



# Understanding the CAMHS Transformation

[www.tewv.nhs.uk/CAMHStraining](http://www.tewv.nhs.uk/CAMHStraining)

April 2022

## Why did we need to change

### **Concerns which led to identified need to change:**

Inequality of access to therapeutic interventions for patients from different localities

Waits for patients at each step in the process

Repetition of patient story and multiple assessments

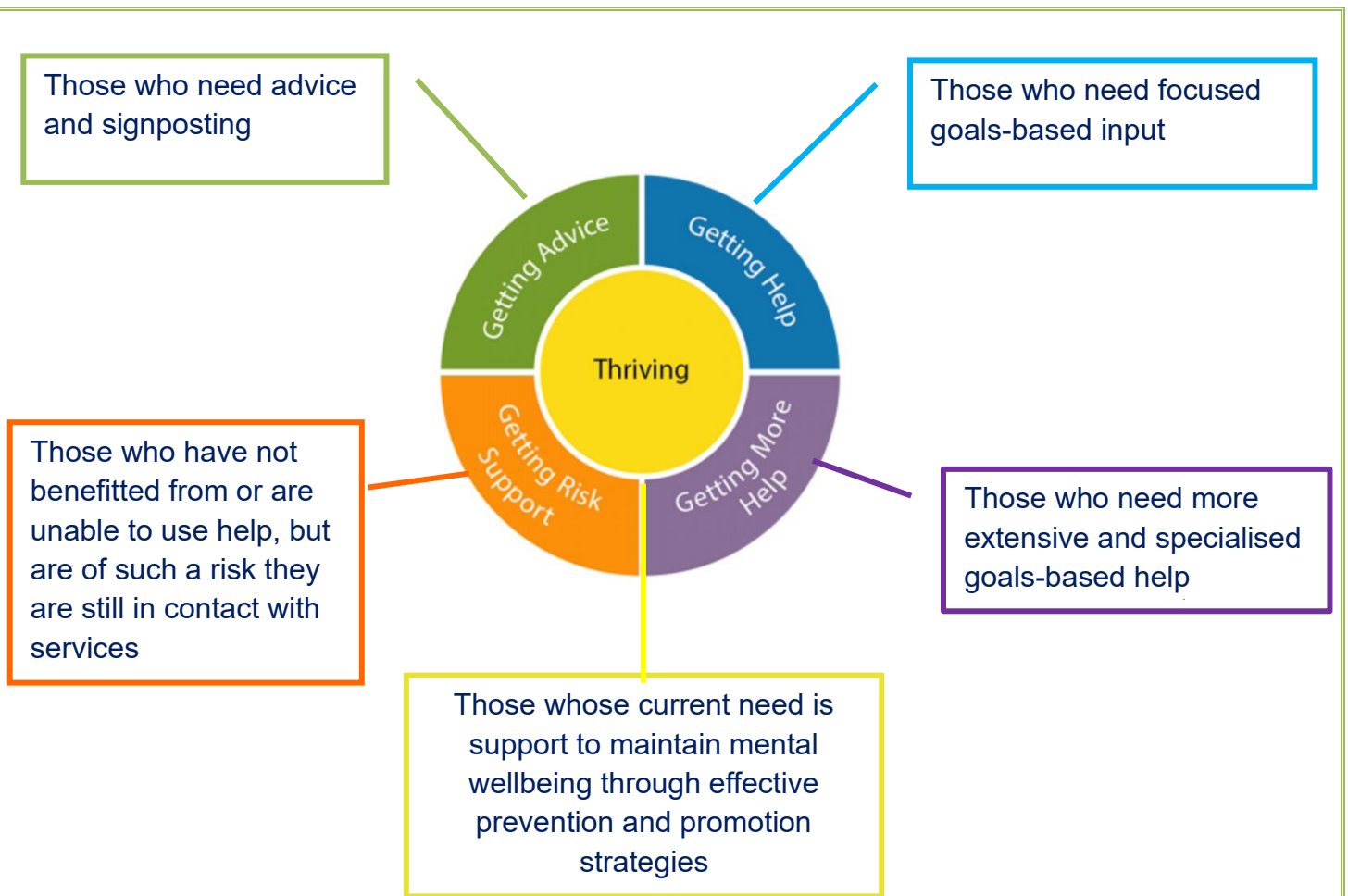
High staff caseloads with staff unable to offer the therapeutic interventions for which they are trained

## Moved to a new model iThrive

### **Brief over view**

#### **This model conceptualises need in five categories:**

- \* Thriving
- \* Getting Advice and Signposting
- \* Getting Help
- \* Getting More Help
- \* Getting Risk Support



## Thriving

Around 80% of children at any one time are experiencing the normal ups and downs of life but do not need individualised advice or support around their mental health issues. They are considered to be in the *Thriving* group

## Getting advice

Within this grouping are children, young people and families **adjusting to life circumstances**, with **mild or temporary difficulties**, where the best intervention is within the community with the possible addition of self-support.

This group includes both those with **mild or temporary difficulties AND those with fluctuating or ongoing severe difficulties**, who are managing their own health and not wanting goals-based specialist input.

## Getting help

This group comprises **those who need specific interventions** focused on agreed mental health outcomes.

An intervention is any form of help related to a mental health need in which a paid-for professional takes responsibility for input directly with a specified individual or group.

The professional **may not necessarily be a trained mental health provider**, but may be a range of people who can provide targeted, outcomes-focused help to address the specific mental health issue.

## Getting more help

**There are no hard and fast rules as to who needs *More Help* but the following are frequent indicators:**

The child or young person is **completely unable to participate age appropriately in daily activities** in at least one context (e.g. school, home, with peers)

they may even be unable to function in all domains (e.g. staying at home or in bed all day without taking part in social activities)

they need **constant supervision** (due to their level of difficulties they are no longer managing self-care) and experience distress on a daily basis

## Risk support

It is important to note that there are likely to be risk management aspects in all groupings. However, in the context of high concerns but lack of therapeutic progress for those in this group, risk management is the sole focus.

**CAMHS Crisis and Liaison Team**  
**0800 0516 171**

Team Manager: Sarah Watson  
CNS: Alan Hanlon

Single Point  
of Contact  
(SPoC)

Getting Help

Getting  
More Help

Trauma informed care

Collaborative practice

### SPoC

- Giving advice
- Self-management
- Signposting – links to VCS and Partners
- Access to TEWV service

### Getting Help

- Mild to moderate
- Lead Professional
- Assessment

#### **Low intensity intervention:**

- \* EBP group
- \* Incredible years
- \* Positive Behaviour Support
- \* Systemic Family Practice (SFP)
- \* Parent-led CBT
- \* Decider Skills (Primary and Secondary)
- \* 1:1 Interventions

#### **Higher intensity:**

- \* Ongoing interventions eg CBT, SFP, Home coaching / Incredible years

### Getting More Help

- Complex, Pervasive, Severe, Enduring
- Care Coordinator
- Multi-disciplinary case working
- Assessment
- Systemic Family Therapy
- CBT
- DBT
- IPT
- Medication
- Psychodynamic Psychotherapy
- IHT / IPBS

# Tees Community CAMHS and LDCAMHS High Level Service Model

Sub-locality	North Tees Single Point of Contact (SPoC)			South Tees Single Point of Contact (SPoC)		
	North Tees Getting Help	North Tees Neuro-development	North Tees LDCAMHS	South Tees Getting Help	South Tees Neuro-development	South Tees LDCAMHS
Local Authority area	Stockton Getting More Help		Hartlepool Getting More Help		Middlesbrough Getting More Help	
					Redcar Getting More Help	
Locality	Crisis Team					
	Intensive Home Treatment Team (IHT)					
	Intensive Positive Behaviour Support Team (IPBS)					
	Community Eating Disorders Team (CEDS)					
	Adolescent Forensic Outpatient Service (AFOS) / Forensic CAMHS (FCAMHS)					
	Clinical Case Management Team (CCM)					
	Children's Respite Unit (Baysdale)					
	Tees CAMHS Training					

## How do we get help?

### Single Point of Contact (SPoC)

**SPOC**

**0300 2000 000**

South Tees: [tewv.stspoc-camhs@nhs.net](mailto:tewv.stspoc-camhs@nhs.net)

North Tees: [tewv.ntspoc-camhs@nhs.net](mailto:tewv.ntspoc-camhs@nhs.net)

# What is the Single Point of Contact Team?

## Set up of SPOC

The SPOC team are the first point in the transformation and restructuring of CAMHS services across Teesside

**I-Thrive Model**

## Mission Statement

To provide a point of contact for C&YP to access a Mental Health professional who, through a meaningful conversation with understanding and reassurance, can provide experience and knowledge to reach a collaborative agreement as to where their needs can be most appropriately met.

## SPOC - Now

**Working directly alongside MACH & CHUB** and other agencies

- Maximising ease of contact and transfer to the most appropriate service. **Information sharing has improved between services.**

We are **working with agencies** such as Alliance, MIND, The Link, The Junction

- **Building working relationships and improving the patients journey** from one team to another.

We have established ourselves as an **accessible and professional team**

- Addressing the demands of the referrals into service.

# Referrals

## Who can refer?

- ❖ \*Any professional working with children / yp
- ❖ Parents, Carers and Guardians
- ❖ Self (16 years+)


*\*Consent must be obtained from parents/ carers\**

## How can a referral be made?

Referral forms to be sent via:

@ **Email:** [tewv.stspoc-camhs@nhs.net](mailto:tewv.stspoc-camhs@nhs.net) (South Tees)  
[tewv.ntspoc-camhs@nhs.net](mailto:tewv.ntspoc-camhs@nhs.net) (North Tees)

*or*

 **Post:** SPOC Team  
Evergreen Centre  
Acklam Road Hospital  
Acklam Rd  
Middlesbrough  
TS5 4EE

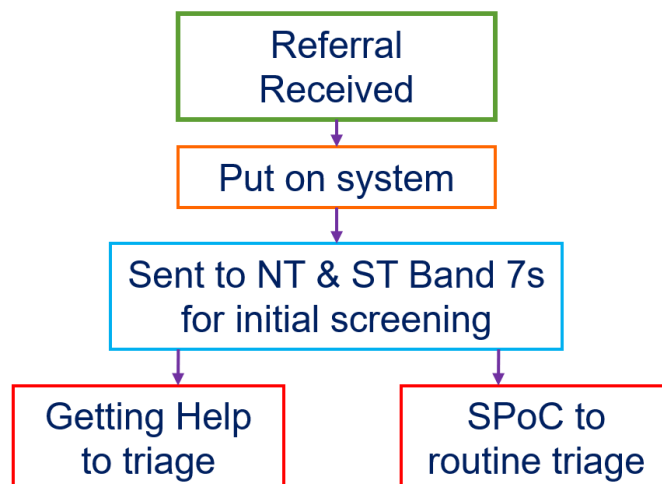


## What information is required?

- ❖ Personal information (name, address, DOB etc)
- ❖ Any other agencies already involved?, if so has consent been given to share information?
- ❖ Current Risk
- ❖ What's been tried before?
- ❖ How long?
- ❖ *Ensure as much details as possible is given for **all** sections of the referral form*

## What will happen next?

### Referral Process



# Plans

✓ Achieved

- Developing huddle with partner agencies

Aim

- Developing huddle with colleges

Aim

- Developing huddle with schools

✓ Achieved

- Building links with GP surgeries

## Impact so far...

The waiting times and team case loads for C&YP in gaining initial contact within Community CAMHS teams have significantly reduced.

Waiting lists for C&YP at the level of 'getting help' has reduced. Allowing community teams 'Getting More Help' to focus on pathways.

Feedback from C&YP strongly indicates a sense of being listened to, validation and reassurance from SPOC.

### SPOC

**0300 2000 000**

South Tees: [tevv.stspoc-camhs@nhs.net](mailto:tevv.stspoc-camhs@nhs.net)

North Tees: [tevv.ntspoc-camhs@nhs.net](mailto:tevv.ntspoc-camhs@nhs.net)

SPOC Team  
Evergreen Centre  
Acklam Road Hospital  
Acklam Rd  
Middlesbrough  
TS5 4EE

Team Manager: Brett Lester