



# Welcome to CAMHS & Eating Disorders

## Child & Adolescent Mental Health Services

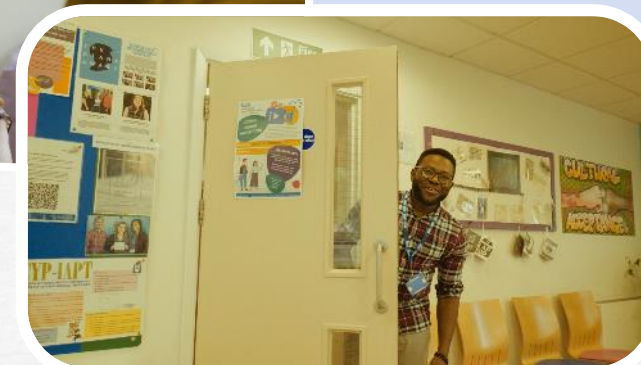
Supporting children & young people with their mental health & emotional wellbeing.



# CAMHS

## WHO ARE WE?

CNWL CAMHS (Central North West London, Child & Adolescent Mental Health Services) are a team of specialist clinicians, therapists & nurses who provide mental & emotional health specialist services for children under 13 years old, young people aged 13-18 & young adults 16-25.



## WHAT DO WE DO?

We help children, young people & their families & carers. We provide specialist services & support to those who are experiencing & need help with thoughts, feelings, difficult experiences, emotional, relationship & behavioural difficulties in family life, school or the wider world.





# CAMHS Services

Crisis &  
urgent care



16-25 service

Kensington &  
Chelsea &  
Westminster under  
5s service

Community eating  
disorder service

Early  
Interventions

ACTS

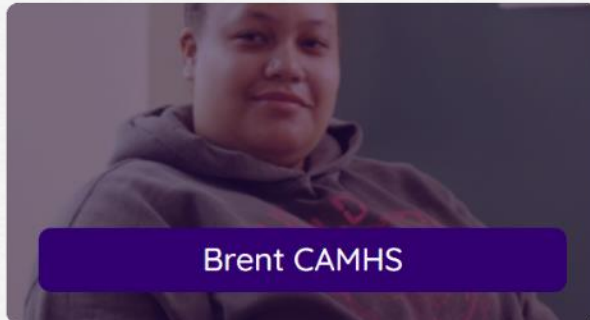


Neurodevelopment  
team & Learning  
disabilities team



# CAMHS Community Teams

We have six CNWL CAMHS community teams based across London & Milton Keynes.



[Click here to take a tour of Hillingdon CAMHS](#)



# Hillingdon Community CAMHS

Hillingdon CAMHS provides mental and emotional specialist health services for children and young people up to 18 years old and their families and carers.

## Pathway

Referral → Screening and Triage (24 hours) → Offer of Intervention → Waiting Well (2 contacts)

Once a referral is received a clinician will screen this and offer a triage assessment (if appropriate) within 24 hours. If further CAMHS intervention is indicated, the CYP will be offered a further assessment. The level of risk will dictate the timeframe of this assessment. Families and CYPs are offered two contacts between point of referral and assessment date to support them waiting well.

- Routine – 18 Weeks Priority – 4 Weeks Urgent Assessment – 2 Weeks
  - Following assessment the child will be offered a proposed care plan and allocated to a sub team
- Young people, families, and carers can call Hillingdon CAMHS for advice on how to get help and support: 01895 256521

Families, carers and young people can speak to a GP who can do a referral on your behalf, **Healthcare professionals, school staff, GPs and social workers can also make a referral.**





# Hillingdon Community CAMHS

Hillingdon CAMHS operates with four specialist sub teams which work across all ages. Each sub team has a therapy lead and a psychiatry lead.

- **Enhanced Treatment Team (ETT)** see young people and their families who may be experiencing difficulties involving emerging personality disorders, cases requiring lots of liaison, cases where engagement is a problem and psychosis (N.B. young people aged 14 and over with psychosis can be referred to EIS).
- **Emotional Disorders team (EDT)** see young people and their families who may be experiencing difficulties involving mood problems, anxiety, OCD, PTSD etc
- **Neurodevelopmental Team (NDT)** provide specialist consultation and assessment for see young people and their families who may be experiencing difficulties involving ASD, ADHD and other complex Neurodevelopmental presentations as well as Neurodevelopmentally-adapted interventions for mental health concerns.
- **Learning Disabilities (LD-CAMHS)** see young people and their families who may be experiencing difficulties involving moderate to severe LD with mental health concerns and / or behaviour that challenges.



# Hillingdon Community CAMHS

## We also have the following additionally commissioned sub teams:

- Multi-Agency Psychology Service (MAPS), which is based within Social Care and provides consultation to Social Workers and some direct and indirect clinical work for Looked After Children (LAC) and their carers.
- Child Wellbeing Practitioner Team, which provides CBT-informed interventions for mild to moderate mental health concerns.
- Mental Health Support Team (MHST), which is based in a small number of local schools and provides CBT-informed interventions for mild to moderate mental health concerns.
- New Under 5s CAMHS service, which is based within local children's centres and provides consultation as well as direct and indirect work for children and their parents / carers.



# CAMHS Treatments

Everyone's CAMHS journey will be different. We will work with children, young people, families & carers to find the best help & support.

We can offer all kinds of support including in-person, individual, on-line & group therapy, talking therapy, art therapy, family therapy, treatments, & urgent care.



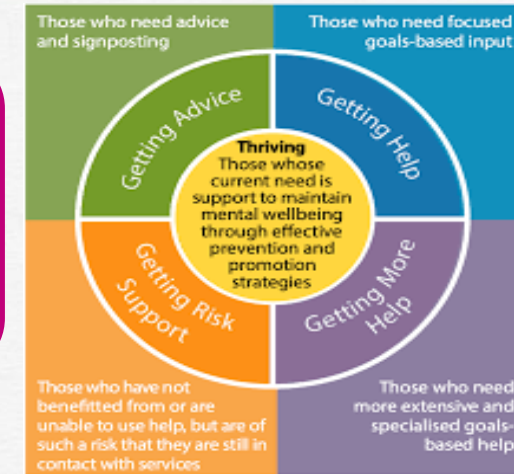




<https://vimeo.com/865578562> ← Click here

# MHST – Mental Health Support Team

- MHSTs emerged from 2017 Green paper “transforming Children and Young Peoples Mental Health Provision”
- MHSTs aim to do preventative work
- Supporting CYPs and Families who need focussed goals based input



## Where are MHST Based?

- |                            |                            |                   |                      |
|----------------------------|----------------------------|-------------------|----------------------|
| 1. Rabbsfarm               | 10. Harmondsworth          | 1. Northwood      | 10. De Sallis Studio |
| 2. Field End               | 11. Dr Tripplett's         | 2. UTC Heathrow   | 11. Rosedale College |
| 3. Grange Park             | 12. William Byrd           | 3. Bishopshalt    | 12. Parkside         |
| 4. Pinkwell Brookside      | 13. Belmore Primary        | 4. Uxbridge High  | 13. Ruislip High     |
| 5. Warrender               | 14. Harfield Junior        | 5. Douay Martyrs  | 14. Queensmead       |
| 6. Hayes Park              | 15. Lake Farm Park Academy | 6. Harlington     | 15. Harefield School |
| 7. Rosedale Primary School |                            | 7. Barnhill       | 16. Skills Hub       |
| 8. Hewens Primary          |                            | 8. Haydon         | 17. Park Academy     |
|                            |                            | 9. Hewens College |                      |

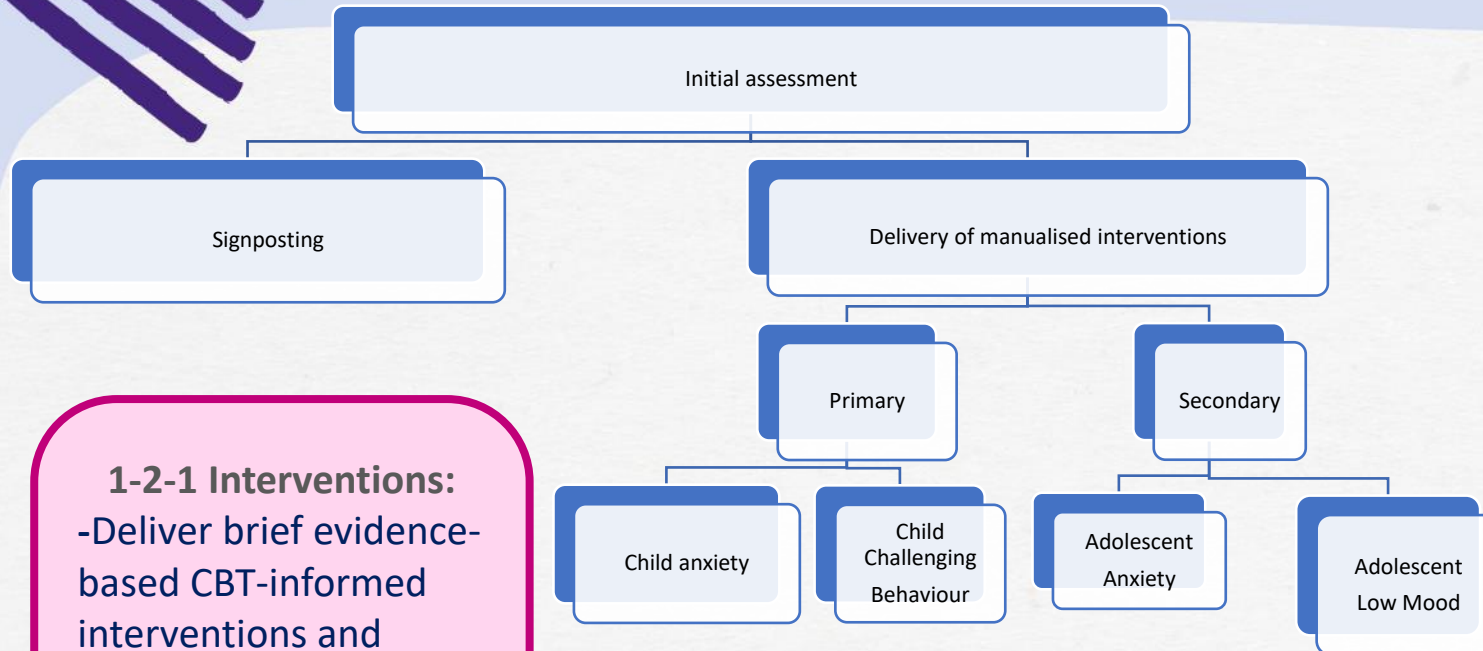
## 3 Strands of Work

- 1-2-1 Interventions
- Whole school approach
- Consultation





# MHST – Mental Health Support Team



## 1-2-1 Interventions:

-Deliver brief evidence-based CBT-informed interventions and guided self-help to support children and young people with mild-moderate mental health problems

- Low mood: withdrawing from relationships and hobbies
- Mild anxieties: avoiding trying/doing new things, avoiding social situations
- Worries that affect overall functioning
- Panic management: experience of physical symptoms of anxiety, uncontrollable panic attacks
- Stress management: overwhelmed with academic work
- Simple phobias such as animal phobia, social phobia
- Common behavior difficulties: tantrums, ignoring instructions

## Who we can't work with:

- Active and significant self-harm
- Active and significant suicidal ideation
- Previous significant suicide attempts
- Any diagnosed mental health conditions: chronic depression, bipolar disorder, anxiety disorders
- Conduct disorders, anger management
- PTSD and significant trauma

## Who we may work with:

- Historic self-harm not assessed as enduring and high risk.
- Significant challenges related to low self-esteem
- Interpersonal challenges such as, low mood/anxiety brought on by bullying



# MHST – Mental Health Support Team

## Secondary Student Workshops include:

- Exam Anxiety
- Transitions
- What is Low mood?
- 6 sessions on anxiety group
- 3 sessions on peer mentoring

## Secondary Staff Workshops include:

- Trauma informed care in the classroom
- Understanding neurodiversity
- Helpfully responding to self harm and suicidal thoughts
- How to support anxious students
- Mental health awareness
- Workshops based on needs

## Primary Student Workshops include:

- Exam Anxiety
- 3 sessions on peer mentoring
- What is Anxiety?
- 6 sessions of Brain Buddies
- 3 sessions on friendships

## Primary Parent Workshops include:

- Online Safety
- Supporting Transition
- Parent Wellbeing
- What is Anxiety?
- 6 sessions on child anxiety
- Managing Behaviour





# Urgent Care Team and Outreach Support

**The Urgent Care team are a dedicated crisis and liaison service that aims to ensure that all young people under aged of 18 who present with crisis mental health issues are seen by a CAMHS clinician at first point of contact no matter what time of day or night within the 4 acute hospitals. This includes, Chelsea and Westminster, St Marys, Northwick Park and Hillingdon Hospital.**

## **What does UCT do?**

- The urgent care team provides emergency assessment to young people who present within one of the acute hospitals with a mental health crisis.
- Following assessment a care and safety plan will be devised with the young person and family
- All attempts are made to reduce need for hospital admission.
- UCT will offer ongoing review for a child within the acute setting where mental health input is necessitated.
- They can also offer ongoing brief interventions (known as outreach support).
- The team also offer weekend telephone reviews for community based patients where risk is increasing.
- The UCOS will provide short-term interventions in the community, for CYP currently seen in CAMHS who require increased level of input in crisis and also for CYP presenting to A&E where a period of short-term crisis intervention in the community could prevent further deterioration. This additional input should aim to prevent further deterioration and offer early intervention to prevent referral to Tier 4 pathway.



# Adolescent Community Treatment Service (ACTS)



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North West London  
NHS Foundation Trust

## Who are the 'ACTS' Team?

- Alternative to tier 4 admission
- 13-18y/o experiencing severe mental health difficulties
- Presenting in crisis, with serious or complex psychiatric disorders
- Least restrictive environment
- GP in the 5 boroughs (Westminster, Brent, Hillingdon, Harrow & Kensington and Chelsea)
- Community-based: Mon-Fri (9am-5pm)

## Referral Pathway

- Strongly encourage consultation with team prior to referral via Duty Line 0207 266 9699
- NHSE Referral must be signed by consultant
- Made by CAMHS team - sent to Bed finder
- Referral criteria – inclusion and exclusion – IDENTICAL TO GAU. Differs from adult home treatment model
- Only think ACTS when thinking of admission to GAU.

## General Acute Inpatient Admission Prevention

**Jul '19 – Mar '20**

63% admissions prevented

**Apr '20 – Mar '21**

65% admissions prevented

**Apr '21 – Mar '22**

60% admissions prevented

**Apr '22 – Mar '23**

48% admissions prevented

**Apr '23 – Jan '24**

49% admissions prevented





# Adolescent Community Treatment Service (ACTS)



Central and  
North West London  
NHS Foundation Trust

## What do ACTS do?

- Prevent psychiatric admissions to GAU (**NHSE form**)
- In-reach service to facilitate early discharge and reduce length of stay
- Multidisciplinary team
- Evidence-based interventions
- Intensive input- multimodality



Most YP are under ACTS for  
**1 to 6 months**

Average length of stay with ACTS was  
**between 3 and 5 months**




## The Multidisciplinary Team (MDT)

- Psychiatry
- Psychology
- Mental Health Nursing
- Social Work
- Occupational therapy
- Systemic and Family Therapy
- Pharmacy
- Administration



# CAMHS Inpatient Care Teams

We have two inpatient Care Teams across London & Milton Keynes.



Collingham inpatient service  
(under 13 year olds)



Lavender Walk inpatient service  
(13-18 year olds)



[Click here to take a tour of Collingham CAMHS](#)



# Lavender Walk – General Adolescent Unit

Lavender Walk is a 12-bedded inpatient unit that provides mental and emotional health services to young people aged 13 up to their 18th birthday. Young people are admitted to Lavender Walk voluntarily or detained under the Mental Health Act.

## Treatment/Intervention:

- Assessment of mental health needs and diagnosis
- Management of high risk
- Medication
- Family therapy
- Individual therapeutic interventions
- On site teaching and support identifying appropriate educational provisions for discharge

## The Multidisciplinary Team (MDT)

- Psychiatry
- Psychology
- Mental Health Nursing
- Social Work
- Occupational therapy
- Systemic and Family Therapy
- Pharmacy
- Speech and Language Therapy
- Dietician
- Art Therapy
- Teachers

## Types of cases that would be signposted to an alternative service:

- Severe Learning Disability
- Mild / Moderate learning disabilities where the concerning difficulty is not believed to be linked to a co-morbid psychiatric diagnosis
- Primary diagnosis of conduct disorder
- Primary diagnosis of an eating disorder
- Primary diagnosis of alcohol or other substance dependence
- Primary need is for accommodation due to break down of family or placement
- Forensic history liable to make them of significant risk to other young people or staff
- History of Arson



<https://vimeo.com/865568076> ← Click here



# Collingham Child and Family Centre

Collingham Child and Family Centre is a National 12-bedded inpatient unit that provides mental and emotional health services to young people with severe/complex mental health disorders aged 5 -12. The service currently offers a multi-disciplinary assessment and inpatient care which is dependent on the individual needs of the child. Young people are admitted to Collingham CFC voluntarily, under parental consent or detained under the Mental Health Act.

## **Treatment/Intervention:**

- Assessment of mental health needs and diagnosis
- Management of high risk
- Medication
- Family therapy
- Individual therapeutic interventions
- On site teaching and support identifying appropriate educational provisions for discharge

## **The Multidisciplinary Team (MDT)**

- Psychiatry
- Psychology
- Mental Health Nursing
- Social Work
- Occupational therapy
- Systemic and Family Therapy
- Pharmacy
- Speech and Language Therapy
- Dietician
- Art Therapy
- Teachers



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**Collingham Child  
& Family Centre**

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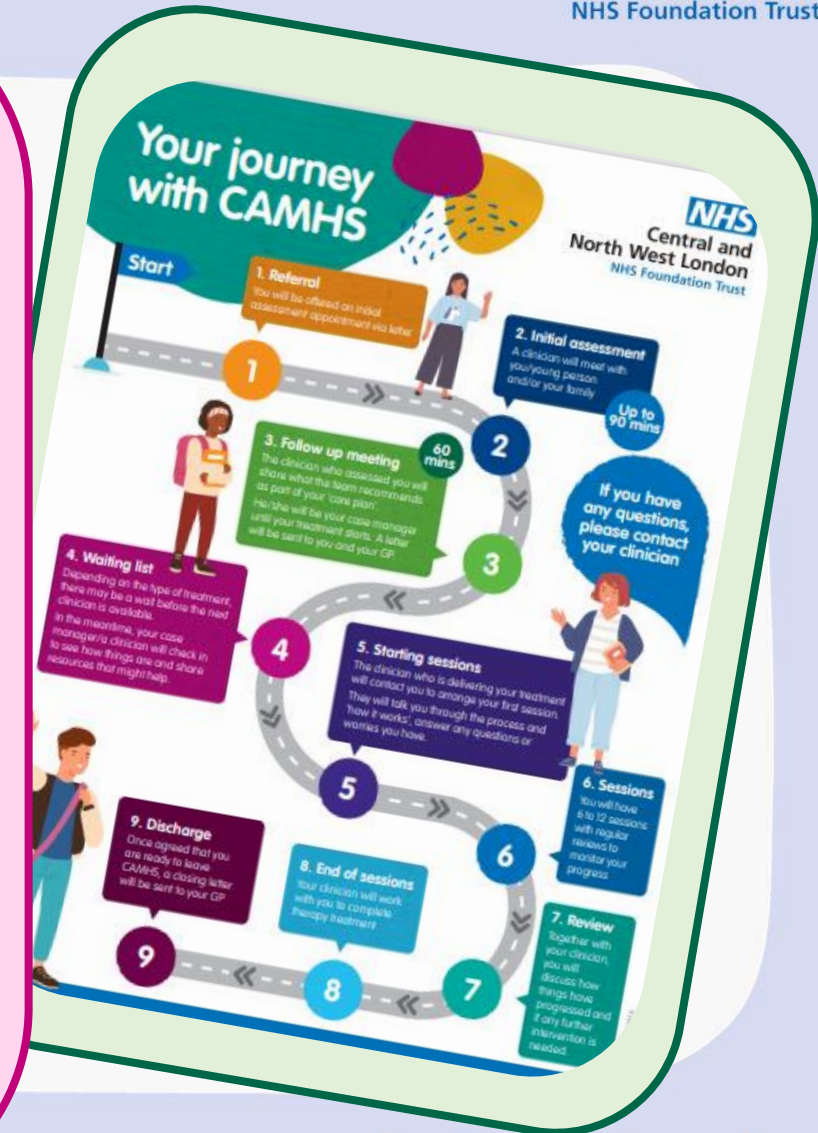
# Patient Journey

## Meet Harry

At 11 years old he was admitted to Collingham CAMHS. Harry stayed at the Collingham centre for 10 months, attending school on the ward & taking part in a variety of therapeutic activities, including family therapy sessions. Harry is now home with his family, & he has a range of tools to help manage his OCD.

*"I'm 100% more happy than I was around this time last year, I feel like the OCD is not really a big bother & it can't stop me from having plans. If it means going out with my friends, or going out with Mum, or anything like that I can delay the OCD depending on what it's saying at the time."*

[Click here to hear Harry's Story](#)



[Harry - There's a place for you on Vimeo](#) ← Click here



# CYP Eating Disorders

The CYP Eating disorder team offers help and support to children and young people aged 17 or under who have a suspected or confirmed eating disorder diagnosis. They offer assessment, diagnosis and intervention on a range of suspected and confirmed eating disorders including: - Anorexia nervosa, Bulimia Nervosa, Binge eating disorder and Atypical anorectic and bulimic eating disorder.

## Referral Pathway:

Referrals can be made directly to the CYP team or through the Single Point of Access. Referrals can be made by health professionals, social care and education. Referrals are screened on the same working day and if appropriate CYPs are offered an assessment based on priority need and risk.

## What interventions are offered:

A wide range of interventions are offered including family based treatment, systemic family therapy, adolescent focussed therapy, cognitive behavioural therapy, physical health monitoring and risk assessment.

## The Multidisciplinary Team (MDT)

- Psychiatry
- Psychology
- Mental Health Nursing
- Social Work
- Occupational therapy
- Systemic and Family Therapy
- Pharmacy
- Dietician

The team are based on two sites catering to both inner and outer London patients. The main hub is at the South Kensington Mental Health Centre next to Chelsea and Westminster Hospital, and Roxbourne Park in Harrow

**020 7685 6620.**

[www.cnwl.nhs.uk/services/mental-health-services/eating-disorders](http://www.cnwl.nhs.uk/services/mental-health-services/eating-disorders)



# CYP Eating Disorders

## ARC Day Programme

For young people aged 13 to 17 years of age with an Eating Disorder that cannot be managed safely in the community and requires more intensive input.

Open Monday to Friday from 08:15 where the day starts with breakfast and closes at 15:30 after afternoon snack.

There are opportunities for two evenings a week for families to stay for dinner.

We request that a carer attend each day with the young person so that in true FBT style the whole family supported with the eating disorder.

A range of groups and activities are offered daily by the arc

The Arc supports CYPs to stay meaningfully occupied as well as to provide appropriate group intervention. Care givers have three groups a week – a check in and check out group as well as a parent group. Each family is assigned a caseworker who works with them weekly focusing on stage 1 of the Family Based Treatment approach. The program lasts between 3 to 6 weeks and the young people's attendance is graded down as appropriate so that they can return to 'normal' life as quickly as possible.





# Involvement & participation

It is essential that we listen to feedback from children, young people & parents who access our services. We value the unique insight you have in accessing our services in influencing how we can improve various elements of our services.

Milton Keynes CAMHS created a sensory walk, which leads Children & Young people into reception whilst stimulating their sensory systems creating a sense of calm, fun & play in what used to be a dull anxiety provoking place.



To brighten up communal spaces young people worked with local artists to design murals for the walls making Lavender Walk a calming more welcoming place.



Young people hand painted plant pots & selected arranged flowers & put them around Brent CAMHS to make clinic rooms warmer, colourful & more likely to reduce anxiety for those coming for treatment.





# How to get CAMHS help & support

## Online self-help & support Certified by us



Hub of Hope

## Self-help & support Provided by us

**Parent & Carer support group** CNWL offers a weekly online clinician-facilitated drop-in group for parents & carers covering a wide range of topics, information & support in a relaxed atmosphere.

**CNWLs The Cove** is a community based crisis alternative service, offering non-clinical support to individuals experiencing a crisis or mental distress.



## How to make a referral

Young people, families, & carers can contact CAMHS at any time for advice & support.

Families, carers & young people can speak to a GPs who can do a referral on your behalf.

Healthcare professionals, school staff, GPs & social workers can also make a referral.

## Calling CAMHS

Young people, families, & carers can contact our CAMHS community teams at any time for advice & support.

## How to get urgent help

**CNWLs SPA (Single Point of Access)** a 24 hour telephone service offers support, advice & signposting to children, young people & adults who may be experiencing a mental health crisis. Family, carers & professionals can also contact SPA for urgent mental health advice.



# Single Point of Access

**CAMHS Single Point of Access** has been in operation since 2021 as a single access point for referrals, crisis calls, advice and signposting for children and young people up to the age of 18y, integrated within the existing CNWL Single Point of Access (SPA).

CAMHS SPA supports young people and families from all 5 CNWL boroughs (Hillingdon, Harrow, Kensington and Chelsea, Westminster and Brent) and out of hours in Milton Keynes, accepting referrals from professionals and families/young people. **(including health, education, social care, emergency services)**

**CAMHS referrals are screened by CAMHS SPA 24/7 and CYPs and families are offered a triage assessment within 3 days of referral. If there is priority need this will be offered within 24 hours. SPA will formulate a safety plan for all YP's and refer onto appropriate support (i.e LINK, Core CAMHS, HATS etc)**

As a 24/7 service, CAMHS SPA offers crisis telephone support to young people and families. Since March 24, CAMHS SPA has joined NHS 111 as 'press 2 for mental health'. This includes calls regarding CYPs in need of mental health support where the caller has dialled NHS 111.

**0800 0234 650**





# Hear from our Young People



Central and  
North West London  
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*"You've been amazing, I've never met such a kind, caring, nurse & I hope you realise how special you are. Not many people would go to the lengths you go to just to make us feel heard & listened to. Thank you for fighting for me when I couldn't fight for myself. I'm going to miss your warm comforting presence."*

*"I love how interactive my CWP sessions are. It makes me feel comfortable in sharing my difficulties."*

*"I enjoy working with my family therapist. You can see that she genuinely cares about supporting me & my family."*



*"The staff are amazing, I don't know how they do it."*



# Hear from Parents & Carers

*"We were always kept in the loop with what's going on... communication from staff meant we did not feel cut off from our child."*

*"Family therapy was really helpful for discussing our own emotions & mental health."*

*"The nursing team were actively involved & not "just doing their job" but actually cared & formed excellent therapeutic relationships."*

*"We are supported as a family. They work closely with me & my son's school to best support him."*

*"There was transparency by the nursing team surrounding incidents on the ward; the team kept us informed of all events around our child's care."*

*"The Case manager was key in the care of our child; they were incredibly helpful & took "burdens off our shoulders."*





# Thanks for listening

[CNWL.nhs.uk/camhs](https://cnwl.nhs.uk/camhs)



@cnwlcams

## Work with us

Providing top quality care depends on our ability to employ the best people. We're always looking to recruit outstanding people who will go the extra mile to support our patients, colleagues, teams & the Trust. With every new employee we're hoping to find our future leaders & we'll support our staff by providing opportunities to develop your career.

