

Hertfordshire CAMHS News Bulletin for GPs



Edition 3: June 2022

Welcome to the third 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 and Harpenden)

Tel: 01727 868684
www.youthtalk.org.uk



Emotional Distress Graduated Response Pathway (updated May 2022)

Eating Disorder Pathway, Webinar and Resources (updated ED Pathway May 2022)

IMPORTANT: EATING DISORDER PATHWAY NOTICES

- **CAMHS Community Eating Disorder Team**

The CAMHS Community Eating Disorder Team is continuing to see incredibly high numbers of referrals for patients with eating disorders. Every effort is being made to see medium and high risk patients (amber and red) as soon as possible within the team. It is the aim that any patient who is deemed as low risk (green) will be seen in the newly commissioned CAMHS Community Medical Monitoring Service. This service is running but with a reduced capacity currently due to the continued issues with recruitment. It provides medical monitoring and support for children and young people with an eating disorder, who have been assessed by their GP as being low risk at baseline. As there may be a slight delay in these patients being assessed, the CAMHS Community Eating Disorder Team would be very grateful if GPs could review the initial baseline assessment of any patients whom they have referred to the service on a monthly basis or in response to any increased parental concern, to ensure there has been no worsening in the level of risk. If the risk increases from low (green) to amber (medium) or red (high), GPs should alert the Duty Clinician in the Eating Disorders Team on 01923 633396.

In order to ensure these treatment pathways are as safe and effective as possible and the patient is directed down the appropriate one, it continues to be essential that the initial baseline risk assessment accompanying the GP referral is comprehensive. All the guidance for carrying out a thorough baseline attachment is in the **GP Pathway for Managing ED Patients**.

We want to thank primary care for your help with this ongoing and unprecedented demand, particularly those who have provided continued monitoring support for their ED patients. We are extremely grateful.

- **Medical Emergencies in Eating Disorders (MEED) Guidance**

Full guidance on recognition and management of eating disorder which replaces Marsipan risk assessment. For important and succinct guidance for GPs, please refer to Appendix 3: eating disorder risk checklist for emergencies and Annex 1: Chapter 3: GP summary pages.

- **BEAT e-LFH GP Training modules:** due to be launched end of June
- **New online support programme**

Hertfordshire has commissioned a new four week programme - First Steps ED skills, offering free online workshops for Hertfordshire parents, carers & older siblings, who are supporting a young person with their body image, disordered eating and/or eating disorders. Find out more at: **Skills for Carers - First Steps ED**



Spotlight on services

Watford FC Foundation Programmes:

- **Youth Link** (referral form on DXS) (E: alison.goodchild@watfordfc.com for information/posters)

For young people aged 10–24, who are registered with a GP in the West Herts area (Watford & Three Rivers/Dacorum/Hertsmere/St Albans & Harpenden). Support, information, and direction regarding how to improve their physical and emotional health and wellbeing.



- **Kicks** (E: tate.macpherson@watfordfc.com for information/posters)

Aims to inspire children and young people aged 8-18, to achieve their potential and improve their self-esteem and wellbeing around football and dance.

- **Empower** (E: Jodine.williams@watfordfc.com for information/posters)

Free six month project, for 9–12 year olds with a mild to moderate mental health diagnosis or individuals who show poor mental wellbeing.

Hertfordshire Mind Network: ReachOut Service

10-17 year-olds, or their parents/caregivers, can message the ReachOut team at Hertfordshire Mind Network, or call them to get support with any issues affecting their wellbeing. The team can talk about what the young people are experiencing and offer their support, information and advice.

Instant message them at: www.hertfordshiremindcyp.org or call them on 01923 256391 (option 2) on Monday to Thursday from 5pm - 8pm.

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

- **Thrive YPC - Clinicians' Guide to Apps Recommended to Support Patients' Mental Health (Updated May 2022)** 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 May 2022)**
- **Early Help Toolkit for GP waiting rooms (new)**

You might also find the following resources useful:

- **Relationships and Sexual Health booklet : guidance for any professional working with young people in Hertfordshire**
- **CAMHS School Information for referrals (updated March 2022)**
- **Gender identity resources for professionals from Mermaids**

Information to print out for patients, parents and carers

General Wellbeing and Mental Health Resources

- **Thrive YPC - Mental Health Support for Younger Teen (updated May 2022)**
- **Thrive YPC - Mental Health Support for Older Teen and Young Adults (updated May 2022)**
- **Thrive YPC - Guidance on ADHD support (new)**
- **Guidance for Young People on Navigating Health Appointments (new)**

The following information may also be useful:

- **Eating Disorders**
- **Body Image**
- **Thrive YPC Guidance on Sleep Hygiene**
- **Transgender Support in Hertfordshire (updated May 2022)**

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

29 June 2022 3-4.30pm: Gambling and Gaming – how they impact young people

Delivered by GAMCARE

Join the session, by [clicking this link](#)

Completed CPD sessions

Individual links to the recordings of these sessions (where captured) are below:

- **Safeguarding young people:** Assessing Mental Capacity in Adolescence Safeguarding: GP lead Dr Vimal Tiwari: 23 June 2021
- **Drugs and alcohol use in young people:** CGL for young people services presentation and overview of emotional distress GP pathway and case review: 23 February 2022.
- **Management of depression, risk and medication:** CAMHS psychiatrist Dr Rania Moussa 27 April 2022.
- **Spotting the Signs - Youth Suicide Prevention Overview for GPs**
- Additional resource: Priory Video on self-harm: <https://vimeo.com/698111941>

If you are interested in seeing the slides from any of these sessions, or if you have any other topic ideas for future CAMHS Consultant CPD sessions, then please E: alison.cowan@nhs.net

CAMHS Updates

Hertfordshire's CAMHS Redesign

The Redesign Programme remains focused on creating a more equitable and accessible, needs-led system underpinned by the principles of the **THRIVE framework**.

Following recommendations from the Access and Pathways Task and Finish Group, a business case is making its way through the Hertfordshire governance process, for a new overarching digital platform. If approved, it will encompass some ground-breaking features, including a universal referral form that will be easy for everyone to complete and that can be used to access Hertfordshire's CAMHS system.

Development of the platform is ongoing and dates for professionals, parents, carers and young people's workshops, will be released shortly. These workshops will help to ensure that the new platform is user friendly and that it incorporates all the features needed, to help bring our vision for the CAMHS Redesign to life.

It is hoped that representatives from across Hertfordshire's CAMHS system will attend the workshops including GPs, so please nominate an attendee for your team/organisation and register your interest by emailing: Helena.Russell@hertfordshire.gov.uk Commissioning Manager for the CAMHS System Redesign & Implementation Programme.

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.

CAMHS Updates continued



Hertfordshire's Children and Young People's ASD/ADHD Transformation Programme cont'd
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 newsletters. If you would like to find out more, or to get involved in the programme development please E: deepak.singh1@nhs.net

Identifying Hertfordshire's Young Carers

Research shows that young carers experience significantly more physical and mental health issues than those without caring responsibilities, and this has worsened since COVID-19. We are looking into ways to continue to better identify Young Carers.

GPs can play a really important role in this by asking young people they come into contact with whether they have a caring responsibility and then recording it using the following code/s:

#224484003

#Patient themselves providing care:

- Person who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.
- The care they give is unpaid.

And for data cleansing:

199361000000101

No longer a carer:

- When a person is no longer providing care unpaid.

Herts Young Carers can offer support to young carers and their families

Supporting Carers in General Practice (rcgp.org.uk) is an on line course available to all in primary care.



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

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