



What is
CAMHS?

First
Steps

The
Future

The
Funding

Child and Adolescent Mental Health Services

What's been happening?



Bracknell and Ascot
Slough
Windsor, Ascot and Maidenhead
Clinical Commissioning Groups

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What is CAMHS?

For many children and young people, emotional and mental health difficulties are a natural and normal response to the changes and challenges they experience as they grow up.

But some children and young people are more vulnerable than others to mental health issues and from time-to-time need a little bit of extra help managing difficulties with their feelings and behaviour in order to build their emotional resilience (or in other words be able to bounce back from tough situations).

This help is provided by CAMHS which stands for '**child and adolescent mental health services**' for children and young people up to the age of 18 and also their families (and up to 25 years of age for particular vulnerable young people).

From time to time, the need for extra services is identified and new services need to be funded.



This report will give you information about what has been achieved in CAMHS up to September 2016 and what is being planned for the future.

Who designs local CAMHS?

Organisations that design mental health services for children and young people are called clinical commissioning groups (CCG). CCGs are groups of GPs that work together to ensure better services for everyone.

The 3 CCGs for Bracknell and Ascot, Slough, Windsor and Maidenhead work together with Social Care to improve the local CAMHS system. They formed a partnership called the East Berkshire Transforming Children's Health Board and wrote the **East Berkshire Transformation Plan for Children and Young People's Mental Health and Wellbeing**.

Everyone on the Board wants children and young people to:

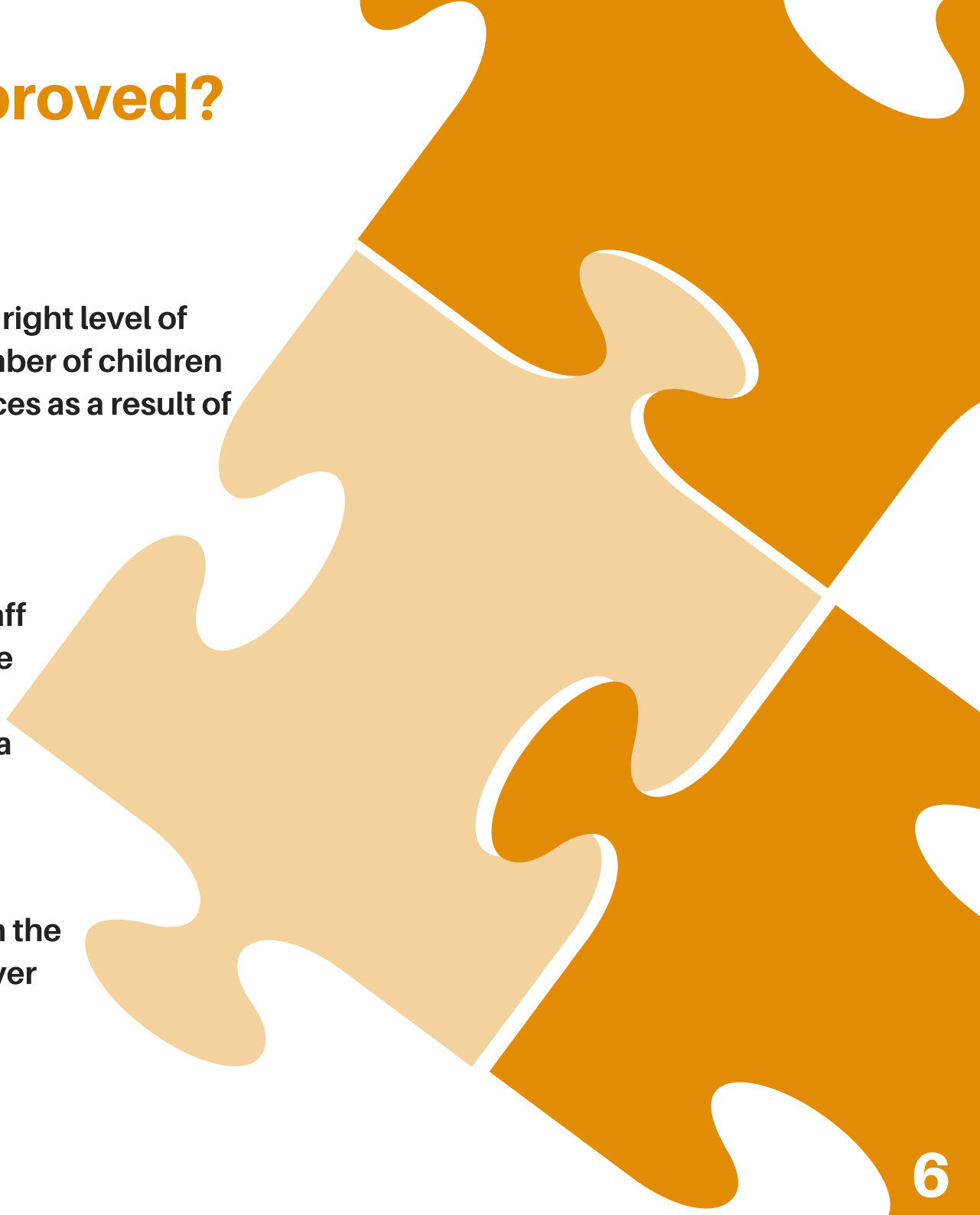
-  **Enjoy a happy and fulfilling childhood**
-  **Grow to be resilient and able to manage their emotional health and wellbeing within their family, school and community environments**
-  **Enable the most vulnerable children and young people to have access to the most appropriate range of services at the time they are needed**

How will CAMHS be improved?

The Government, with health and social care services, agreed that CAMHS could be better and that we should make these changes:

- 1 Promote resilience and provide early support:**
Making the right advice support, training and guidance available when people need it, as soon as they need it, so that problems don't get worse. We should also work with people to help them understand mental health and reduce the stigma which stops people coming forward for support.
- 2 Improve access to a joined up system:**
Making sure that different organisations such as hospitals, GPs, social care services, voluntary services and schools all work together in a joined up way so that children and young people and their families feel supported if they move between different services. Reducing long waiting times is also a top priority!

How will CAMHS be improved?

- 
- 3 Care for the most vulnerable:**

Making sure that those most at risk get the right level of support at the right time, reducing the number of children and young people using emergency services as a result of avoidable mental health crisis.
 - 4 Develop staff:**

Making sure that services have enough staff and that all staff, including volunteers, have the time and the skills to work with children and young people and families in a person-centred way.
 - 5 Take responsibility for services:**

Making sure that organisations are clear on the needs of local people, and design and deliver services that meet those needs.

What were our first steps?

In 2016, the Board looked back over the work they had done. We took the views, ideas and experiences of young people, parents, carers, teachers, health and social care professionals and partners on board to make sure that what we were doing was still meeting needs.

Over the last year, we introduced **11** new services:

Early Support



Kooth Online Counselling offers information and support anonymously to children and young people online through fully trained counsellors. This helps them with their emotional distress before it develops into a mental health problem.



Youthline Counselling provides confidential 1:1 counselling and workshops for children and young people between the ages of 12-25 on common topics of concern to young people.




Youth Talk Counselling provides counselling in schools and community settings for children and young people up to 25 experiencing self-harm and eating distress, and their parents and carers.





Family Friends offers support in community and in homes to support families with children and young people aged 7 - 13 years who are experiencing insecurity, loneliness and anxiety or who are presenting with eating disorder symptoms and self-harm.

What were our first steps?


Support for the most vulnerable

 **Autism Berkshire** support children and young people and their families before and after a diagnosis of autism (ASD), by developing their understanding of the condition, introducing coping strategies and letting them know what help is available to them.

 **Berkshire Healthcare Foundation Trust** invested more money to reduce the length of time children and young people have to wait to access autism and attention deficit hyperactivity disorder (ADHD) services.

 **Parent Factor (ADHD Parent Training)** helps parents to cope better with a child with ADHD. This helps them to understand the diagnosis and treatment as well as how to get appropriate support, particularly within schools.

Crisis care

 We have invested in **crisis care** to give children and young people appropriate support without the need to go to a specialist hospital. This money has also provided help to children and young people who have already experienced a crisis but no longer need that high level support (**crisis care step down**).

What were our first steps?

Specialist care



We set up an **eating disorder service** that helps professionals and families to identify an eating disorder early on and to access the right service at the right time. Young people are supported before, during and after treatment.

Developing our staff



Emotional Literacy Support Assistant (ELSA) Training has been provided to school staff to increase their knowledge and skills around autism. Staff also learn techniques to help children and young people cope better with challenging life events and circumstances.



PPEP Care Training teaches school staff how to identify early signs of a child or young person in emotional distress and the techniques they can use to help them either at school or in a healthcare setting. Teachers also learn what other support is available locally and how to make a referral.



Emotional First Aid Training has been provided for parents and carers so that they can recognise and respond to a range of children and young people's mental health problems in a way that complements support from professionals.

What were our first steps?

How did we do?

- ✔ Greater capacity in the system with reduced waiting times and quicker access to services
- ✔ More appropriate referrals meaning more children and young people and their families get the help they need when they need it
- ✔ More choice in services
- ✔ Online information and counselling (Kooth) dramatically reducing the time that children and young people have to wait to talk to a mental health professional
- ✔ High levels of satisfaction with Kooth. 95% of users would recommend the service to a friend
- ✔ 89% of children and young people seeing an improvement in their mental wellbeing after seeing a counsellor
- ✔ Good attendance at training workshops leading to a better understanding of mental health and the services that are available
- ✔ Greater levels of understanding and support from parents
- ✔ Increased satisfaction with support for families of autistic children

What are we planning for the future?

In November 2016 the CAMHS Working Group reviewed all of the services that we've described above and decided to both build on services that we've already got and create some new ones:

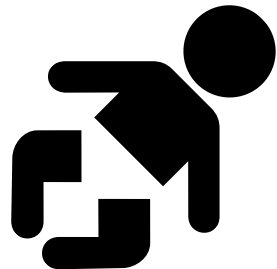
Early support



Youth Line Counselling will invest more money so that it can recruit more counsellors to enable them to help more children and young people.

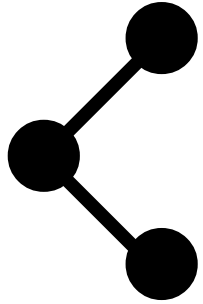
Developing our staff

Under 5s Emotional Literacy Support Assistant (ELSA) Training has received more money to focus on ADHD in early years settings, such as nurseries and play groups.



What are we planning for the future?

Support for the most vulnerable



Counselling support for children and young people with autism is a brand new service for young people aged 11-25. It will be provided in their homes and in the community, helping them to build their social networks and prepare them to embrace independent living.

Youth Talk Counselling will invest more money to expand, particularly within Windsor, and to reduce waiting times. This larger service will also provide training to schools around children and young people's emotional wellbeing.



The **young offender multi-agency support programme** is another brand new service that will identify children and young people entering the youth justice system with poor mental health, bring in help from other organisations and address their mental health needs. This aims to avoid them receiving a custodial sentence.



Where is the money coming from?

Mental health initiatives are funded from a range of sources including the Department of Health, the Department for Education, NHS England as well as specific grants for targeted programmes (e.g. eating disorders and maternal mental health).

The amount of money that is given to local areas is based on the number of people living in an area.

Below shows how much money from the total CAMHS budget for all of East Berkshire has been used for transforming the services over the past couple of years:

Year	Total budget for all CAMHS services	Money spent specifically on CAMHS transformation
April 2015 – March 2016	£4,797,307	£703,656 (spent)
April 2016 – March 2017	£5,083,989	£592,020 (spent)
April 2017 – March 2018	£5,224,000	£672,031 (estimated)

For 2018/19, the Board will focus on the needs of specific vulnerable children and young people to identify and address any gaps in our services.

Services

Autism Berkshire ● ● ●

Berkshire Healthcare Foundation Trust ● ● ●

Counselling for young people with autism ● ● ●

Crisis care service ● ● ●

Eating disorder service ● ● ●

Emotional first aid training ● ● ●

Emotional literacy support assistant training ● ● ●

Family Friends ●

Kooth ● ● ●

Parent factor ● ● ●

PPEP care training ● ● ●

Young offender multi-agency support ●

Youthline ●

Youth talk ● ●

The following services are available in...

● Bracknell and Ascot

● Royal Borough of Windsor and Maidenhead

● Slough