

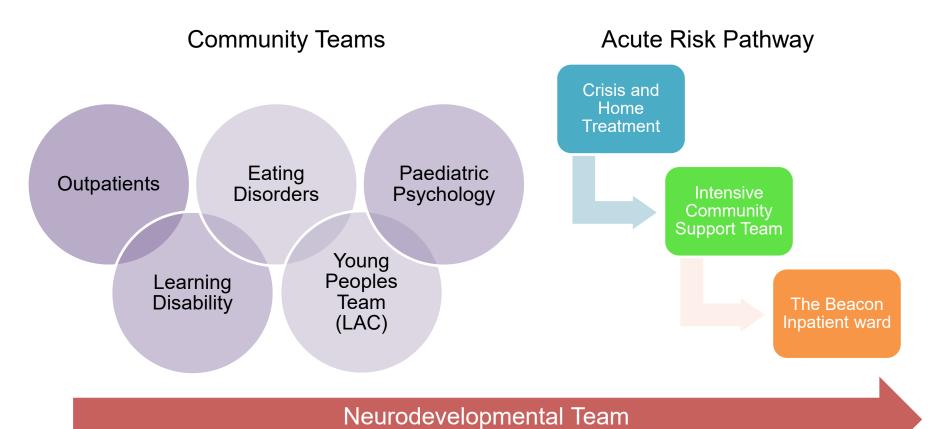
# Child and Adolescent Mental Health Services

**CAMHS** Crisis and Crisis Plus provision

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# **CAMHS**





# **Functions of the team**

## **CAMHS** Hub

Referrals, triages, face to face assessments

## Crisis Home Treatment

4 to 6 week intervention, usually carried out through multiple appointments per week in the community

## Crisis Plus

Clinicians based within LRI A&E department, assessing all CYP who attend for mental health related concerns

## **CAP/ NHS 111**

Any calls for advice and guidance are passed to CAMHS Crisis Team to provide the call back for advice and signposting. If a referral in to the Crisis team is required this can be done via this route



# **CAMHS Crisis and Crisis Plus**

## What is a mental health crisis?

A mental health crisis is when a young person's mental and emotional wellbeing has deteriorated to such a level that they present with increased risk to self and/or others due to a possible mental illness and/or breakdown in support structures. The deterioration in mental state is at a level that it could be curtailed and managed through short-term, focused, intensive treatment delivered within a community setting.

## Routine Mental Health support

Young individuals may need mental health support even when they are not in a crisis. There are numerous routine mental health resources accessible for young people.

Urgent Mental Health Support – NHS 111 option 2



Charlie has been struggling for some time with low mood. You've noticed they are quieter than usual and sometimes it looks like they've been crying.

Charlie tells you they are feeling sad and have no motivation to do anything. They have told you they don't want to be here anymore and they don't see the point of doing anything.

Charlie needs some support with their low mood and may need a referral to CAMHS.

<u>Click here</u> for more information.

Ben is struggling with low mood and has been for some time. He usually plays football in the school team every week but hasn't for a while now. This morning, he had an argument with his mum before school and is extremely upset and is speaking of suicide. Ben has told you he 'doesn't want to be here anymore' and has a plan to take his own life.

You can refer Ben to the CAMHS Crisis Team by calling 0116 295 0485. He will be contacted Mental Health Clinician within 2 hours.

Lucy reports that she has been struggling with low mood for quite some time. She has isolated herself from her friendship group and has started having lunch in the toilets. Today she has significant selfharm wounds on her arms that look infected. When you speak to Lucy, she tells you she took 'lots of paracetamol tablets last night' because she wants to die.

Lucy needs to attend A&E due to urgent medical intervention being required for her overdose and infected wounds.



# Referrals

Referral received by the CAMHS Crisis Team



Two-hour telephone triage assessment will be completed



If triage clinician, feels it is required a face-to-face assessment will be offered within 24 hours

If no face-to-face assessment is required, alternative provisions will be offered if relevant



If face to face assessment has been offered, assessing clinician will advise whether a short period of home treatment is required or signpost to an appropriate service



# **Supporting CYP holistically**

#### **Explore trauma**

Trauma related therapy Talking therapy

#### Resilience and resources - self esteem and identity

Skills building
Vocational and leisure roles
Life skills
Development of positive sense of self

#### **Empathy and reflection**

Zones of regulation
Skill building
Protective behaviours work
Creative writing/ expressive art/ music

#### Comfort and co-regulation

Sensory strategies
Creating a safe place
Mindfulness and deep breathing
Animal care
Rhythm and music

#### Making relationships

PACE – play, acceptance, curiosity and empathy
Relationship building – playing games/ prosocial activities
Role modelling appropriate relationships and repairing relationships

### Feeling safe - physically and emotionally

Structured and full timetable which is consistent and predictable
Clear expectations from care givers
Boundaries and safety rules in place
Environmental modifications

