

FOI_1630_2023-24 – FOI Request concerning Mental Health Support for Children and Young People

1. Which CAMHS services are offered? Please list these services.

We provide services ranging from early intervention through to crisis intervention as follows:

- Mental Health in Schools Teams
- Specialist CAMH Services
- Eating Disorder Services
- CAMHS Liaison
- Community Crisis Team

2. Do you operate a 0-25 service?

Our services work up to the age of 18.

3. Can young people self-refer to CAMHS?

Yes, our Specialist CAMHS team encourages self referrals.

4. Which of the following non-specialist publicly-funded services for young people's mental health (a) currently exist and/or (b) used to exist within the last decade (please indicate if they currently exist, and if they used to exist if you hold this data):

We have answered below those which we are the commissioned provider of:

- a) Social prescribing**
- b) Bereavement services**
- c) Peer support**
- d) Mental Health Support Teams**
Currently exists through Solent NHS Trust
- e) School counsellors, mentors, or pastoral or key support workers**
- f) Educational psychologists**
- g) Youth groups**
- h) Wellbeing cafes or mental health drop-in services**
- i) Youth information, advice and counselling services (YIACS) / early support hubs**
- j) Advice line for mental health issue**
- k) Targeted service(s) for LGBTQ+ young people**
- l) Targeted service(s) for young people from minority ethnic / racialised communities**
- m) Targeted service(s) for other underserved groups (please list here)**
- n) Targeted service(s) for young people on waiting lists for access to NHS mental health services (formerly tier 3)**
- o) Art or music therapy**
Currently exists through Solent NHS Trust
- p) Online support service / app**
- q) Occupational therapy**
Currently exists – Solent CAMHS has Occupational Therapists as part of the MDT Team.
- r) Any other service (please list here)**



5. **Do any of the following exist (please answer yes or no and elaborate if necessary)?**
- a) **A CAMHS or young people's mental health partnership board?**
Yes – the systems we work in have this in place.
- b) **A designated individual or team who coordinates partnership working across services for children and families / settings?**
There is no one designated individual or team which undertakes this role. Forums such as the Partnership Board secure commitment from agencies in the system to work in partnership and the need to work in partnership is a strong cultural expectation in our services. As an example, our Mental Health in Schools Teams work primarily in education settings and alongside education colleagues, the delivery of the work in that team can only be done when in partnership with education.
- c) **Data-sharing infrastructure to share data across services, for example, schools, social care, youth justice, special educational needs teams, etc.?**
We do not have shared metrics which routinely support the sharing of data across our system. However, we participate in activities such as deep dives in partnership with other agencies and would be sharing data as required through those exercises.
- d) **Evaluation of young people's outcomes following engagement with services?**
Yes, we routinely use ROMs and review paired outcomes when service involvement comes to an end.
- e) **A young people's advisory group or official mechanism for young people to feed into service design and improvement?**
Yes, we employ a participation lead in CAMHS and have participation champions in each team with a clear role descriptor. We have a young persons group who feed into service design and delivery.
6. **Is there a single point of access for young people with a mental health concern? Please answer yes or no and elaborate if necessary.**
Yes – our services operate a single point of access.
7. **Do you operate a 'no wrong door' approach? Please answer yes or no and elaborate if necessary.**
We work to support seamless signposting of referrals that come into the SPA.
8. **Do young people have to be referred to access a mental health support service? Please answer yes or no and elaborate if necessary.**
Yes, our services are based on referral.
9. **Are there specific services or approaches to ensure under-served groups of young people can access support e.g. young people from minority ethnic / racialised backgrounds, LGBTQ+ young people, etc.? Please answer yes or no and elaborate if necessary.**
We are not commissioned to provide specific services which are targeted at the groups identified in the question. We work closely with our young people's participation group in service to ensure our services and environments are inclusive. This work has led to examples such as greater use of pronouns in service, artwork designed by young people on display that celebrates difference and commissioning training from other specialist services / professionals to raise awareness and improve our practice in areas such as LGBTQ+.