

# TRANSFORMATION OF BARNET CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Presentation to Barnet Health Conference  
4<sup>th</sup> February 2019



- BEH CAMHS is the Child and Adolescent Mental Health Service in the London Borough of Barnet, providing multi-disciplinary assessment and treatment of children and young people with mental health or severe emotional and behavioural difficulties.
- Generic CAMHS Services in CAMHS East and West
- Barnet Adolescent Services
- SCAN – Service for Children and Adolescents with neurodevelopmental needs
- Paediatric Liaison Services to children who are patients at Barnet General Hospital
- Barnet CAMHS in Specialist Schools
- Assertive Outreach Team
- Health and Emotional Wellbeing Service to Schools.





## Providers of Mental Health Services in Barnet

BEH CAMHS

ROYAL FREE  
(N2,N3, NW11)

TAVISTOCK AND PORTMAN  
(N2,N3,NW11)

INTEGRATED CLINICAL SERVICES LBB

CAMHS EAST AND WEST

NEURODEVELOPMENTAL SERVICE

GENERIC CAMHS

CAMHS IN SCHOOLS

BARNET ADOLESCENT SERVICES

LIFESPAN TEAM

EMOTIONAL WELLBEING  
PRACTITIONERS  
(CWP)

ASSERTIVE OUTREACH TEAM

19-25 PSYCHOTHERAPY SERVICE

LAC SERVICE

SCAN

LOOKED AFTER CHILDREN'S  
SERVICE

PAEDIATRIC LIAISON

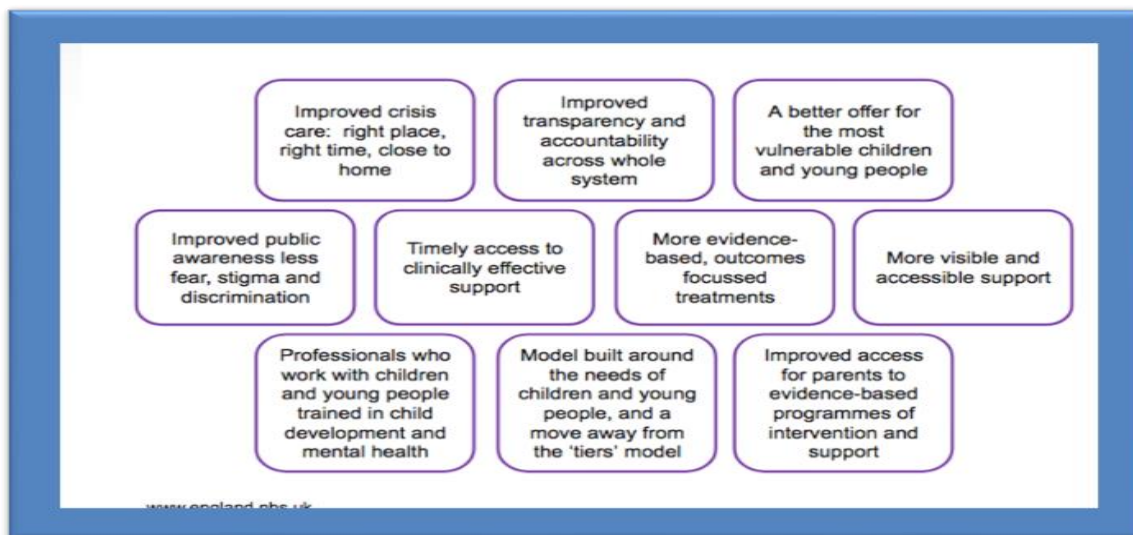
LOCAL AUTHORITY CLINICAL  
TEAMS IN SOCIAL CARE

CAMHS IN SPECIALIST SCHOOLS

VOLUNTARY SECTOR  
(ADISS/MENCAP/YOUNG BARNET FOUNDATION MEMBERS)

KOOTH

# NATIONAL DRIVERS FOR CHANGE



# National Statistics



**10%**

children aged 5-16 years suffer from a clinically significant mental health illness.



**25%**

of children who need treatment receive it.



**50%**

of those with lifetime mental illness (excluding dementia) will experience symptoms by the age of 14.



**75%**

of those with lifetime mental illness (excluding dementia) will experience symptoms by the age of 24.



**5x**

maternal depression is associated with a 5 fold increased risk of mental health illness for the child.



**1.3x**

boys aged 11-15 years are 1.3x more likely to have a mental illness compared to girls aged 11-15 years.



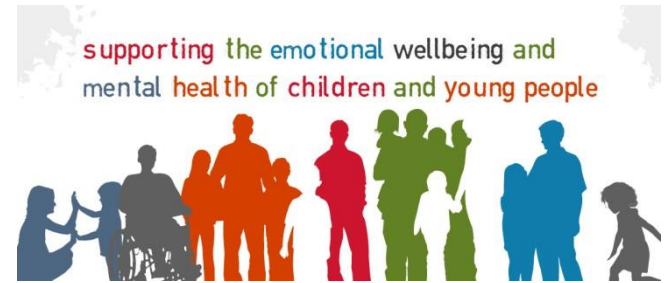
**60%**

of looked after children have some form of emotional or mental health illness.



**18x**

young people in prison are 18x more likely to take their own lives than others of the same age.



## What next ?

# Consultation on transformation of BEH CAMHS CHILD and ADOLESCENT MENTAL HEALTH SERVICES



# Parents and Carers Co-Production

## Outcomes

**October-December 2018, 3 sessions and individual phone calls with a total of 7 parents/carers with experience of accessing Barnet CAMHS Services**

“The idea for clinicians to have a directory of services in Barnet to sign-post people to was suggested, and all agreed this would be a simple, easy thing to implement”

“Those present agreed that 6 months is a reasonable timescale to allow re-referral back into the service, as they found this is the timescale where presentations of children and young people might change.”

“Parents/carers recommended that service protocols/policies/pathway structures be provided in lay terms, in an accessible form. For example, after an assessment, they are provided with a leaflet which states very clearly why they are being forwarded to a particular pathway and what the treatment pathway will look like for them.”

# Children and Young People Co- Production Outcomes

**November 2018 – 1 session and a ‘live email’ chat with a total of 3 children/young people with experience of accessing Barnet CAMHS services**

Young people at the session felt the pathway to accessing mental healthcare should be more open and easily accessed, and it was suggested there could be such a thing as ‘walk-in mental health centres.

One young person highlighted the gap in provision for children and young people who have mental health difficulties, as well as physical health problems/disabilities (which may or may not be associated with their mental health issues)

It was suggested that support groups (peer-led, with CAMHS clinicians present) for while someone is on a waiting list could be helpful. Having more peer-led projects in general was considered a potential improvement, as one young person identified a prominent issue for those seeking support is loneliness .

Although there is a long-term aspect to the stepped model, one young person highlighted that they waited so long to receive the support they needed, that by the time they got the right support, it was a long-term piece of work.



# What Next?

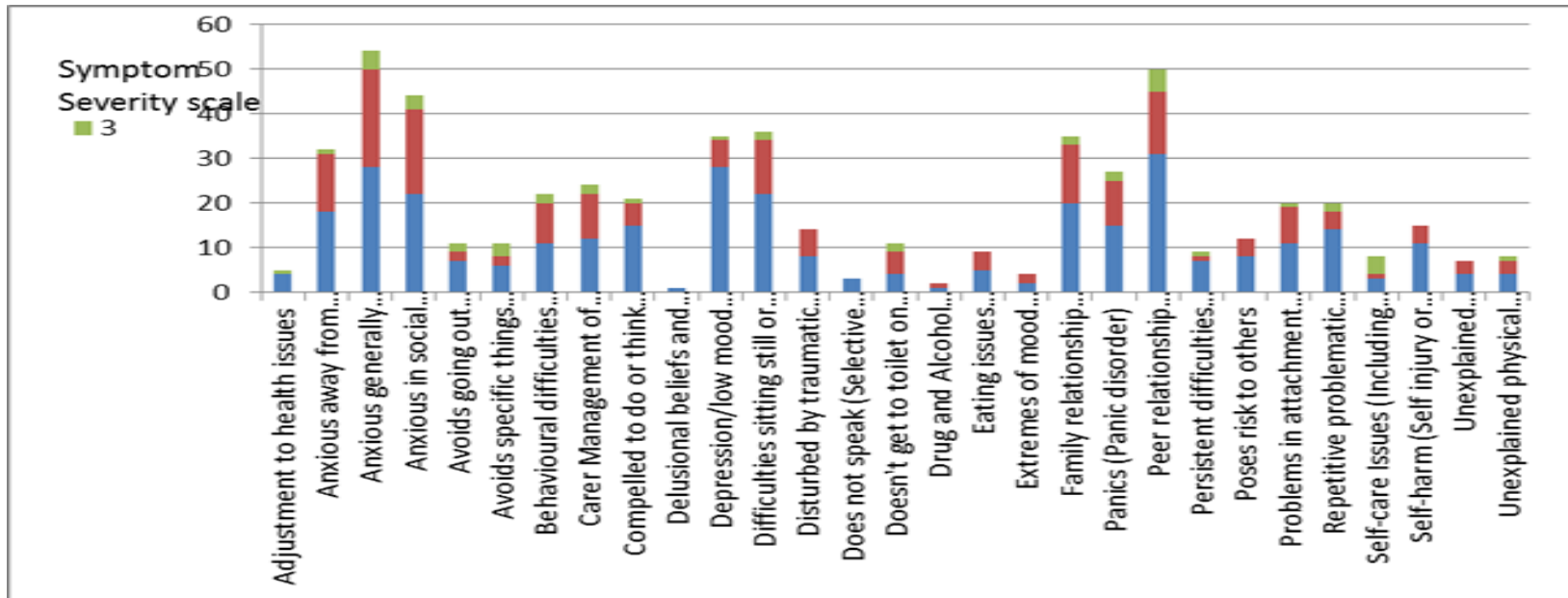
Following the transformation consultation we will be...

Working with parents and carers to coproduce communications, from leaflets to letters, that ensure they feel informed throughout and beyond their journey with CAMHS

Working together with children and young people who use our services to coproduce new ways for them to be involved in shaping our services day-to-day.

Involving parents, carers and young people in our 'Quality Improvement' initiatives to ensure that every pathway continues to improve and reflect the needs of the people using them.

We have carried out extensive analysis of our patient requirements to understand resource distribution. Three sources of data have been triangulated in order to attempt to have the most accurate data to use in decision making about service development.



## Transformation Goals following Consultation with Parents :

- Swift access and triage of referrals with clear acceptance criteria.
- Stepped with offers of 6, 12 or 30+ sessions.
- Self-re referral Pilot programme.
- Standardisation of evidence based care pathways across the borough.
- Clear communication to the young people and the families who use our service.

# CAMHS in Schools



# Who are we?



- We are a team of Child and Adolescent Mental Health Professionals working with Primary and Secondary School aged children and their families in Barnet.
- The aim of our service is to help identify Mental Health needs/ emotional difficulties in children/young people at an early stage and to enlist appropriate support to prevent problems becoming more serious.

We have a range of backgrounds and trainings.

- Each clinician will be allocated a number of schools within the Barnet Early Help HUBS-East/ Central, South or West
- We see Child and Adolescent Mental Health as everybody's business and we aim to support professionals working with children and adolescents everyday within primary and secondary schools in Barnet.

# What do we do?

- Raise awareness of children's and young people's mental health in schools
- Offer consultations/advice to school staff, parents and other professionals on mental health issues.
- Offer assessment and short term direct work with the child, young person and/or family
- Offer training to teachers on mental health issues and promoting positive mental health awareness
- Liaison and linking between Primary/Secondary Schools and more specialist services.



# Accessing CIS

- You can access CIS to consult about children/young people causing concern. This should help to clarify appropriate referrals
- Following a consultation with your CIS clinician, if appropriate, SENCOs, Pastoral Support Managers, Senior Designated staff can refer to CIS.
- If you do have a child/young person or family who may benefit from the service, complete and submit an e-form referral on <https://www.barnet.gov.uk/citizen-home/children-young-people-and-families/forms>
- If the referral is appropriate we would accept for an initial assessment followed by therapeutic intervention if appropriate or recommend other agencies who may be helpful
- You can also contact us for information, training or further consultation

# What is Mental Health/Emotional Well Being

It is about physical and emotional well-being, about having strength and capacity to live a full and creative life, and the flexibility to deal with its ups and downs.

Children and young people need love and security to make them feel safe, happy and confident enough to be creative and learn.



# Resilience Factors

## In the Child/Young Person

- Secure early relationships
- Being female
- Self regulation
- Easier temperament
- Positive attitude/ Optimism
- Good communication skills
- Humour
- Religious faith
- Capacity to reflect
- Self Worth

## In the Family

- At least one good parent-child relationship
- Affection
- Feeling of belonging
- Feeling valued
- Clear, firm and consistent discipline/boundaries
- Support for education
- Supportive long-term relationship

- How do I support a young person?
- How do I boost my own resilience?

Where we provide numbers, look below the diagram for links to more resources.

Be a connector for young people – connect them to information, networks and opportunities that bring them closer to their goals.<sup>2</sup>

Have life goals. Dream big.<sup>1</sup>

Empathy can be modeled – it requires real listening, understanding and helping.<sup>2&7</sup>

Get help when you need it, but also know that helping others increases meaning in your life.

**SELF**

- Aspiration
- Empathy
- Optimism/enthusiasm
- Self-regulation/autonomy
- Assertiveness
- Problem solver
- Self-worth
- Conscientious

Stay busy, it brings you closer to your goals and helps you to stay calm – prepare well for situations.

Help young people to engage in activities that bring them closer to their life goals.<sup>2</sup>

Gamify - patterned activities stimulate reward centres in the brain. Set-up stakes, challenges and little rewards for yourself for positive actions that improve your resilience.<sup>8</sup>

**FAMILY**

- Protective parents, especially mother
- Supportive family relationships

Feeling of belonging and being valued

Have healthy family routines – especially sharing meals.

Take an interest in family members, organise family activities. Share the history of your family.

Take part in family activities/or organise them.

What is the meaning of life? It is an important question – investigate...

**RESILIENCE**

**CULTURE**

- Religion and being part of a religious community
- Ubuntu as a value

**COMMUNITY**

- Safe space for emotional sharing (school)
- Meaningful recreational activities and resources
- Role models/mentors/promotion of life skills
- Peer relationships
- Safe, neat, aesthetically attractive environment

Be a mentor/life coach for a young person<sup>2&3</sup>

Physical exercise improves your resilience.

Find a mentor<sup>4</sup>

Find people worth admiring – study their lives, be inspired.<sup>5</sup>

Put effort into your friendships - they matter!

Care about your community, mobilise others to care with you.<sup>6</sup>

# Signs Of Health

- Hobbies
- Friends
- Achievement
- Talking about feelings
- Supportive family & friends
- Exercise
- Eating Healthy food
- Not smoking, drinking or taking illegal drugs
- Assertivness

# Risk Factors in Young People

## In the Child/Young Person:

- Specific learning difficulties
- Communication difficulties
- Developmental delay
- Genetic Influence
- Difficult temperament
- Physical illness (chronic/neurological)
- Academic failure
- Low self-esteem

## In the Family:

- Parental conflict
- Family breakdown
- Inconsistent/unclear discipline/boundaries
- Hostile/rejecting relationships
- Abuse
- Parental mental illness
- Parental criminality, alcoholism or personality disorder
- Death/Loss inc. friendships

# Warning signs



# Key Questions to keep in mind

- What sort of problem does the child/young person have?
- How best to describe the problem-behaviour, mood, attitude?
- How extreme is the behaviour or attitude?
- How prolonged or persistent is it?
- What has happened in the child's/young person's life to initiate this behaviour and attitude?
- Are there sudden changes in behaviour?
- When does the behaviour occur?
- How 'driven' or out of control in the child/ young person?
- Is there a marked contrast between the way a child/young person behaves at home and at school?
- How is the behaviour affecting other members of the school community?
- What are the strengths of the child/young person?
- What support and advice is available?

*Wilson, P. (2004). Young minds in our schools. Young Minds*

[www.youngminds.org.uk](http://www.youngminds.org.uk)

# Strategies

- To support children/young people:
  - Making time to listen and talk
  - Positive feedback and encouragement
  - Access to information/ helplines
  - Group discussion
  - Support Groups
  - Peer mentoring
  - Peer mediation
  - Refer to outside agencies (Children's Services, CAMHS)
- To support staff:
  - Training
  - Group discussions
  - Team support
  - Consultation
- Parenting Support



# Contact Details

**Manager:** Andreia Santo (Tel 0208359 7564 )

[Andreia.santo@barnet.gov.uk](mailto:Andreia.santo@barnet.gov.uk)

**Deputy Manager:** Bernadette Sotiriou (Tel 0208 359 5350)

[Bernadette.Sotiriou@barnet.gov.uk](mailto:Bernadette.Sotiriou@barnet.gov.uk)

**Team Administrator:** Clair Williams 0208 359 2432

CAMHS in Schools (CIS)

Early Help

2<sup>nd</sup> Floor, Building 2

North London Business Park

Oakleigh Road South

London N11 1NP