



Child & Adolescent Mental Health Services

For CAMHS information

**Universal and targeted services contact
District Teams:**

Ashfield, Broxtowe, Gedling, Mansfield, Newark & Sherwood and Rushcliffe: **0300 300 0022**

Bassetlaw: **01777 274422**

Specialist and Highly Specialist Services

Ashfield & Mansfield: **01623 650921**

Bassetlaw: **01909 733192**

Broxtowe, Gedling Rushcliffe: **0115 8440503**

Newark & Sherwood: **01636 670633**

Headquarters: Child & Adolescent Mental Health Services (CAMHS), Nottinghamshire County Teaching PCT, Birch House, Ransom Wood Business Park, Southwell Road West, Mansfield, Nottinghamshire, NG21 0HJ. Telephone 0300 300 1234.

Nottinghamshire Families Information Service

www.nottinghamshire.gov.uk/familiesinformationservice.htm

Department for Children, Schools and Families

www.dcsf.gov.uk

Department of Health

www.dh.gov.uk

Information Service Child Development Centre

0115 8831157 or 8831158

infoservices@nottspct.nhs.uk

National Association of Children's Information Services

www.nacis.org.uk

Nottinghamshire Children and Young People's Partnership

www.nottinghamshire.gov.uk/nottscyppartnership.htm

Early Support Programme

www.earlysupport.org.uk



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Healthy
Young
Minds



Child & Adolescent Mental Health Services

Services in Nottinghamshire County

Who? What? Why? Where? and how?...



About this booklet

This booklet is designed to provide information about **Child and Adolescent Mental Health Services [CAMHS]** across Nottinghamshire County and Bassetlaw. There is acknowledgment of the importance and value of effective partnership working and the value of delivering integrated services. It is our hope, that together we are able to deliver effective, timely and needs-led, quality services for children, young people and their families.



Introduction

CAMHS is committed to develop and enhance provision as a 'whole system' approach across the service. We recognise that there is a need to provide clarity and to simplify access to the broad range of services delivered in partnership with Universal providers and a need where possible to deliver support and interventions within local communities.

Service Aim

We aim to achieve an improvement in the mental health and well-being of all children and young people across Nottinghamshire, through effective and meaningful multi-agency partnership working, ensuring that:

'All children and young people, from birth to their eighteenth birthday, who have mental health problems and disorders, have access to timely, integrated, high quality, multidisciplinary mental health services to ensure effective assessment, treatment and support, for children and young people and their families.'
Children and Young Peoples NSF (DH 2004)

Nottinghamshire County Teaching and Bassetlaw Primary Care Trusts recognise their responsibility to commission a robust, quality, integrated, measurable and outcomes-driven service to meet the diverse mental health needs of children and young people aged 0-18 years across the county and within this, meet the Public Service Agreement (PSA) targets for CAMHS.

CAMHS contributes to the five outcomes from Every Child Matters: Change for Children (DCSF 2004) supporting children and young people to:

- Enjoy and Achieve
- Be Healthy
- Stay Safe
- Make a Positive Contribution
- Achieve Economic Well-being



About CAMHS

CAMHS is being remodelled to promote a 'whole system' integrated delivery approach across a continuum of care through four tiers:

- Universal [Tier 1]
- Targeted [Tier 2]
- Specialist [Tier 3]
- Highly Specialist [Tier 4]

These tiers are described in the following pages and visualised for easy reference on pages 10 & 11, at the back of this booklet.

All services will apply the Common Assessment Framework (CAF) and work within a continuum of needs as indicated in the diagram below.

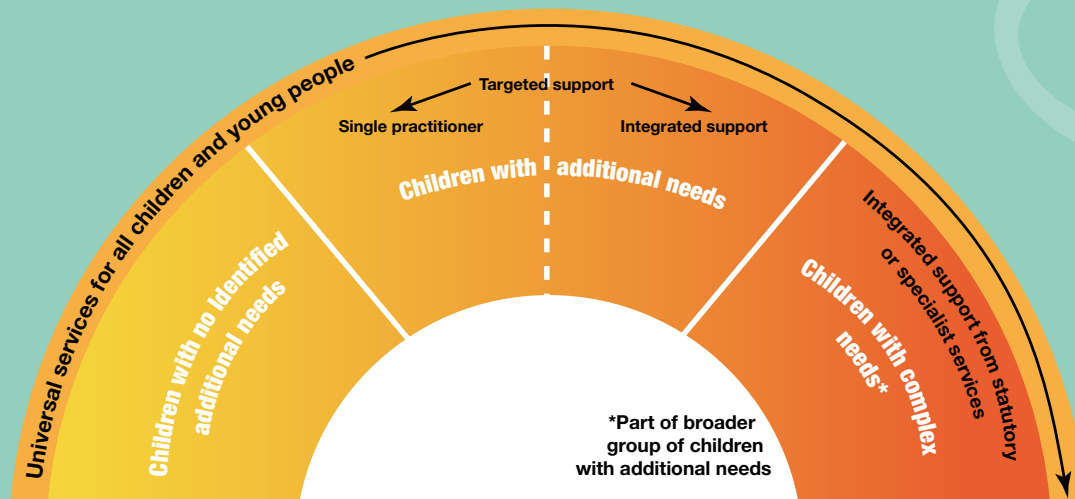


Figure 1: Continuum of needs and services

CAMHS

Universal Delivery [Tier 1]

There is recognition that a broad range of providers work in partnership across the community and age spectrum to deliver high quality support to enhance emotional health and well-being and resilience of children, young people and their families. This work is highly valued and there is commitment to support and strengthen this work by developing a CAMHS training post. The post holder will work in partnership to promote emotional health and well-being and strategies to promote resilience in children. This will be delivered through training and development opportunities with a broad range of providers from the public, private, voluntary and independent sectors. Links to Healthy Schools and SEAL initiatives will be maximised.

Consultation and joint working is available to partners to enable the emotional health and well-being needs of children, young people and their families to be met at a Universal level.



CAMHS cont...

Targeted [Tier 2]

Across Nottinghamshire a new service is being developed providing community focused delivery at a Targeted level. The service in Bassetlaw will be developed across the district. In the districts of Ashfield, Broxtowe, Gedling, Mansfield, Newark & Sherwood and Rushcliffe, District Emotional Health and Well-being Teams will be established with a District Lead heading up a multi-agency team in each district. A range of delivery outlets will be established across the county to support delivery within local communities.

This is an important and exciting development and provides consultation and support to underpin Universal provision, with one-to-one and group facilitated support for children, young people and their families who present with a mild to moderate identified emotional health and well-being need.

Examples of need may include (but not exclusively):

- Emotional support
- Behavioral support
- Development concerns
- Deliberate self harm

Collaborative work with the Joint Access Teams (JATs) occurs at this level.



Specialist [Tier 3]

A service providing high quality evidence-based interventions to those children, young people and their families who are most vulnerable to mental health problems and present with concerns that are assessed as being severe and/or complex in nature.

The service has been remodelled to embrace an integrated provision and alignment with the developing Targeted Tier 2 service provision.

The Specialist CAMHS provision consists of 3 distinct Specialist teams: Neurodevelopmental Disorders, Emotional Disorders and Early Intervention in Psychosis.

The Head 2 Head, Specialist Learning Disability Services, Self Harm, Paediatric Liaison, Children Looked After and Adoption Teams form part of the Specialist service provision.

Examples of need may include (but not exclusively):

- Emotional Disorders Team (EDT)
 - Depression (moderate to severe)
 - Anxiety Disorders and Adjustment disorders
 - Post Traumatic Stress Disorder (PTSD)
 - Obsessive Compulsive Disorder (OCD)
 - Severe attachment, emotional and behavioural disorders associated with child abuse and neglect
 - Eating disorders
 - Self Harm
- Neurodevelopmental Disorders (NDT)
 - Attention Deficit Hyper Activity Disorder (ADHD)
 - Autistic Spectrum Disorder (ASD)
 - Tics and Tourettes
 - Psychiatric and Neurodevelopmental disorders in children and young people with Learning Disabilities
- Early Intervention in Psychosis (EIP)
 - High risk mental states suggestive of early psychosis/severe mental illness
 - Early onset schizophrenia, bipolar disorder and affective psychosis
 - Other psychoses



CAMHS cont...

Highly Specialist [Tier 4]

A highly specialist service providing assessment, treatment and management of children, adolescents and their families whose mental health problems and disorders cannot be managed at tier 3 because of their complexity, risk, persistence and interference with social functioning and normal development, consequently requiring very specialist skills. Access to appropriate and high quality, evidence based highly specialist services is a priority, with emphasis on the development of a range of approaches and delivery options including outreach support, whole or half day activities and in-patient care.



Examples of need may include (but not exclusively):

- Conduct disorders
- Anxieties, phobias
- Hyperactivity
- Consequences of being abused and neglected
- Severe eating disorders
- Severe affective disorders
- Severe anxiety/emotional disorder
- Severe Obsessive Compulsive Disorder (OCD)
- Psychotic disorders
- Dual diagnosis
- Other mental illness where physical, social, and family variables operate to impede progress
- Attention Deficit Hyper Activity Disorder (ADHD)
- Autistic Spectrum Disorder (ASD)
- Tourette Syndrome (TS)
- Learning disability/epilepsy-neurological/challenging behavior
- OCD/Post Traumatic Stress Disorder (PTSD)/ anxiety disorders (psycho pharmacology opinion)
- Psychosis/Schizophrenia
- Medically unexplained physical symptoms (seizures)

Young People's Substance Use Services

Face It Young Person's Drug and Alcohol Service

Confidential, Targeted and Specialist Substance use advice, support, interventions and treatment for young people up to 18 years of age (21 years if a care leaver), who are using or at risk of using substances.

Head 2 Head

Confidential specialist interventions and treatment for young people up to 18 years of age, whose substance use is impacting on their mental and emotional health (dual diagnosis).

WAM? (What About Me?)

Confidential, Targeted and specialised advice, support and interventions for children and young people (5-19 years) that are affected by somebody else's substance use.

CAMHS Children Looked After & Adoption Team

Referrals are usually made by the young person's social worker in discussion with the network around the child. A clear referral process exists within Children and Young People's Department to assist this. Referrals for adopted families can be made through the family GP or other health professionals involved with the young person and their family by contacting 01623 784905.





How to Access CAMHS

Universal services - through your usual contact with a range of professionals delivering services in your local area.

Consultation, advice and joint working with children, young people and their families between Universal and Targeted Tier 2 teams. Please contact the District Lead for the Targeted Emotional Health and Well-being Service in your district. The local authority district boundaries of Ashfield, Broxtowe, Gedling, Mansfield, Newark & Sherwood and Rushcliffe apply - call **0300 300 0022** for contact details. For Bassetlaw call **01777 274422**.

A Single Point of Access has been established for Requests for Involvement or access for direct support from Targeted, Specialist, Highly Specialist Services, Specialist Learning Disability Services and Community Learning Disability Team. **Contact numbers can be found over the page.**

The Single Point of Access requires you as the 'referrer' to

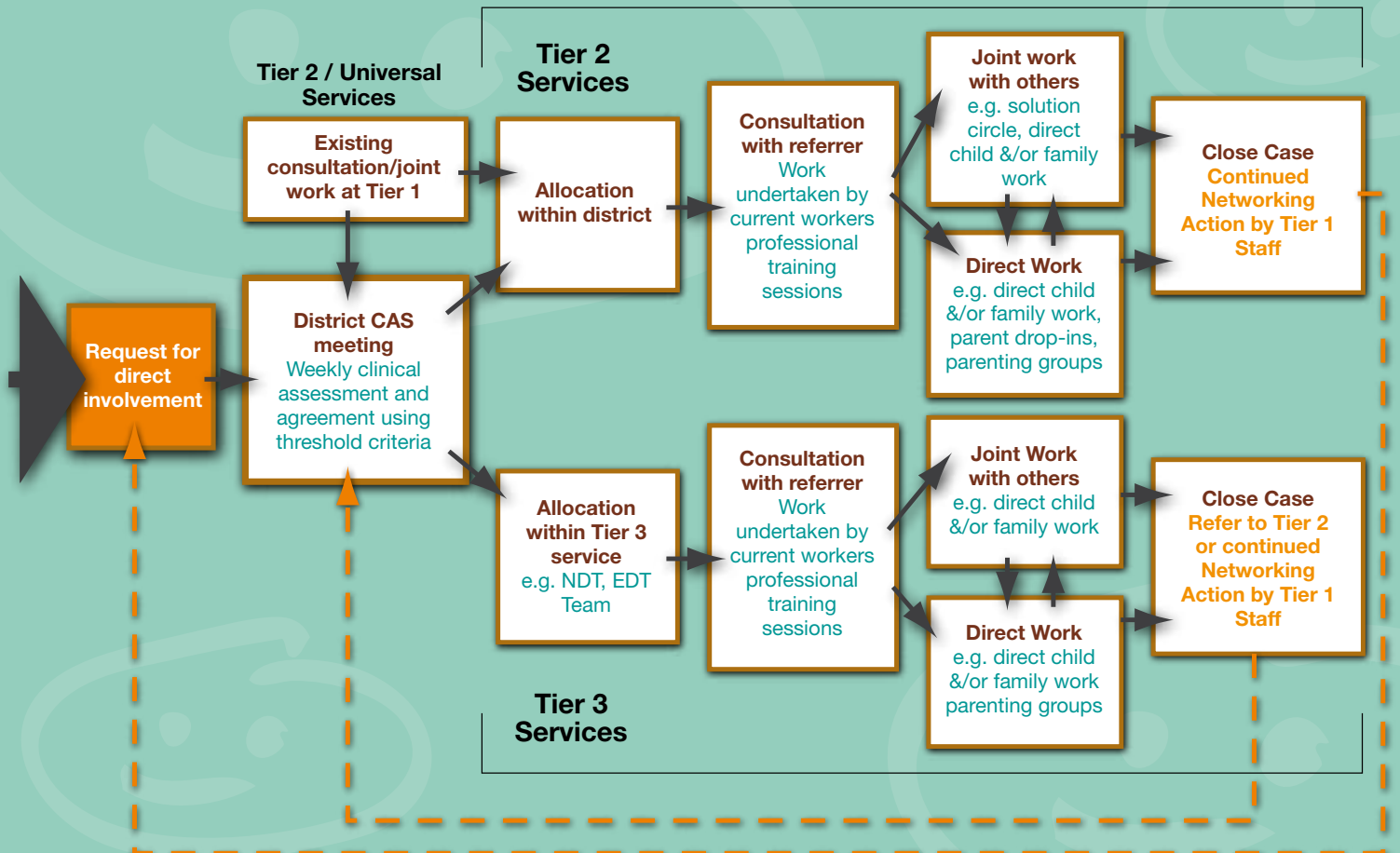
request involvement from an expert multi-agency panel that will assess and allocate the case to the most appropriate service. Requests to a specific service within this system is not possible. It is the responsibility of the referrer to gain informed consent from the client for the information in the Request for Involvement to be shared within a partnership of provision (this includes services commissioned from NHS, Notts County Council and Third Sector providers).

We recognise that there has previously been confusion about the types of work undertaken at each tier and the range of presenting issues, which necessitate requests to CAMHS. An Access/Request for Involvement pack, including a Single Point of Access flow chart (see below), has been developed to support your requests.

A Request for Involvement Form is found on the Request for Involvement pack CD and can be downloaded from your intranet. This form must be completed in order to be processed to the Single Point of Access.



Single Point of Access Flowchart





How to Access CAMHS cont...

The Single Point of Access Panel meets weekly with arrangements in place to review emergency and urgent cases between panels. For Access/Request for Involvement enquiries call:

Ashfield & Mansfield: 01623 650921

Bassetlaw: 01909 733192

Broxtowe, Gedling or Rushcliffe: 0115 844503

Newark & Sherwood: 01636 670633

The development of the single point of access is an integral part of improving access to the most appropriate Child and Adolescent Mental Health Service for a child, young person and/or family's need. It aims to provide:

- A single place to contact when professionals are concerned about the mental health of a child/young person.
- A clear and accountable system to prioritise requests.
- An integrated system of allocation of requests.

Please refer to the Access/Request for Involvement pack (June 2008).



Access to Young People's Substance Use Services

Face It Young Person's Drug and Alcohol Service

Professionals can refer young people (with their consent) to face it by contacting 01623 643598.

Young people can self refer by calling face it free of charge on 0800 5877878 or text 07887 555150 (these numbers are for young people only).



Head 2 Head

Professionals can refer young people to Head 2 Head by contacting 01623 784827



WAM 5-19 years

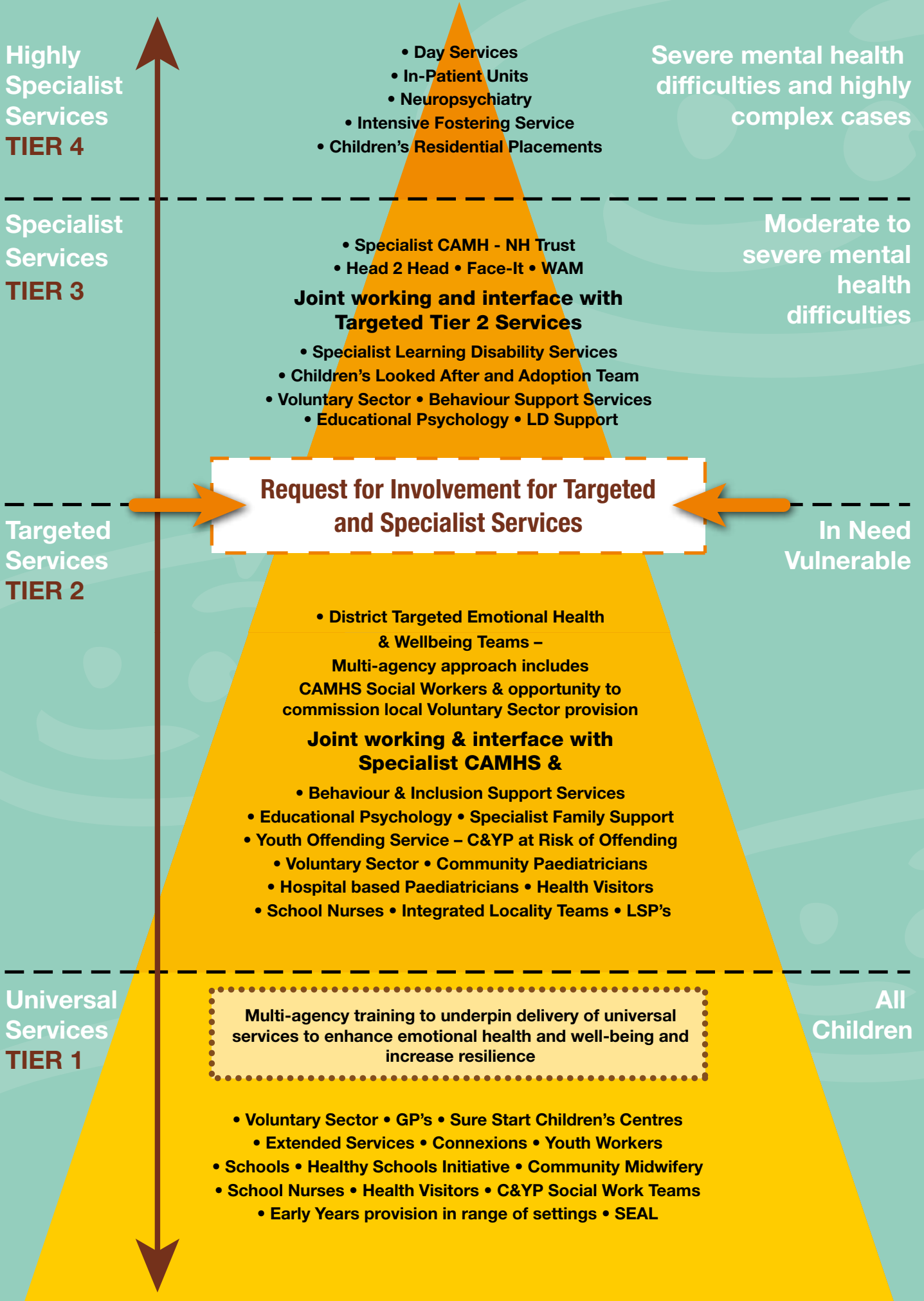
Professionals can refer children and young people (with their consent) to WAM by contacting 01623 635330.

Young people can self refer by calling WAM on 01623 635326 or text 07970 724165 - WAM will call or text them back.



All of the above services offer outreach appointments, and can see the young person wherever it is most appropriate, for example school, youth club, home, etc.

Comprehensive Child and Adolescent Mental Health Service In Nottinghamshire



Working in partnership with children, young people and their parents/carers.