

4 Accountability

- **Checking that our assessments and therapies are effective and our care is suited to you.**

We have trained our staff group in using the Children's Global Assessment Scale that will support our efforts to evaluate the impact of our assessments, care & therapies.

We have developed standards, training & guidance for staff & families, to ensure effective transition to services suited to young adults. If you are over 17, your CAMHS worker wants to hear your views on transition. Shared decision making is at the heart of our approach to transition.

We are training staff to help young people identify clearer goals for CAMHS support, using a package that was developed with 9 young people.

78%

- of young people accessing CAMHS were assessed using a standardised measure

83%

- of children & young people strongly agreed their worries were taken seriously

82%

- of parents & carers strongly agreed they would recommend the service to a friend

5 Evidence-based practice

We have developed standards and procedures to ensure all our group therapies are based on the latest research and clinical trials & delivered in partnership with families. We are working with the University of Surrey to check all groups maintain high standards.

Our supervision structures are essential for providing high quality support and promoting staff well-being. We have trained 35 supervisors in ensuring all staff use a process of shared decision in their work. Find out how we use supervision at www.youtube.com/watch?v=CZ6Ob8tjgns

Follow us on social media!

We have created new social media channels which are just for children and young people.

 @our_mh_space

 our_mh_space

 Our Mental Health Space

Any feedback on this leaflet and any ideas for these channels, please speak to a member of staff or contact



Sussex Partnership
NHS Foundation Trust

Delivering with...
Delivering well...

**DELIVERED
IN SUSSEX**

**Information for families
and professionals**

**Factsheet produced by
Sussex Child and
Adolescent Mental
Health Services
(CAMHS)**

Winter 2019-20

The big 5 for CAMHS

NHS England has big ambitions to improve the support that is available for children and young people's mental health.

They have asked Sussex Partnership to judge how well we are doing against **five** key priorities. This factsheet is to let you know about our plans to transform CAMHS services in Sussex.

Let us know what you think about these plans through our links on the back page of this leaflet.

1 Participation

• Involving children, young people & families in decisions

We have worked with our staff group, young people & families to develop advice about the impact of missed appointments. Last year there were 3900 appointments not attended, without advance notice. Advance notice let's us offer those slots to families awaiting support.

We are aware families can have many appointments and meetings to remember. CAMHS are now able to offer text reminders of appointments. Please sign the consent form available at CAMHS reception, to receive alerts about future appointments.

• Young people and recruitment

We have trained & supported a group of young people to take part in staff interviews. Feedback from candidates & young people have been very positive about this involvement. Ask your CAMHS worker about the training we offer to young people who wish to get involved.

2 Awareness

Check out our Sussex CAMHS website, www.sussexcamhs.nhs.uk. Please help us shape the content by letting us know what you like & what's missing via chypsdigital@sussexpartnership.nhs.uk

Our community teams maintain close links with GP practices through workshops and offering advice.

We are running a campaign to get the whole community making "**Mental Health Promises**". These are pledges from individuals and groups about what they can do to help their own & others' mental health. Join the 53 schools that have already got involved -check the details on <https://sussexcamhs.nhs.uk/news/mental-health-promise/>

Nationally, mental health receives 13% of NHS budget (Kings Fund, 2018) & 7% of mental health funding goes to children & young people (CYP IAPT, 2016). Young Minds are campaigning to improve funding & access to services. See <https://youngminds.org.uk> for details on the #FightingFor campaign.

3 Accessibility

6242

• Children, young people and families working with SPFT CAMHS

92%

• Of appointments were attended

51%

• Of children & young people started assessments with CAMHS within one month of a non-urgent referral

In some areas, children, young people and families are waiting too long for specialist therapies. CAMHS are most concerned about delayed access to specialist therapies and our action plan includes:

- **new investment in our group work programme**
- **enhanced risk review procedures**
- **giving families well researched self-help programmes to follow at home and in school.** See www.reading-well.org.uk/books/books-on-prescription
- **revised & extended training in risk assessment & care planning for staff**

SPFT CAMHS are supporting the supervision and good practice of six new Mental Health Support Teams across Sussex, who will be working directly in schools and colleges, providing low-intensity support.