

TaMHS, CAMHS and Local children's Mental Health Services



Danielle Kemp

Professional Lead TaMHS

Carey Gurd

Interim Clinical Team Manager

CAMHS

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There are 3 local Children's Mental Health Services in Swindon. At the lowest level there is Trailblazers – Project Me. TaMHS the Targeted Mental Health Service is part of SBC. And CAMHS offering the higher level support part of the NHS – which includes Learning Disability CAMHS and TEDS – The Eating Disorder Service

How to refer: Schools can refer to Trailblazers and TaMHS direct if they have the service in their school. All other referrals will come via TaMHS who will screen and action the referral. Young people presenting at GWH after e.g. an overdose will be assessed directly by CAMHS

Project Me (Trailblazers) run by the **Barnardo's** charity are the newest addition to the mental health support offer in Swindon. They were created with government funding to increase Mental Health support in schools. They offer lower level support using a Low intensity CBT model (Cognitive Behaviour Therapy). They're in 70 schools currently.

TEDS – The Eating Disorder Service, another part of CAMHS offer. Offering specialist assessment and evidence based treatment for young people with an eating disorder such as Anorexia Nervosa using CBT and Multi-family Therapy

TaMHS – the Targeted Mental Health Service part of the FISS service delivered by SBC. There are 2 parts to the service: 1- the Traded service that schools can purchase and 2-the Single Point of access where we take referrals for TaMHS, CAMHS and LD CAMHS holding a daily joint screening meeting with all 3 mental health services leads present. TaMHS staffing compliment includes Registered MH nurses, social workers and Outreach Workers

LD CAMHS – Learning Disability CAMHS, delivered alongside main CAMHS and offering assessments and intervention to children with a formal Learning Disability as opposed to a Learning Difficulty. They work alongside the more specialist schools in Swindon supporting pupils and their additional needs. CAMHS also have a Neurodevelopmental clinic which provides assessment and diagnosis of neurodevelopmental disorders for young people with complex needs who have additional mental health needs.

CAMHS – Child and Adolescent Mental Health Service the 3rd service, is part of the NHS under Oxford Health NHS Trust, encompassing CAMHS and LD CAMHS. There is also an inpatient mental health unit on the site also. CAMHS have a wider range of Multi disciplinary staffing including Child Psychiatrists, Clinical Psychologists, Family Therapists and Registered Mental Health Nurses.



TaMHS

The **Targeted Mental Health Service (TaMHS)** provides mental health assessment and therapeutic work to children and young people 0-18.

We are in a unique position around the UK to be part of Swindon Borough Council rather than the NHS which allows us to be part of the Early Help process. Offering a better access to wider support from SBC. Working in a very integrated way with the other agencies such as Family service and Educational psychologists.

There are 2 parts to the Service; Traded and Single Point of Access.

TaMHS Interventions

- TaMHS Assessments - TaMHS offer 9 assessment sessions per day, two days a week, equating to 18 assessments per week. From the assessments children/young people are either seen by TaMHS for a therapeutic intervention, discussed with CAMHS colleagues or signposted to other services.
- TaMHS Therapeutic interventions Individual sessions are offered to children following assessment using CBT based therapies and solution focussed therapies. These sessions offer support to manage anxiety, self-harm, improve self-esteem, addressing eating issues & low level eating disorders. TaMHS also offer wellbeing groups using the CBT informed approach, again looking at managing feelings and anxiety, these are a 5 week programme, other groups are available on a needs based approach such as year 6 transition groups or Stressbusters.

TaMHS Traded

TaMHS Traded work - TaMHS traded workers offer consultations, group work and individual work with children and young people. These are short-term interventions, tailored to meet the needs of each pupil, using evidence-based interventions, such as solution focused therapy, or cognitive behavioural therapy. Schools can also purchase bespoke training packages, additional consultancy for school staff or parents, clinical supervision and group interventions. TaMHS also offer wellbeing groups using the CBT informed approach, looking at managing feelings and anxiety, these are a 5-week programme, other groups are available on a needs-based approach such as year 6 transition groups or Stressbusters. TaMHS are in 46 schools this academic year.

Swindon CAMHS



What we offer

- Routine and urgent assessments.
- Care planning, allocated workers and regular reviews, (CPA process), medication and monitoring.
- TEDS (The Eating Disorder Service)
- Professional consultation, safety planning -via duty system
- Complex Case consultation clinic
- Family Therapy clinic
- LD CAMHS

What we offer continued.....

Psychotherapy

Psychological interventions (CBT, DBT, distress tolerance skills, formulation)

Neurodevelopmental Assessments

Youth Justice liaison

Infant mental health pathway

Crisis and home treatment team

GWH Liaison

Partnership working

- Link working with Police
- Reflective case and risk reviews
- Links with GWH, Community Paediatrics and GP's
- Participation for Children and Young People
- Parent Groups
- Early Intervention Psychosis Team
- Transition work for young people turning 18.
- FCAMHS
- Student placements
- Multi-agency training

Session types

- Digital
- Telephone
- Face to face
- In clinic
- In schools
- Home visits
- Community appointments

Types of difficulties we work with

Generalised Anxiety

OCD

Specific anxieties

Eating Disorders

Depression

Self Harm

Suicidal ideation

Trauma

Assessment and treatment of complex neurodevelopmental conditions (with additional mental health needs)

Young people with a learning disability with additional mental health needs

Single Point of Access

- TaMHS holds the Single Point of Access (SPA) for all referrals to TaMHS/CAMHS/ LDCAMHS
- Screening process is the triaging of the incoming referrals is completed by TaMHS
- Daily meetings between TaMHS/CAMHS to ratify decisions which the Trailblazers join twice weekly.
- TaMHS send outcome letters to the referrers and can action any queries or gather more information.

What makes a good referral?

When making a referral these key points are useful to remember;

- History is useful but more importantly to help young people get the right service is what is happening for them now.
- What are they experiencing? It is most useful to describe this rather than using terms such as depression or anxiety.
- How long has this been an issue for, and has it got worse?
- What is the impact on home, school and social circumstances?
- How severe are the impacts or symptoms? Are they still able to attend school/engage with community?
- Specific and factual If there are concerns around eating provide current height/weight. If concerns around self-harm or self-injurious behaviour describe this.

What makes a good referral?

- What else has been tried or currently being tried?
- Who else has the young person been referred to?
- What does the young person want to happen following referral, and are they agreeing to the referral?
- What do parents want following referral?
- What do you, as referrer want to happen as result of referral?

Contact Details

TaMHS: tamhs@swindon.gov.uk

Tel: 01793 463177 Duty worker available, 9-5pm

CaMHS:

Email: CAMHS.Swindon-Admin@oxfordhealth.nhs.uk

Tel: 01865 903422

Oxford Health Website: www.oxfordhealth.nhs.uk/camhs

Mental health telephone helpline: 0800 023 2133, available for any parents/young people from 5pm-11pm Monday -Friday and from 9am-11pm weekends and bank holidays (they don't need to be open to CAMHS or TaMHS to call and get advice/support).

Thank you

www.swindon.gov.uk