



Hertfordshire CAMHS News Bulletin for GPs



Edition 1: December 2021

Welcome to the first CAMHS news bulletin for GPs in Hertfordshire, to update and support you with the latest information and guidance on CAMHS services, making it easier for you to help your young patients, as well as their parents and carers.

Helpful numbers for GPs



Hertfordshire Partnership University NHS Foundation Trust (HPFT):
GPs can speak to a clinician: Tel: 0300 777 0606 Monday-Friday 8am-7pm

Alternatively if GP line is busy: Tel: 0800 6444 101 24/7 or [live webchat](#) Monday-Friday, 7am-7pm



CAMHS Quadrant Teams

North Herts CAMHS:

- Saffron Ground, Stevenage:
Tel: 01438 792600

East Herts CAMHS:

- Rosanne House WGC:
Tel: 01707 364001
- Hoddesdon Health Centre, Hoddesdon:
Tel: 01992 465042
- Oxford House, Bishops Stortford:
Tel: 01279 698920

South Herts CAMHS:

- Peace Children's Centre, Watford:
Tel: 01923 470610
- Civic Centre, Hertsmere:
Tel: 020 8731 3000

West Herts CAMHS:

- Waverley Road, St Albans:
Tel: 01727 804806/804214
- Churchill Ward, Hemel Hempstead:
Tel: 01442 259132/216062

Helpful numbers for GPs and patients

Hertfordshire Partnership University NHS Foundation Trust (HPFT) via:
24/7 freephone: 0800 6444 101

Webchat: red button via www.hpft.nhs.uk (Monday-Friday 7am-7pm)

Email: hpft.spa@nhs.net (for non-urgent enquiries)



Community Counselling organisations:

YCT (East and North Herts)

Tel: 01279 414 090
www.yctsupport.com

Signpost (Watford and Hemel)

Tel: 01923 239495
www.signpostcounselling.co.uk

Rephael House (Welwyn and Hatfield)

Tel: 020 8440 9144
www.rephaelhouse.org.uk

Youth Talk (St Albans district)

Tel: 01727 868684
www.youthtalk.org.uk

Information to support GPs in clinic



Pathways

- [Emotional Distress Graduated Response Pathway](#)
- [Eating Disorder Pathway, webinar and resources](#)



Spotlight on a service

A Space to be for 14-18s

Arts workshops over eight weeks for young people in full-time education providing opportunities to improve their wellbeing by socialising away from the pressure of school and exams.



Clinic Resources (used in Thrive Young Person's Clinic (YPC))

- [Thrive YPC - Guidance on assessing capacity and consent in young people](#)
- [Thrive YPC - Adolescent Assessment Tools](#)
- [Thrive YPC - Hertfordshire Safeguarding guidance](#)
- [Thrive YPC - List of health resources for young people in Hertfordshire](#) (updated Nov' 21)
- [Top tips for professionals supporting LGBTQ+ young people](#)



Information to print out for patients, parents and carers

General Mental Health Support

- [Younger Teen](#)
- [Older Teens and Young Adults](#)
- [Harmless Safety Plan](#)
- [Sleep Hygiene](#)
- [New Mental Health and Wellbeing Information for Parent and Carers in Hertfordshire](#)
- [University students : Thrive and Survive guide](#)

Body Image

[Support and advice for parents and carers on body image concerns](#) includes printable:

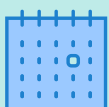
- [Social Media and Apps - Friends or Foes?](#) by South London and Maudsley NHS Foundation Trust
- [A Guide to Safe Binding](#) by LGBT Foundation

Eating Disorders

[Support and Advice for parents and carers on Eating Disorders](#) includes printable:

- [Top tips at mealtimes](#)
- [Minnesota experiment](#)
- [When to seek medical advice](#)

ABOVE ALL AVAILABLE ON: www.hwehealthiertogether.nhs.uk/professionals/gp-primary-care-staff
Healthier Together's website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals: www.hwehealthiertogether.nhs.uk



CAMHS Educational Support

Recorded webinar: [Eating Disorders and Body Image](#)

Upcoming CPD: Management of Eating Disorders (part of a bigger Primary Care Meeting webinar):

Tuesday 7 December 2021 1-2pm: [Join the session, by clicking this link](#)

Consultant sessions to be confirmed - please email topic ideas to: alison.cowan@nhs.net

CAMHS Updates



Referrals to HPFT's Single Point of Access (SPA) and Step 2 services

To help ensure referrals for children and young people are directed to the most appropriate service for their needs, it's really important to provide as much information as possible within the respective referral forms to Hertfordshire Partnership University NHS Foundation Trust ([HPFT](#)) [Single Point of Access \(SPA\)](#) or [Hertfordshire Community NHS Trust \(HCT\) Step 2 services](#). This should include details of the young person's level of risk, details of any medication that they are taking and the universal services they have already accessed e.g. School Nurses, Children's Wellbeing Practitioners, Mental Health Support Teams in Schools, Community Counselling services etc. This is especially important for Step 2, who cannot accept referrals for difficulties which are moderate to severe, including those patients already taking anti-depressants, or anti-anxiety medication, or where there is a significant risk. The full inclusion/exclusion guidance and criteria for Step 2 is here: [Step2 \(CAMHS\) | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#).

Community medical monitoring service

Plans to launch the much needed Community Medical Monitoring Service for young people waiting to be assessed by the Eating Disorder Service continue to develop, after successfully recruiting four GPs and a Healthcare Assistant (HCA) to help support the service. A lead clinician (NHS Band 8) is also required, to enable the service to launch. If you know of any professional nurses and/or paramedics or physician associates, who might be interested in this exciting career opportunity, please ask them to E: kayleigh.hammond@nhs.net to find out more.

ADHD

A review of the existing pathways and resources to support professionals, parents, carers, children and young people is in progress and updates will follow in future bulletins.

Hertfordshire's CAMHS Redesign

Exciting changes are underway to redesign our existing CAMHS system and create a more equitable, accessible and needs-led system, underpinned by the principles and methodology of the [THRIVE framework](#). The vision is for CAMHS system partners to work closer together and share decisions, to create a more seamless and person-centred system. Children and young people's emotional and mental wellbeing and their parents and carers, will be supported through a continuum of help from CAMHS system partners at the point of need, with clear goals and action plans to help achieve these goals.

Workstreams are currently underway, including those developing a single front door to the CAMHS system and a universal referral form, for use by all organisations. This will enable GPs and other professionals, young people, parents and carers to access quality assured information and help, and allow them to transition across CAMHS services more seamlessly. It will also help to avoid the need for young people, parents and carers to keep repeating their story. Providing appropriate advice, guidance and support based on needs will help improve demand and capacity across the system, and ensure children, young people and their families, thrive and stay well. Regular updates on progress will follow in these bulletins. For a brief introduction about the aims of the Redesign, watch this short [animation](#).



GP Feedback

What would be helpful to include in future bulletins?

Are you a GP who would consider developing a special interest in adolescent health or CAMHS and especially [PALMS](#)?

Please get in touch with Dr Alison Cowan, CAMHS GP Lead for Hertfordshire

E: alison.cowan@nhs.net