

Hertfordshire CAMHS News Bulletin for GPs



Edition 2: April 2022

Welcome to the second 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 \(updated March 2022\)](#)
- [Eating Disorder Pathway, Webinar and Resources \(v2 updated March 2022\)](#)

IMPORTANT: EATING DISORDER PATHWAY NOTICE

Hertfordshire's Community Medical Monitoring Service began at the end of March 2022. It is providing a medical monitoring service for children and young people who have been referred to and accepted by HPFT's Eating Disorder Service and are on the waiting list to be seen by them.

Spotlight on services

Herts Youth Future Project (Building Better Opportunities)

One-to-one mentoring support for 15-19s (Going up to 21 for care-leavers and up to 25 for young people with disabilities), who are facing barriers to education, training and/or employment, whether that be with their mental health or from learning difficulties. The project is delivered through Herts Mind Network.

The No More service

Provides dedicated support to children and young people who are significantly impacted by their alcohol or drug misuse, including resulting issues with housing and antisocial behaviour.

Change, Grow, Live (CGL) Advice for under 21s

Help and advice for under 21s with challenges relating to drugs, alcohol, mental health or relationships. Guidance available for parents, carers and professionals supporting under 21s too.

New CWP service

On 1 February, Hertfordshire Community NHS Trust (HCT) launched their new Children's Wellbeing Practitioner (CWP) service for Hertfordshire, which is hosted by the Public Health School Nursing Service. The CWPs are part of an early intervention team, trained to deliver manualised guided self-help interventions for mild-moderate anxiety, behavioural difficulties, and low mood. Anxiety interventions are available for children and young people aged 5 -19; behavioural interventions for children aged 5 - 8 and low mood interventions are available for young people aged 11-19. The service isn't for children or young people who are either currently actively self-harming or having suicidal thoughts with intent and/or a plan.

Referrals can be made by professionals, parents or young people by completing this [form](#): and emailing it to: hct.cwppreferrals@nhs.net Find out more [here](#).

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

- [Thrive YPC - Clinicians' Guide to Apps Recommended to Support Patients' Mental Health \(new\)](#) Provides an overview of what each app recommended within the PILs offers, although not a replacement for exploring the app yourself!
- [Thrive YPC List of Health Resources for Young People in Hertfordshire \(updated March 2022\)](#)
- [Relationships and Sexual Health booklet : guidance for any professional working with young people in Hertfordshire \(new\)](#)



Information to print out for patients, parents and carers



General Mental Health Support

- [Mental Health Support for Younger Teen \(updated March 2022\)](#)
- [Mental Health Support for Older Teen and Young Adults \(updated March 2022\)](#)
- [Thrive YPC Guidance on Sleep Hygiene \(new\)](#)
- [Trangender Support in Hertfordshire \(new\)](#)

ABOVE & MORE 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

Upcoming CPD sessions:

27 April 2022 3.30-5pm: The Management of depression, risk and medication issues in young people
CAMHS psychiatrist Dr Rania Moussa - Dr Moussa is very happy to answer any questions you may have on the day, or you can E: alison.cowan@nhs.net with questions before 19 April, and she will forward them on.

Join the session, by clicking this link

Information on further training opportunities to follow, including adolescent health training and work with the simulation hub.

Completed CPD sessions:

23 June 2021: Safeguarding young people: Assessing Mental Capacity in Adolescence
Safeguarding GP lead Dr Vimal Tiwari

23 February 2022: Drugs & alcohol use in young people/Emotional Distress GP Pathway/Case Review
CGL Service for Young People & Dr Alison Cowan

Please email any other topic ideas for future CAMHS Consultant CPD sessions to: alison.cowan@nhs.net

CAMHS Updates

Find out which schools/colleges in Hertfordshire have a Mental Health Support Team

In line with the priorities identified in Hertfordshire's CAMHS Transformation plan, Hertfordshire and West Essex is continuing with the expansion of its Mental Health Support Teams in schools (MHSTs) programme.

Many schools in St Albans, Broxbourne, Harlow, Stevenage, Watford, Welwyn Hatfield, Hertsmere and Epping are already working closely with MHSTs. In addition, Hertfordshire and West Essex ICS is the first in the UK, to have a specific team to help children and young people with special educational needs (SEN). MHST Education Mental Health Practitioners are delivering support and training for school staff and parents/carers, as well as individual and group interventions for children and young people with mild to moderate mental health needs, helping them to build their resilience and develop positive coping strategies.

The next areas to benefit from MHSTs for 2022/23 will be Dacorum, North Herts, Three Rivers and in Uttlesford. Details of schools and colleges with an MHST are [here](#) and referrals into the team can be made via the school or college.

Hertfordshire's CAMHS Redesign

Work on Hertfordshire's CAMHS System Redesign, is pushing forward, in the face of continued pressures on services and staff, thanks to the commitment and determination of partners from across the CAMHS system.

CAMHS Updates cont'd



Hertfordshire's CAMHS Redesign continued

The Redesign Programme remains focused on creating a more equitable and accessible, needs-led system underpinned by the principles of the THRIVE framework. There are a number of task and finish groups now well underway, considering different components of the system, along with Communications and Engagement and Coproduction Steering Groups, to ensure that the voices and views of those who use our CAMHS System are central to the work that is being undertaken:

Access and Pathways

This group is represented by partners working across the Hertfordshire CAMHS System. They are reviewing a blueprint of ideas for the new overarching digital platform for the Hertfordshire CAMHS system. The digital offer being considered has a myriad of exciting digital features, which will help bring Hertfordshire's CAMHS System Redesign to life. Among the features being considered are a user friendly advice and guidance section; a single universal referral form; a central front door entry point for all referrals; a comprehensive bank of resources, for people whilst they are waiting for a service; a robust transfer mechanism to support a central Triage Team and a tracking system allowing professionals to easily track a young person's journey through the CAMHS system.

Universal Referral Form

Throughout 2021, a task and finish group made up of representatives working across Hertfordshire's CAMHS system, has been developing a universal referral form. Their remit was to develop a form, which could be completed by a professional, a family member or a young person making self-referral, that was focused on the outcome desired by the young person. It needed to capture all the information required to access a CAMHS service, allow them to be triaged to the correct pathway for their needs (based on the THRIVE principles) and avoid them having to continuously retell their story.

The form is now ready for user acceptance testing by young people, families, carers, and professionals, to ensure it is easy to complete and includes all the necessary questions.

Developing a Central Front Door

Plans are taking shape to set the recommendations to develop a multi-disciplined Triage Team, working across all services and providers of emotional and mental wellbeing services. Working as a cohesive system partnership will provide a central door to the entire CAMHS system. This will improve the experiences of children, young people and their families, as well as streamlining the referrals process for them and our professional colleagues.

If you would like to know more and/or to be involved in any of the CAMHS Redesign working groups, please contact: Helena.Russell@hertfordshire.gov.uk Commissioning Manager for the CAMHS System Redesign & Implementation Programme.

Keep up to date with all the latest developments by subscribing to the Hertfordshire CAMHS newsletter [here](#).

Hertfordshire's Children and Young People's ASD/ADHD Transformation Programme

Professionals working in health, education, social care and the voluntary sector are working closely with experts by experience on this Transformation Programme which aims to: reduce waiting lists and waiting times; implement new diagnostic pathways and develop a neurodiversity support offer for children, young people, their parents and carers.

Additional funding has allowed for ASD capacity to be increased, with professionals from another provider working alongside existing teams, to reduce waiting times on both sides of the county. An updated ADHD diagnostic pathway has been developed and funding to address the backlog will be available in the coming months.

Development of a new ADHD support and intervention pathway is underway, as well as plans for a neurodiversity pre and post diagnostic support offer. Further updates on progress will follow in these bulletins. If you would like to find out more, or to get involved in the programme development please E: deepak.singh1@nhs.net



GP Feedback

What would be helpful to include in future bulletins or educational sessions?

Are you a GP who would consider developing a special interest in adolescent health or an area of CAMHS?

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

E: alison.cowan@nhs.net

Many thanks to those GPs who completed the short survey asking for your views on the Primary Care Children and Young People's Emotional and Mental Wellbeing offer. Please [go to this link](#), for those who have not yet had a chance to complete the survey.