

Frequently asked questions about Emotional Wellbeing and Mental Health for children and young people

Q: How does CAMHS fit into the overall planning and commissioning of children's services? How are universal and targeted services actually commissioned?

A: The CAMHS Joint Commissioning Group comprises representatives from NHS Surrey and Surrey County Council. The purpose of the group is to ensure an integrated approach to the commissioning of comprehensive Emotional Wellbeing and Mental Health (EWMH) targeted provision for children and young people across Surrey.

[Joint CAMHS Commissioning Group Terms of Reference](#) and [Governance structure](#)

The Child and Adolescent Mental Health Service (CAMHS) joint commissioning group works closely with the CAMHS Strategy Board with a membership drawn from a wide range of statutory and voluntary sector providers and professionals with expertise in children and young people's mental health.

Part of the CAMHS Strategy Board's core role is to ensure that the full spectrum of universal/preventative, targeted and specialist CAMHS is developed on behalf of children and young people in Surrey.

Guildford & Waverley Clinical Commissioning Group (CCG) commission specialist CAMHS provided by Surrey and Borders NHS Partnership (SABP).

Q: When was the last children's mental health needs assessment completed in Surrey and how is mental health planning reflected in the Children & Young People's (CYP) plan and the Health and Wellbeing board's priorities?

A: The last CAMHS needs assessment and the Joint Strategic Needs Assessment (JSNA) chapter was published in October 2009. The JSNA chapter is due to be reviewed in 2013 by Public Health. The Commissioning Team and Public Health will be conducting a refresh of the CAMHS needs assessment.

Mental Health planning is a priority reflected in the **Children and Young People's Strategy 2012-17** which states that "Every child and young person will be safe, healthy, creative, and have the personal confidence, skills and opportunities to contribute and achieve more than thought possible". The strategy has outlined three key plans – the Health, Wellbeing and safeguarding plan, the Health and Wellbeing JSNA and the Surrey Health and Wellbeing Strategy 2013.

Also within the **Health and Wellbeing Strategy 2013**, two of the five priorities involve the improvement of wellbeing:

Improving children's health and wellbeing meaning that we should see;
More children and young people will be emotionally healthy and resilient.

Promoting emotional wellbeing and mental health meaning that we should see;

More people (people means all people in this strategy - children and adults) will have good mental health

Fewer people will experience stigma and discrimination

The strategy highlights vulnerable groups including children with emotional health issues, children with disabilities, Looked after Children and Care Leavers and groups experiencing health inequalities e.g. Gypsy Roma Traveller communities.

Q: What plans are in place to ensure that the full range of mental health needs in your area, including low level needs are more effectively met?

A: The draft Emotional Wellbeing and Mental Health Commissioning Strategy for children and young people 2013 – 2016 acknowledges the need to prevent mental ill health and promote emotional wellbeing. The council and its partners will meet need effectively by jointly commissioning services. Its vision is:

“We will promote and support good mental health and emotional wellbeing by commissioning services that are responsive, needs-led, respectful, and effective and provide good value for money in order to meet the needs of all children and young people. We will work together to create services and opportunities that support the empowering of individuals to improve their own emotional wellbeing and mental health.”

The commissioning objectives are:

1. Analysis of need through service reviews, service mapping, resource and gap analysis
2. Coproduction with young people and their families including service redesign to promote outcome focused provision where needed
3. Improve and recognise the importance of Mental Well-being within families
4. Influence and increase local market capacity to deliver responsive and timely evidence based and high quality interventions delivered by a skilled and committed workforce
5. Providers will be managed robustly on achieving specific outcomes. Competition will be used to set optimal emotional wellbeing and mental health outcomes for children, young people and their families
6. Services are delivered in a non-discriminatory way and no individual or group is prevented from accessing services by way of age, gender, sexual orientation or race

The Targeted Mental Health in Schools (TAMHS) programme is offered to all schools in Surrey and is delivered by a CAMHS Primary Mental Health Worker or CAMHS Community Nurse in SABP, in partnership with Babcock. It aims to increase the capacity of universal services to develop their skills and confidence to meet the mental health needs of children and young people through early intervention and integrated working, minimising the need for referral to specialist CAMHS. The programme includes Core Mental Health training offering support and information about how to recognise mental health difficulties and also offers advice about how to create an environment that helps to prevent emotional difficulties

developing. This is followed by attachment training to raise awareness and understanding about children's mental health and emotional wellbeing. Over 200 schools in Surrey have received the TAMHS programme (July 2013)

Everybody's Business is a multi-agency mental health awareness training session for practitioners and volunteers working in universal services. The aim is to help with recognising and supporting children with emerging mental health problems across all services. The ranges of agencies participating include schools and colleges, health, police, social care, youth services, district and borough councils and voluntary organisations.

This is available through the [CaMHS website](#)

The Healthy School Programme is a whole school improvement programme promoting the health and wellbeing of pupils and staff through the development of personal, social health education, healthy eating, physical activity and emotional health and wellbeing (including bullying). Schools can also register for an enhanced award.

Q: Where are the CAMHS services located and what range of services are provided?

A: There are a range of universal, targeted and specialist services available

The Headquarters for Surrey and Borders Partnership (SABP) is in Mid Surrey, with clinics across Surrey.

Universal and targeted services:

Primary Mental Health Workers including the CAMHS Advisory lines for professionals

A targeted service delivered by SABP providing a combination of therapeutic time-limited intervention to children and young people with mild to moderate mental health problems and their families, consultation, training and joint working with universal services and CAMHS community teams.

CAMHS Community Nurses is a targeted service provided by CSH, First Community Health and Virgin Care to support and complement the schools nursing service, providing early intervention, advice and guidance in a school setting to support schools in the early identification and support of children and young people with emerging mental health difficulties.

Parent Infant Mental Health is a targeted service provided by Virgin Care to vulnerable parents and their babies, where early attachment issues have been identified. The service aim is to promote positive, secure early attachments between babies and their parents. **'You and Your Baby connecting'** provides support and intervention for young mothers in care or care leavers and is provided by Virgin Care and CSH.

CAMHS Extended Hours is a targeted service from SABP, which provides early access to mental health advice, support and intervention in an integrated service for children aged twelve years plus, at risk of coming into care. The service aim is to

prevent children from being accommodated and to work with families at high risk of mental health and family breakdown.

CAMHS Weekend Assessment Service is a targeted service from SABP, for children and young people presenting at Accident and Emergency units on Saturday and Sunday.

Sexual Trauma Assessment, Recovery and Support (STARS) team

To ensure all children and young people referred to CAMHS who have experienced sexual abuse receive an appropriate service which meets their therapeutic needs, improves their emotional wellbeing and helps them to achieve their full potential.

Mindful (Mental Health Services for 16-25 year olds)

Mindful operates across Surrey from two locations in West & East Surrey. The service is for young people between 16 & 25 years who have emotional and mental health difficulties that are stopping them from coping with life or could spoil their quality of life. The service supports those who are experiencing drug and alcohol difficulties, at risk of being homeless, not in education or employment, who have recently left care, with the aim of helping those who are not receiving help from mental health services. Mindful offers nine to ten weekly sessions for young people to cover various aspects of life skills.

The service includes direct work with young people and training and workshops to staff on topics such as mental health needs, suicide and deliberate self harm, personality disorders, anxiety/ depression, self esteem, supportive counselling etc

Mindful do not work weekends but are quite flexible in their response.

Heads together is a free and confidential on-to-one counselling service for young people aged 14-24 living in East Surrey (Redhill, Horley, Oxted and Leatherhead) available through the Redhill and Reigate YMCA. Tel: 01737 378481

West Surrey Youth Counselling service is a free and confidential one-to-one counselling service for young people aged 12 – 24 years on a short term basis to address a broad range of issues, across West Surrey. Young people can self refer to this service. Tel: 0845 600 2516

Jigsaw SE offer support to bereaved children and those with a family member with a life limiting illness

CAMHS Social Work Service

The CAMHS social work service contributes to the delivery of a multi-agency CAMHS for children and young people with complex to severe mental health issues and brings a social care perspective to the work in the CAMHS clinic.

The CAMHS social workers provide a reference point to members of the CAMHS teams on safeguarding and provide two weekly consultations to front line children's services on children with mental health issues. This also acts as a referral pathway for any cases that need to go to CAMHS which ensures early intervention and case discussion on any child or young person with mental health problems.

The CAMHS social workers use a psycho-social approach with an emphasis on intervention and support systems rather than a medical model. Intervention focuses on problem solving, building strengths and promoting positive relationships with parents, carers and families.

CAMHS Children in Care (3C's)

A targeted service which aims to provide a single referral and care pathway for Looked after Children (LAC) and those in transition to leaving care who have significant mental health and emotional difficulties or displaying signs of emerging complex emotional and psychological difficulties and mental health needs. The service is for 0-18 year olds and includes training; advice and consultation to LAC residential and fostering teams; assessment and treatment of complex or high risk cases; therapeutic intervention; transition planning to adult services and therapeutic support to foster carers.

Specialist services include:

Specialist CAMHS Community Service - Commissioned by CCG's from SABP

Integrated health and social care teams providing assessment and treatment for children and young people up to age 18 who are presenting with a mental health disorder. The focus is on assessment and treatment of moderate to severe and complex concerns having a significant impact on the child's development and causing distress to the child and/or their carers. Conditions include Attention Deficit Hyperactivity Disorder, Autistic Spectrum Disorders, depressive disorders, deliberate self harm, Obsessive Compulsive Disorders, post traumatic disorders and severe behavioural problems

HOPE

This is a joint partnership between health, children's services and education for 11-18 year olds experiencing emotional or behavioural difficulties that affect their ability to deal successfully with life at home, in school or college. It works on a preventative level and operates from two sites in Guildford and Epsom, offering outreach by visiting young people at home if they are facing a crisis and also offering a day service with a structured programme and education. Referrals are through Tier 3 (Specialist) CAMHS or Surrey Children's Services

YSS & CAMHS Social Work service - No Labels

This is a unique joint service between the Youth Support service and the CAMHS Social Work service which aims to effectively engage and support the all-round development of highly vulnerable young people aged 13-18 who are referred to CAMHS but who do not attend or drop out of therapeutic interventions. Approved No Labels workers are based within each Borough in Surrey and work within the CAMHS Emotional Literacy Framework to effectively support and complement the work of CAMHS professionals. The service is for young people in Tier 3 (Specialist) CAMHS who live in Surrey.

Tier 4 Specialist services

Specialised care for young people suffering from serious mental health problems e.g. inpatient hospital care. This is now commissioned centrally from NHS England

Q: What training on infant mental health and child development is available for staff working in early years?

A: 'Everybody's Business' training is delivered by Virgin Care and is offered through an online learning package and class based training. The aims of the course are to increase mental health awareness for front-line professionals and volunteers, so that they can improve access to mental health advice and support for children and young people across Surrey and to promote inter-agency working and understanding on child and adolescent mental health within the four Surrey areas. Both courses can be accessed via the [CAMHS website](#)

Q: What training on mental health is available for staff working in social care and the Youth Support Service (YSS)

A: The 'Everybody's Business' training module is available either as a course or on-line learning package. Both courses can be accessed via the CAMHS website

The CAMHS primary mental health worker teams provide two helplines for professionals in east and west Surrey. They also provide specialist support for those in Surrey who work with young people and their families, who present mild to moderate mental health difficulties.

Training offered to other professionals includes 'Upload' a mandatory one and a half day training course for Surrey's mental health professionals lead by CAMHS Youth Advisers (CYA) members.

Q: Do your school's anti bullying policies really work for the most vulnerable young people?

A: The vast majority of schools will have a policy although they could be an appendix to a behaviour policy rather than a stand alone policy. Policies should identify how they support the most vulnerable e.g. SEND or LGBT pupils, but this tends to be a weakness of many policies. It is difficult to ascertain the effectiveness of policies without a detailed audit visit to schools at an individual level. Ofsted checks this as part of their inspection, expecting to see logs of bullying incidents and actions and an identified lead for Anti-bullying within a school. Ofsted will investigate further if bullying is raised as an issue by parents or students.

Schools that implement Restorative Approaches tend to be the most supportive of the vulnerable as it reflects a whole school approach and is embedded within the supportive ethos and culture of the school.

There is an Anti Bullying Strategic lead for Surrey CC. The Surrey Anti-bullying charter mark has been promoted in Surrey schools in recent years to encourage good practice. There have been some capacity issues but schools are generally keen to get the recognition

Q: Are pupils well supported over transition from primary to secondary?

A: This tends to be via local arrangements within school groups or confederations, there may be occasions when CAMHS Community Nurses or Primary Mental Health Workers provide additional support. Some primary schools have good relationships

with their feeder secondary schools and provide information to support the transition of specific children they have concerns about. Most children are offered a visit in Year 6 and some induction before transfer to secondary school, with a range of support measure in Year 7. Some school provide, or have access to, nurture groups.

Q: What services, support and information in relation to mental health is available to further educational colleges?

A: The [CAMHS website](#) offers information on the services provided, FAQs and links to further services. Additionally, it distributes a newsletter with up-to-date information and holds events such as the Feeling Good Week to exchange information and keep children and professionals informed.

The Mindful Service do some outreach with colleges for young people with moderate to severe needs, so not low level and may not be available in all settings currently.

Most colleges also have their own pastoral service for offering support via Student Services including financial difficulties, personal support and advice, accommodation, travel or childcare assistance, religion and additional learning support. Students are invited to inform the college about any physical, sensory or mental impairment that affects ability to carry out everyday tasks, including any 'hidden' disabilities such as learning difficulties such as dyslexia and dyspraxia. This is in order to offer positive practical support including help in the classroom and one to one sessions in the Learning Support Department.

Q: Is there an awareness of particular needs of children and young people of mixed heritage?

A: There is a level of awareness in schools but there may be issues with support, skills and capacity. There is a Race and Minority Achievement (REMA) team which includes an Ethnic and Language Minority support service. The team has a Gypsy Roma Traveller worker. This is a countywide team which works in partnership with schools, SCC and other agencies to raise the achievement and improve outcomes for minority ethnic children and young people, including those who speak a minority language (pupils with English as an additional language). This team also works more widely with partners to promote inclusive practices and assist practitioners in recognising and valuing diversity and race equality and offers consultancy, advice and training for teachers and other professionals.

Q: Are there good sources of information for parents and young people about mental health issues?

A: The CAMHS website contains a lot of information, with separate sections for children and young people, parents and carers and professionals. The children and young person's section includes an information leaflet, video and jargon-buster. The service related section is limited and could improve the difference between national and local provision, the referral process and whether there is a cost involved. The emphasis is on access to CAMHS and there is little about general emotional health and wellbeing and how to promote resilience.

Feeling Good Week takes place annually during the last week of July and is a good source of information.

The CAMHS Rights and Participation team produces a magazine called 'Our Voice' and 'Our Voice Junior' – made by young people for young people and leaflets about CaMHS Youth Advisors (CYA) for young people and their parents.

Q: What voluntary sector services are there in Surrey providing support to young people or young adults around mental health?

A: Services include the counselling providers: Jigsaw (Bereavement), Relateen, Relate, Headstogether, Open House and The Valley Trust (schools based only). Surrey Family and Mediation Services (for children faced with parental separation).

Other services include local Domestic Abuse services and Your Sanctuary (Domestic Abuse), Oasis Family Centre and Helplines such as FamilyLine.

The commissioning team is conducting a programme of market development with the voluntary and community sector with the support of Better Outcomes New Delivery (BOND), a consortium led by Young Minds and funded by the Department for Education, to build capacity and improve outcomes for the emotional wellbeing and mental health of children and young people