

# Oxfordshire CAMHS

## Transformation plan

2018/19 – 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)

**NHS**  
Oxfordshire  
Clinical Commissioning Group



## Why and what is CAMHS?

Mental health problems affect about one in 10 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 might 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 Foundation Trust 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 ring 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.**

In 2014 we did a big review looking at the services CAMHS provide and listened to the changes that young people and their parents and carers wanted to see over five years, starting at the end of 2015.

The plan recognises that making mental health services better for children and young people is as important as improving physical health services – and not just for some people, but for everyone who needs them.



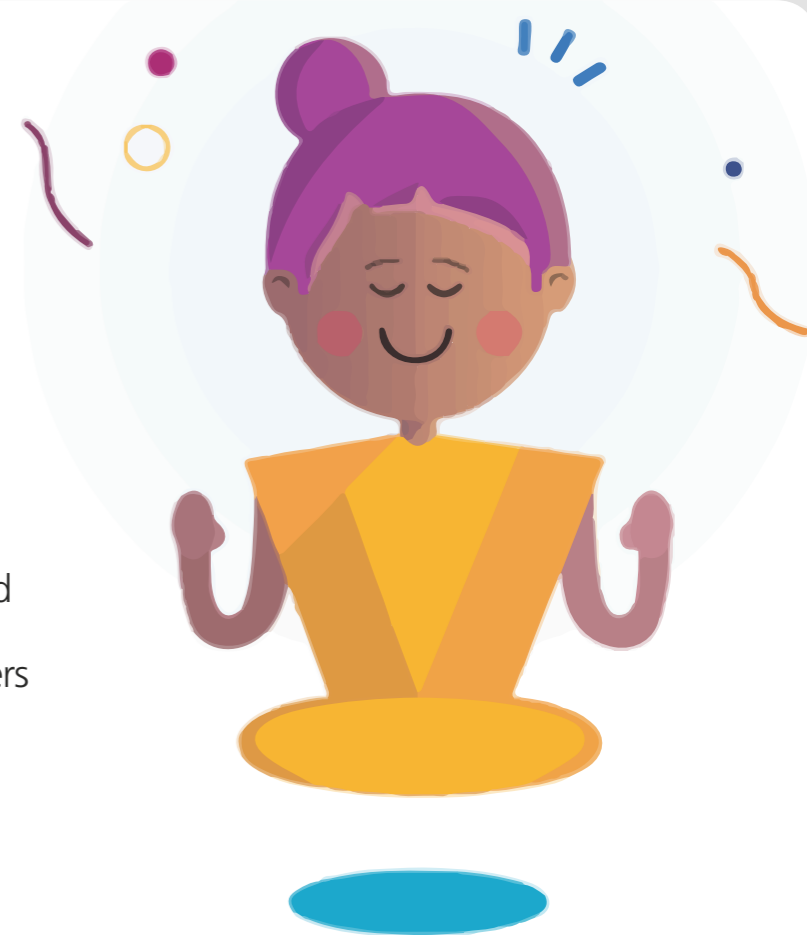
## Why and what is CAMHS?

**We want to update you on the progress we have made over the past year and the work we continue to do to improve services for you.**

### **By 2020 we want:**

- Oxfordshire to be a place where you can grow up safely, make the most of your opportunities and achieve your potential
- to make sure that everyone recognises the importance of good mental health for children, young people and families
- to work with your schools and colleges so they can help you access our services
- to make sure that everyone knows where to get help when they need it, including putting advice online and letting you refer yourself online to see a specialist
- to 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.

- to 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'll recognise the important role of your parents and carers and give them support as well if they need it
- to make sure 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 have started to offer new ways to get mental health support and help, after listening carefully to the feedback we have had from you, your parents and carers:**

- a single door (Single Point of Access) through the Oxford Health 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
- partnering with charities and volunteer organisations across Oxfordshire such at [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
- 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
- a CAMHS worker is now in every Oxfordshire secondary school
- Oxfordshire primary school staff are offered training to support children and to identify potential mental health issues.

**We are still working hard to reduce your waiting times** for mental health appointments because our biggest challenge is recruiting enough doctors, nurses and other experts in mental health to work across all the services. We are making sure that if you have been waiting a long time for an appointment you are a priority, so that your mental health doesn't get worse. And there are ways to help yourself while you're waiting on the Oxford Health website [www.oxfordhealth.nhs.uk/camhs/advice/](http://www.oxfordhealth.nhs.uk/camhs/advice/)

**We have been given money to:**

- start a service for pregnant women and their families to provide specialist support to people who have mental health problems before, during pregnancy, or in the year after having a baby who might be at risk of becoming ill
- set up a Psychiatric Intensive Care Unit which will have eight beds for children and young people who are very unwell. This means young people with serious mental illness can get the help they need closer to home, rather than having to go into hospital in other parts of the country. The unit is expected to open at the beginning of 2020
- have a more senior mental health worker in the team that helps young people who are having a mental health crisis.

## And what about next year?

- We'll be building on the progress we have made this year across all areas, but the following will be priorities:
- we have been named as 'trailblazer site' in Oxfordshire and have been given an extra funding to reduce the numbers of children currently on waiting lists; we will train new mental health practitioners to work in primary schools and secondary schools; and we will increase CAMHS appointments and run a pilot to reduce waiting times to four weeks by 2020
- we are recruiting a specialist team which will work with women who are at risk of mental health problems before and during pregnancy and in the first year after they have their baby. This perinatal mental health specialist team will work with the whole family
- we are piloting support networks for parents of children with learning disabilities and/or autism.

## Where is the money coming from?

The Government recognises the importance of making good mental health services available to as many people as possible, so we get extra money every year to improve our services for children and young people in Oxfordshire. We are also continuing to bid for any local or national funding that is available.



## 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 adolescent's mental health services here:



[www.oxfordhealth.nhs.uk/children-and-young-people/](http://www.oxfordhealth.nhs.uk/children-and-young-people/)

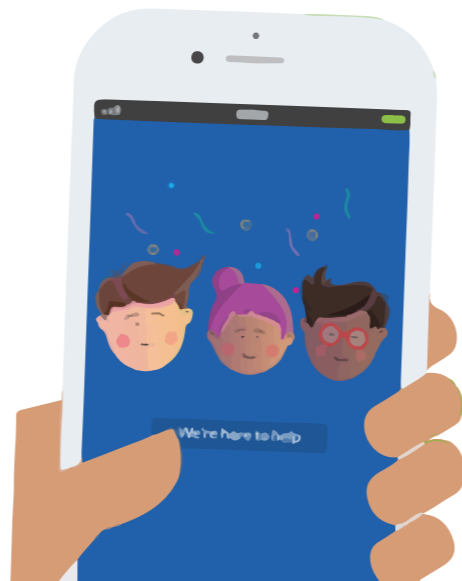


[www.oxfordhealth.nhs.uk/camhs/oxon/](http://www.oxfordhealth.nhs.uk/camhs/oxon/)



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](mailto:Headley@oxfordhealth.nhs.uk)



[www.oxfordhealth.nhs.uk/camhs/oxon/](http://www.oxfordhealth.nhs.uk/camhs/oxon/)