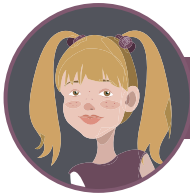


OXFORDSHIRE CAMHS TRANSFORMATION PLAN - AN UPDATE

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)





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WHAT AND WHY 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 may 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 NHS Foundation Trust and they work all over Oxfordshire to help children and young people -and their families - who are having problems with their mental health. They see young people aged up to 18 who are referred to them by their doctor, school nurse or social worker, for example.

They ask you to come for an assessment – 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. Young people and their parents and carers were involved in the review and had a real say in the changes they wanted to see over five years, starting in 2015. We promised you regular updates on the progress being made to change and improve services for you, and what more you can expect.

So last year we put together a report which showed you the work that had been done since the review, and the picture for the future.

This latest report aims to give you even more information about what has been achieved over the past 12 months or so and priorities for next year.

The big changes in children's and adolescents' mental health services are part of a much bigger five year transformation of health services, called the Sustainability and Transformation Plan.

This 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 young people but for as many young people as possible.

OUR COMMITMENT TO YOU

- 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 mental health

- to work with your schools and colleges to make sure everyone is on the same page and that everyone can access our services
- to use technology to make it easier for you to get the help you need, including putting advice online and letting you refer yourself to see a specialist through the internet
- we will aim to not have anyone who needs help waiting for more than two weeks to see someone, and will provide support for you until your appointment
- to support you until you decide that you don't need it anymore, and make it easy for you to come back to us within a year if you feel yourself needing help
- 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 role your parents play 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've been working hard to bring down waiting times for appointments and support. We have managed to improve things a little but our biggest challenge is employing enough doctors, nurses and other experts in mental health to work across the new services. This is a problem across the whole country, but we are trying new and different ways to solve the problems in Oxfordshire. We are making sure that if you have been waiting a long time for appointments you are a priority to be seen and your mental health doesn't get worse.
- We have started a new service for young people who have eating disorders. We are trying to help you by supporting and treating you more quickly and closer to home rather than in hospital. It has been shown this approach works better for many young people, rather than being treated as a hospital patient. Though, of course, treatment in hospital may be necessary in emergency cases.
- The CAMHS service has been working with other children's health services to improve autism diagnosis by making sure there is one person responsible for putting together all the paperwork. The result has been that more children have been seen more quickly over the past year. We're also supporting families after a child or young person has been diagnosed with autism. If these support groups are successful we will make sure more people can use them.



- The Horizon Service for young people who have been sexually harmed has seen nearly 90 people since it was launched at the start of 2016. It offers you and your family support and help to recover. Young people are referred to the service by, for example, the police, social workers or schools.
- CAMHS is now working with every secondary school in Oxfordshire to make sure teachers and other staff know about the kinds of mental health issues which can affect you and how they can help and support you, or get you to the right services. There is a named CAMHS worker linked to every secondary school.
- Some 16 and 17 year olds are now able to get talking therapies from adult mental health services in certain circumstances as a way of reducing waiting times. And work is continuing to train more people in providing talking therapies specifically to young people.
- For young people who start to experience the symptoms of psychosis we make sure they are treated by a specialist service within two weeks and that the team covers young people as well as adults.
- If you have to go to into hospital for whatever reason and you need psychiatric help while you're there, the specialist team in the hospital will put you in touch with CAMHS.
- The Phoenix Team has been set up to specially support looked after children and young people in care to make sure we know what your health needs are, whether physical or emotional, and you get to see the right people who can help you.
- We're making even more use of technology and have been working with some of you to help design a better website about all the mental health support which is available to you, your families and carers across Oxfordshire. Soon you will be able to access online mental health support.
- And most importantly, the CAMHS service will have a dedicated person who will work with you and your families to get feedback about services and ideas for making them even better. This person will make sure that what you say counts.

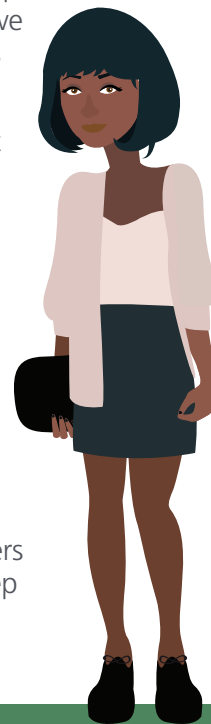
AND WHAT ABOUT NEXT YEAR?

We'll be building on the progress we have made this year across all areas, but the following will be a priority:

- There has been a pilot scheme in a few primary schools in the county to see what support they want from CAMHS. This will be rolled out to all primary schools in Oxfordshire next year.
- If you have been sexually harmed, we will do more work to ensure you continue to get support once you turn 18.
- We will be working with new charities to help deliver CAMHS services. We will continue to check with you that the support you are getting is working so the CAMHS services continue to improve; and the

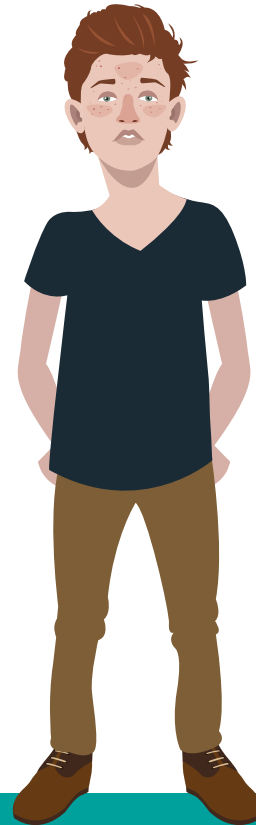
professionals who work with you will get training to make sure this happens.

- We will be working with Health Education England to develop new roles and skills for the professionals who work with you in CAMHS.
- We will meet as many young people as we can to find out from you how our plans for CAMHS should develop; and we will do the same with the charities who work as CAMHS partners.
- We will start new work to support children and young people with learning disabilities and autism to help them stay out of hospital settings.
- There is a small group of young people in Oxfordshire who face more serious challenges such as homelessness, drug and alcohol misuse and trauma. They will get specialist support from CAMHS.
- We will work with our NHS partners to develop plans which aim to keep young people with mental health issues out of hospital.



WHERE IS THE MONEY COMING FROM?

As we said earlier, making mental health services for children and young people better is as important as improving physical health services – and not just for some people but for as many people as possible. The Government recognises this too and we have been given extra money so we can improve services. We have £10.25m to work with in Oxfordshire.



FOR MORE INFORMATION

Take a look at the Oxford Health NHS Foundation Trust website:

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

Resources for parents please visit:

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

Take a look at the OCCG young persons advice page here:

www.oxfordshireccg.nhs.uk/about-us/work-programmes/children-and-young-peoples-services/