

Hampshire Specialist Child and Adolescent Mental Health Service (CAMHS)

We work together to make things better



Sussex Partnership
NHS Foundation Trust



In this booklet we're going to explain what mental health is, who we are and how we can help you.

We'll tell you about the different types of people who make up the team and the therapies and treatments we can offer.

We also have personal stories from people who have received treatment from us and who are looking forward to a happy and healthy future.

Our 2020 Vision:

Outstanding care and treatment you can be confident in.
Find out more at www.sussexpartnership.nhs.uk/our-strategy

WELCOME

This brochure will help you to understand more about the mental health services we provide for children and young people and how we can work together to help you.

Being told that you or someone close to you has mental health difficulties can be really hard to hear and we know that you'll be experiencing a huge range of emotions as you read this. We will do our best to make sure you get the help and support you and your family need during this time.

Our team consists of mental health experts and we specialise in supporting children and young people. We will work with you to

understand the difficulties you are having and why you are experiencing them, and we'll agree the best way to support you.

Things may feel quite confusing and frightening at the moment, but we'll help you to make sense of it.

We hope this booklet will answer any questions you have about what's going to happen whilst the team is working with you, but if you have any other questions or concerns please do not hesitate to ask either the person working with you or the team manager.



Some of our team

UNDERSTANDING MORE ABOUT MENTAL HEALTH

What is mental health?

Mental health is how we think and feel. Like our physical health, our mental health can change over time. Just because someone has had a mental health problem at some point in their life it doesn't mean that it will always be with them.

In the same way physical illness can be treated, we can offer you help and support to manage how you feel and to be as healthy as possible.

What is a mental health condition?

The term 'mental health condition' covers a wide range of things. We all have days when we are feeling down and perhaps struggle to get motivated, but when it starts to affect your everyday life and stops you from doing the things you normally do that is when you may need some extra support.

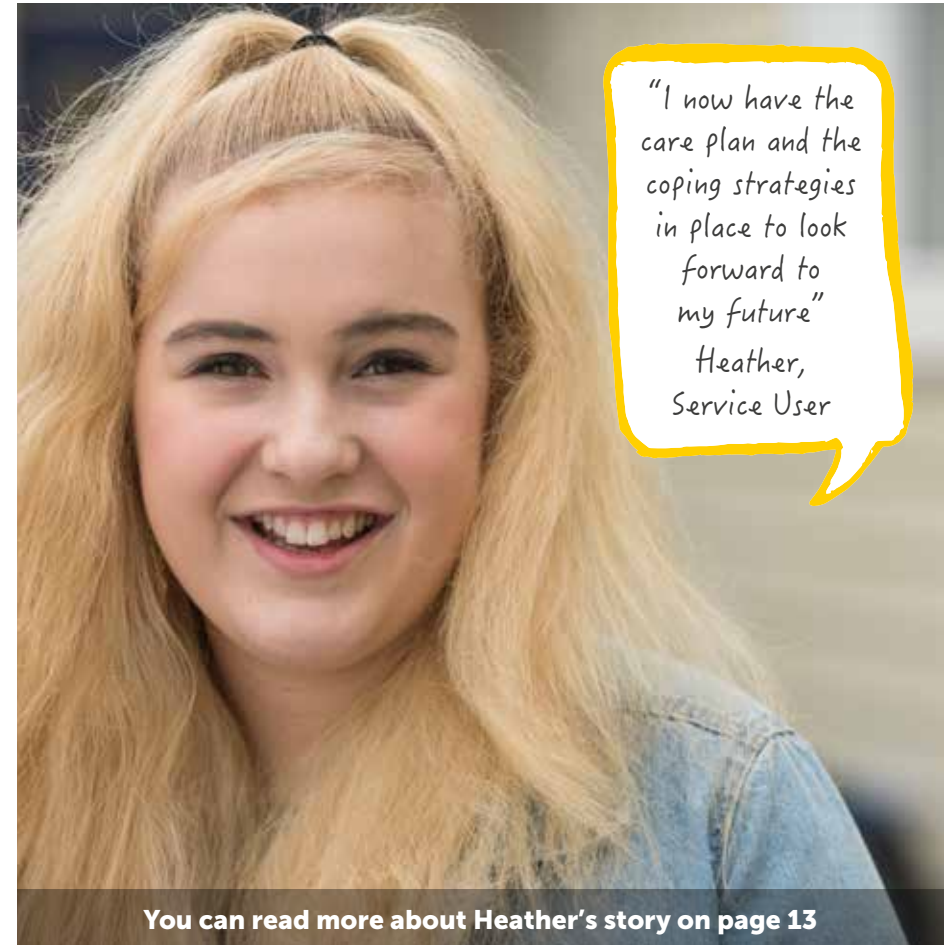
There are lots of different mental health conditions including things like anxiety, depression, eating disorders, obsessive compulsive disorder (OCD) and post traumatic stress disorder (PTSD).

What causes it?

A mental health problem can happen to anyone. It doesn't matter how old you are, whether you're a boy or a girl or where you live.

Sometimes a problem develops after something traumatic has happened like the death of a loved one or bullying. Sometimes it just happens out of the blue and there is no obvious reason.

The important thing to remember is that it's not uncommon – 1 in 10 young people have a diagnosable mental health condition, that's around three children in every classroom. It's nobody's fault and there are ways to help.



"I now have the care plan and the coping strategies in place to look forward to my future"
Heather,
Service User

You can read more about Heather's story on page 13

What is CAMHS?

CAMHS stands for 'child and adolescent mental health services'. It's a service that works with children and young people aged 0-18 years old who have mental health and emotional difficulties that significantly affect their life and relationships. This is the team that will be working with you.

What is a care plan?

A care plan contains all the important information about you and sets out the treatments and therapies that we have agreed together that you will try. It outlines the things that you want to achieve during your time with us and helps us to see how we are progressing towards these goals.

UNDERSTANDING WHAT'S GOING TO HAPPEN NEXT

How do I get help from CAMHS?

You can talk to a GP, teacher or social worker about getting an appointment with CAMHS – known as making a referral – if you think you need specialist support. How this works is explained in 'Your journey with us' on page 9.

You can also approach us yourself by calling 0300 304 0050, Monday to Friday between 9am and 5pm. Our trained mental health staff will talk to you about the issues you are having and how we, or one of our partner organisations, may be able to help.

Or you can fill in a simple form, which is available on our website www.sussexpartnership.nhs.uk/CAMHS-referral and send it back to us.

What happens after referral?

Referrals go to a single point of access (SPA) where our referral teams of trained mental health workers look at the symptoms and behaviours you or your child is experiencing. We look at how you and the rest of the family are being affected and recommend the most appropriate support.

In some cases a talking therapy like counselling may be the best help. A local non-NHS organisation can be the best place to help you and because we have representatives based in our SPA, we can pass your details straight to them and they will be in touch to organise an appointment as soon as possible.

If you need more specialist help we will phone and invite you to an appointment where we can find out more about your situation and how we can help.

How long will I have to wait?

There can sometimes be a wait between the referral being made and your first appointment with us. We will always try to see you as soon as possible – our target is to see everyone for their first appointment within four weeks.

We're working hard to ensure we see you in four weeks but if you or your family become worried before your appointment please contact 0300 304 0050.

In an emergency please go straight to A&E at your local hospital.

Where will my appointment take place?

Your appointment will usually be at your local clinic but sometimes we can meet you at other places such as your school. Addresses for all our clinics are on our website at www.sussexpartnership.nhs.uk/CAMHS-referral

What happens at the first appointment?

Your first appointment is a 'choice' appointment – we call it this because we'll talk through your options and you can tell us which ones you like.

You can come in alone or with your family (and anyone else you want to bring along) and we'll talk about what has brought you to us. You'll be asked questions like:

- What difficulties are you currently experiencing?
- How long has the problem been around?
- What is life like at school and with your friends?
- What are you good at and what do you enjoy doing?

Most importantly we'll talk to you about your goals and how we can help you start to feel better.

This first appointment usually lasts for about an hour, but it could be longer or shorter depending on how much you want to say.

Do I have to tell my parents I'm coming to CAMHS?

You don't have to tell your parents but we encourage you to. Most young people want their parents to be involved, as they can be an important source of support.

Your therapy sessions with CAMHS can be with or without your parents. We know that sometimes there are things that you're not comfortable sharing with them and we respect your right to privacy.

Our main aim is helping you to feel better, so we will always respect your confidentiality.

However if we feel that you are at risk of harming yourself or someone else we have a duty to involve others in your care, but we'll always try to talk to you about this so that you know what's happening.

What happens next?

Your next appointment is usually to begin working on your goals – this is called treatment. Once your treatment starts we will develop a care plan with you (see 'What is a care plan?' on page 5'). This plan will have information about you, your goals and the treatments or therapies that will help you achieve them.

It's really important to regularly review your progress. That way we know if the treatment is working for you and helping you to get things back on track. If things are not improving or have become worse we can look at other ways we may be able to help.

How long does treatment last?

There is no limit on the number of sessions you'll be offered, it all depends on how things move along and how the therapy is helping you. Some people feel better more quickly than others and that's ok. We don't set limits on your treatment but it's important that we regularly review your progress.

What happens when treatment is finished?

When we review your care and we decide together that you've achieved your goals we'll move

towards discharging you from our service. Being discharged is never sudden and we'll always discuss it and agree it with you first.

You may be put back under the care of your GP, who can monitor your progress and check that you're still on track, or you could be put in touch with a local counselling service to continue your treatment. In most cases we'll agree that you and your family no longer need any further support.

How will I be involved in my child's treatment?

We involve parents and carers in care plans and treatment as much as possible to help you and your family achieve your treatment goals. A number of our therapies are suitable for the whole family.

The level of involvement can vary and will be based on what we agreed in your child's care plan.

Children would usually come to an appointment with a parent or guardian, but young people could choose to come alone or with a trusted person who they feel comfortable with.



YOUR JOURNEY WITH US



You're referred or you come to us direct to ask for help.

You can find our self referral form at www.sussexpartnership.nhs.uk/CAMHS-referral

Single point of access (SPA)

Specialist CAMHS clinicians and our community partners will look at your needs and what service is best placed to meet them.

We'll offer you an appointment with our specialist CAMHS team.

You'll be offered an appointment with one of our community partners.

You'll come in and meet one of the team and we'll work with you to create a care and treatment plan.

We agree that counselling is the best next step in your treatment.

You'll meet with a counsellor and agree some joint goals for your counselling.

Together we'll regularly review your progress towards your goals.

With your counsellor you'll regularly review your progress towards your goals.

TREATMENT ENDS.

You achieve your goals!

COUNSELLING ENDS.

TREATMENTS YOU MAY BE OFFERED

Some treatments work better for some people than they do for others and that's why we offer you choices. Our therapies include:

COGNITIVE BEHAVIOURAL THERAPY

This is based on the idea that changing the way you think about things can change how you feel and what you do. It's not a magic wand and won't make things instantly better. It takes time and effort, but it can help you learn new skills to fight difficult thoughts and find new ways to handle your feelings.

FAMILY THERAPY

This usually involves parents but it can involve extended family and anyone else important to the child.

It's important that the whole family is involved in recovery and getting everyone together to talk and find ways to make things better can be a big help. It also helps other family members understand what's happening.

CREATIVE THERAPY

Some young people aren't comfortable talking but can express how they feel in a different way, so this is an alternative way to share. If talking therapy isn't helping you may be offered this instead.



PEOPLE YOU MAY SEE

The team is made up of lots of different people with different skills and experience. Who you see will depend on your particular needs but in our team we have:

NURSES

Our nurses are different to nurses you find in most hospitals. They are specially trained in mental health and are really good at listening and talking to children and young people about the things that are bothering them.

They work with lots of other members of the team to help you find practical ways of coping and can prescribe medicines.

PSYCHOLOGISTS

A psychologist helps people understand the links between their thoughts, feelings, behaviour and the world around them. They can help you understand why things make you feel the way they do and offer different ways of working through the problems you are experiencing.

FAMILY THERAPISTS

They work with you and the important people in your life. They think about the effects of problems on the whole family and what the family can do to help things improve.

ART/CREATIVE THERAPISTS

If you're struggling to communicate how you feel using words our creative therapist can help you show how you're feeling in other ways, such as art and drama.

PSYCHIATRISTS

A psychiatrist is a doctor who works with people who have a range of emotional difficulties, but they usually get involved when problems are more severe. They can prescribe medicines which may help certain conditions.



Lisa Parker, Lead Nurse

PERSONAL EXPERIENCES

Janet's story

My daughter came to CAMHS when she was diagnosed with anorexia at 13. It was a surprise to be referred to mental health services and it sounds silly but part of me almost wished it was a physical illness. I suppose my perception was that physical sickness is more common so there are more services and specialists to help.

Whilst waiting for our referral things got worse and she was admitted to hospital. It felt wrong to be in a place where people were physically ill so we were really grateful when the CAMHS team arrived and we got their specialist support. Suddenly there was a safety net, it wasn't all on me.

Anorexia – like most mental health conditions – is very isolating and it feels like you're the only one going through it, so for me the eating disorder support group was invaluable. It's hard to understand the sheer power of a mental illness and what it can do to a family, so it's important to grab hold of whatever support you can.

I remember a mum and daughter coming along to share their experience and that gave me hope. Here was someone who knew exactly what we were going through and had come out the other side. Now I go to the group to share my experience.

There is no quick fix. A couple of therapy sessions aren't going to sort things out but my advice is to keep hold of the light at the end of the tunnel. Sometimes it shrinks, sometimes it almost disappears, but it's there. Hold on to your hope. As the parent you're the rock for your child and it's difficult, but you can do it and you will come out the other side.

Heather's story

I started suffering from anxiety and depression in my mid-teens. I began self-harming and I had suicidal thoughts and eventually I was referred to the CAMHS team. They diagnosed me with a condition called Emerging Emotionally Unstable Personality Disorder. Over time my self-harming led me to A&E and that's when the crisis team stepped in.

At first I saw a psychiatrist, but things got worse and in the end I was admitted to inpatient care for six months.

When the time came to go home I was very anxious about leaving the security of inpatient care. I had a new nurse and she suggested that we meet for a coffee to get to know one another and that was exactly what I needed. I find it hard to trust people and she wanted to get to know me as a person, not a patient. As a result, I felt I could open up to her.

Since then I've been under the care of a new psychiatrist and my nurse. There were times when it felt like there was no focus to my therapy but now I have continuity of care and I've just started a new treatment – DBT, Dialectical Behavioural Therapy – which I am excited about.

My nurse has a great personality, we have a laugh and I feel safe. Having someone there, who will speak to me non-judgmentally, means so much. My psychiatrist is also great, he listens to me. He trusts my judgment and I trust him. We work together.

Thanks to the support I've received I now have the care plan and the coping strategies in place to look forward to my future.

WHAT ARE OUR SPECIALIST PATHWAYS?

Lots of young people have difficulties which don't 'fit into a box' but some have what we call diagnosable conditions, these include:

EATING DISORDERS

10% of those affected by an eating disorder are male. It's not just about what you eat it's about how you feel about yourself.

TRAUMA/POST TRAUMATIC STRESS DISORDER (PTSD)

A trauma is an experience or number of experiences that make it difficult for you to live your everyday life. PTSD is not about what you have experienced it's about how you understand it – you don't have to be a soldier to have the symptoms.

AUTISM

Autism in itself is not a diagnosable mental health condition. We help young people and their families to understand what autism is and how it affects them.

DEPRESSION

People with depression feel and/or behave differently than they normally would. They find it very hard to engage in everyday activities and nothing anyone does makes them feel better. 1 in 5 people will be depressed at some point in their lives.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Not all young people diagnosed with ADHD need medication. About 2 to 5% of school age children can suffer from ADHD.

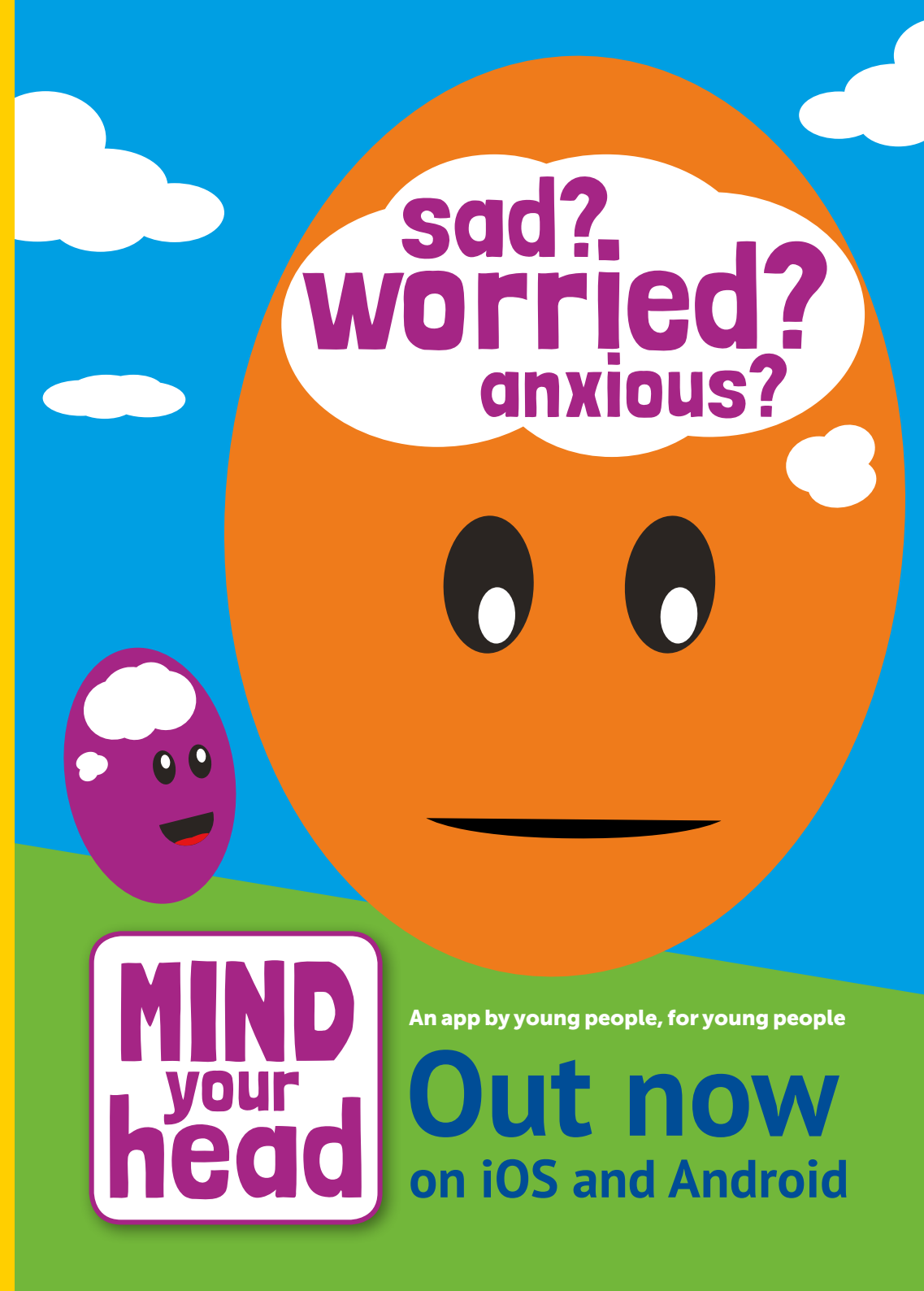
PSYCHOSIS

Around 2 people in 100 will experience psychosis at some point in their lives. 75% of first episodes happen before the age 25. Young people who have psychosis can find it really hard to share what they see, hear or think because those things are often unusual.

ANXIETY

Everyone feels anxious sometimes but if it stops you enjoying life then we can help. Anxiety is the most common reason that young people are referred to us.

If you are worried about any of these, the earlier you seek help the better and we will always listen to you. Mental health problems are more common than you think!



MIND
your
head

An app by young people, for young people

Out now
on iOS and Android

CONTACT DETAILS

CONTACT US

You can call us on 0300 304 0050,
Monday to Friday between 9am and 5pm.

If you would like to ask CAMHS
for help please visit
www.sussexpartnership.nhs.uk/CAMHS-referral
and download the simple referral form.

Please send your completed form to
SPNT.HantsCamhsSpa@nhs.net

USEFUL CONTACTS

Parentline: 0808 802 5544

Samaritans: 116 123

Young Minds: www.youngminds.org.uk

ChildLine: 0800 1111

Hampshire County Council

Children's Services: 0300 555 1384

**If you are concerned about the
immediate safety of your child or anyone
around them please go straight to the A&E
department at your local hospital.**

Produced by the communications team - March 2016

communications@sussexpartnership.nhs.uk

*If you require this document in another format such as large print or audio,
or in an alternative language, please contact 0300 304 0050.*