

# CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS) UPDATE

<b>Committee name</b>	Health and Social Care Select Committee
<b>Officer reporting</b>	Nikki O'Halloran, Democratic Services
<b>Papers with report</b>	None
<b>Ward</b>	All

## HEADLINES

To provide the Committee with information about the Child and Adolescent Mental Health Service (CAMHS) in Hillingdon and give Members the opportunity to question officers about the successes and challenges faced by the service.

## RECOMMENDATIONS

**That the report and presentation be noted.**

## SUPPORTING INFORMATION

Central and North West London NHS Foundation Trust (CNWL) provides CAMHS (Child and Adolescent Mental Health Services) in a range of areas around London and Milton Keynes. There are teams based across five London boroughs (Westminster, Kensington and Chelsea, Brent, Harrow and Hillingdon) and in the community who can help children, young people and their families to get the support that they need.

CAMHS provides specialist NHS mental and emotional health services for children and young people (and their families and carers) who are experiencing difficulties with their emotional, psychological and mental health. These services are:

- Community Eating Disorders
- CAMHS Teams
- Crisis and urgent care
- Inpatient care
- CAMHS Mental Health Support Team in Schools

There are a range of specialist that a child or young person might come into contact with on their CAMHS journey:

- Arts therapists (art psychotherapists) - An art therapist helps people to develop new ways to communicate what they are thinking or feeling, through art. Art therapy may help a child or young person find out more about themselves, which can lead to positive changes. They do not have to be good at art to find this useful.
- Child psychotherapists - Child psychotherapists offer longer and more in-depth therapy to understand the child's/young person's inner world, and how their past and present experiences have shaped how they manage situations and relationships.
- Family therapists (family and systemic psychotherapists) - Family Therapists will see a child/young person and/or their family to help each other when they may be experiencing

difficulties. When some people in a family are having difficulties, it can affect everyone in the family. By talking together in different ways, it can help to improve relationships, and help everyone understand each other better.

- Nurses - CAMHS nurses are specially trained 'talking nurses'. They work with young people and their families in managing and improving mental health. They are very good at listening and talking about things that upset young people. CAMHS nurses work closely with all members of the team and can help young people and their carers to work out practical ways of coping with upsetting things. They provide information and advice and work with everyone involved to find positive steps forward.
- Primary mental health workers - Primary mental health workers work with young people who are having problems with their thoughts, feelings or behaviour. They often work in clinics, schools and homes. They also give training and support to other adults who work with young people, such as teachers and nurses.
- Psychiatrists - Psychiatrists are doctors who are specially trained to work with and help young people with mental health problems. They meet with young people with all sorts of emotional difficulties, but also often see young people who have more worrying experiences. If a young person's problems mean they need help to stay safe, psychiatrists are often asked to help. They may prescribe medicines for them if necessary and the young person can talk to them if they have any worries or concerns about taking medicine. Psychiatrists will also help arrange for the young person to go to a hospital if they need to.
- Psychologists (clinical psychologists) - Clinical Psychologists have an understanding of the difficulties young people may face as they grow up. CAMHS works with young people and adults and has experience in all types of things that might affect young people or their family. CAMHS is there to support young people to cope with any difficulties that they may be having about how they are feeling, behaving or thinking.

## **Hillingdon CAMHS**

Hillingdon CAMHS provides community mental health services to children, young people up to the age of 18, with complex mental health difficulties, and their families in a range of different ways depending on their needs. CAMHS psychologists, psychiatrists and therapists provide assessment and treatment packages for children, young people and their families. Treatment may include cognitive behavioural therapy (CBT), family therapy, individual and group psychotherapy. Medication is also used when appropriate and carefully monitored by the doctors.

CAMHS provides community mental health services to children, young people up to the age of 18, registered with a GP in the Borough, with complex mental health difficulties, and their families in a range of different ways depending on their needs. These services are mostly provided in the community, but CNWL also has two specialist inpatient services for children aged five to 13, and 13 to 18.

The service is open Monday to Friday from 9am to 5pm (closed on public holidays).

## **Quality Improvements (QI) in CAMHS**

On 28 September 2022, CNWL CAMHS in London and Milton Keynes met to share QI learning from their projects and to think about spreading the good work as well as lessons learned.

Nearly 60 staff attended to hear about the principles of how to effectively use the QI approach to disseminate practice improvement.

Four teams presented projects on areas of concern for all CAMHS Teams including:

- Improving patient flow and treatment access in the Emotional Disorder Team at Hillingdon CAMHS (*Hillingdon CAMHS*)
- CAMHS ADHD Pathway Improvement (*Milton Keynes CAMHS*)
- Brent CAMHS' Quality Improvement Journey: from Decreasing Waiting Time to Reducing Impact of Meeting the Referral to Treatment metric on Staff (*Brent CAMHS*)
- Happy Documentation Project: reducing time taken for initial assessments (*K&C CAMHS*)

### **Financial Implications**

None at this stage.

### **Legal Implications**

None at this stage.

### **BACKGROUND PAPERS**

NIL.