

# BICS

## Barnet Integrated Clinical Services



# Who are we?

A mental health service supporting children, young people and families with **mild-to-moderate** presentations within the London Borough of Barnet.

**For whom?** We see children, young people and families in schools, in the community (incl. their homes, in some GP surgeries), and within social care and youth offending settings.

**With whom?** We also work with our colleagues in schools, Early Help Hubs, Social Care, GP surgeries and the voluntary sector, supporting them to help the children, young people and families they work with.

**How?** If you live in the borough or attend a Barnet school, we might be able to help. Families and professionals can refer and if you are not sure whether we are the right service for you, give us a call to discuss.

# The BICS Care Pathways

Work with the individual and/or system around child	Online interventions	Groups and workshops	Family Therapy Clinic
Evidence-based one-to-one work with CYP and/or parent/carer 	Pre-recorded workshops 	Parenting groups and workshops  	Following systemic consultation process  
Consultative work with staff and professionals 	Podcasts 	Groups and workshops for young people (e.g. on resilience-building) 	Seven qualified systemic family therapists  
Low-intensity interventions such as guided self-help and parenting work  	Self-help resources and material 	School-based targeted groups 	Reflective teams of up to three practitioners 
High-intensity interventions for more complex presentations, harder-to-reach CYP, and those involved with social care or YOS  	Support line Mon-Fri 9am-5pm 	Training and workshops for staff 	Hybrid model of virtual and face-to-face delivery  
Hybrid model of virtual and face-to-face delivery 		Hybrid model of virtual and face-to-face delivery 	



All of BICS



CWP



MHST



PMHT



CSC

# BICS within the THRIVE framework



CWP



MHST



PMHT



CSC

# In more depth...





# Is the referral appropriate for BICS?

Check [www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics)

**Consent:** young person or adult with PR must be in agreement with the referral

**Mental health treatment status:** no ongoing/upcoming treatment for the referred difficulty, including CYP who are waiting for their NHS CAMHS sessions to start.

**Presentation:** if primary need is such that it requires specialist service, e.g. ASC, ADHD, or eating disorders; or is an emergency/crisis need, CYP must **get more help** than what BICS can offer

**Complexity:** difficulties should not greatly prevent attainment and activities of daily living, or be secondary to a presentation requiring specialist care; CYP should not be on school exclusion at time of referral, or have recently disengaged from high-intensity intervention for same difficulty (case-by-case basis)

**Risk:** for example, ongoing deliberate self-harm such as lacerations that cause running bleeding or ongoing risk of harm to/from others requires that CYP **gets more help** than what BICS can offer

**Age:** should not be older than approximately 17-and-a-half years old and must not be age 18 or older.

**Education status:** CYP cannot both live out-of-borough AND be enrolled in an out-of-borough school/college; one or the other is acceptable

# Service Evaluation

## Clinical outcome measures

**RCADS**- Revised children's anxiety and depression scale

**SDQ**- Strengths and difficulties questionnaire

**GBO**- Goals Based Outcomes

## Clinical audits

## Qualitative feedback

CHI-ESQ

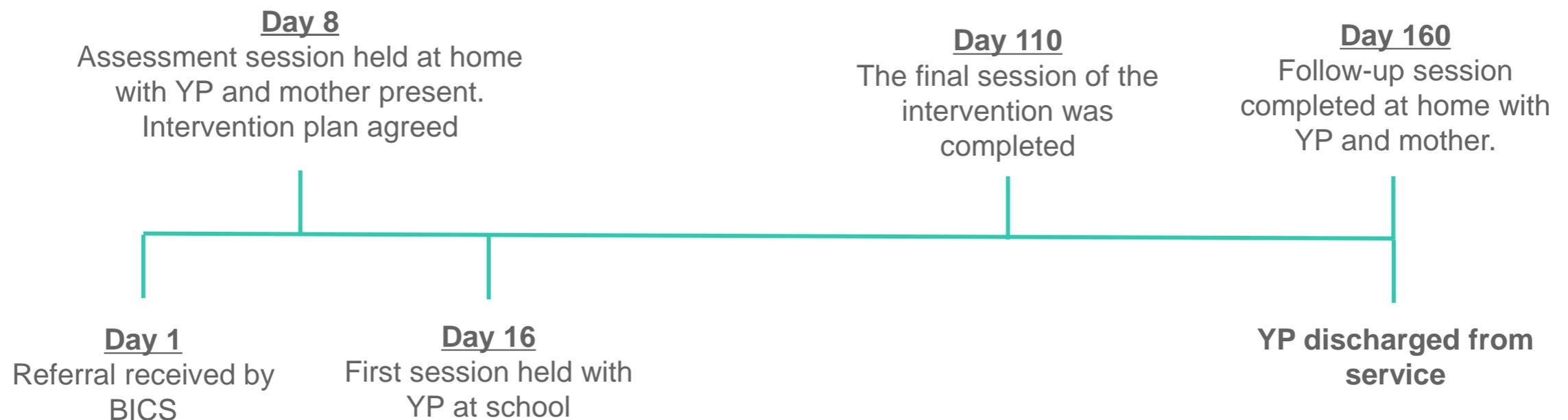
## Contact/Activity data

Mental Health Services Data Set

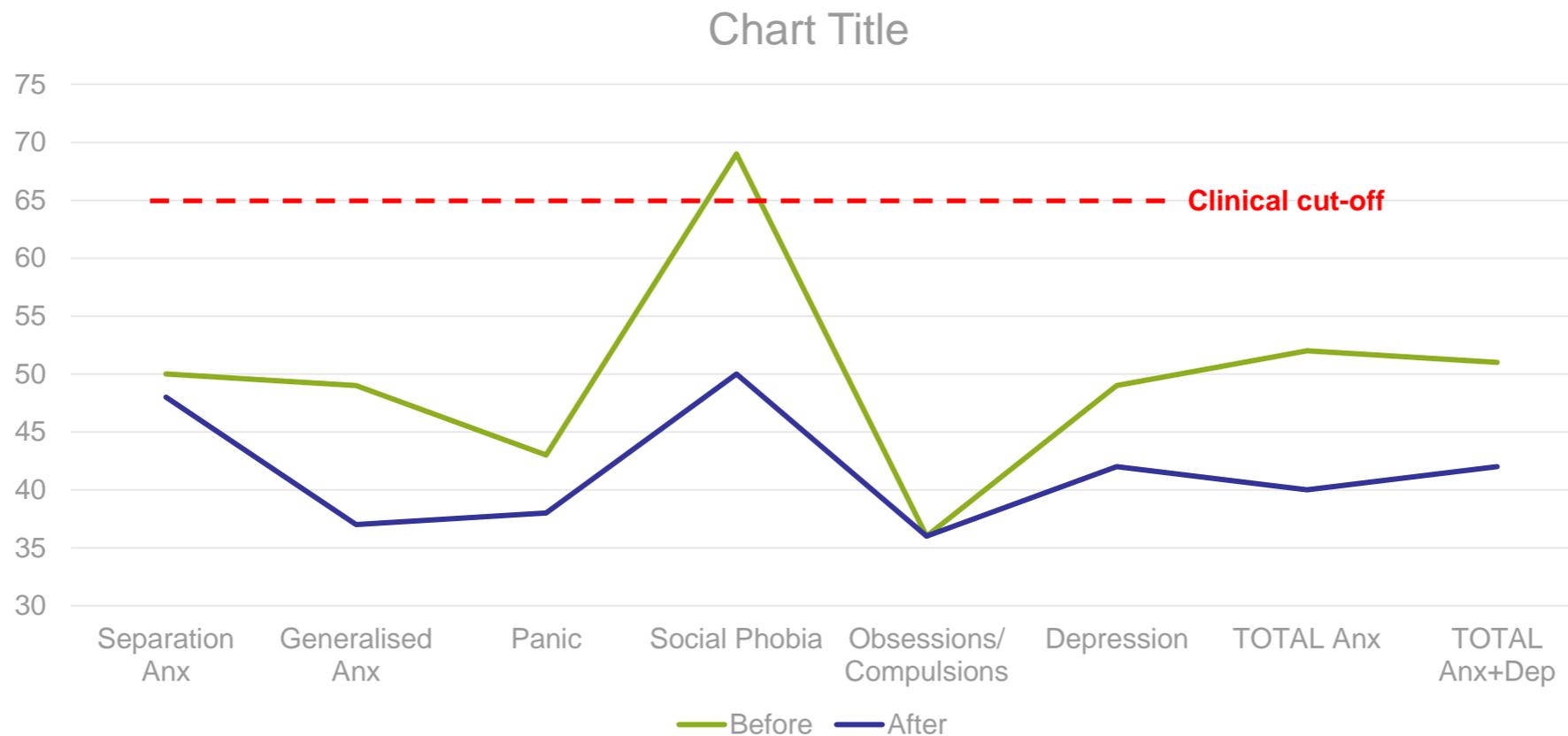
Quarterly reporting to NHS England

# Case example 1 – low-intensity

- 13-year-old White British girl referred to BICS from NHS CAMHS for blood phobia, which had an impact on her ability to study biology and contributed to social anxiety



# Case example 1 – low-intensity (cont'd)



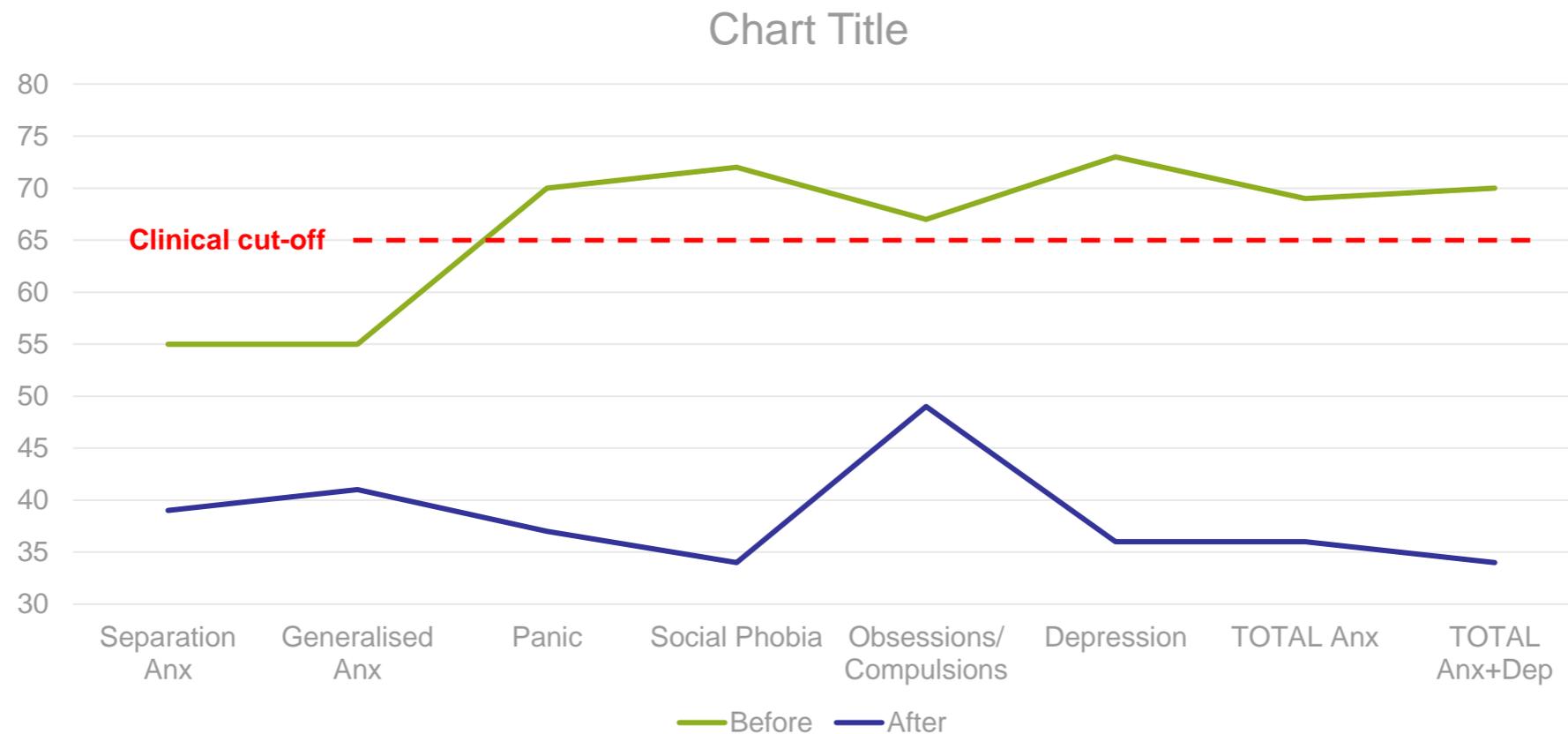
- RCADS: Total Anxiety and Total Anxiety & Depression were significantly reduced. YP had fully achieved her goals of being able to say blood-related words, complete biology coursework and even viewed videos of injections and drawing blood. She was able to have her HPV vaccination without fainting and reported that her life had been ‘completely changed’.

# Case example 2 – high-intensity

- 17-year-old Asian British (Indian) girl referred to BICS by school for low mood, anxiety, and anger management issues. She also experienced relationship difficulties with her father, c/o cultural expectations, and struggled to cope with the terminal illness of her grandfather.



# Case example 2 – high-intensity (cont'd)



- RCADS: Total Anxiety and Total Anxiety & Depression were significantly reduced. YP reported feeling better and stated that in particular the breathing and relaxation techniques discussed in therapy were beneficial.

# Referring to BICS



## Universal Plus form

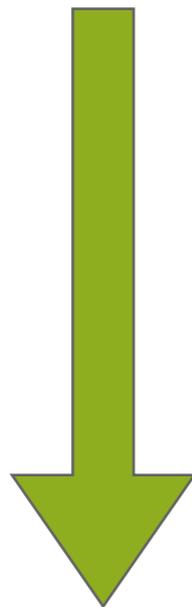
[www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics)

or

Internal referrals e.g. from  
Social Care or YOS

or

Referral from  
NHS CAMHS



Work with the individual and/or  
system around child

## Universal Plus form

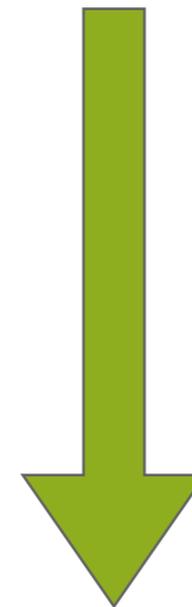
[www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics)

or

[BICSGroups@barnet.gov.uk](mailto:BICSGroups@barnet.gov.uk)

or

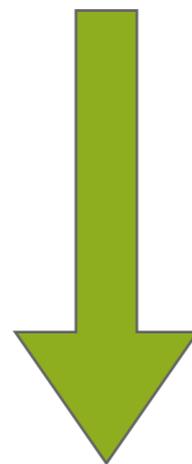
Referral from  
NHS CAMHS



Groups and workshops

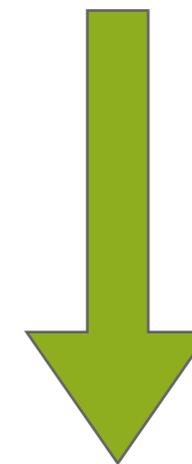
## Website

[www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics)



Online  
interventions

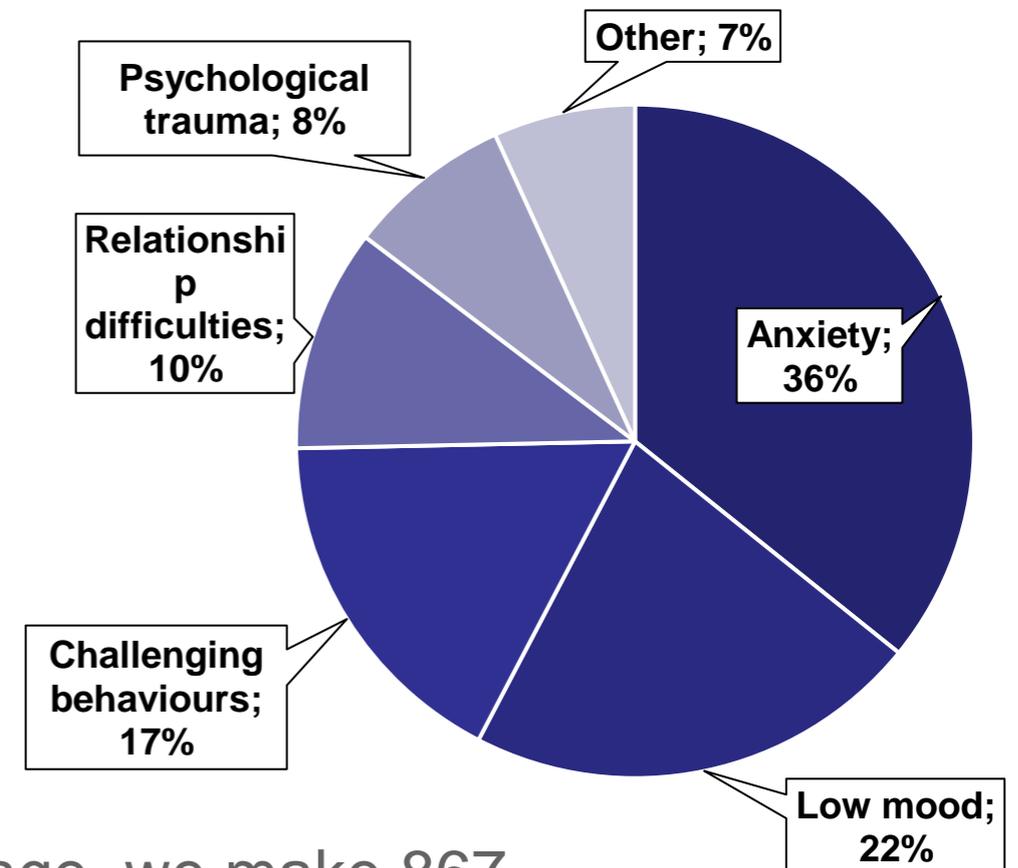
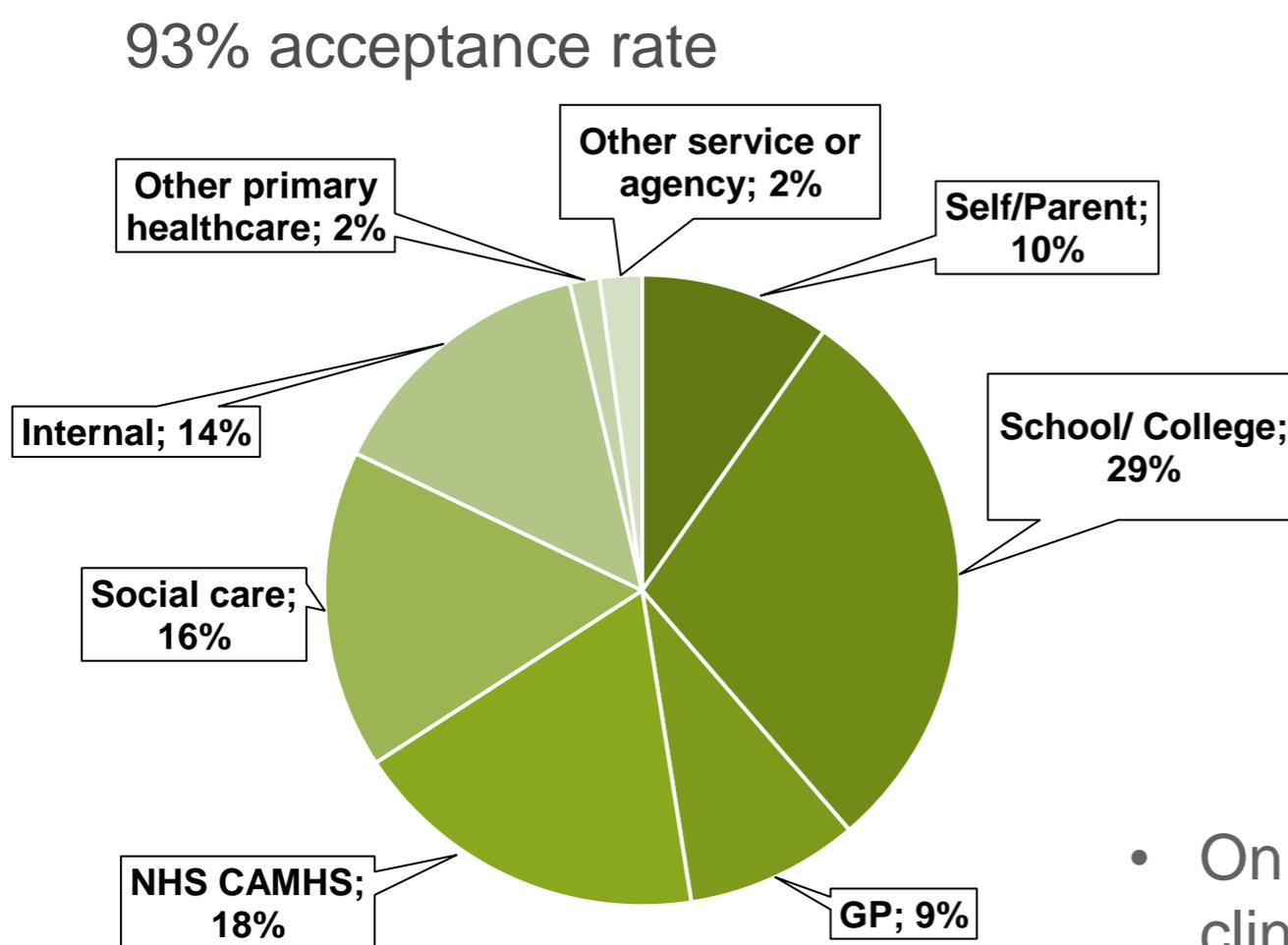
Internal referrals



Family Therapy Clinic

# Selection of referral and activity data

- Last year, BICS received approximately 1100 referrals
- However, in 2021, we have received on average 165 referrals per month with a 93% acceptance rate



- On average, we make 867 clinical contacts per month, with 364 active clients per month

- In the twelve months to May, 644 of CYP referred to BICS also received EH0-19 (325) and/or Social Care (362) within the same time frame

# Contact



If you would like to contact BICS, please e-mail [BICS@barnet.gov.uk](mailto:BICS@barnet.gov.uk)

If you need to talk to us, please call our Support Line on 07926 085495 (9am – 5pm)

For further information, please see [www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics)

*Please note that BICS is not an emergency service, and should you have any immediate risk concerns you should contact other appropriate agencies.*