

Oxfordshire CAMHS New Model

From 5th February 2018, the new CAMHS Single Point of Access (SPA) went live. This is now effectively receiving all requests for access to CAMHS, whether they are queries to requests for access and this covers the whole of Oxfordshire CAMHS in a centralised way

Single Point of Access

The centralised SPA number is **01865 902515** or you can email the team using:

General use: oxoncamhsspa@oxfordhealth.nhs.uk

Or secure email for GP access: oxfordhealth.oxoncamhsspa@nhs.net

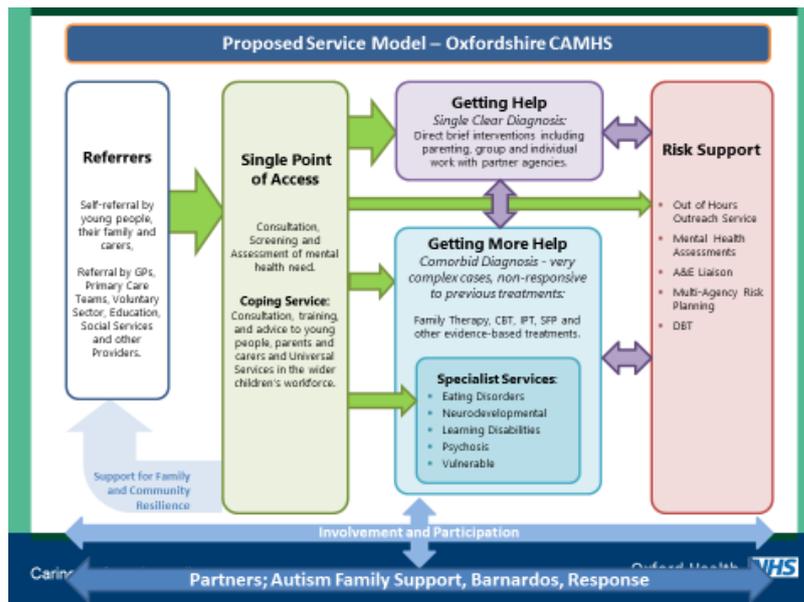
It is now also possible to complete an online referral form in to CAMHS which is available to patients, carers and professionals alike, and can be found on our new website:

www.oxfordhealth.nhs.uk/camhs

Process:

Under the new model, all referrals made into CAMHS will be initially handled by the SPA Team.

A non-clinical member of the team will take the information from the referrer or service user, which



is then passed on to a clinician to assess and determine how we will proceed.

Depending on the outcome of this triage process, the referrer/service user will either be contacted by the team member who took the initial call, or if clinical intervention is necessary or more clinical discussion is indicated, then they will be contacted by a clinician

from the SPA team who will discuss their needs and formulate an appropriate plan.

There is a standard that all referrals should pass through SPA within three days of the first contact, this is generally achieved within 24 working hours for written referrals and 12 working hours for phone calls.

If CAMHS is not the appropriate service to offer a face to face appointment, there are a range of alternative services that SPA can indicate and support access to for the young person. This will be done during the phone call, and followed up by email (if given) or letter.

If access to one of the CAMH Services for assessment and possible treatment is appropriate the referrer will be informed immediately, and the referral will be sent to the admin team for the relevant team within CAMHS. They will also be notified by telephone and they will then contact the young person/family to arrange an assessment. They will be sent a letter with some self-help websites they can utilise while waiting, and a contact number for the local team should they have concerns or the situation get worse.

School In-Reach

The School In-Reach service is part of the new SPA Team.

In the September term, School In-Reach workers meet with their colleagues (School Health Nurses, Locality Community Support Services, and respective School leads) where they will agree the plans for the year. These will be recorded within the SHN's School Health Improvement Plan (SHIP) and will form the plan for delivering work for that year from the School In-Reach Team.

Each locality will have one Senior Mental Health Worker, and one Mental Health Worker/ Psychological Wellbeing Practitioner working to meet the needs of the schools in the North, South and Central areas.

Area	Name	Contact details
North secondary schools	Karen Spasic, vacancy out to advert	CAMHS Single Point of Access: 01865 902515
South secondary schools	Cerian Townsend, Vicky Fenton	CAMHS Single Point of Access: 01865 902515
Central secondary schools	Vacancy for SMHW – currently out to advert; Vacancy for MHW recruited to awaiting start	CAMHS Single Point of Access: 01865 902515

As part of the new Oxfordshire CAMHS Partnership, Oxfordshire Youth will also be offering training sessions to all schools and other professionals who may benefit, which will aim to upskill staff in mental health awareness. Three dates per year (one per academic term) are being offered to OCC staff in social Care, School Inclusion and SENSE etc. to ensure all staff are aware of the current approaches. Training is also available to school health nurses.

Information on training dates and how to book a session are contained in the link below:

<http://www.oxfordshireyouth.org/wp-content/uploads/2017/09/Oxfordshire-Youth-Training-Brochure-2017-18.pdf>

The more specialised Psychological Perspectives in Education and Primary Care (PPEP) training will continue to be offered as more specific topics are identified following the training from Oxford youth (which is a prerequisite). It will address specific needs as they arise within schools and as they identify them.

Community In-Reach

As part of the new model we are very excited to be working with 6 further partner agencies who all have a full time CAMHS Community In-Reach worker employed within their Charity. These partners are:

- TRAX- <http://www.traxorg.com/>
- RAW- <https://raw-workshop.co.uk/>
- Synolos- <http://www.synolos.co.uk/>
- SOFEA- <https://www.sofea.uk.com/>
- BHYP- <http://www.byhp.org.uk/>
- Ark-T - <http://www.ark-t.org/>

The workers are not fully qualified CAMHS staff, which is intentional as we want to provide a different way for young people to access mental health services. However, they have been trained by CAMHS to offer lower level interventions along the lines of solution focused conversations, basic CBT questions. In addition, they combine the work they do to promote mental health with activities and training that are core to each charity, e.g. mechanics, wood work, catering etc. A key focus for the Community In-Reach Team is that they appeal to slightly older young people (14-18yrs) who might find it difficult or stigmatising to seek help or support from CAMHS, and/or those who are not in education or employment. This is all in addition to the CAMHS services, so it is extra funding for a broader approach to delivering mental health services and making them accessible.

This service can be accessed via a number of ways:

- Cases can be referred to the Community In-Reach workers via SPA using the aforementioned SPA details
- Cases can be discharged from CAMHS to one of the charities or a Community In-Reach Worker within one of the organisations, following discussion with the senior SPA practitioner in CAMHS SPA (Marianne Wolff-McGowan)
- Young People of families/carers can approach the charity through its normal routes and choose to become part of the CAMHS funded community in reach worker's caseload if a need is identified, and the CIR team worker will review with the Senior spa practitioner in SPA

The Community In-Reach workers will carry caseloads of up to 14 young people for around 6 sessions on average and aim for no longer than 12 weeks working with young people. All of these charities will continue to offer their normal work, so this is in addition to their regular support accessible via each charity.

Getting Help (GH)

This pathway will see young people who we feel will respond well to short term intervention.

This could be group work, online therapy/work or individual one to one work. All the workers in this service will be qualified CAMHS staff (Nurses, OT's SW's) or Psychological Wellbeing Practitioners (PWPs) and they will deliver short term, evidence based therapeutic interventions to young people. This will on average be around 6 sessions, but there will be some flexibility available if it is clinically felt to be helpful and may support a good clinical outcome. There will now be an option for Medical support on Getting Help if that is suitable for a particular young person, so the pathways will be a lot more flexible and meet the needs of the young people as best we can. If cases continue to be seen with GH and do not make progress, but are not suitable for GMH, there will be an option for a formal MDT review to try and understand the root of this failure to progress.

NB. Please note, this pathway does not include School In-Reach or the consultation line which now both sit in SPA.

Getting More Help (GMH)

Please Note: Staff have yet to transition into the working model of GMH, this is in transition and takes full effect from September 1st 2018.

This is the general name for the pathway that offers long term treatment for more complex or enduring mental health needs. The Getting More Help team deliver treatment and evidence-based therapy for conditions such as anxiety, depression, OCD etc. and therapy services such as Family Therapy and Psychology, as well as Psychiatry.

Neuro Developmental Conditions (NDC)

Please note: staff have yet to transition into the working model of NDC, this is in transition and takes full effect from October 2018.

This is a new team formed under the transformation and will be a treatment and assessment team for ASD and ADHD. School In-Reach and Community In-Reach will look to support the better transition of these new cases into the service by promoting the correct pre-assessment papers for completion, ensuring that at point of referral all cases are ready. The cases will proceed straight to

the NDC team (not as they previously were) and we hope this will help to keep the smooth flow of referrals within the service as a whole.

Cases will be assessed under the new 'one-stop assessment' process that has been very successfully trialled over the last 12 months. This avoids multiple assessments over several months and should provide a prompt and clear diagnosis process for families and young people.

They will also be offering post diagnostic groups, treatment (for ASD and ADHD specifically) and nurse-led prescribing clinics for medication reviews. We are very excited about this new model and feel it will be a wonderful new addition to CAMHS and the young people accessing it. There will still be a highly specialist team for very severe ASD and Neurological conditions as there is currently.

Learning Disability CAMHS (no change following transition process)

This service will continue to run as it has within CAMHS, however we will work closely with this service to not only integrate and identify cases early within the SPA system, but also to ensure that Young people with LD have full access to all elements of CAMHS, including the GH and GMH teams.

The Oxon LD CAMHS team provide input to young people aged 5-18 years with:

1. A moderate, severe or profound learning disability **and** a significant mental health difficulty **and/or** behaviour that challenges.
2. A mild learning disability **and** complex mental health **and/or** severe challenging behaviour, of a level sufficient to cause a risk of placement breakdown.

Eating Disorders CAMHS (no change following transition process)

This service has been running separately from CAMHS as a specialist service for some time now and is working very effectively and promptly. It can be hard to engage with this group of patients and their families, for many reasons, so it is important for all our colleagues to continue to help young people with Eating Disorders to continue to access the best evidenced-based treatments. The multi-disciplinary team are based at Raglan house and cover the whole of Oxfordshire. They offer a wide range of skills and expertise, and provide prompt assessment and treatment of Anorexia Nervosa, Bulimia Nervosa and other related Eating Disorders.

OSCA (no change following transition process)

OSCA stands for Outreach Service for Children & Adolescents. The team has three main roles:

- to provide Dialectical Behavioural Therapy (DBT)
- to see young people who may need a more flexible approach to treatment
- to support young people during and after an emergency assessment.

OSCA work 24 hours a day, 7 days a week. We aim to support and engage children, young people and their families, with complex needs by means of individualised home and community treatment.

The age group for this service is between 11 and 18 years old.

Crisis (no change following transition process)

Crisis offers support out of hours and in emergency situations to young people to try and keep them out of hospital and with their families wherever possible. Short term work and cases are held within another team in CAMHS during working hours.

Horizon (no change following transition process)

The service aims help reinstate a sense of safeness and well-being for young people and their families who are experiencing distress as a result of sexual harm.

They also provide advice, formal consultation, and supervision for professionals, which can help determine the most appropriate service or level of input to meet a young person's needs.

FASS (no change following transition process)

The Family Assessment and Safeguarding Service (FASS) is a specialist multi-disciplinary service, comprised of psychotherapists, nurses and psychologists. FASS deliver training in adult and child mental health, and incorporate their experience of working with families with complex problems, expertise in parent-child attachment, child and infant mental health, trauma, and family law. They provide a comprehensive assessment of a situation and carefully thought-out treatment. The service provides child and parenting assessments and treatments in families where there are safeguarding concerns.

FCAMHS (no change following transition process)

Forensic CAMHS is a specialist service covering the Thames Valley. The team become involved when there are concerns about mental health or neuro-developmental difficulties in young people who show a range of risky behaviour towards others or are involved with the youth justice system.

CAHBS (no change following transition process)

Child and Adolescent Harmful Behaviour Service (CAHBS) is part of the Forensic CAMHS and is for young people who display harmful or problematic sexual behaviour.

It is a specialist service which works across all areas of care and with other agencies. The service provides specialist assessments (including AIM2) and treatments with young people individually and family work.

It also provides training, consultation, support and supervision to other agencies and staff who are responsible for assessment and intervention with young people.

Liaison and Diversion (no change following transition process)

This service offer help to young people if they have been arrested or charged and need extra support. Young people don't have to see the team, but if they do CAHBS will try to work out what their difficulties are. The service is here to help vulnerable adults, children and young people (and their families or carers). The team of experts can give support if a young person is a suspect at the police station or a defendant at magistrates' court.

The Highfield Unit, Inpatient CAMHS ward (no change following transition process)

In addition to the above services, the CAMH Services in Oxfordshire also provide an Inpatient unit at the Highfield.

The Highfield Unit in Oxford is a state-of-the-art NHS facility providing specialist inpatient services for young people aged 11 to 18 with acute mental health needs. Treatment and interventions are provided using the lowest intensity that is effective for every young person. The Highfield Unit provides three levels of intervention:

- Day patient: with provision of a structured timetable and support
- Inpatient
- High Dependency: with more intensive support