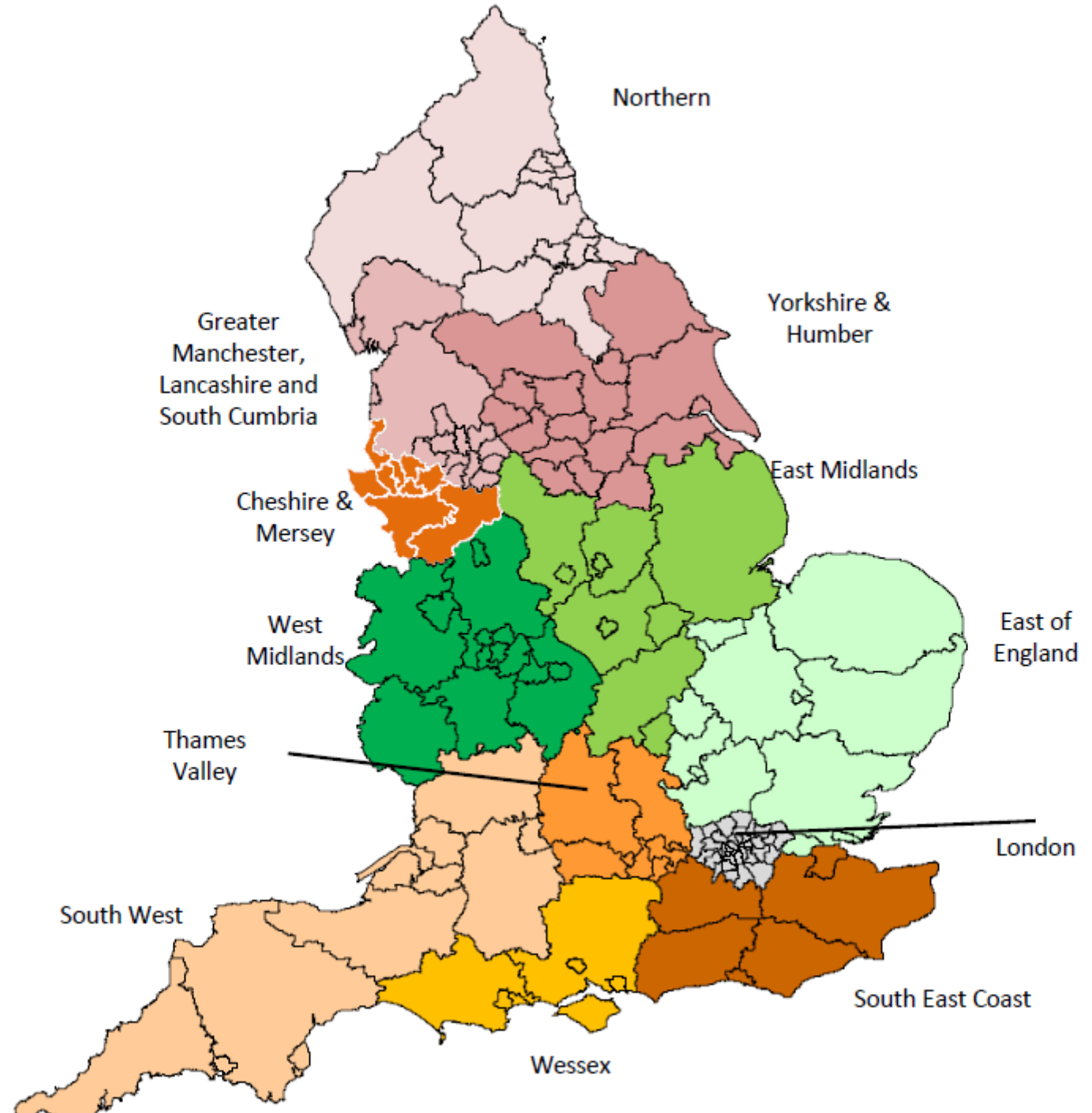


# Schools and CAMHS; Working better together

Dr Lynne Howey  
Consultant Clinical Psychologist TEWV NHS FT

CYP Mental Health Lead for NHS-E  
Northern England SCN





# Local CYP MH team

- Dr Ruth Andrews  
& Dr Lynne Howey -CYPMH Clinical leads
- Richenda Broad -CYPMH local authority advisor
- Dr Emily Henderson -Network Delivery Lead
- Suzanne Thompson -Programme Lead

<http://www.nec.nhs.uk/networks/mental-health-dementia-and-neurological-conditions-network/child-and-adolescent-mental-health-services-camhs/>







## Mental Health & Dementia

[Network Groups and Workstreams](#)

[Network Events](#)

[Network Case Studies](#)

[Network Intelligence](#)

[Network Useful Links](#)

# Mental Health & Dementia

The Mental Health & Dementia Network builds on the success of the previous Mental Health Network and works closely with the Dementia Alliances.

The Network is made up of members from a wide range of specialisms across all related conditions who share a common aim of wanting to improve patient experience and outcomes.

The Network is always developing and welcomes anyone who has an interest in improving the care for those experiencing poor mental health or dementia to get involved.

### The primary objectives of the Network are:

- Identify and reduce health inequalities in this population
- Improve access to and quality of services
- Promote the principles of good mental health and well being
- Achieve clinical excellence in care by identifying innovative effective practice and supporting its implementation across the Network
- Actively engage patient, user, carer and public views to inform and shape our work
- Develop and implement evidence based pathways of care.

This site uses cookies. [Read our cookie policy here.](#) [Accept and close](#) ✓

# Outline of presentation

## 1. CAMHS

## 2. Referral Process

what can schools do to help

what happens after a referral is made

how are school staff involved

## 3. How can schools and CAMHS work effectively together

## 4. Examples of best practice



# CAMHS

## Child and Adolescent Mental Health Service

Northern England  
Strategic Clinical Networks

- Geographical arranged according to GP practice
- Multi-disciplinary teams
- Includes some specialist teams (eg ASD assessment)
- Specialist mental health practitioners
  - Child and adolescent Psychiatrists
  - Clinical Psychologists
  - Nursing staff (RMN and RGN)
  - Child Psychotherapy
  - Support worker staff and graduate psychologists
  - Admin staff
  - Reception staff



**THE NHS**  
CONSTITUTION  
the NHS belongs to us all

# Training

- For example; Clinical Psychologist
  - Undergraduate degree with Psychology
  - Experience within mental health services (NHS or private sector)
  - Doctorate training in Clinical Psychology
    - 3 year practising doctorate
    - Clinical placements; supervised therapeutic work across lifespan and including learning disability
    - Research including doctoral level thesis
  - Continual professional development
    - Different therapy models
    - Developing knowledge base



# What we do in CAMHS

- Assessment
  - Neurodevelopmental Difficulties (ASD, ADHD)
  - Identification of mental ill health (Depression, Anxiety, PTSD, eating disorders, Psychosis etc. )
  - Complex difficulties (Complex trauma, Emerging personality disorder, co-morbid presentations)
- Formulation
  - Description of difficulties; what made someone vulnerable, what has triggered and maintains the difficulties;
  - what help, support and resources are available
  - This helps to inform intervention plan
- Diagnosis (sometimes)
- Treatment –Evidence base
  - Advice and signposting
  - Psychological therapies, medication
  - Short term
  - Long term
  - Enduring needs





# Referral Process

- GP referrals
  - confidentiality
- Schools refer directly (need parental consent)
- The information needed to inform assessment
  - Individual child/ YP
  - Relates to whole life story
  - Family history
  - School perspective
- Develop links with CAMHS
  - HAST and Tees
  - Durham
  - Northumbria



# Making effective referrals

- Providing ***enough*** information about concerns
- ***Supporting*** family and CYP to attend
- Preparing family and CYP to talk at appointment –***confidence, hope, openness***
- Thinking about the decision to seek and accept help –timing



# What schools can do to help

- Some assessments require standardised information
- For many of the difficulties there isn't a standard approach
- Individualised approach for each person vs a standard approach for specific disorder
- Open communication lines –with parental/ CYP consent
- Sometime CYP/ family prefer us to have no contact with school



# Working better together

- For each child –individualised approach to care;
- Whole school culture;
  - Bullying
  - Exam Stress
- Develop links with CAMHS
  - HAST and Tees; training school staff in understanding mental health issues
  - Durham; resilience nurses employed by mental health trust to work in schools
  - Other
- Evaluation; openness to review and scrutiny



# PROMOTE: NE - Preventing Risks Of Mental illness Onset and Treating Early in the North East of England



Northern England  
Strategic Clinical Networks

Dr James Newham,<sup>1</sup> Dr Emily Henderson<sup>2</sup>, Dr Ruth McGovern<sup>1</sup>, Sian Russell<sup>1</sup>, Liam Spencer<sup>1</sup>, Emma Geijer-Simpson<sup>1</sup>, Andie Reynolds<sup>4</sup>, Shannon Robalino<sup>1</sup>, Dr Paul McArdle<sup>1,5</sup>, Professor Janet Shucksmith<sup>3</sup>, Professor Eileen Kaner<sup>1</sup> and Dr Raghu Lingam<sup>1</sup>

All twelve councils in the region commissioned this research to explore how they could target scarce resources to make the biggest impact.

- **Systematic review of reviews**

A systematic review of reviews was conducted to assess interventions to promote mental health and prevent mental illness in CYP aged 12 to 19 years. This approach provides an overview of existing research and allows opportunity to compare and contrast the findings of previous reviews.

- **Systems mapping**

A systems mapping exercise of all Local Transformation Plans (LTPs) of mental health service in the North East was conducted. This entailed (i) using the LTPs of all the local authorities (LAs) in the region to gain an understanding of priorities and intentions to change services, (ii) an appreciative inquiry, identifying areas of potential 'good practice'; (iii) a service mapping itemising all the services associated with these plans, and (iv) co-production workshops with the LTP teams where strategies for the development, implementation and evaluation of the LTPs were discussed.

- Stakeholder feedback given April 2017
- Publication of results coming soon



**THE NHS**  
CONSTITUTION  
the NHS belongs to us all

# And finally...

## Any comments and questions

## Thank you



**THE NHS**  
CONSTITUTION  
the NHS belongs to us all