

Child and Adolescent Mental Health Services

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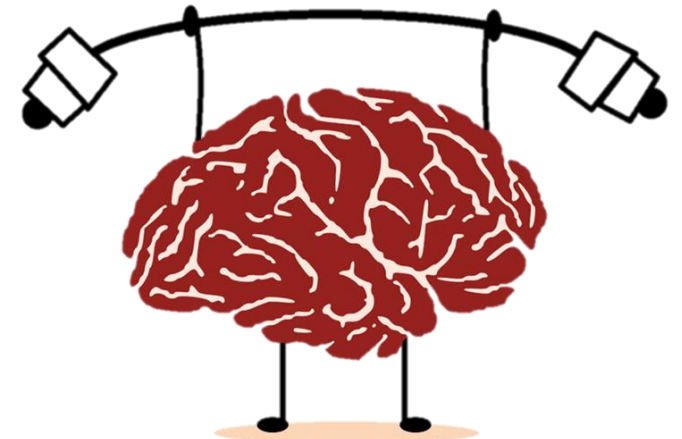
What is Mental Health?

HOW YOU...

- Think, Act and Feel
- Look at yourself, Your life and Relate to people in your life
- Think, feel and act in response to situations
- Evaluate your options and make choices

IT CAN AFFECT YOUR...

- Relationships with others
- Ability to communicate
- Ability to Organise, Concentrate , Adapt and Change to situations
- Maintain daily activities





Who has Mental Health?

Everyone has Mental Health in the same way that everyone has Physical Health

If you're in good mental health you can:

- Make the most of your potential
- Cope with the ups and downs of life
- Play a full part in your family, school and amongst friends

- Looking after mental health is as important as looking after your body
- Mental health is everyone's business
- We all have days where we struggle but mostly these feelings pass
- Sometimes they develop into a more serious problem



We care
We respect
We are inclusive

Early Identification



Eating or sleeping
too much or too
little



Pulling away from
people / social
withdrawal



Having low energy
or no energy - flat
and unmotivated



Feeling helpless, trapped
or hopeless about the
future



Thinking of harming
yourself or others

- Not engaging in your usual activities
- Feeling numb, like nothing matters or can't be bothered with anything
- Having unexplained aches and pains
- Using alcohol or drugs
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Fighting a lot with family and friends
- Experiencing severe mood swings that cause problems in relationships with family or friends
- Having upsetting thoughts and memories that you can't get out of your head
- Hearing voices or believing things that are not true
- Struggling to perform daily tasks like taking care of your personal hygiene, getting school work done or even getting to school

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I THRIVE / CAMHS Offer

Getting Advice

- Padlets
- Consultations
- Drop ins
- Assemblies
- Signposting

Single Point Of Entry



Getting Help

Community Access Service;

- Mental Health Support Teams
- School's CAMH Access Service
- Primary Care Access Service
- 0-5 pathway
- Autism Assessment Pathway (AAP)
- Core CAMHS

Getting Risk Support

- 111*2
- Crisis Team
- Home Treatment
- AMHT
- Evergreen Unit

Getting More Help

- CORE CAMHS
- Eating Disorders Team
- Neuro-Developmental Team
- Children Looked After Team



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Thrive Model for Interventions

1. Getting Advice	2. Getting Help	3. Getting More Help	4. Risk Support
<p>Drop ins</p> <p>Consultations</p> <p>Workshops</p> <p>Universal Groups</p> <p>Whole class work</p> <p>Assemblies</p> <p>Psycho education/Self-help resources</p> <p>Signposting</p>	<p>Group and 1:1 guided self-help</p> <p>Consultation and joint planning with school staff</p>	<p>Liaison /joint work with specialist CAMHS</p> <p>Ongoing therapeutic work where appropriate</p> <p>Attendance at care planning/review meetings</p>	<p>Safety planning and risk management</p> <p>Multi-agency meetings</p> <p>Support for staff and <u>carers</u> in managing ongoing risk</p> <p>Signposting to crisis services</p> <p>Stepping up to specialist services</p>



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- In addition to the mental health support we provide, we also hold the Autism assessment Pathway (AAP) for those who are aged over 13 and live in Bedfordshire and Luton.
- We accept both self and professional referrals into this pathway.
- We also accept a large number of internal referrals from young people who are undiagnosed autistic and are accessing CAMHS services.
- We are a neuro-affirming pathway and hold collaboration and listening to the lived experience of the young people that we work with to develop all of our interventions.
- We offer a developing range of group interventions to improve the links that are young people share with others who are waiting on the pathway.
- We also offer a number of post diagnostic online interventions for both the young people who have progressed through our pathway or are receiving a service from another CAMHS team for all autistic individuals and their families.





ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111



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- North Bedfordshire CAMHS
 - 9 Rush Court
 - Bedford
 - MK40 3JT
 - Tel: 01234 893300
 - <https://www.elft.nhs.uk/camhs/where-we-work/north-bedfordshire-camhs>
- *scroll down the page to 'How to Refer' and click on the link



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