



# Bedfordshire Emotional Wellbeing Partnership Offer

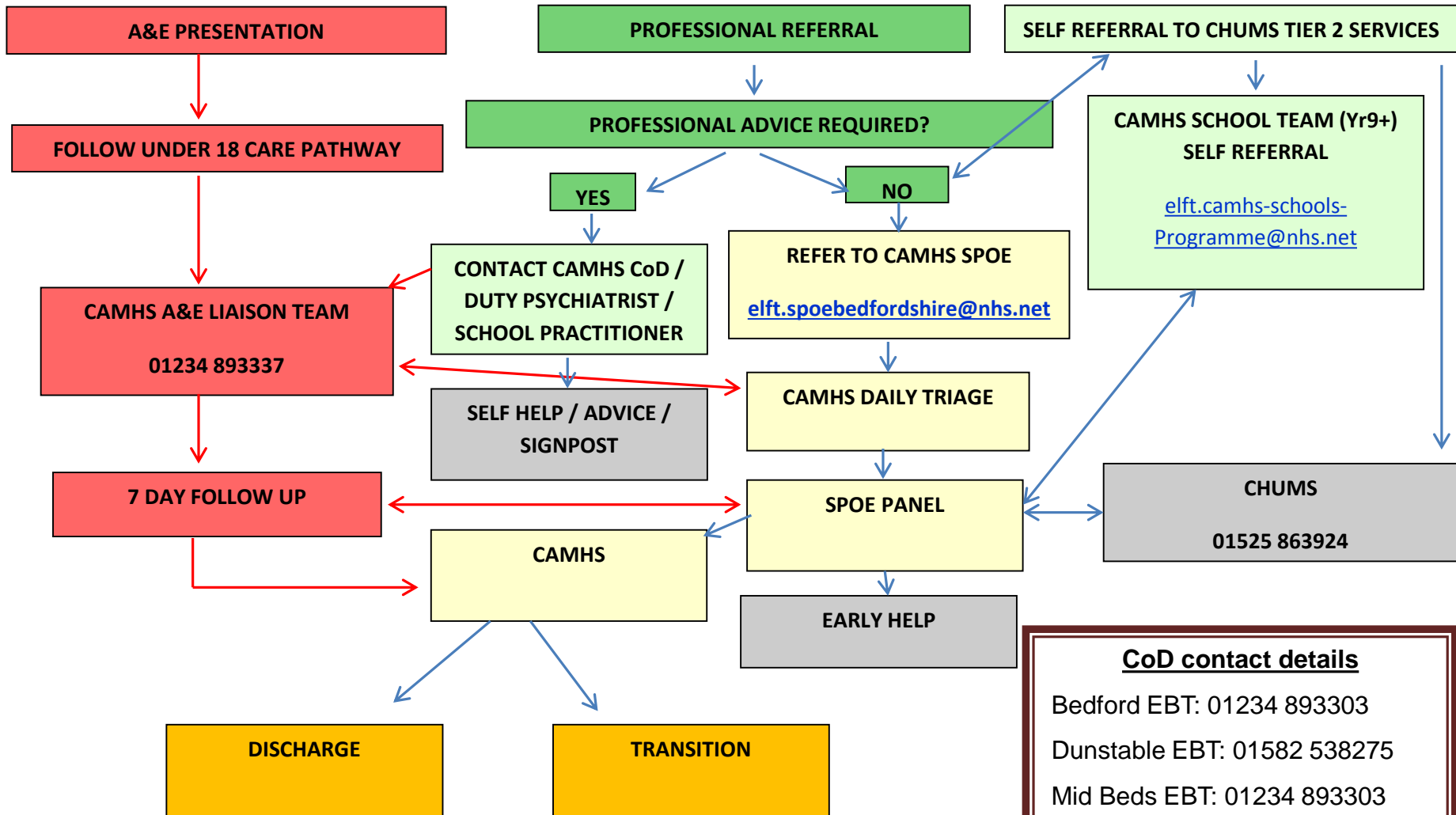
Dr Louise Scrivener  
Dunstable CAMHS  
Clinical Psychologist / team lead

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*We respect*

*We are inclusive*

# BEDFORDSHIRE CAMHS REFERRAL PATHWAYS



## CoD contact details

Bedford EBT: 01234 893303  
 Dunstable EBT: 01582 538275  
 Mid Beds EBT: 01234 893303  
 NDT: 01234 893303  
 CEDS: 01234 893338

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# I-Thrive

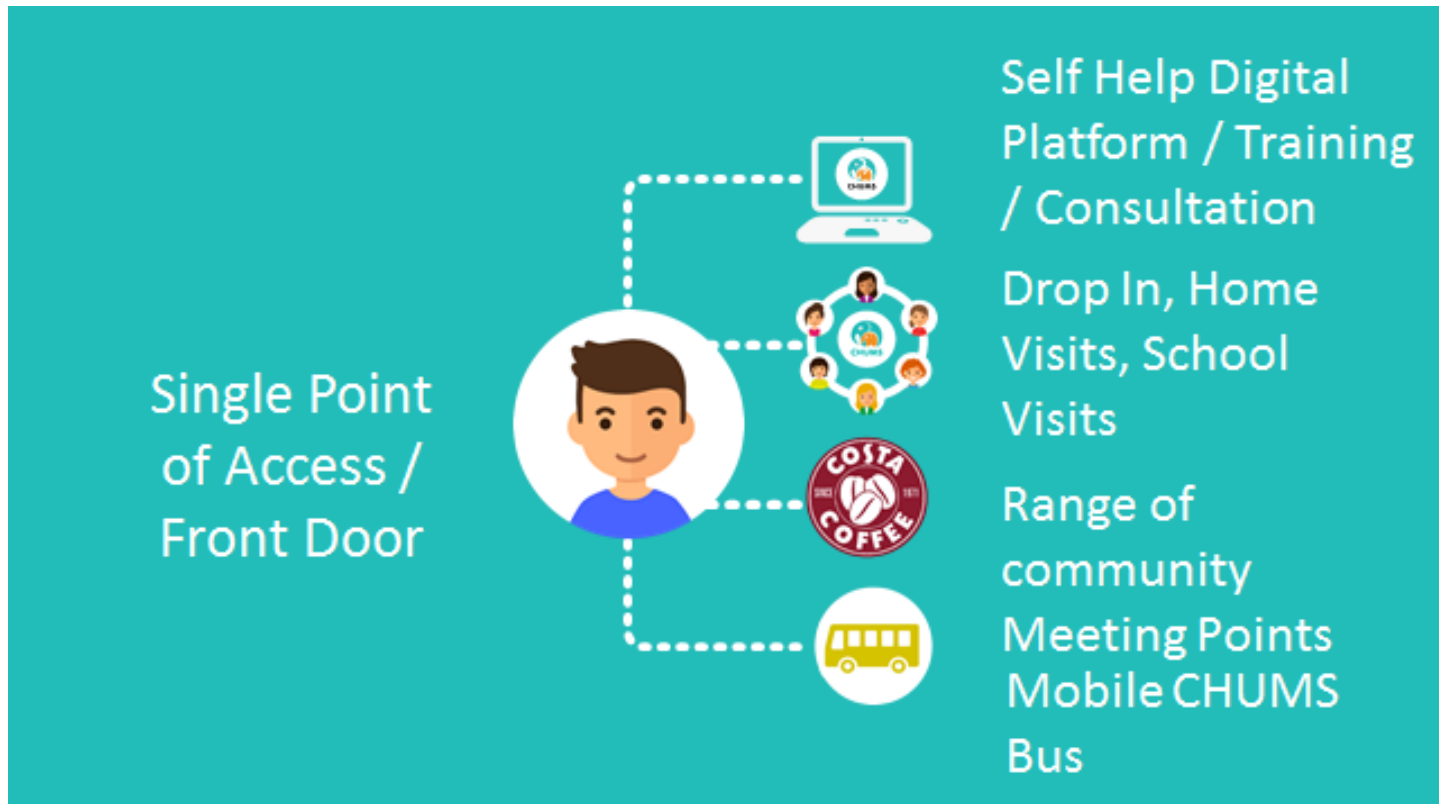


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# Getting Advice



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# Getting More Help

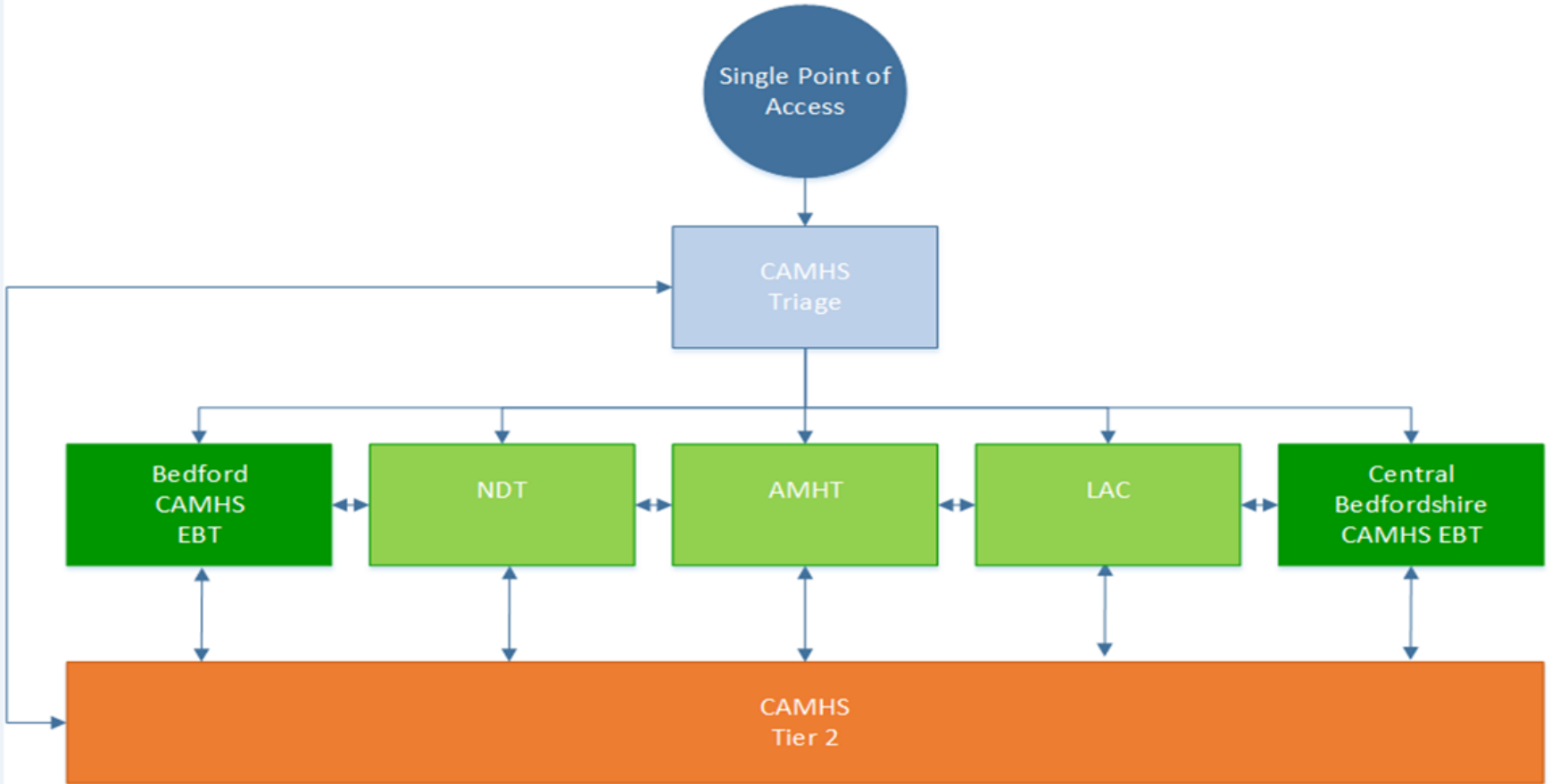
Whole System Approach			
Breaking the Stigma	Whole Staff Training	Person Centred Care	Episodes of Care
Developing Resilience	Care Pathways	Collaborative working	IAPT training Programmes
Duty Clinician	Evidence Based Practice	Routine Outcomes / Goal Based Setting	Service User Engagement

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# Bedfordshire CAMHS Service Model



EBT = Emotional & Behavioural Team

NDT = Neurodevelopmental Team

AMHT = Adolescent Mental Health Team

LAC = Looked After Children

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# Smaller CAMHS teams

Recently established teams:

- Schools team
- GP liaison
- Behaviour improvement team

Embedded workers:

- Early Help
- YOT
- Paediatric psychology (Bedford)

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# CAMHS team

- Psychiatry
- Psychology
- Systemic therapy
- CBT therapy
- Counselling
- Art therapy
- Nursing

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# Overview of Demand

New referrals accepted YTD – 1359

40% of those from GPs

Follow Up appts YTD 10,666

80% caseload aged 12 – 18yr

55% female : 45% male

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# Overview of Demand cont...

Average treatment 10 sessions over 44 weeks

73 % successfully complete treatment

3% transition to adult services

4% disengage

20% discharge for other reasons (move out of area / LAC placement /university)

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# Referral Details to include:

- Correct Contact Details & age
- Presenting symptoms: onset / frequency / severity / substance misuse / sexual orientation / concentration / impact on daily function /
- Risk: thoughts plans / intent / methods
- History of symptoms – changes / events?
- Previous treatments / medication offered (inc outcome, if known)
- Current services involved / parental support?
- Social circumstances / Family History
- Current Protective factors / coping strategies

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# Case Study

- 15yr female
- Low mood / feeling tearful all the time
- Poor self esteem / self image
- Daily self harm (cutting, punching)
- Disclosed impulsive overdose 2 / 52 ago
- No further plans disclosed
- Stated lack of protective factors
- Poor relationship with mother
- Actively seeking help – sharing with school staff, Childline, GP,

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# Case Study cont..

- CoD contacted Mother - denied any self harm / mental health issues – agreed to YP call back
- CoD spoke with child – symptoms for last 3 yrs, low in mood / panic attacks / stressful home life
- Agreed to an assessment at clinic – seen in 2wks
- Child accompanied by mother for visit – seen individually and together. Family history taken
- MDT presentation / discussion:
  - Psychiatrist review for medication
  - Systemic work for family / Early help for mother
  - Intensive individual work using CBT principles to ↓anxieties and ↑feeling of self worth

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# Getting Risk Support

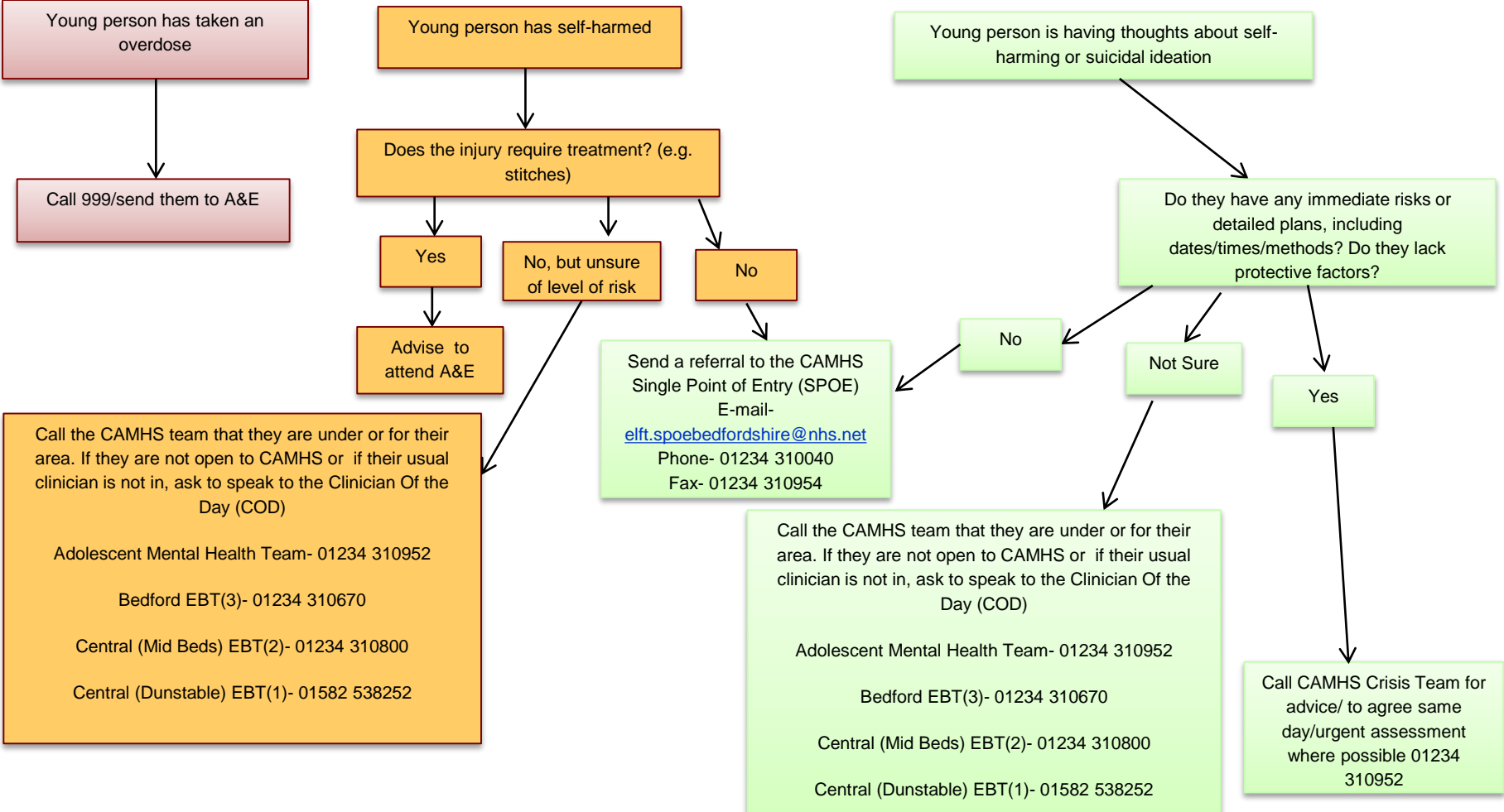
- Same Day Triage of all CAMHS referrals
- CAMHS Clinician of the Day
- Duty CAMHS Consultant
- Rapid Response Crisis Service with 7 day follow up

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A guide for GP's in managing children presenting with a Mental Health "Crisis"



Call the CAMHS team that they are under or for their area. If they are not open to CAMHS or if their usual clinician is not in, ask to speak to the Clinician Of the Day (COD)

Adolescent Mental Health Team- 01234 310952

Bedford EBT(3)- 01234 310670

Central (Mid Beds) EBT(2)- 01234 310800

Central (Dunstable) EBT(1)- 01582 538252

Send a referral to the CAMHS Single Point of Entry (SPOE) E-mail- [elft.spoebedfordshire@nhs.net](mailto:elft.spoebedfordshire@nhs.net) Phone- 01234 310040 Fax- 01234 310954

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Call CAMHS Crisis Team for advice/ to agree same day/urgent assessment where possible 01234 310952

Thank you

Questions?

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