

Inclusion and exclusion criteria

Inclusion criteria:

- Young people referred to Tier 4 CAMHs who might benefit from intensive home treatment as an alternative to admission

Exclusion criteria:

- Young people who need an emergency or urgent response to crisis
- Young people whose risk necessitates constant supervision or medical stabilisation
- Young people with challenging behaviour not solely attributable to mental disorder
- Young people who do not have a place to live

Service pathways

Eating Disorders	Includes mental state and risk monitoring, physical observations, meal support and post-meal supervision and support to carers
Emotional dysregulation and repeated self-harm	Includes mental state and risk monitoring, Dialectical Behaviour Therapy (DBT), medication monitoring and interface between Tier 4 and Tier 3 CAMHS
Psychosis / severe affective disorders / severe anxiety disorders	Includes mental state and risk monitoring, medication monitoring and interface between Tier 4 and Tier 3 CAMHS

Service locations

Closer2Home is commissioned by the Wessex and Dorset Provider Collaborative and provided by three NHS Trusts working together across Hampshire and Dorset; Dorset Healthcare University Foundation Trust, Southern Health NHS Trust and Solent NHS Trust.

Each Trust has its own Closer2Home Team, and the overall service is coordinated and managed by Sussex Partnership NHS Foundation Trust as part of the Provider Collaborative. Staff work across the Trusts and within the Closer2Home teams to provide the flexibility to meet the needs of the service.

How to contact the service

Referrals to the service will be managed through the same processes and pathways used for Tier 4 inpatient services by completing a FORM 1, so children and young people who previously required an inpatient stay can now also be considered for the Closer2Home service.

CONTACT US

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NHS

**Provider Collaborative
Wessex and Dorset**

**Closer2Home**

**An intensive mental health
home treatment service for
children and young people**



**Information for
professionals**



What is Closer2Home?

Closer2Home is an intensive home treatment service that supports children and young people with acute mental health problems in their homes by providing intensive input and support up to three times a day.

This specialist service helps young people to remain at home who otherwise would have been admitted to an inpatient hospital, and operates 365 days a year from 8am-8pm.

Who is the service for?

The service focuses on providing support to three main patient groups, which includes:

- Young people who repeatedly harm themselves and/or make suicidal gestures; and who may also experience emotional lability and distress in relationships
- Young people with complex eating disorders, especially anorexia nervosa, who require intensive treatment
- Young people currently in Tier 4 mental health services who could be discharged or moved closer to home if there were increased support

Though these groups have been identified as the primary focus, the team will have the generic and specialist skills to address a range of emergency psychiatric presentations. This will include young people with affective disorders with suicidal thoughts and behaviour, debilitating anxiety disorders, young people with neurodevelopmental difference and/or intellectual impairment that display behaviour that challenges, and emerging psychosis that may necessitate admission.

Who works in the service?

The service is made up of a number of clinical and non-clinical professionals, who have a range of skills and expertise. These include Consultant Psychiatrists, Mental Health Practitioners, Community Adolescent Senior Support Workers, Peer Support Workers and Trainee Nurse Associates.

The team are highly trained with a range of skills and expertise required to effectively support the children and young people referred to the service, and to manage the complexity of their conditions.



TREATMENT AND SUPPORT

Dependant on the treatment pathway we will be offering a range of interventions including Dialectical Behaviour Therapy (DBT). This will be made up of 1:1 therapy, skills groups, telephone support and family sessions, where required.

We will also be providing additional support to compliment the care of the local Eating Disorder Service for young people with complex eating disorders, which will include visits to support young people and their families.

We will tailor our interventions to the young person, including those with neurodevelopmental differences and/or intellectual impairments who display behaviour that challenges, including affective disorders with debilitating anxiety disorders, and emerging psychosis that may necessitate admission.