

# Supporting children and young people's mental health in Walsall

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# About our service

- Our child and adolescent (CAMHS) services work with children and young people who are experiencing moderate to severe difficulties with their mental health
- We have CAMHS services in each of the boroughs of the Black Country with our Walsall team based at Canalside, Bloxwich
- Our service consists of a range of professionals from community psychiatric nurses, family therapists, occupational therapists, psychiatrists, psychologists and psychotherapists
- We work closely with a range of agencies including social workers, schools and healthcare agencies



# Impact of the pandemic

- Pandemic has impacted on all our lives – including children and young people
- School provision has been affected
- Children have spent more time at home, in some cases in unstable environments
- Increase in referrals
- Increase in acuity of patients and an increase in children and young people requiring autism spectrum disorder assessments
- Changes to isolation and lockdown have affected the continuity and attendance of appointments

# Impact of the pandemic

- Some young people will have experienced loss for the first time – impacting on their wellbeing
- Increase in safeguarding concerns
- Increase in complexity of cases
- National and local increases in waiting times
- Have had to adapt how we deliver services – hybrid of face to face and virtual – dependent on need

However, it has presented us with an opportunity to transform how we support children, young people and families

# Highlights of the year



next episode:  
'Eating disorders, habits  
and behaviours during  
lockdown'

#mindovernatter



Re-imagine:  
What if you could change mental health services?

## Online resources for child mental health

A list of websites and apps that are useful for managing children and young people's mental health.

Together with you to achieve healthier, happier lives

<p><b>NHS Every Mind Matters</b> www.nhs.uk/every-mind-matters This website offers a range of mental health advice as well as an interactive tool that's designed to help you feel more in control of your emotional wellbeing.</p>	<p><b>Combined Minds</b> This app contains psycho-education for parents, families and friends with practical advice on how to provide mental health support to children and young people.</p>	<p><b>Clear Fear</b> An app to help children and teenagers manage anxiety through distraction and helpful activities.</p>
<p><b>Kooth</b> www.kooth.com This site contains free mental health support with their online counsellors. It's a free sign up service that has resources, tips and articles written by young people.</p>	<p><b>Cove</b> A relaxing musical app that helps people try to capture their mood and express it by making music within the programme and capturing it in journal format.</p>	<p><b>Calm</b> A mindfulness app that includes various relaxing sounds to listen to as well as 'sleep stories' and guided meditations.</p>
<p><b>Childline</b> www.childline.org.uk A mental health charity for children and young people that has a wide variety of videos, games and articles. They also have a free helpline (0800 1111).</p>	<p><b>Stem4</b> www.stem4.org.uk A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.</p>	<p><b>Headspace</b> A mindfulness app that has various talks, guided meditations and helpful videos available.</p>
<p><b>Calm Harm</b> An app to help teenagers manage/hold the urge to self-harm by providing a wide range of distraction techniques.</p>	<p><b>Samaritans</b> www.samaritans.org A mental health charity that offers mental health support and information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org.</p>	<p><b>Winston's Wish</b> www.winstonswish.org This site holds a collection of apps that are designed to support young people, adults and families with their mental health and wellbeing.</p>
<p><b>Papyrus</b> www.papyrus-uk.org A mental health charity dedicated to preventing young suicide by providing information and resources for young people and their families. They have a 'hopeline' (Call 0800 014 4141 / Text 07660 039967/Email: pat@papyrus-uk.org) for anyone concerned for a young person that could be thinking about suicide.</p>	<p><b>Child Bereavement UK</b> www.childbereavementuk.org A site which has resources for young people who are grieving, as well as providing information and advice to families and professionals on how best to support a young person who is bereaved.</p>	<p><b>Black Country Minds</b> www.blackcountryminds.com Black Country CAMHS is a specialist mental health service commissioned to provide interventions to those children, young people and their families who are experiencing/vulnerable to mental health problems and present with concerns that are severe and/or complex in nature.</p>

## WHAT IF... you could change mental health services?

We want to know what you think so we can make positive change for our Black Country communities!

Join one of our three online sessions to talk about WHAT IF...? Everyone is welcome: service users, patients, families, carers, members of the public, community organisations and more. Our friendly and informal conversations will be hosted by those with lived experience of our services. One session is dedicated to children and young people (and parents and carers). Register below or contact [bcfhf.communications@nhs.net](mailto:bcfhf.communications@nhs.net) for more information.

<p>22 October 2020 6-7.30pm Join us: <a href="https://bit.ly/2GxpHok">bit.ly/2GxpHok</a></p> <p>Children and young people</p>	<p>27 October 2020 2-3.30pm Join us: <a href="https://bit.ly/30W2X">bit.ly/30W2X</a></p>	<p>3 November 2020 6-7.30pm Join us: <a href="https://bit.ly/2G6FNVC">bit.ly/2G6FNVC</a></p>
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What would you do?  
How would you do it?  
Who would you involve?

Together with you to achieve  
**healthier, happier lives**

# CAMHS transformation – crisis support

Significant investment in crisis support. We have created a crisis service (iCAMHS) with the aim of keeping young people out of hospital and supported to manage crisis in the community.

The service runs 7 days a week, 8am – 8pm and service users can also access the 24/7 crisis helpline out of hours.

We have invested in our workforce to be able to support the service.

The service works across a range of agencies.



# CAMHS transformation – core service

- Service now works with young people up to the age of 18 years
- Blended approach to service delivery using a mixture of face to face and virtual support. This is discussed with the young person and families to ensure the best approach that works for them
- Closer working with school and educational settings



# CAMHS transformation – out of area placements

Part of the West Midlands Provider Collaborative.

Aim to:

- Reduce out of area placements
- Reduce unnecessary admissions
- Improve continuity of care
- Increase investment into community services

**Help us to create a vision for future CAMHS services that works for all young people**

Join the West Midlands CAMHS Provider Collaborative and contribute to making a change

Meet with the people that lead your services

**Help us understand what needs to change**  
What works well?  
Do you have any new ideas?

**Parent & Carer Engagement Event**  
28th September 2021  
6.30 - 8.30pm  
To join us, scan the QR code or follow this link:  
<https://www.eventbrite.co.uk/e/west-midlands-camhs-parent-care-engagement-event-tickets-166299304697>

**Children & Young People Engagement Event**  
29th September 2021  
4.00 - 6.00pm  
To join us, scan the QR code or follow this link:  
<https://www.eventbrite.co.uk/e/west-midlands-camhs-children-young-people-engagement-event-tickets-166298321757>



# CAMHS transformation – other developments

- All age eating disorder provision will be developed in Walsall offering services for all with eating disorders.
- The service will interface with CAMHS services to offer provision out of hours when required.
- Other transformation includes the development of dedicated transition workers for patients requiring transition to adult mental health services and peer support workers to support during a more flexible transition.



# Other developments

- Working with the voluntary sector to increase capacity
- Weekly monitoring of waiting list with wellbeing check in's
- Developing a merged single point of access and initial assessment team across the Black Country
- Extra capacity through reviewing job roles
- Developing online group work packages



# Thank You

# Any Questions?

