

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...



Groups and workshops



Children and Young people

Parents/carers & Professionals

Children and Young People's Wellbeing Spring Workshops 2021

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.

To register your interest for a group or workshop, please email BCS@barnet.gov.uk, including a contact telephone number so that we get in touch with you to discuss & provide further details. For more information about BICS please visit: www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being

Resilience Building Workshops: Stronger Mind, Stronger You

Age range: 13-18

Topic: Do you want to strengthen your resilience? Come along and discover techniques to manage a range of challenges, the fundamentals of self-care and how to connect with your support network. We will also discuss how using social media can have a beneficial or an harmful impact on your resilience-building.

Feeling better about going back to school online video

Age range: 13-16

Topic: A pre-recorded workshop for secondary school students on managing anxiety.

Why use the video: Anxiety and any other feelings have effective strategies and tips to cope with anxiety. Hearing other students, staff, teachers, school helpers or in general.

Step Up and Stand Out

Age range: 16-18

Topic: Are you struggling to attend school, feeling overwhelmed or finding it hard to get on with your friends or school? Join us for this session which is designed to help you feel more confident in yourself and to cope with stressful situations. You will also hear from our young people on their own experiences and how they deal with them.

*****MIND and MOOD group**

Age range: 16-26

Topic: Do you find it difficult to go to school, feeling overwhelmed or finding it hard to get on with your friends or school? Join us for this session which is designed to help you feel more confident in yourself and to cope with stressful situations. You will also hear from our young people on their own experiences and how they deal with them.

*****Building Confidence**

Building confidence and connection between children and families.

Age range: Joint workshop with parents & children aged between 11-13 years

Lifeworks group

Age range: 16-17

Topic: Are you having a hard time with your school work? Are you finding it difficult to manage your time and your schoolwork? Are you feeling stressed or overwhelmed? Join us for this session which is designed to help you manage your schoolwork and your time effectively.

Podcasts – Staying Well in Barnet: In addition to all our live and pre-recorded workshops and products, we offer a range of podcasts on a variety of topics, such as what our mental health services are, what our mental health services are like, and how to stay well. Check them out and look out for new podcasts taking great interesting bits, dealing with difficult emotions, looking out for you and the difference between things and you. **If you have a topic you would like us to discuss, do get in touch!**

To view all our pre-recorded workshops and products please visit: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being>

Children and Young People's Wellbeing Spring Workshops 2021 for Parents and Carers

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.

To register your interest, please email BCS@barnet.gov.uk specifying which workshop you would like to attend including a contact telephone number so that we get in touch with you to discuss & provide further details. For more information about BICS please visit: www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being

Supporting your child's self-esteem

Age range: 12-18

Topic: Do you find it difficult to go to school, feeling overwhelmed or finding it hard to get on with your friends or school? Join us for this session which is designed to help you feel more confident in yourself and to cope with stressful situations. You will also hear from our young people on their own experiences and how they deal with them.

Managing anxiety in Early Years (online video)

Age range: 0-5

Topic: Do you have a child aged 2-5 years? Do you find it difficult to manage your child's anxiety? Join us for this session which is designed to help you manage your child's anxiety effectively.

Phase: Challenging to Managing Workshop

Topic: Do you have a child aged 2-5 years? Do you find it difficult to manage your child's anxiety? Join us for this session which is designed to help you manage your child's anxiety effectively.

Supporting your child's self-care (for parents of children under age 12)

Age range: 12-18

Topic: Do you find it difficult to go to school, feeling overwhelmed or finding it hard to get on with your friends or school? Join us for this session which is designed to help you feel more confident in yourself and to cope with stressful situations. You will also hear from our young people on their own experiences and how they deal with them.

Parent Toolkit

Age range: 16-18

Topic: Do you have a child aged 16-18 years? Do you find it difficult to manage your child's anxiety? Join us for this session which is designed to help you manage your child's anxiety effectively.

Podcasts – Staying Well in Barnet: In addition to all our live and pre-recorded workshops and products, we offer a range of podcasts on a variety of topics, such as what our mental health services are, what our mental health services are like, and how to stay well. Check them out and look out for new podcasts taking great interesting bits, dealing with difficult emotions, looking out for you and the difference between things and you. **If you have a topic you would like us to discuss, do get in touch!**

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All live and recorded groups and workshops are updated regularly based on client needs. BICS also record podcast episodes available on our website: www.barnet.gov.uk/bics

Is the referral appropriate for BICS?

Check 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

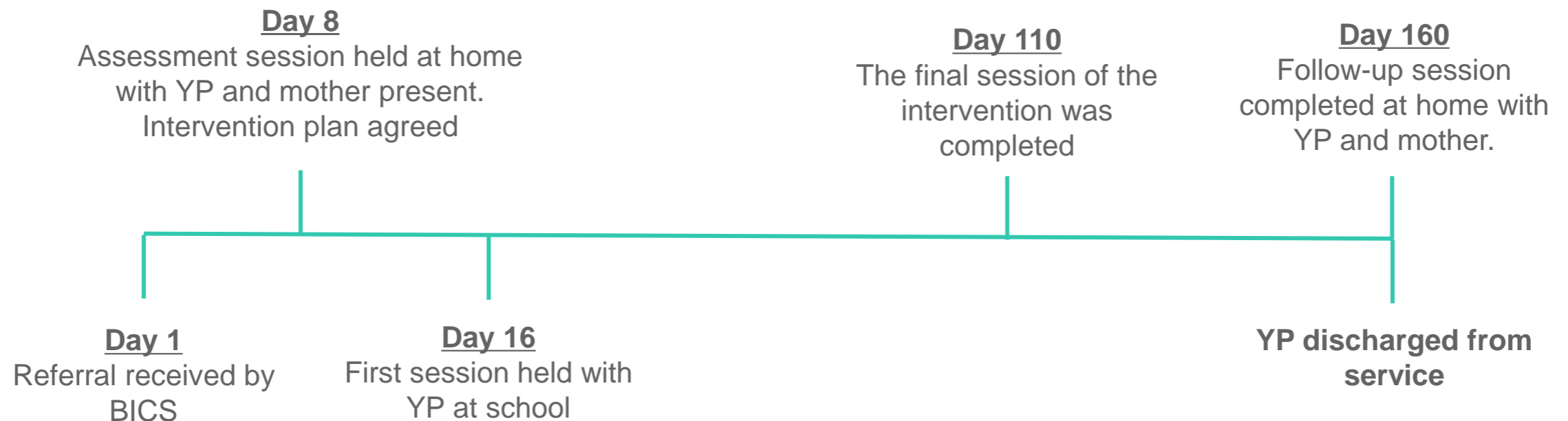
Contact/Activity data

Mental Health Services Data Set

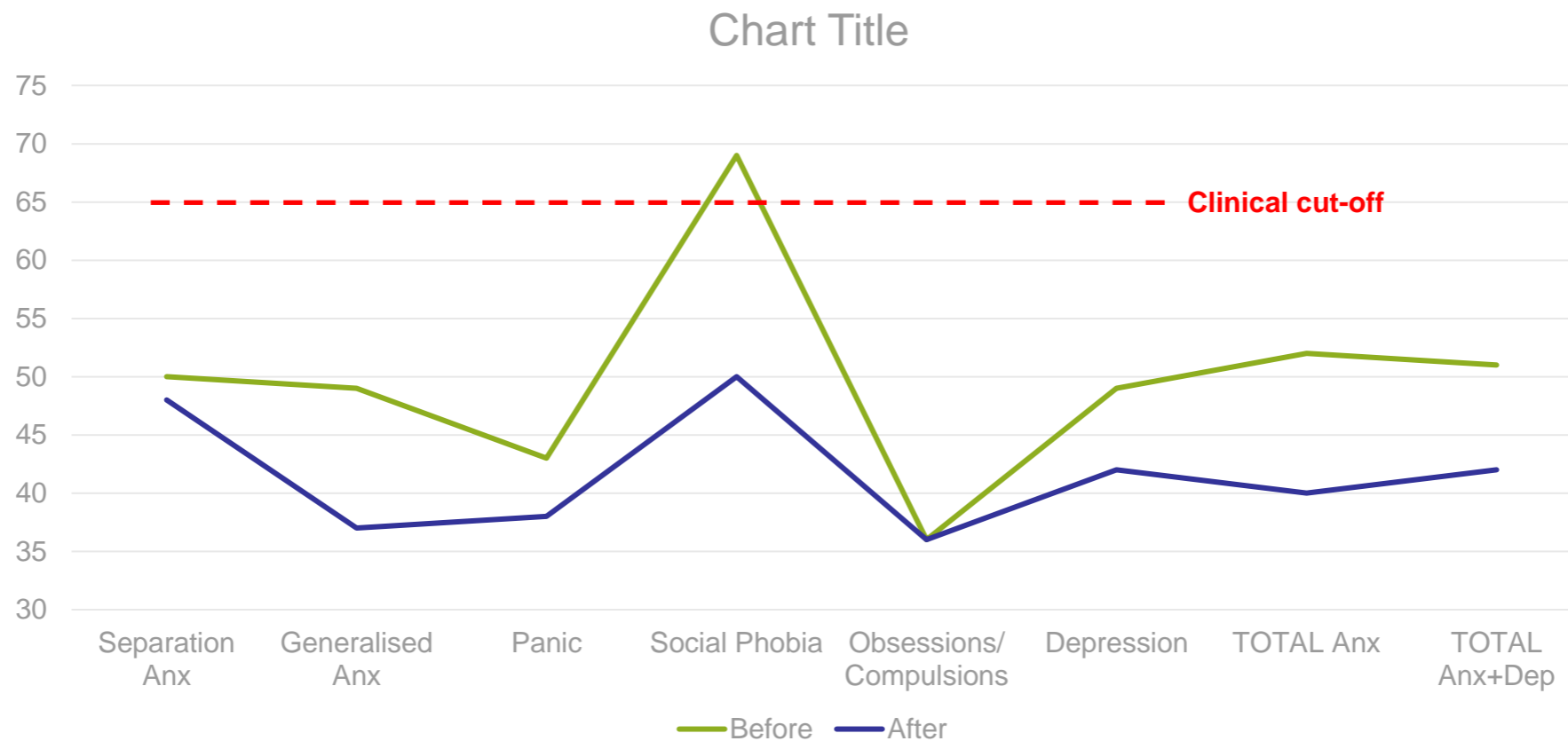
Quarterly reporting to NHS England

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



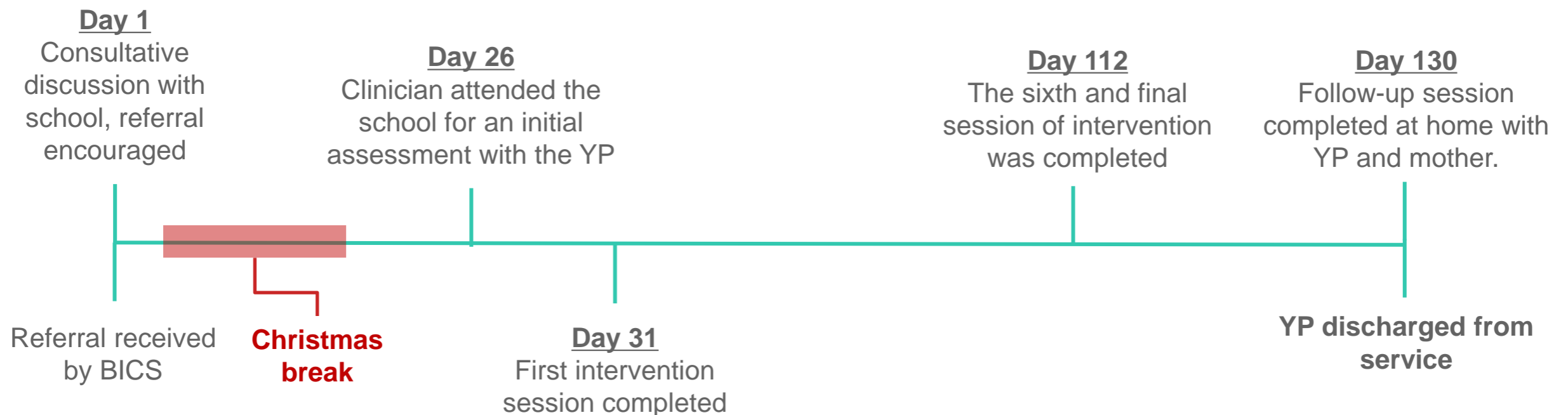
Case example 1 – low-intensity (cont'd)



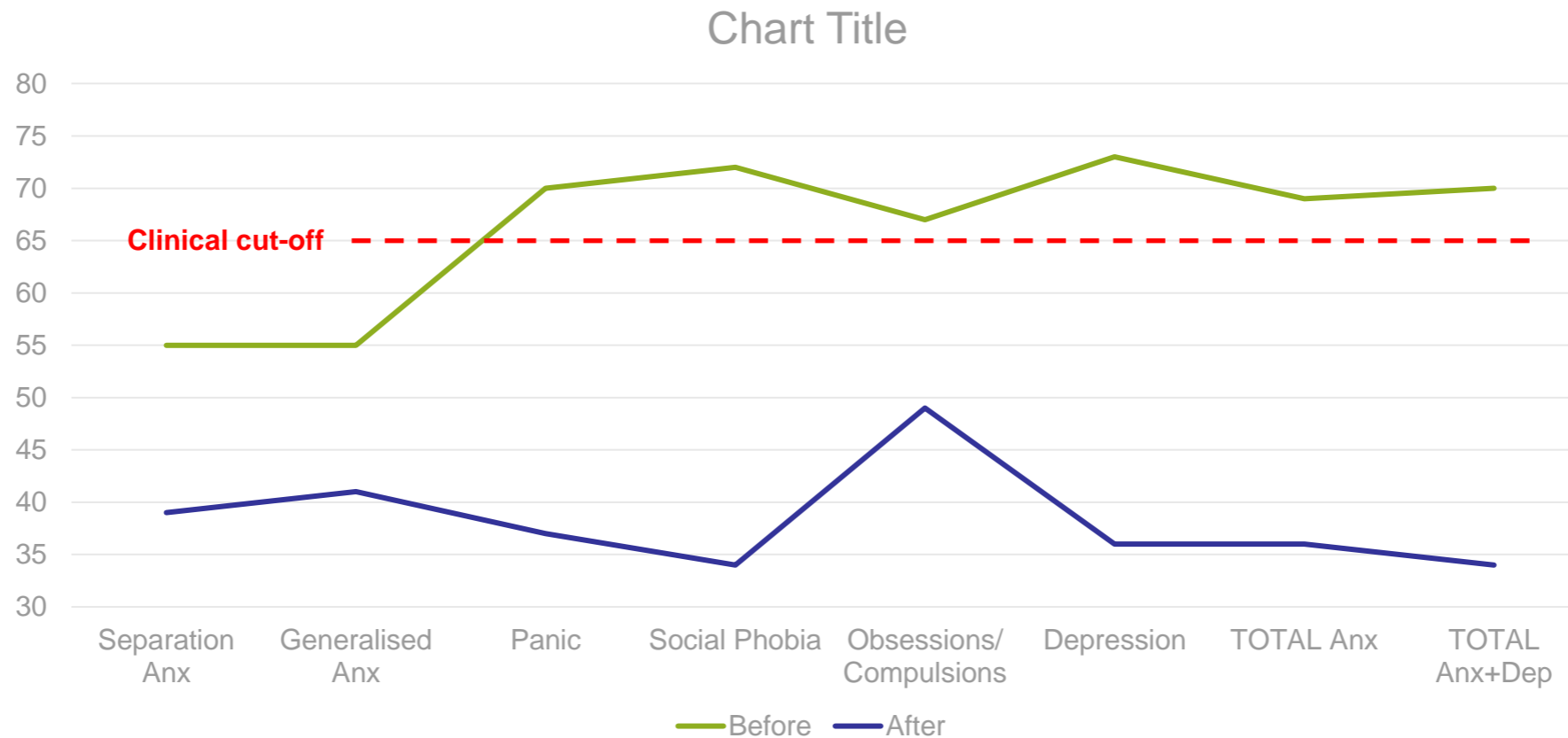
- RCADS: Total Anxiety and Total Anxiety & Depression were significantly reduced. YP had fully achieved her goals of being able to say blood-related words, complete biology coursework and even viewed videos of injections and drawing blood. She was able to have her HPV vaccination without fainting and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

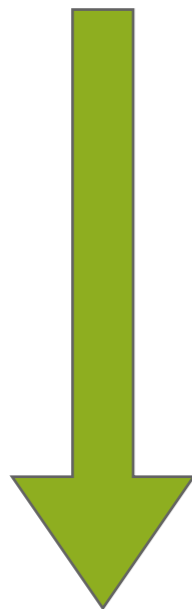
www.barnet.gov.uk/bics

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

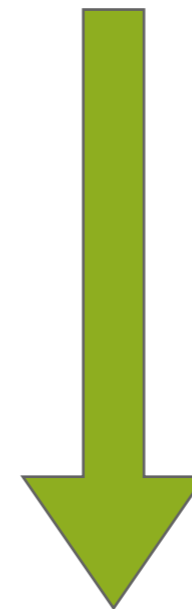
www.barnet.gov.uk/bics

or

BICSGroups@barnet.gov.uk

or

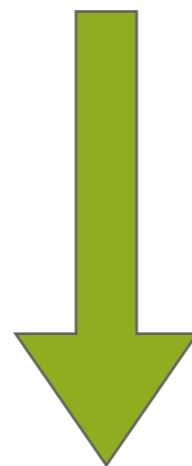
Referral from
NHS CAMHS



Groups and workshops

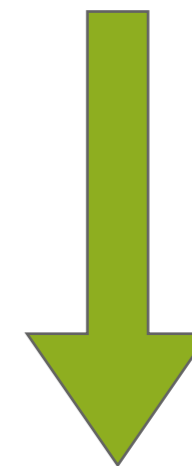
Website

www.barnet.gov.uk/bics



Online
interventions

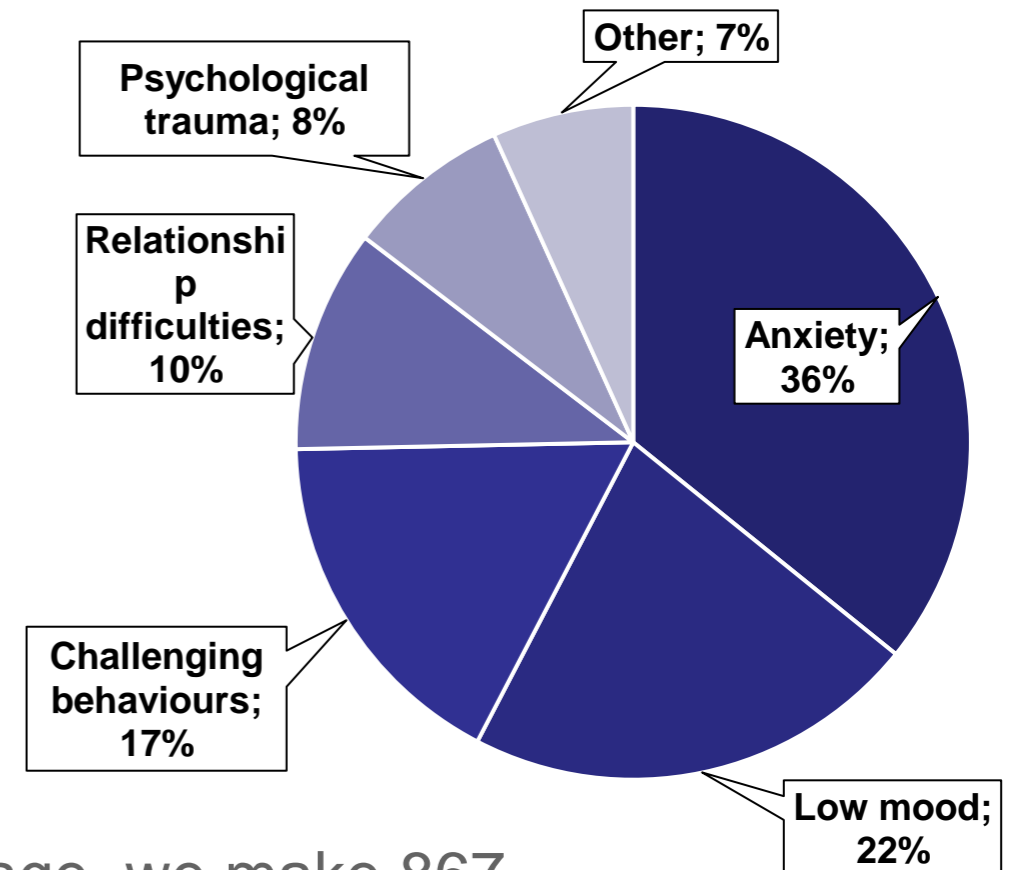
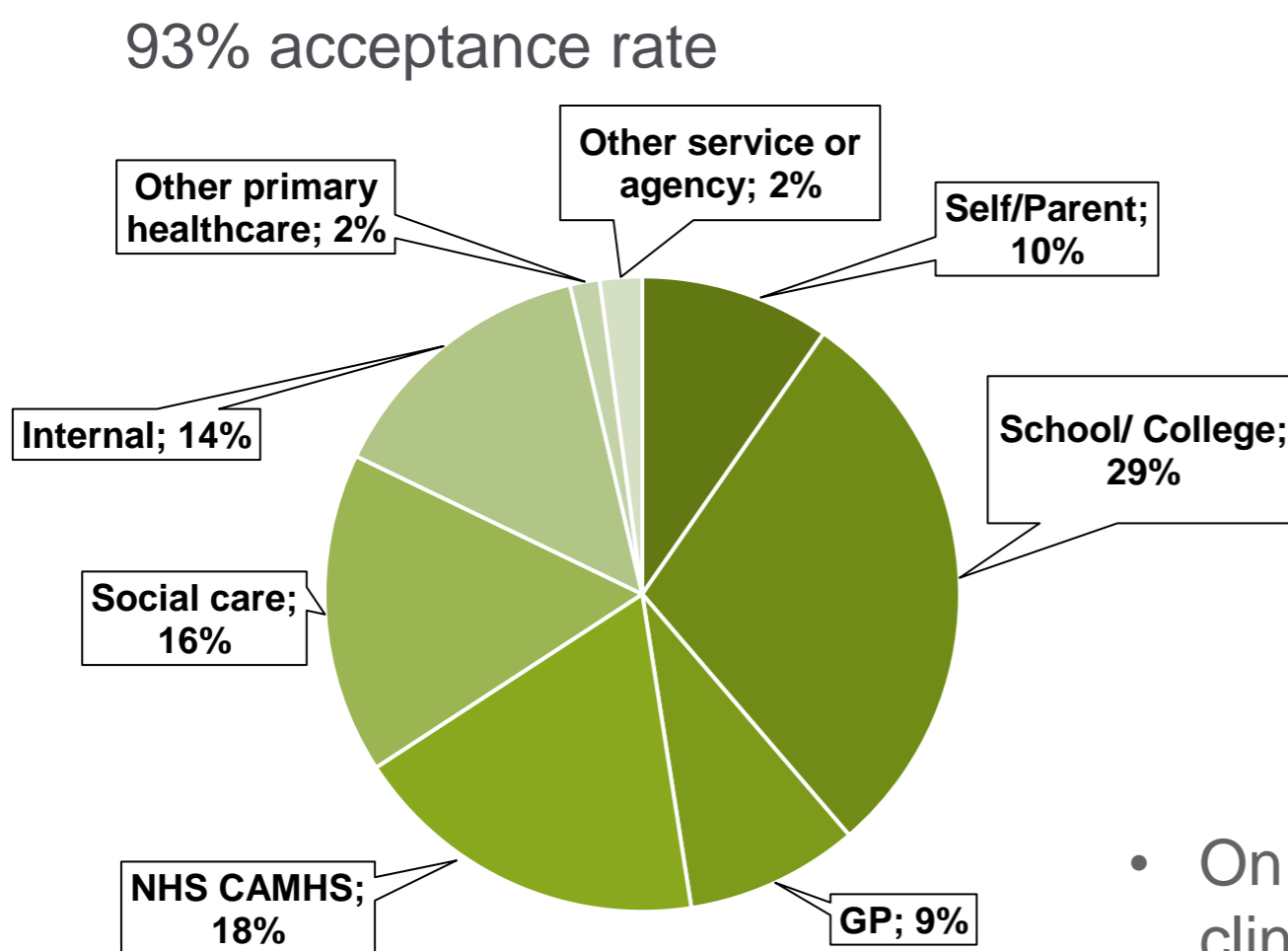
Internal referrals



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

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

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