



Child and Adolescent Mental Health Services (CAMHS) in Lancashire

Q&A



**Lancashire
Children and Young People's
Trust**

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Do you have concerns about the emotional health of the children and young people that you are working with? If you have accessed your local resources and there still appears to be a need then you may need to access the CAMHS service.

We have put together some questions and answers to help you find out more about our service and explain when you should request our involvement with a child or young person.

What is CAMHS?

The term 'CAMHS' can mean different things to different people. All Lancashire's children's workforce are part of 'Comprehensive CAMHS' which means that we all contribute to promoting positive emotional health and resilience in the children, young people and families that we work with. However we will use 'CAMHS' to refer to the small, locality based, multi agency teams sometimes referred to as 'Tier 3' that provide specialist responses to highly complex emotional and psychiatric needs.

I work with children, can I refer to CAMHS?

You can. Each CAMHS team takes requests for involvement from child care professionals. Some teams require an open Common Assessment Framework, although all will give advice if contacted.

Do CAMHS see all children that have emotional issues?

CAMHS is a highly specialist multi agency service for children with mental illnesses or very complex emotional difficulties. In the children's workforce we all have a responsibility to children's emotional health and it's those with specialist needs that are seen by CAMHS. Your local CAMHS team will give advice if you are unsure whether to request CAMHS involvement.

Do CAMHS see children that self harm straight away?

A CAMHS emergency response will be the next working day but if possible a team of two workers will see the child the same day if they are fit to be assessed. Guidance for staff on suicide and self harm has recently been developed by CAMHS and is on the LSCB Tri X procedures.

How long does it take to be seen by CAMHS?

A small service will always be affected by high demand at times, but the vast majority of children and young people in Lancashire are seen within six weeks of referral.

Do CAMHS work with schools?

CAMHS is a small, specialist service that cannot cover all of Lancashire's 600 plus schools. However, each CAMHS team will give advice and referrals can be made by school staff. Our service specification from April 2012 will ensure that 20 per cent of CAMHS capacity is aimed at support and developing capacity in universal and targeted services. In addition an e-learning modular training programme on the emotional health of children will soon be available to all staff through the Children and Young People's Trust website.

Are children placed on adult psychiatric wards?

No under 16 year olds are placed on adult wards. We now use 'The Junction', in Lancaster, a residential unit for 12 to 16 year olds and The Platform, in Preston, for 16 and 17 year olds. Both were created on an excellent model of participation with young people and are available to children and young people from across Lancashire.

Is the development of CAMHS seen as a priority in Lancashire?

Yes, the Lancashire Children and Young People's Trust Board directly oversees the work of the multi agency County CAMHS and Emotional Wellbeing Group.



Do Children who are Looked After and those Adopted get access to CAMHS as a priority?

SCAYT + is an integral part of the Comprehensive Child and Adolescent Mental Health Service in Lancashire.

The team provides a targeted service of advice on the emotional health and wellbeing to children looked after, foster carers, residential and other child care staff. Adopted children and their parents are also seen by the service. SCAYT + provides an immediate response following any issues raised by the completion of the Strengths and Difficulties (SDQ) questionnaires, a national indicator for the 'Emotional Health of Children Looked After'. Carers of Children Looked After booking a 'Caring Advice That Helps' (CATH) slot and looked after children professionals requesting service involvement can contact:

SCAYT+ on **01772 538880**, then
For SCAYT+ East, press option 1
For SCAYT+ North, South and Central, press option 2
Adoptive families can access the service through the Lancashire Post Adoption Service on **01772 537135**

Are there different CAMHS in different parts of Lancashire?

CAMHS are delivered by two major providers across Lancashire. East Lancashire Hospitals Trust, cover East and Blackburn with Darwen, and Lancashire Care Foundation Trust for the rest of Lancashire. Services are very similarly organised and delivered. From April 2012 a common service specification is in place across Lancashire.

Do older teenagers receive CAMHS?

CAMHS deliver a service up to a young person's 16th Birthday. Lancashire Care Foundation Trust deliver age and developmentally appropriate services for 16 and 17 year olds.

Are CAMHS available out of hours?

There is a CAMHS out of hours procedure that ensures that the Lancashire Emergency Duty Team (EDT) are able to access advice from 'The Junction' outside of office hours. Any CAMHS issues are then given to CAMHS teams for action on the next working day.

Do Children and Young People have a say in CAMHS?

Children and young people are given lots of opportunities to have their say and participate in CAMHS. A recent audit of the service found that young people, and their parents, were central to the decision making process. 'The Junction' and 'The Platform' are both good examples of participative practice within the service.

Central Lancashire CAMHS have recently been awarded the You're Welcome award, a quality mark with criteria that seeks to improve acceptability, accessibility, quantity and choice of health services for young people. They are the only service to receive the award in the North West, and one of only three in the country. In East Lancashire young people have been getting involved by 'mystery shopping' using the 'You're Welcome' criteria.

In North Lancashire the Emotional Wellbeing Partnership has commissioned participation work which is providing Peer Support Groups and an audit of multi agency, statutory and non statutory emotional wellbeing services. The Strategic Partnership membership now includes young people representation and meeting times have been altered accordingly.

How do young offenders access CAMHS?

There are CAMHS health workers who are based in Youth Offending teams who ensure a link between the services.

What about children and young people who have other emotional health needs?

Although the majority of CAMHS work is with children and young people who have highly complex emotional and psychiatric needs from April 2012 each CAMHS team allocates 20 per cent of its resource to advice and support for workers in universal and targeted services.

In addition the parents and carers of Looked After and adopted children have support from the SCAYT + team.

A new commission for the Lancashire Young People's Service includes a specific duty to address the emotional wellbeing of those young people in contact with the



service. This is a new set of services which will be available throughout Lancashire in 2012.

Where do I find my local CAMHS Team?

See below for CAMHS contact details in Lancashire. Your local CAMHS team will be happy to discuss any issues with you:

Community CAMHS:

North Lancashire

Lancaster and Morecambe - Ross Children's Centre, Euston Road, Morecambe, LA4 5LE. **Tel: 01524 834140**

Fylde and Wyre - Blackpool, Fylde and Wyre CAMHS, Whitegate Health Centre, Whitegate Drive, Blackpool, FY3 9ES. **Tel: 01253 657166**

East Lancashire

The Mount, CAMHS, East Lancashire Hospitals NHS Trust, Whalley Road, Accrington, BB5 5DF. **Tel: 01254 226336/4**

ELCAS, Burnley General Hospital, Casterton Avenue, Burnley, Lancashire, BB10 2PQ. **Tel: 01282 804804**

Central Lancashire

Chorley and South Ribble CAMHS - Shawbrook House, Balcarres Road, Leyland, PR25 3ED. **Tel: 01772 644644**

Preston CAMHS - Ellen House, 1-3 Ellen Court, Preston, PR1 7RH.
Tel: 01772 777344

West Lancashire CAMHS - Westgate House, Hillside Health Centre, Tanhouse Road, Skelmersdale, WN8 6DS.

Tel: 01695 588430

Residential CAMHS:

Please note this service is accessible through the community CAMHS teams
The Junction, Piccadilly, Ashford Road, Lancaster, LA1 4PW.

The Platform, Royal Preston Hospital, Sharoe Green Lane North, Preston, PR2 9HT.

Where can I get further information on CAMHS from the County Council?

You can call our team on **01772 538880** or email lcccamhs@lancashire.gov.uk





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