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Registration & Welcome

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Opening address

Nita Madhani, Assistant Director for Children and Young People in Redbridge, NELFT


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Redbridge CAMHS: Transforming what we do...

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Overview

- Who we are, what we do
- What's changed? (I-thrive model – what is it, how does it impact you?)
- Wellbeing hub (what is it, how does it impact you?)
- Referral criteria (single point of access, pathways/journey)
- Crisis Support
- New website design

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Who are NELFT?

North East London Foundation Trust (NELFT) currently provides Child and Adolescent Mental Health Services (CAMHS) in the four London Boroughs of:

- Redbridge
- Barking and Dagenham
- Havering
- Waltham Forest.

NELFT also deliver services in Essex, Kent and Medway.


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Transforming CAMHS

- Following the 'Future In Mind' National Report¹, Local Transformation Plans (LTPs) were developed in each of our London CAMHS services in Dec 2015, and updated in 2017.
- The local transformation plans have set out the aspirations for how the local partnerships will achieve change for children and young people's emotional and mental health support.


¹Children and Young People's Mental Health and Well Being task force, 2015


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Local Transformation Plans (LTP's)

- The LTP's outline the development of a sustainable whole system approach to building resilience and better emotional wellbeing and mental health in children and young people.
- This approach aspires to draw on and enhance the assets found in our local community and services, in particular in health services, the council, schools, the third sector and youth justice.
- The intention is to evolve from the traditional tiered approach to a seamless pathway based on children's needs.

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What's changed? i-Thrive

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What is i-Thrive?

- A framework for how best to address needs while **acknowledging how CAMHS services do not have all the answers.**
- Uses a broader lens for mental health services, that incorporates the wider system, **aims to move the narrative towards asking how we can support young people wherever they are.**

THRIVE framework (Wolpert et al., 2016)

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Thrive conceptual framework

THRIVE framework (Wolpert et al., 2016)

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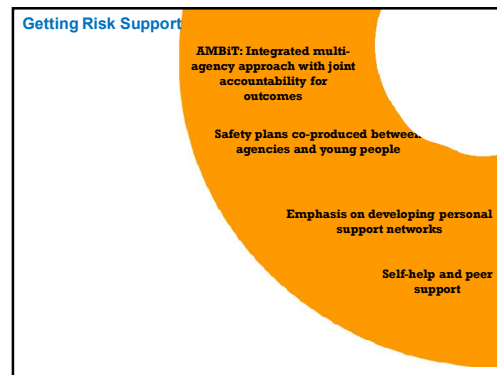
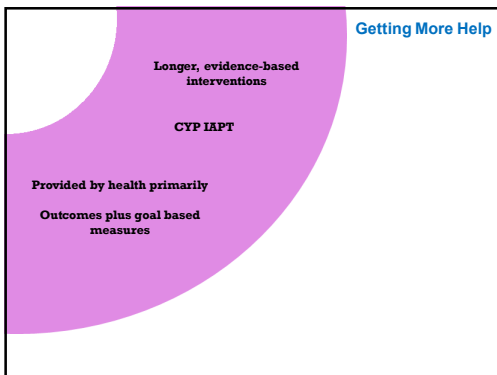
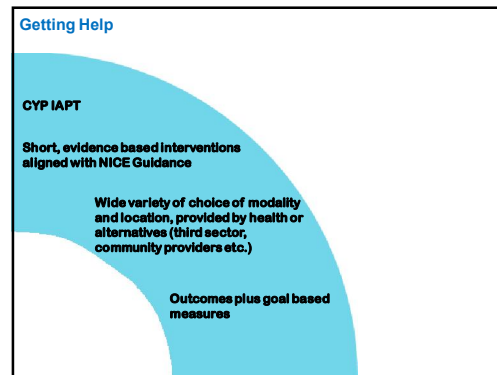
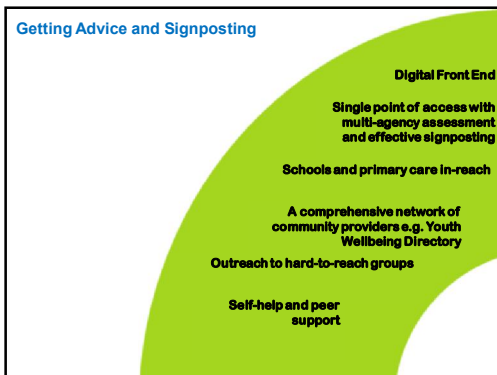
THRIVE Approach to Implementation: whole system change

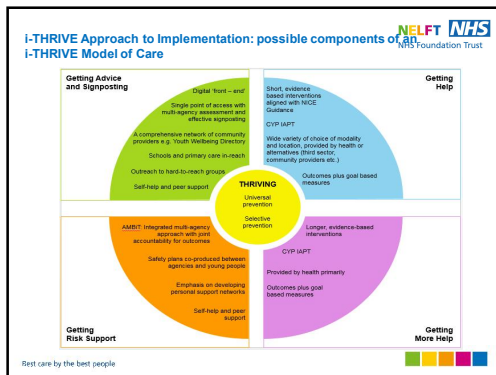
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Thriving

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For more information

Jeni Page: i-THRIVE Project Manager

E: jeni.page@annafreud.org

i-THRIVE Website: www.implementingthrive.org

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What's changed – Wellbeing Hub

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What is the Wellbeing Hub?


- The new model recognises that not all children and young people's emotional and well-being needs are best supported in specialist CAMHS services but rather within their own wider networks of support.
- The Wellbeing Hub will support children and young people with emotional and psychological needs/disorders by providing both **assessment, sign posting and referral** to the **most appropriate type of support** from **universal and Targeted services**, and **direct specialist support** when required.
- The Wellbeing hub is therefore the front door to all Local Emotional Wellbeing and Mental Health Support services.

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What is the wellbeing hub cont....


- The Well-Being Hub will accept self referrals and Parent/Carer referrals along with referrals from professionals.
- The Well-Being Hub will process all referrals through a single point of access, and ensure CYP have access to a network of support including online support, self help strategies, and voluntary community support services.
- The WBH will also offer an integrated pathway between **universal services** and **specialist community multidisciplinary CAMHS teams** to ensure children and young people are offered the right intervention dependent on their need (which can fluctuate) with interventions along the care pathway responsive to these changing needs (as described in the Thrive quadrants)

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What is the wellbeing hub cont....

- The Well Being Hub will provide outreach, advice and consultation for partner agencies, along with Brief Intervention support when appropriate.
- The Wellbeing Hub will also access specialised services such as inpatient services and specialist outpatient services such as Crisis support (Interact), Eating Disorder Services, Early Intervention in Psychosis services etc., as required, with a focus on providing **early intervention** and minimising the need for inpatient care.

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The wellbeing hub – Collaborative support for CYP

- As children and young people's emotional wellbeing and mental health affect all aspects of their lives, no one service alone will be able to meet all their needs.
- Therefore a key ingredient of success in implementing this plan will be to fully explore new ways of working and develop collaborative arrangements with partners including schools, and the community voluntary sector to make our vision a reality.
- "Mental Health is Everyone's Business"

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What's changed - Referral criteria


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Referrals

- Referrals to the Wellbeing Hub and specialist CAMHS are made via the Single Point of Access (SPA) referral form
- There is no referral criteria for the Wellbeing Hub
- All referrals will be triaged and signposted to the appropriate services including specialist community CAMHS
- Referral criteria will remain to access specialist community CAMHS
- Self and parental referrals are accepted (no SPA form required here)

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What specialist MH services for CYP offer

- Assessment and treatment for CYP experiencing moderate-severe MH difficulties:
- Emotional and behavioural disorders (moderate to severe)
- Conduct disorder and oppositional defiant disorder
- Hyperkinetic disorders
- Psychosis
- Obsessive-compulsive disorder
- Eating disorders
- Self harm and suicidal ideation

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What specialist MH services for CYP offer cont.

- Dual diagnosis – including comorbid drug and alcohol use
- Neuropsychiatric conditions
- Attachment disorders
- Post-traumatic stress disorders
- Development disorders
- Significant mental health problems where there is comorbidity with mild/moderate learning disabilities or comorbid physical and mental health problems
- Mood disorders
- Somatising disorders

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What specialist MH services for CYP would signpost out for:

- Age from 18
- Bereavement support
- Domestic violence support
- Social care issues
- Behavioural difficulties without co-morbidity or significant advice and intervention from other services
- Parental separation
- Children in court proceedings where intervention is not advised under Home Office guidelines
- Court assessments, unless specifically contracted

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Care Pathways

Within specialist MH services:

- Emotional
- Neurodevelopmental
- Behaviour/Conduct
- Looked After Child (LAC) pathway
- Brief Interventions

Outside of the community CAMHS:

- Interact
- Young persons Home Treatment Team /Brookside
- Eating Disorder services
- EIP (Early Intervention in Psychosis)
- IMPART

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What makes a good referral?

- Ensuring contact details are provided on the referral form
- Clear identification of risks e.g. self harm, suicidal ideation, risk from/to others
- Clear description of presenting mental health difficulties
- Understanding of age appropriate behaviour
- Referral signed
- Consent gained from young person (age appropriate)
- Motivation from young person to engage

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Contact details:

Emotional Well Being and Mental Health Services (EWMHS)
Specialist Community Health Service for Children and Young People

The Grove, Grove Road
Chadwell Heath
Essex
RM6 4XH

Tel: 0300 555 1182 / 0300 300 1624
Email/Referrals: nem-tr.rbcypspa@nhs.net

Opening times: 9am - 5pm, Monday to Friday. After hours, or in an emergency please contact our 24 hour crisis line - Mental Health Direct on 0300 555 1000.

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What's changed – Crisis Support

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NELFT CYP Mental Health Crisis Pathway

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Local Child & Adolescent Mental Health Service's (CAMHS – Havering, Barking & Dagenham, Waltham Forest, Redbridge),

INTERACT

Brookside: Young People's Home Treatment Team (YPHTT) & Brookside Ward

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INTERACT: METHOD

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WHAT IS INTERACT

- Intensive outreach service providing crisis prevention and resolution for 0-18 Yrs
- Emergency Department liaison service (flexible 9-5) for 3 acute hospitals including Emergency Department diversion
- Two referral types**
Emergency (4hrs) and Urgent (5 days). Fast response
- Co-Working only**
All CYP continue to be managed by the main borough CAMHS service or other service such as Eating Disorders Team.
- Clinically focused, reduced bureaucracy**
Increased clinical contact for CYP, their families and Mental Health Practitioners
- No duty system**
Whole team approach.

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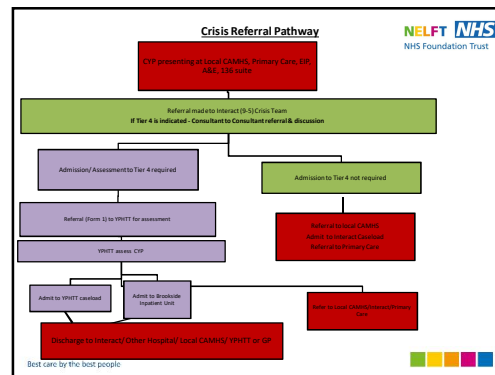
Young People's Home Treatment Team

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WHAT IS YPHTT

- Tier 4 service providing intensive treatment and assessment "Hospital at Home" for 12-18 year olds
- 24/7 service** – visiting young people up to 3 times a day/ Out of Hours Emergency Assessments -Prevention of hospitalisation or where it cannot be prevented, a reduced length of stay
- MDT assessment and intervention** - Evidence based interventions include 5 treatment pathways – Crisis, Psychosis, Neurodevelopmental, Mood & Anxiety, Complex Trauma/Attachment disorder/ emerging personality disorder.
- Recovery focused interventions** with emphasis on remaining or reintegrating back into education and communities, with the idea of wellness.
- Empowering families** and young people to become independent in the management of the mental health need, including medication management.
- Integrated working e.g. Local CAMHS, Social Services, INTERACT, EIP, Education following CPA
- Effective management of crisis, risk and high need in the community
- Seamless transition between tiers and continuity of care

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What's changed - New website design

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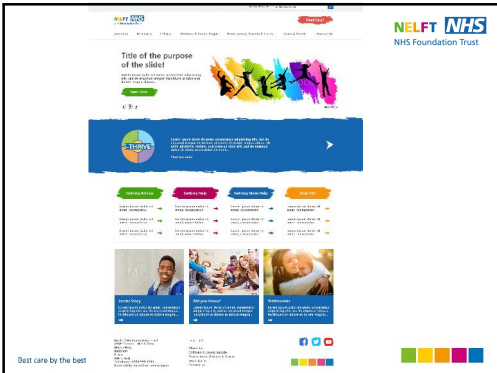
Our aim for the website

- To co-create a website that positions NELFT as a leader in delivering CAMHS services in the London boroughs of Redbridge, Barking and Dagenham, Waltham Forrest and Havering.
- To inform stakeholders of what we do and don't do.
- To educate young people about mental health and where to obtain support via their network.
- To highlight the change in how CAMHS services will change (e.g. i-Thrive).
- Continually developed with children and young people


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Desktop view

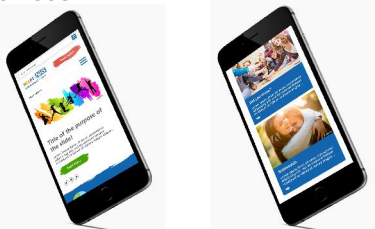


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Optimised for phone and tablet devices




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Coming soon

- YouTube videos
- Avatars for 'meet my therapist'
- Young People self referral form
- Downloadable resources
- 360 tours



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In closing

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Case study & Workshop Session


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Case study & Workshop Session (Group Feedback)


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Question & Answer Session

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Closing remarks

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Thank you for attending!
Your views are important to us,
please complete
post event evaluation form.

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