

# BICS

## Barnet Integrated Clinical Services



Dr Anindita Sarkar, BICS Clinical Lead

# Vision

- **To make mental health everyone's business; we are passionate about mainstreaming this as much as possible by being integrated within the local services' matrix**
- **Remain CYP-centred, resilient and adapting to our service users' needs**
- **To be a centre of clinical excellence in the Barnet community**

# 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, Paediatric Health 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 four 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

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All of BICS



CWP



MHST



PMHT



CSC

# BICS within the THRIVE framework



CWP



MHST



BICS/MHT



CSC

# In more depth...



# Groups and workshops



## Children and Young People's Wellbeing Workshops 2021

**What is BICS?** Barnet Integrated Clinical Services (BICS) provides mild to moderate mental health services to children, young people and families in the borough. If you live in the borough or attend a Barnet school and are struggling with social, emotional, or behavioural difficulties, we might be able to help.



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

**What is BICS?** Barnet Integrated Clinical Services (BICS) provides mild to moderate mental health services to children, young people and families in the borough. If you live in the borough or attend a Barnet school and are struggling with social, emotional, or behavioural difficulties, we might be able to help.



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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 recently refreshed and revamped website:



# Family Therapy

- [Family Therapy Clinic information leaflet](#)
- [Family Therapy Clinic information for Professionals](#)
- “Long Brief Therapy”: six sessions, review after third and sixth sessions
- Reflecting team of up to four practitioners from varying disciplines
- Common examples of presentations:
  - Relationship difficulties
  - Addiction
  - Living with a mental illness, physical disability, or chronic illness
  - Impact of separation
  - Loss or trauma
  - Life changes

*Fortnightly on Monday afternoons @ YMCA Taring Road Community Hub*

# 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, 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

## Qualitative feedback

CHI-ESQ

## Clinical audits

## Contact/Activity data

Mental Health Services Data Set

Quarterly reporting to NHS England

# User Involvement

**Feedback:** through service evaluation questionnaires, Barnet Parent/Carer Forum, education setting representatives, and Young People panels

- **Examples:** CHI-ESQ, MHST Project Board, digital platform feedback, Away Day presentations

**Engagement:** register of current and past service users who volunteer

- **Examples:** YP developing interview questions and sitting on interview panels

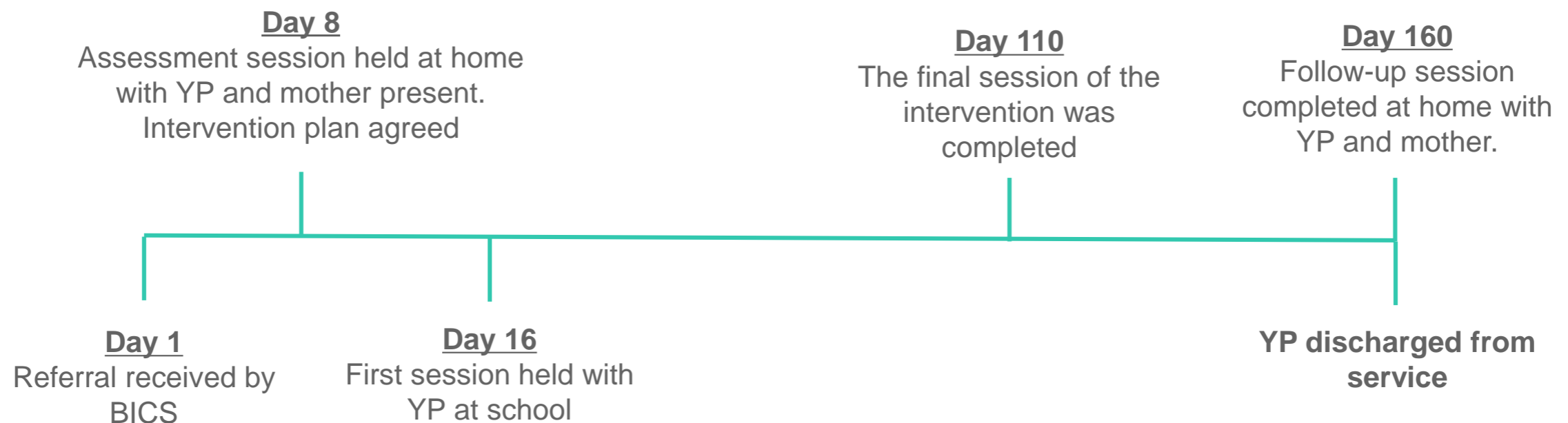
**Coproduction:** focus groups and surveys to inform service delivery

- **Examples:** co-creating content of online resources, groups and workshops

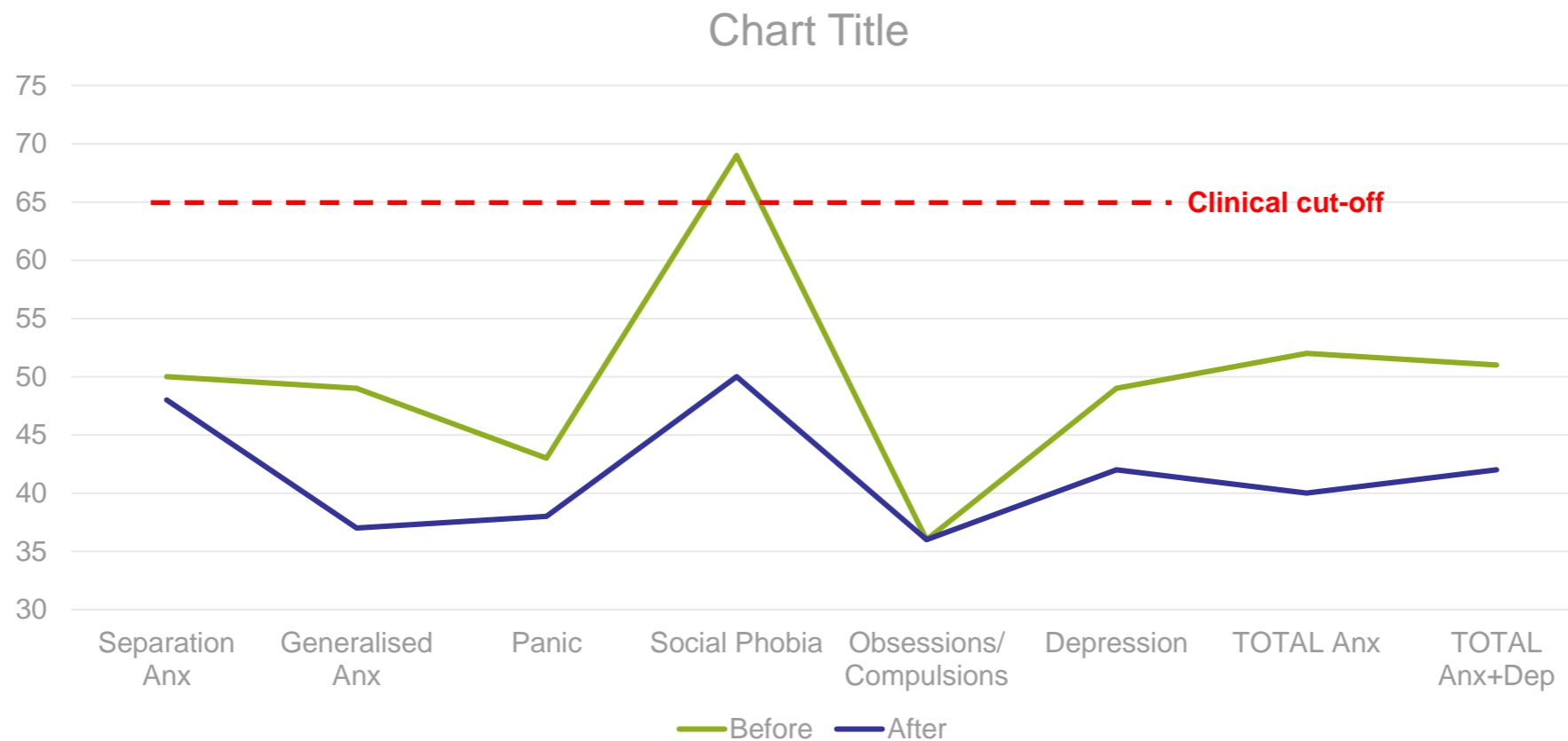
We gauge impact of user involvement every six months

# 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



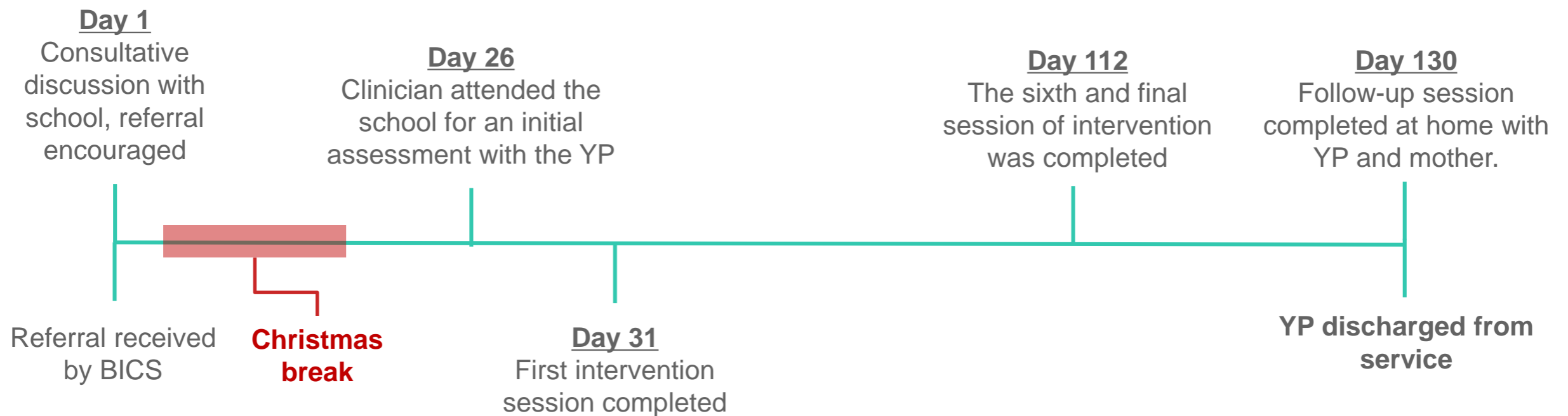
# Case example 1 – low-intensity (cont'd)



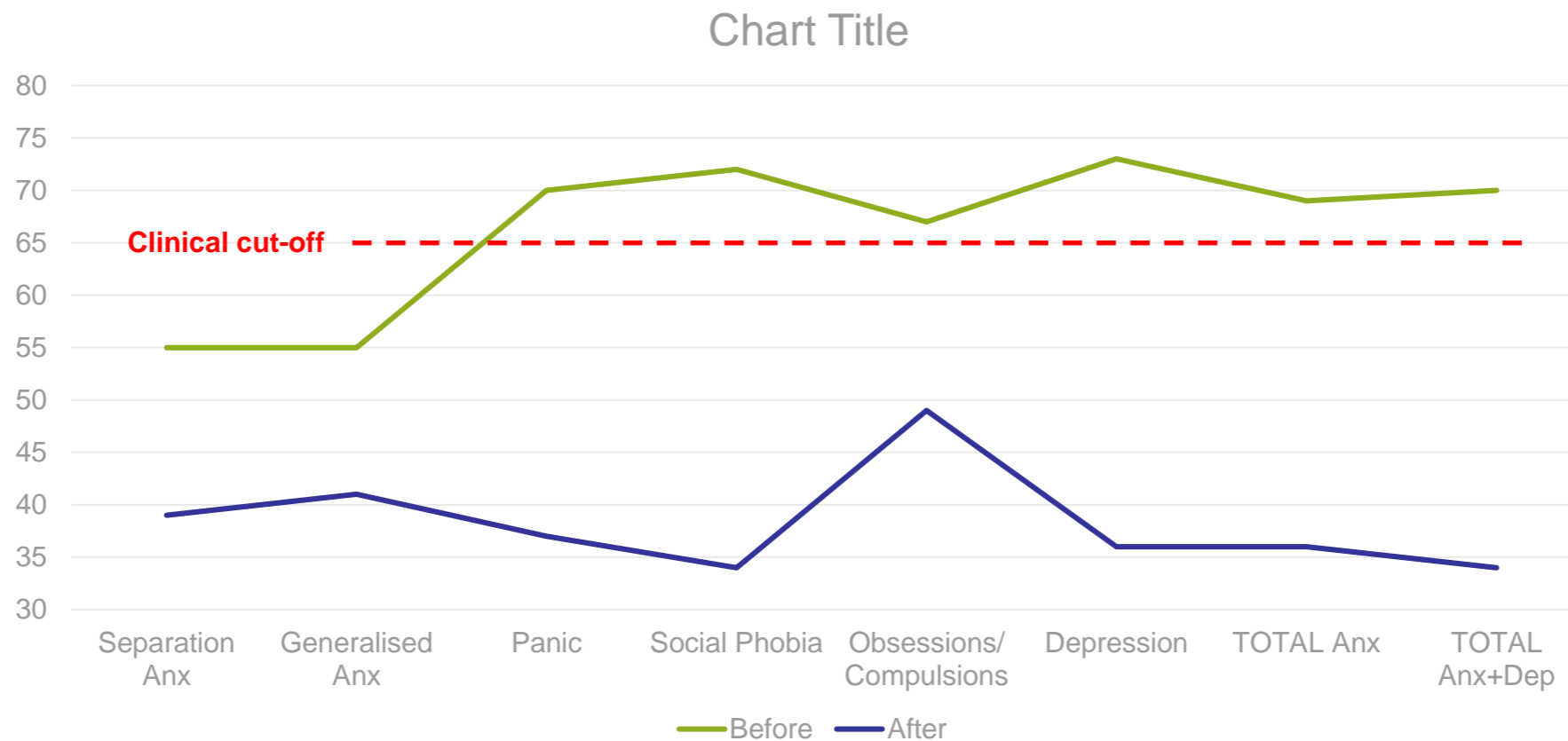
- RCADS: Total Anxiety and Total Anxiety & Depression were significantly reduced. YP had fully achieved her goals of being able to say blood-related words, complete biology coursework and even viewed videos of injections and drawing blood. She was able to have her HPV vaccination without fainting and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

# Case example 2 – high-intensity

- 17-year-old Asian British (Indian) young woman 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.



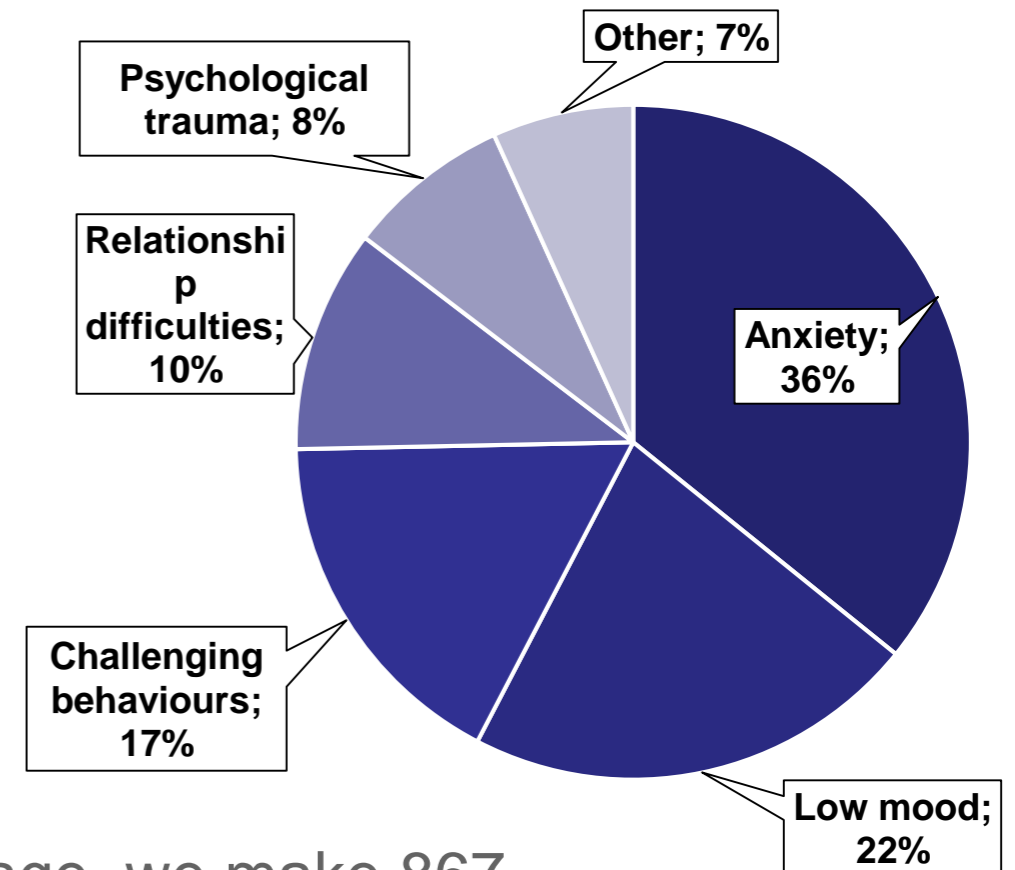
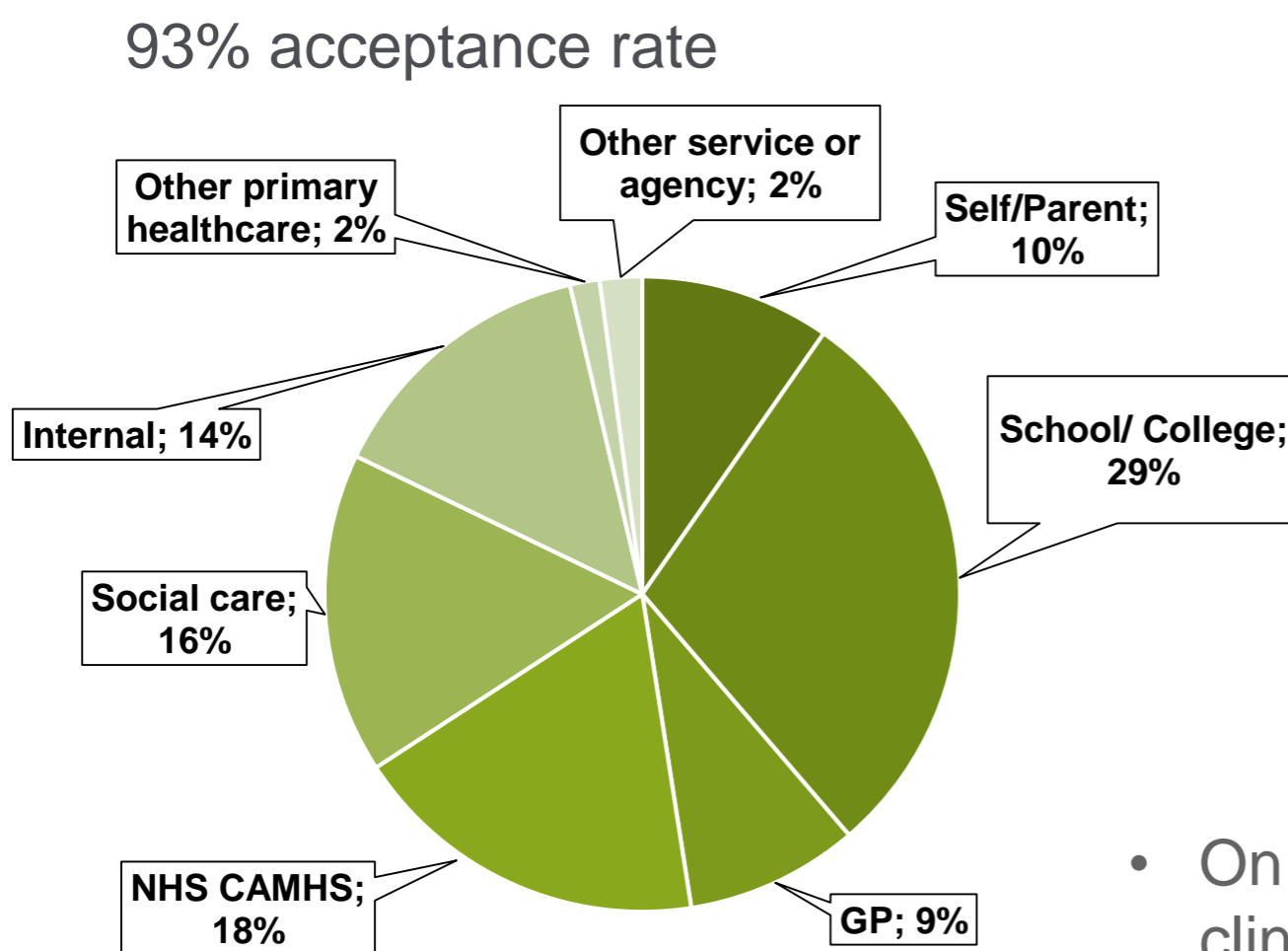
# Referring to BICS



<p>Work with the individual and/or system around child</p> <p><b>Universal Plus form</b></p> <p><a href="http://www.barnet.gov.uk/bics">www.barnet.gov.uk/bics</a></p>	<p>Online interventions</p>	<p>Groups and workshops</p> <p><b>Universal Plus form</b></p> <p><a href="http://www.barnet.gov.uk/bics">www.barnet.gov.uk/bics</a></p> <p><b>BICSGroups@barnet.gov.uk</b></p>	<p>Family Therapy Clinic</p>
<p>Evidence-based one-to-one work with CYD and parent/guardian</p> <p><b>Internal referrals from Social Care or YOS or EH</b></p>	<p>Pre-recorded workshops</p>	<p>Parenting groups and workshops or</p>	<p>Following systemic consultation process</p>
<p>Consultative work with staff and professionals</p> <p><b>Referral from NHS CAMHS</b></p>	<p>Podcasts</p>	<p>Groups and workshops for young people (e.g. on resilience-building)</p> <p><b>Referral from NHS CAMHS</b></p>	<p>Seven qualified systemic family therapists</p>
<p>Low-intensity interventions such as guided self-help and parenting work</p>	<p>Self-help resources and material</p> <p><b>Website</b></p> <p><a href="http://www.barnet.gov.uk/bics">www.barnet.gov.uk/bics</a></p>	<p>School-based targeted groups</p>	<p>Referrals to three practitioners</p> <p><b>Internal referrals</b></p>
<p>High-intensity interventions for more complex presentations, harder-to-reach YP, and those involved with social care or YOS</p>	<p>Support line Mon-Fri 9am-4pm</p>	<p>Training and workshops for staff</p>	<p>Hybrid model of virtual and face-to-face delivery</p>
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# 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

# Moving forward

- + Improved measures of broader impact, incl. journey of CYP
- + Continued adherence to NICE guidelines, while remaining innovative, adaptive and creative in service delivery
- + Continued success in clinical outcomes
- Waiting times, process bottle necks, obstacles to access

**= BICS as centre of clinical excellence in CYP MH services for mild-to-moderate presentations in Barnet**

# 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*