

OXFORDSHIRE CAMHS

Transformation plan

2019/20 – an update

Children's and Adolescents' Mental Health Services in Oxfordshire

0-18 years (with the exception of a very small number of young people who will stay with CAMHS up to the age of 25)



Why and what is CAMHS?

Mental health problems affect about one in eight young people and can include things like anxiety or depression. Often mental health problems are linked to what is going on in your life, like not feeling in control.

Being well emotionally and mentally is just as important as your physical health, and getting the support you need as a young person can help you grow into a healthy adult. This is where Oxfordshire CAMHS comes in.

CAMHS stands for 'Children's and Adolescents' Mental Health Services'. They are provided by Oxford Health which works all over Oxfordshire to help children and young people - and their families - who are having problems with their mental health.

Oxfordshire CAMHS see young people aged up to 18 and you can now call to get advice, information and self-refer if you are aged 16 and up. They may ask you to come for an assessment if they think you need extra help – where you can talk about what's happening in your life and what kind of help and support you need.

Mental health is different for everyone so Oxfordshire CAMHS try to treat everyone as an individual.

CAMHS listens to the changes that young people and their parents and carers want to see.

CAMHS recognises that making mental health services better for children and young people is as important as improving physical health services for everyone who needs them.

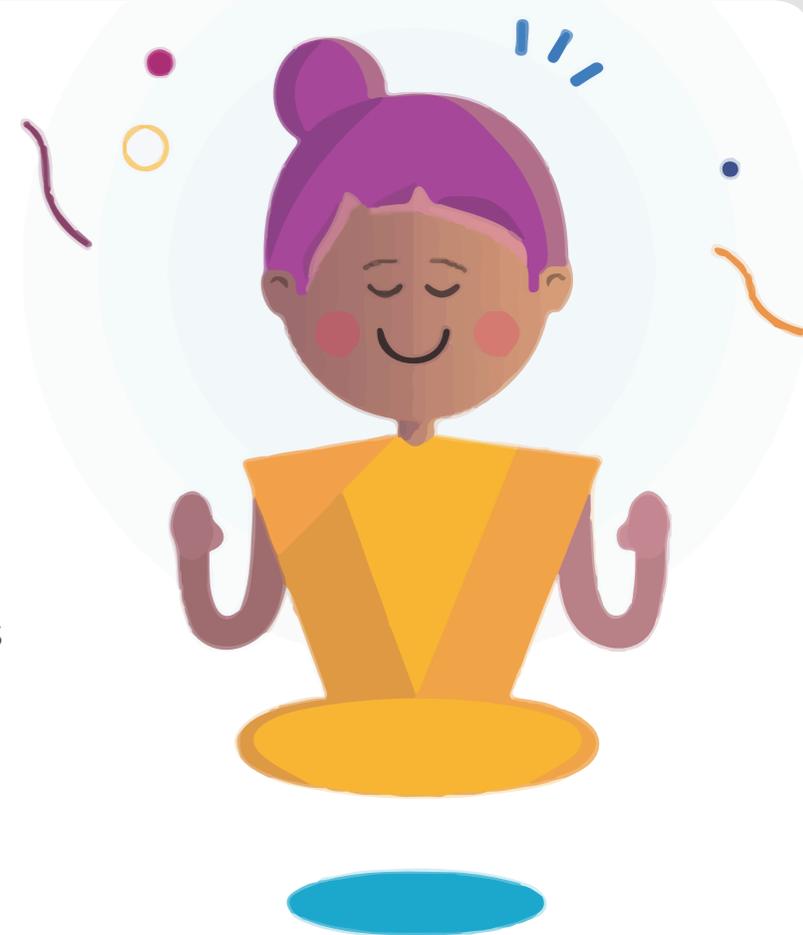


We want to update you on the progress we have made since we began transforming mental health services for children and young people in 2015:

We set out to make sure:

- Oxfordshire is place where you can grow up safely, make the most of your opportunities and achieve your potential
- everyone recognises the importance of good mental health for children, young people and families
- we work with your schools and colleges so they can help you access our services
- everyone knows where to get help when they need it, including online advice and self-referral online to see a specialist
- we support you until you decide that you don't need help anymore, and make it easy for you to come back to us within a year if you feel yourself needing support again

- we treat everyone as individuals and let you set your own goals. Part of this is asking for your opinion on how we help people in future. We recognise the important role of your parents and carers and give them support if they need it
- everyone working with children has enough time and the right skills to give you the best care; this includes our staff, partners and volunteers



What has been achieved this year?

We listen carefully to you, your parents and carers so we can offer new and better ways to get mental health support and help.

We have:

- set up a training scheme for mental health specialists to work in some schools and colleges, together with training and support for education staff
- a single door (Single Point of Access) through the new CAMHS website or by calling 01865 902515 for referrals to our services by you, your family or by a professional like a doctor, school nurse or teacher
- a 'one stop' way to get diagnosed with autism, ADHD and similar conditions which avoids lots of different assessments and appointments, and means you and your family can get support quicker. This service has been set up using feedback and ideas from families
- done more work with charities and volunteer organisations across Oxfordshire such as **TRAX, RAW, Synolos, SoFEA, BYHP, Ark-T** and Oxfordshire Youth which support young people who may find it more difficult to get the health services they need

- developed more awareness of mental illness and where to get support
- improved the way children and young people get Special Educational Needs and Disability support for their mental health needs
- held successful Youth in Mind conference for 500 people who are involved with children's and young people's mental health support to learn from each other

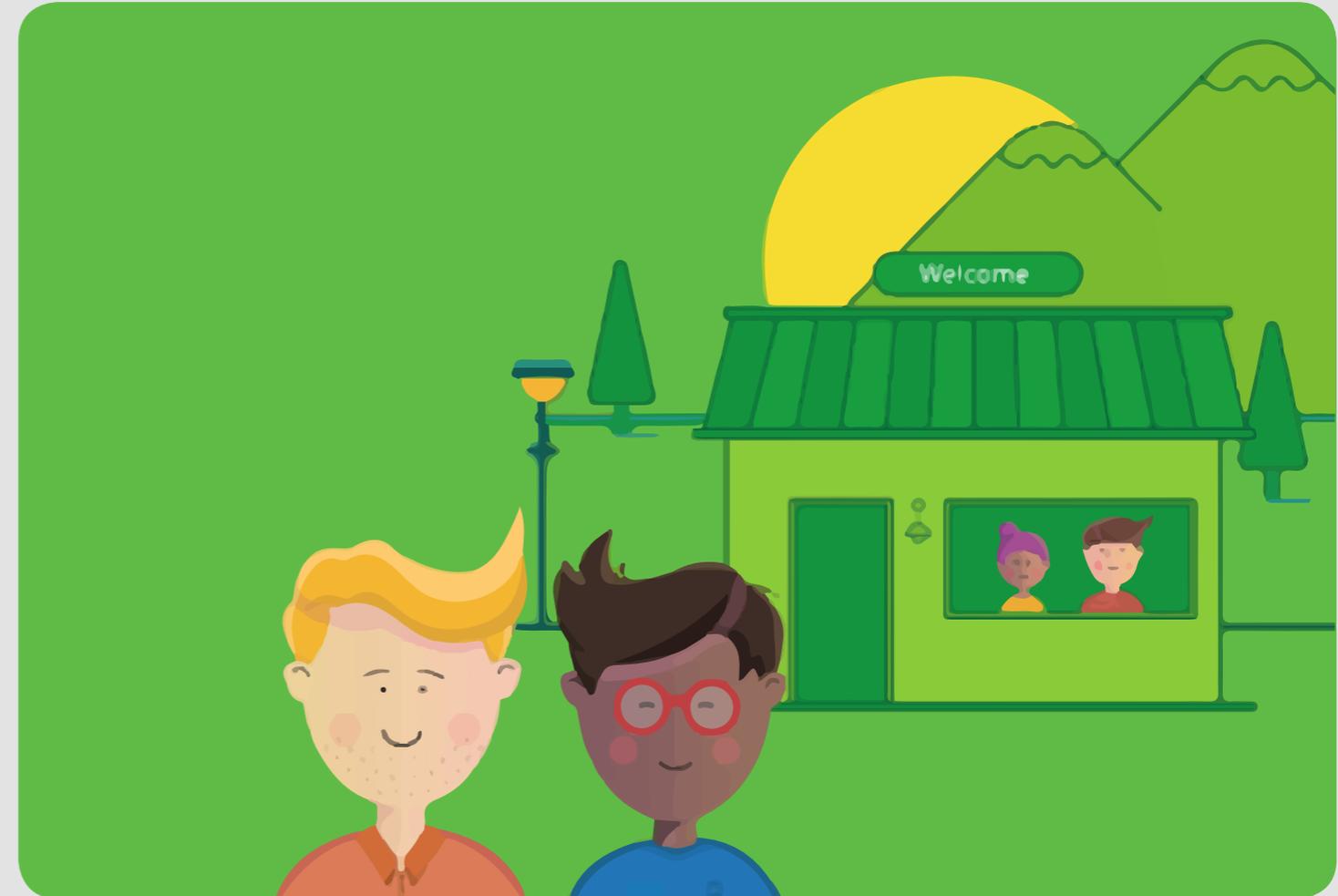
You, your family and carers can now get:

- more early intervention, information, advice and consultation where there are concerns about children and young people
- more online and phone support to help you before you get your appointment
- mental health support from the very beginning for pregnant women, their families, and partners

And what about next year?

We will:

- continue to work closely with schools to set up new the mental health teams and make sure mental health care is well supported
- continue to get feedback from you and your families and carers so we can keep making services better
- continue to work towards cutting waiting times for CAMHS services by recruiting doctors, nurses and other mental health specialists
- continue to roll out the BlueIce App to help young people manage emotions and reduce urges to self-harm
- review services so you get the best possible support in a mental health crisis
- begin to transform young people's services so you can access them until you are 25
- continue to improve mental health help for children and young people with a learning disability or autism so they can avoid going into hospital when in crisis



Get involved

We'll be back this time next year with another update. In the meantime you can get more information about children's and adolescents' mental health services here:



www.oxfordhealth.nhs.uk/children-and-young-people/



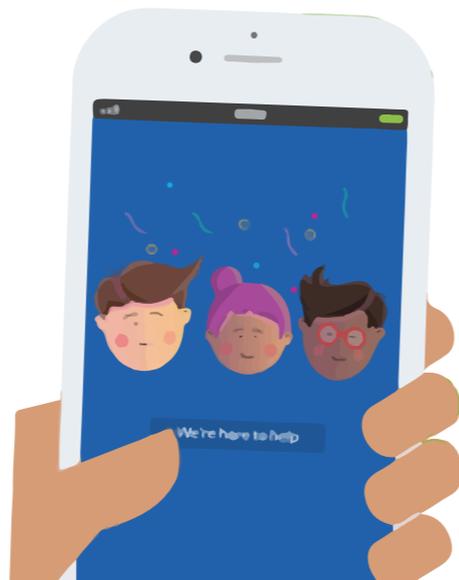
www.oxfordhealth.nhs.uk/camhs/oxon/



Or call 01865 902515

If you want to get involved in improving mental health services for children and young people, or give feedback on your experiences you can contact the CAMHS participation worker

Louis.Headley@oxfordhealth.nhs.uk



www.oxfordhealth.nhs.uk/camhs/oxon/