

Access to Mental Health Services for Children and Young People in Hammersmith and Fulham schools (Tier 2)

West London Mental Health Trust (WLMHT) delivers comprehensive mental health services to children and young people in Hammersmith and Fulham through clinic based CAMHS (¹Tier 3 service) as well as an outreach 'community' CAMHS service (C-CAMHS) in schools. A range of interventions are provided including: consultations to schools; brief therapy or longer term complex multi-disciplinary or multiagency intervention.

In addition to Local Authority (LA) and Clinical Commissioning Group (CCG) commissioned services, a primary school in the borough independently commissions one session per week of child psychotherapy, and a nursery school commissions 4 sessions per week of child psychotherapy from WLMHT.

What access do schools have to support their relationships with children using mental health services?

- Each school in H&F has a named link C-CAMHS practitioner. C-CAMHS practitioners provide consultation to schools (open to all staff), delivered by training on identified needs to school on inset days or with groups of staff or 1-to-1 consultation with staff.
- C-CAMHS practitioners work in collaboration with Head teachers and Special Educational Needs Co-ordinators (SENCO) to identify themes as part of regular evaluations of C-CAMHS support for the school.
- They also act as a link between the young person, family, school and Tier 3 CAMHS.
- Tier 3 CAMHS supports all referrers including schools by providing mental health advice and signposting to appropriate services. Head teachers and SENCOs can make direct referrals to Tier 3 in consultation with a C-CAMHS clinician or Educational Psychologist (EP).

What help is available to parents?

- Parents can access C-CAMHS consultations at their child's school.
 - This can generate further referrals to Tier 3 CAMHS or support from the Family Support Locality Service (FSLs) Family Practitioners or for more complex circumstances, to the Family Recovery Project (Family Coaches).
 - Appropriate local community services such as YUVA (for young people with violent behaviour) are also available.
 - Family GPs can provide advice, support and access to additional medical services if required.
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Can young people self-refer themselves to services both initially and if they have a recurring need for support?

- Young people can self-refer to C-CAMHS.
- Referrals to Tier 3 CAMHS must be made through C-CAMHS, GPs, other health professionals, social workers, Head teachers, SENCOs or EPs.

How are young people involved in designing local mental health services?

- Involved in *The Big Shout* consultation event held in June 2012.
- Service User Satisfaction is recorded as an outcome measure and will be reported as part of a revised performance framework.
- Young people encouraged to take part in WLMHT CAMHS recruitment panels and participate in CAMHS stakeholder events.
- The organisation, Rethink, worked with Looked After Children to identify what they felt was missing from the service and what changes could be made to meet these needs. This included the need for professionals in social care, education and other services to be able to discuss mental health issues openly and help young people to access the appropriate services and the need for a peer support group so young people can learn from each other's experiences and share ways of coping.

Are counselling services widely available in local schools?

- Each school has a named C-CAMHS practitioner.
- Where schools have limited pastoral support, this is topped up by a partnership between C-CAMHS clinicians and Family Coaches from the Tri-borough Family Recovery Project, and FSLs Localities' staff.
- C-CAMHS also signpost and refer to other appropriate counselling services or Tier 3 CAMHS.
- Schools are also able to access independent counselling services.

If children move into or out of the area can they immediately access services or do they have to be re assessed?

- If a child moves out of borough but remains in a Hammersmith & Fulham school, consultation and therapeutic work delivered by WLMHT continues as normal.
- Where there is a change of school and a move of borough, a summary of the child's history of therapeutic input is provided to the new CAMHS service.

- If no clinical information is provided about a child moving into H&F, a new assessment is required.
- Transfer and discharge summaries are given to Tier 3 CAMHS in the case of a referral to ensure seamless care provision transfers.
- In cases where families move into areas where CAMHS services have waiting lists for interventions, transfer and discharge summaries advise on the assessed priority and risks on a case by case basis.