

FOI_1363_2023-24 – FOI Request – CAMHS Services

1. In the area you cover, are there services / pathways / arrangements for screening groups of young people with higher risk of mental ill-health, for example:

a. children in contact with social care

All young people referred to our service are screened through our triage process. We do not have a system for screening groups of young people who have not been in contact with CAMHS.

b. care leavers

Dedicated commissioned resource in Solent CAMHS targets CYP who are looked after and care leavers up to 19 years of age. This resource works in partnership with our local authorities to deliver consultation and, where required, direct input to children and young people.

c. children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service

Yes. Solent CAMHS delivers services across the spectrum of early intervention to crisis intervention. This enables us to work as a team around the child where there are multiple and complex needs.

2. In the area you cover, are there specific arrangements for young people with complex needs, which may cut across multiple services, e.g. NHS mental health services, social care, youth justice, etc.?

Yes, Solent CAMHS has a team which is specifically set to work alongside and collaboratively with Children's Social Care and Youth Justice. We also have posts across our services that are dedicated to working across agencies eg CAMHS YOS Workers.

3. Is there a mental health crisis care team for all young people in the area you cover?

Yes. There are two liaison teams situated in University of Southampton Hospital and Queen Alexandra Hospital. Alongside these teams support is available to young people by a community crisis team providing an alternative to T4 hospital admission. This is a 7-day service extended into the evenings. We are currently working to extend our offer by mobilising additional community support for young people in crisis.

Is follow-up care provided after contact with the mental health crisis team is terminated?

If in the young persons interest and appropriate, then the crisis service will follow up with the young people.

Do children and young people's mental health services in your area extend to age 25, per NICE guidance?

No

4. What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?

Children and families are given advice and guidance on using Apps and the provision of SilverCloud, online resources, parent care groups, psychoeducational groups, as well as the offers within the community. We work with our parent/carer support group to offer CAMHS drop in sessions. There is a Duty offer available for CYP to contact – this is a telephone service that takes place Mon – Fri in the teams where families can speak to clinicians. A risk call is made to all children and young people on the wait list at regular intervals.

Which of the following mental health services are offered in your area for children and young people with eating disorders?

- a. family therapy- Yes**
- b. cognitive behavioural therapy- Yes**
- c. guided self-help- Yes**
- d. interpersonal psychotherapy No**
- e. focal psychodynamic therapy No**