annually on new CAMHS provision in Wandsworth.



New CAMHS Services / Treatment 2017/18

New services mean that more than 2000 young people now receive treatment, mainly in community settings, including the following services:

- The Single Point of Access (or Access Service), which processes over 2000 referrals annually, ensuring support for over 1000 through a range of services
- CAMHS Under-5s Extended Service (the only one in South West London)
- Evidenced Based Parenting Programmes for BME parents and fathers
- Place2Be therapy in Primary Schools, Alternative Thinking Strategies (PATHS), Secondary School Champions and Catch 22 in Secondary Schools
- 24 hour Crisis Care Response, including specialist CAMHS support up until 8.00pm each night and new Early Intervention with Psychosis (EIP)
- Youth Justice Diversion & Liaison clinicians in YOT
- Therapeutic Support for Children Suffering Sexual Abuse on the Edge of Care
- New Spot Purchasing – of Systemic Integrated Therapy for Families
- Improved SEND Local Offer and Effective Local TCP Programme



Improved Collaboration & Integration

- Having created to services and mobilised our transformation programme, we are now bringing together the broad range of new staff and partners
- This included an away day with 40 managers from the MH Trust, voluntary sector providers, schools and the CCG to identify how we can work better in the service of Wandsworth children and young people
- Five yearly CAMHS Partnership Boards
- A new termly CAMHS Schools Forum, attended by a third of schools in the borough
- NHS clinicians embedded in key LA services including schools, children's social care, the YOT, Primary & Secondary PRUs



Wandsworth CCG Leading Co-Production

- Young people designed and created a new map of CAMHS of services, which is going out to all schools and LA teams
- More than **400** young people attended the BAME MH Conference and have helped develop a new community project for vulnerable BAME young residents
- Wandsworth is leading the Participation Manager post and systematising co-production across SW London
- Wandsworth has involved young people in creating a young person friendly
- Local Transformation Plan, praised by NHS England as good practice



MH in Schools Trailblazer

Ultimately we expect there will be four Mental Health Support Teams (MHSTs):

- Wandsworth Town, Battersea, Tooting and Roehampton/ Putney
- 500 children/ young people per 8000 school population receive treatment
- State schools and independent/ private schools
- Over 100 schools in Wandsworth, 90 have expressed an interest in participating
- Children/ yp that live and that attend school within the borough
- Supplemented by existing Wandsworth LTP services and IAPT Programmes



MH in Schools Trailblazer

Initial programme in the schools in and around the Southfields area:

- MH Lead in each school (member of staff from the school - either teacher or pastoral leader)
- Clinical Psychologist that leads the MH in schools approach
 - Caseload of more complex cases (top end of moderate)
 - Provider supervision of assistant psychologist and other clinical staff working in schools
 - Close liaison with Access Service and Specialist CAMHS for swift assessment and referral
- Assistant Psychologist
 - Psycho-education training for children and parents/ carers
 - CBT based one to one and group interventions
- Evidenced Based Parenting Programmes
- Whole school emotional resilience programme (including PATHS and/or new PSHE)



Proposed SWL Whole School Approach Public Health Principles

- Common SWL Mental Health policy for schools

An ethos and environment that promotes respect and values diversity

Curriculum, teaching and learning to promote resilience and support social and emotional learning

- MH Support worker to support delivery
- Using additional online tools e.g. Zumos
- Mental health first aid to be rolled out across schools (to inclusion teams and head of year)

Staff development to support their own wellbeing and that of students

- MH Support worker to deliver programme of support for teachers
- School culture to promote staff wellbeing
- System-wide training programme (content to be developed based on training needs)

South West London whole school approach

Targeted support and appropriate referral

- Online support to be provided by Kooths
- Additional support for those with mild to moderate MH needs will be required.

Enabling student voice to influence decisions

- Engagement programme with CYP and parents

Working with parents and carers

- Delivery of Empowering Parents, Empowering Communities (EPEC) across SWL
- Other informal group sessions (e.g. coffee mornings) to be led by MH Support Worker

Identifying need and monitoring impact of interventions

- Research partner to assess impact of pilot
- Schools to support data collection



Interventions Social Workers Should Be Aware of:

Wandsworth
Clinical Commissioning Group

Challenging and Oppositional Behaviour

INDIVIDUAL INTERVENTIONS

Self-help materials/advice
CWP Guided self-help
Psychoeducational workshops/seminars
Skills groups (e.g., understanding anger)
Counselling (e.g., Catch-22, Well Centre)

Counselling (e.g., Catch-22, Well Centre)

FAMILY INTERVENTIONS

Family Consultation (single 1.5h
Session with two clinicians)

Talking Families (6-12 sessions of family work)

Aggression/de-escalation support (single home visit for advice around de-escalation) - by SWLST Trust Senior practice facilitator-patient safety
Patient safety Team
Senior practice facilitator-patient safety

OTHER INTERVENTIONS

Consultation to referrer/ network
Parenting group
Parenting/family support (e.g., developmental Paediatrics ADHD parenting nurse/ family support worker via IPOC)

Consultation to referrer/network
Family support early intervention (iPOC)
Family Recovery Project (iPOC)

Family Recovery Project (iPOC)
Multi-systemic Family MST (11+)

————— MILD ————— MODERATE ————— SEVERE —————>

In total there will be five pathways maps that social care colleagues should be aware of, in order to decide on the best intervention and make referrals directly, via IIT team or Access Service.

Provided by Access child and youth MH team/

*Under development– not yet available in Access

Provided by other SWLSTG CAMHS teams

Provided by other/external service



BAME Mental Health – Higher Prevalence

- Conference run by WCEN and attended by hundred's of Wandsworth YP

Concerns:

- over-represented in statistics of admissions and Tier 4 mental health services:
 - 24 hour emergency psychiatric liaison into A&E
 - Adolescent outreach team
 - Inpatient wards (Aquarius Children's Ward at Springfield)
- over-represented in terms of 'risk factors' – involvement in the criminal justice system, victims and perpetrators of knife crimes, underachievement in education, exclusion from school, children looked-after.
- In terms of some services BAME children have typically been under-represented in take up and completion of early intervention.

BAME Mental Health – Wandsworth Context

In what ways is Wandsworth better and in what ways is Wandsworth worse in terms of equalities?

- Initial look:
 - better take up of CAMHS Tier 2/ Early Intervention services and prevention by BAME young people, compared to other areas.
 - 68% in primary Schools, compared with school population of 45%.
 - But, we are seeking full breakdowns from providers for our Wandsworth conference

This is because of provision:

- embedded in schools, PRUs, social care teams, YOT and in community locations.

Nevertheless, the Transformation of CAMHS is fundamentally about improving the effectiveness of services and making them more responsive to young people.

BAME Mental Health – Work in Wandsworth

- Answers include reduction in risk factors – often Local Authority Services, education, social care, employment
 - new public health Wandsworth MH Strategy (led by Local Authority).
- Annual Wandsworth BAME CAMHS Conference, led by young people (WCEN). Report progress each year. Develop baselines for services.
- Creative community based therapeutic work with more vulnerable young people. Including services embedded in youth centres.
- MH in schools Trailblazer – Wandsworth Town, initially.

BAME Mental Health – Pilot Community Project

- CCG is funding for this pilot project led by WCEN, Spring of 2019.
- Arts therapies and creative activities
- Delivered by youth workers and arts psychotherapist - involve MH Trust – supervision and shaping
- Include work around heritage and identities.

Department of Health – 3 Year Programme

- scale up these new models of working with BAME young people

Also, commissioning new technology, to offer more opportunities for engagement and to improve accessibility.





TEENAGE MENTAL HELP



MEETWO

**TEACHES YOUNG PEOPLE
HOW TO HELP THEMSELVES,
BY HELPING EACH OTHER.**

Suler, 2005; Santesteban-Echarri et al., 2017

MEETWO COMBINES

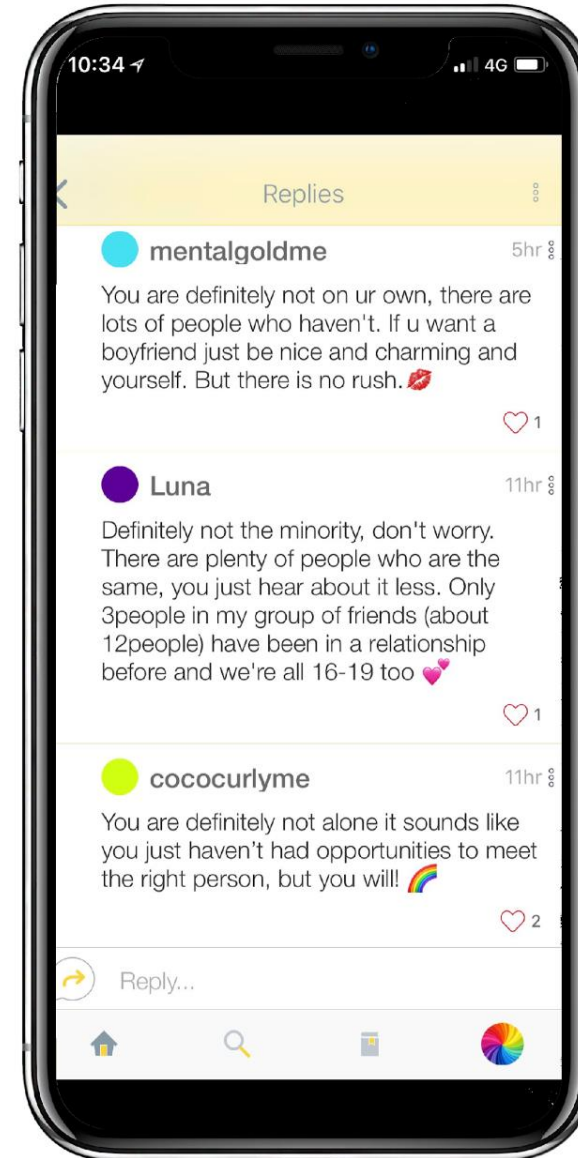
**PEER & SUPER-PEER SUPPORT
WITH EXPERT GUIDANCE**



Suler, 2005; Valkenburg & Peter, 2011

MEETWO GIVES TEENAGERS

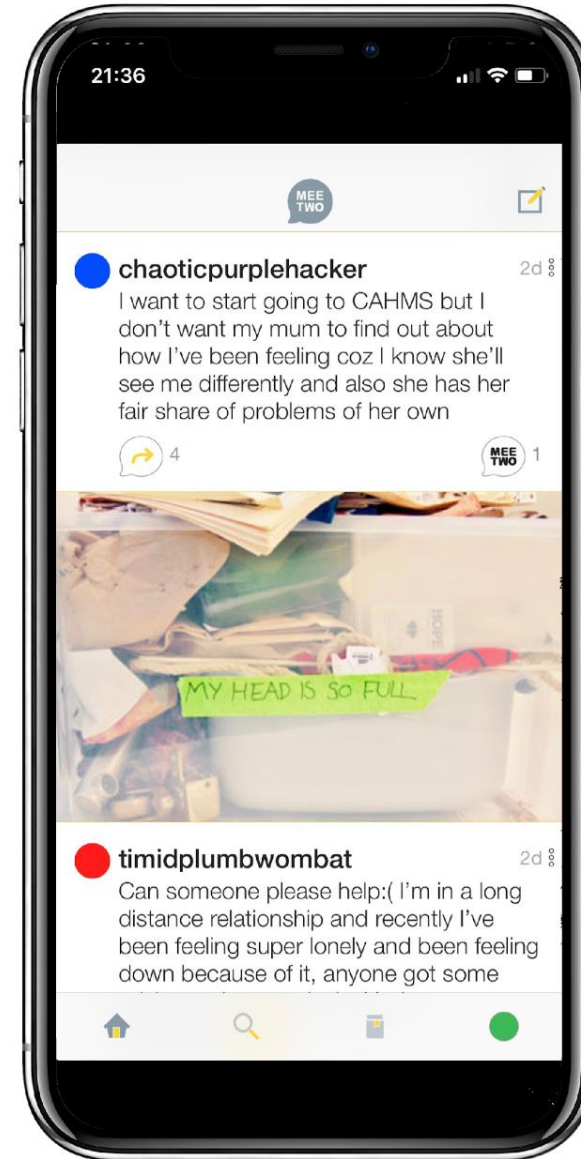
**INSIGHTS THAT ONLY
SOMEONE THEIR OWN
AGE COULD PROVIDE.**



Potash (2009)

MEETWO ENCOURAGES TEENAGERS

**TO EXPRESS THEMSELVES IN
CREATIVE NONVERBAL WAYS.**









DOES IT HELP?





anxiousgoldangel

2w 

mum and dad finally listened to me and got in touch with the doctor, i've got a meeting with them on the 17th of April, im so happy. i also want to say a huge thnks for all those who have supported me,im so so SO greatful. you guys have really helped!!!!      



INCREASED REAL WORLD SUPPORT SEEKING

 **veryfragilegirl**

1w 

I didn't self harm yesterday, thank you everybody for helping, 1 and a half months clean x thank you for support, I believe whatever we are all going through we can get through x



INCREASED SELF-EFFICACY & BEHAVIOUR CHANGE

Opportunities for Improved Collaboration

Key areas where we can work collaboratively to address issues, include:

- Rolling out Trailblazer to all four localities, with close working between Ed Psychs. and CAMHS
- Development of a Wandsworth'ised version of PATHS (whole school emotional resilience programme – to be part of borough with strategy and PSHE) to accompany PATHS
- Key role of Edu Psych. Family Consultancy within our Access Service – Well done Tara!
- More streamlined meetings and decision making regarding joint funding of complex cases
- Better use of the CAMHS IIT Team within Children's Social Care (including filling empty posts and being clear about the range of interventions, training and staff support they are leading)
- More and more appropriate referrals into MST/SIT and CSA Hub
- Updated CAMHS LD Team, including packages and case management for children with 'severe challenging behaviour'
- Joint Parenting & Parent Support Strategy – to include interventions and support for parents with mental health needs
- Support for CAMHS Young Commissioners' programme

