



**Good mental
health for all in
Camden:
our vision for child and
adolescent mental health
services**



emotional health & wellbeing in Camden,
for children, young people and their families



What is happening?

Over the next five years, Camden Council and Camden Clinical Commissioning Group (CCG) are investing £450,000 each year in continuing to improve our 'Open Minded' services.

This funding will enable us to deliver our Child and Adolescent Mental Health Services (CAHMS) Transformation Plan. Our plan sets out how we will deliver the priorities set out by the government in the 'Future in Mind' report on children and young people's mental health and wellbeing. The key themes in the report are:

- promoting resilience, early intervention and prevention
- improving access to effective support – a system without tiers
- care for the most vulnerable
- accountability and transparency
- developing the workforce.

What is already in place in Camden?

Open Minded is the name for the group of services in Camden that focus on emotional health and wellbeing for children, young people and their families. This name and brand was developed by children and young people.

We are in a good position to make the best use of this new investment – we have a tradition of delivering an extensive range of high quality, high-performing mental health services that are amongst the best in the country.

We have gone beyond maintaining existing funding for children and young people's mental health and have invested an additional £2.2m since 2011. This means that we are continuing to work towards our goal of valuing mental health equally with physical health.

What are we trying to achieve?

Our transformation plan is a five year plan. Our activities will help to ensure that:

- Children and young people in Camden are emotionally resilient and have good mental health.
- Fewer children and young people will develop mental health problems.
- There is no stigma attached to asking for help when it is needed.
- When extra care and support is needed, it will be in the right place, at the right time, from the right people, and use evidence-based interventions.
- Our staff and services will be among the best in the country and will continue to lead the national development of evidence-based practice.
- Every professional working with children, young people and families will know about the importance of good emotional and mental health and how to help, or know how to help them to get help when it is needed.

Who is involved?

A wide range of people and services will be involved with making this plan a reality:

- Public Health
- GPs
- The Tavistock and Portman NHS Foundation Trust
- Royal Free London NHS Foundation Trust
- Camden and Islington NHS Foundation Trust
- Brandon Centre
- Anna Freud Centre
- MAC-UK
- Depaul UK
- Catch 22
- Coram Family
- Strength in Horses
- Fitzrovia Youth in Action
- Primary, secondary and special schools, including local Free Schools and Academies
- Family Services and Social Work
- SEN and Psychology Service
- MOSAIC (integrated disabled children's service)
- Integrated Early Year Service
- Integrated Youth Support Service
- Transformation Team
- Learning and Partnership Service
- CCG and Council Commissioners for:
 - Children's Health
 - Children's Disability Services
 - Teenage Pregnancy and Sexual Health
 - Young People's Substance Misuse
 - Young People's Pathway
 - Adult Mental Health
 - Adult Substance Misuse
- CCG Commissioners from North Central London:
 - Barnet
 - Enfield
 - Haringey
 - Islington

What will we be doing?

There are a number of projects being developed as part of our transformation plan.

Theme: Promoting resilience, prevention and early intervention for the mental wellbeing of children and young people

Mental health promotion in schools

Building on existing good practice, we will develop a comprehensive programme of mental health promotion activities for pupils in schools. This will lead to increased awareness of mental health issues; increased emotional resilience, more awareness of self-care strategies, reduced stigma, and enable pupils to see help-seeking as a positive step.

Mental health promotion in the community

This will be part of Camden CCG's wellness programme. We will explore how to best use our community resources to raise awareness of mental health issues, promote emotional resilience, and raise awareness of self-care.

Expectant and new mothers' mental health

We will explore what needs to be in place in the community and within hospital settings to identify the mental health needs of mothers at an early stage, and have the right support in place when it is needed. This will be joint work with other local authorities across North Central London.



Improving access to support: a system without tiers

The THRIVE model

THRIVE is a new model for how children's mental health services are developed, commissioned and implemented. It is organised around the needs and strengths of children and their parents and is clearer about the limitation of what services can and can't offer, drawing a clearer distinction between treatment and support, self-management and intervention, and more joined-up decision making.

CAMHS & schools link pilot scheme

Camden is one of 15 areas taking part in this national pilot scheme. We will be developing a universal approach to mental health promotion, wellbeing and resilience, delivered through teaching and group interventions. There will be clear links to more targeted support for children and young people. Training will give school staff the capacity and confidence to signpost or support children and young people effectively.

Peer education

We will develop and deliver a comprehensive peer education programme to raise awareness of mental health in young people. This will be based on learning from a pilot delivered by a voluntary sector organisation and existing good practice in our schools.

Developing our community services

We will restructure our community CAMHS teams at the Tavistock and Portman to increase the efficiency and flexibility of what's on offer, enable extended opening hours and better response and waiting times. There will be a better crisis response offer and we will explore options for a multi-agency crisis team, including intensive outreach. CAMHS practitioners will also be trained as Approved Mental Health Professionals.

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Community eating disorder service

We currently commission the Royal Free London to provide a comprehensive community eating disorder service and places within the Eating Disorder Intensive Service (EDIS) to manage complex eating disorder cases locally. With North Central London colleagues, we will review these services and identify how the existing model could be improved. This might include more therapists to reduce waiting times, further developing day services, prevention activities and shared care arrangements with community CAMHS for complex cases.

Care for the most vulnerable

All age Autistic Spectrum Disorder (ASD) strategy

We will review current ASD provision and develop an all-age strategy based on the principles set out in 'Think Autism'. This will include an increase in the number of ASD assessments through the Social Communication Assessment Service (SCAS) and increased provision of secondary school ASD resource bases.

Restructure of support for children's and parental mental health within Council services

We have CAMHS workers in the range of teams that support vulnerable children and young people. We will review and develop our model (in the context of broader changes within the Council) to provide a more flexible and responsive service, reduce duplication and increase access for children, young people and parents. We will explore our current offer of support for parental mental health and how this might be developed.

Mental health support for young people in supported accommodation

We will review our current project that supports vulnerable looked after children and care leavers, using the learning across supported accommodation services within our Young People's Pathway. This will build capacity and ensure more effective and holistic support for young people.

As well as these projects, we will be:

- Improving our information online and locally about services, including exploring how you could use apps and technology to find the help or self-care support you might need.
- Extending opening hours for services provided by the Tavistock and Portman so that more appointment times are available.
- Exploring how more CAMHS provision might be offered through GP practices.
- Developing and improving mental health training for all staff who work with children, young people and families.

How does this work link to other priorities in Camden?

Support for children and young people's mental health needs is a priority across a range of Council and CCG initiatives and activities.

- The Resilient Families Programme is a whole-system redesign of the support to children and families, to ensure more effective approaches to building family and community resilience in Camden. The programme takes a partnership approach and will lead to changes across the Council, health services and voluntary sector. The transformation plan sits underneath the 'umbrella' of this programme.
- Camden and Islington's joint health and wellbeing strategy (2015-18) identifies 'good mental health for all' as a priority area.
- Camden CCG's business plan identifies CAMHS and 'improving the psychological wellbeing of children' as an area where the CCG should invest its time, energy and resources.
- All Together Better (ATB) is Camden's integrated child health project. It focuses on how we promote and improve the health and wellbeing of children and young people by working together across organisational boundaries, identifying needs earlier and responding flexibly to these needs.



How can you get involved?

We are working closely with children, young people and families to plan our next steps. There will be various opportunities to get involved. Please email Sandra.soteriou@camden.gov.uk if you would like to get involved.

For more information

This is a summary of Camden's CAMHS transformation plan. Please see www.camden.gov.uk/openminded for more information and to access the full document.

www.camden.gov.uk