



# Hertfordshire CAMHS News Bulletin for GPs



**Edition 4: October 2022**

Welcome to the Fourth 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](http://www.hpft.nhs.uk) (Monday-Friday 7am-7pm)

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



## Community Counselling organisations:

### YCT (East and North Herts)

Tel: 01279 414 090

[www.yctsupport.com](http://www.yctsupport.com)

(current average waiting times 8-12 weeks in East Herts/3-6 months in North Herts)

### Rephael House (Welwyn and Hatfield)

Tel: 020 8440 9144

[www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk)

(current average waiting times: 3-6 months depending on availability of patient)

### Signpost (Watford and Hemel)

Tel: 01923 239495

[www.signpostcounselling.org.uk](http://www.signpostcounselling.org.uk)

(current average waiting times 8-12 weeks)

### Youth Talk (St Albans and Harpenden)

Tel: 01727 868684

[www.youthtalk.org.uk](http://www.youthtalk.org.uk)

(current average waiting times 2 weeks for initial consultation/then 12 weeks for counselling depending on availability of patient)



## Pathways

[Initial Emotional Distress Graduated Response Pathway \(abbreviated version\) \(new\)](#)  
[Emotional Distress Graduated Response Pathway \(full version\) \(updated October 2022\)](#)

[Eating Disorder Pathway, Webinar and Resources \(updated ED Pathway May 2022\)](#)

### **IMPORTANT: EATING DISORDER PATHWAY NOTICES**

The newly established CAMHS Community Medical Monitoring Service has now successfully managed to eradicate the waiting list. However, to ensure the treatment pathways for eating disorders continue to be as safe and effective as possible and the patient is directed down the appropriate one, it is still essential for the initial baseline risk assessment accompanying the GP referral to be comprehensive. All the guidance for carrying out a thorough baseline attachment is in the GP Pathway for managing ED Patients above.

Huge thanks to primary care for your continued help with keeping patients safe, throughout this challenging period of increased demand for services.

### **BEAT e-LFH GP Training:**

New online eating disorder learning on physical health assessments and monitoring  
To support teams involved in the physical health assessment and monitoring of people with an eating disorder, HEE has worked in partnership with NHS England and the charity Beat to launch short [online medical monitoring eating disorder learning](#).

### **Online support programmes**

First Steps Eating Disorder skills, offers [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, or with concerns around Avoidant Restrictive Food Intake Disorder (ARFID).

Hertfordshire also commissioned a new service from First Steps Eating Disorders (ED), last month (September 22) which is offering a [free, four-week ARFID support group for young people](#), ages 7-14 and another group for older people ages 15+. Both groups will run on a monthly basis.

**These groups are not a replacement for a GP referral to the CAMHS Eating Disorders Team, if you have any concerns.**



### **Spotlight on services**

#### **togetherall - Mental Health Support for ages 16+**

Hertfordshire County Council Public Health recently launched togetherall, an evidence-based, clinically moderated, online 24/7 peer-to-peer mental health community, for residents of Hertfordshire who may be feeling low or depressed. It can also help prevent mental health unwellness with a range of support, courses and advice, with the additional benefit of professionals monitoring for any signs of distress.

Any Hertfordshire resident aged 16+ can join at: [www.togetherall.com](http://www.togetherall.com) .



If anyone under the age of 16 tries to access the resources, they will be signposted to other appropriate support. For more information, email:

[SuicidePreventionHerts@hertfordshire.gov.uk](mailto:SuicidePreventionHerts@hertfordshire.gov.uk)

**With YOUTH CYP DIGITAL WELLBENG SERVICE: [www.withyouth.org](http://www.withyouth.org) (Herts Mind Network in partnership with BFB Labs)**

Children and young people between the ages of 5-18, parents and care givers can access this new service without needing a professional referral. They can seek support if they are experiencing problems with their emotional and mental wellbeing. This might include problems such as mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. The service is not for children and young people who are in crisis.

This service will initially be available from Monday to Friday, 2-10pm at: [www.withyouth.org](http://www.withyouth.org)

Depending on the young person's needs, support workers at With YOUTH's helpline: 0208 189 8400 and instant messaging service can offer Lumi Nova (see below) and/or additional one to one support and/or group support and/or signpost/refer them to the service/s they need.

### **Lumi Nova : Therapeutic Gaming App**

7-12 year olds (school years 3 to 7), who are experiencing anxiety, might also benefit from an evidence-based digital therapeutic intervention delivered via a game App called **Lumi Nova: Tales of Courage**. The game is based on Cognitive Behavioural Therapy and facilitates the most effective components of it.

**Printable leaflets, posters for display and other resources for With YOUTH and Lumi Nova are available here.**

### **HCT's Step 2 service for parents/carers of 0-5s** (currently no waiting list)

Based at Starfish House in Stevenage, Hertfordshire Community NHS Trust's under 5's Mental Health Team provides an early intervention service, working with parents/carers of children aged 0–5 years who are experiencing problems which may often include:

- Parents/carers struggling to feel a close attachment or bond with their child.
- Parents/carers finding it difficult to understand and support their child's emotional needs.
- Children who are withdrawn, struggling to separate from carers or are anxious more than developmentally expected.
- Children who display frequent severe emotional outbursts, defiance, aggressive and/or destructive behaviour.

The team offers individual or group based attachment-informed evidence-based interventions such as Video Interaction Guidance (VIG), Video Intervention to Promote Positive Parenting and Sensitive Discipline (VIPP-SD) and Circle of Security-Parenting (COS-P).

**Making a referral to Step 2 (all ages)** (current average waiting time for therapy for ages 5+: 12-14 weeks)

- Professionals, parents and carers can refer by calling the HPFT Single Point of Access (SPA) mental health helpline: 0800 6444 101.
- Professionals can complete a form on the clinical system (DXS or Ardens).
- Professionals Helpline: 01438 730 570 or email: [hct.step2@nhs.net](mailto:hct.step2@nhs.net) to arrange a slot at the times below to discuss:
  - **Under 5s** : Tuesdays 3-4pm (being trialled until the end of November 22)
  - **5+**: Mondays, Wednesdays and Fridays 10-11am
- Quarterly webinars: E: [hct.step2@nhs.net](mailto:hct.step2@nhs.net) to register your interest

Find out more here: **Step2 (CAMHS) | Hertfordshire Community NHS Trust ([hct.nhs.uk](http://hct.nhs.uk))**



## Hertfordshire's Just Talk campaign

Just Talk helps young people learn ways to develop positive mental health and wellbeing, and provides free resources for children, young people, their parents and carers, schools and other professionals. These include **e-learning modules** and the opportunity for young people to become ambassadors, so that they can support their peers.

Just Talk ran a campaign this summer, about the importance of getting a good night's sleep and produced a page of useful resources here: **Tips for a Great Night's Sleep**

Look out for their next campaign in November: "Beneath the Surface". This campaign will focus on helping young people to understand that if they see someone they know acting unusually, they may be having a bad day or a difficult time, so try to be patient.



## **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 October 2022)**
- **Early Help Slides for GP Surgeries (updated October 2022)**

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 Pre Teen (new)**
- **Thrive YPC - Mental Health Support for Younger Teen (updated October 2022)**
- **Thrive YPC - Mental Health Support for Older Teen and Young Adults (updated October 2022)**
- **Thrive YPC - Guidance on ADHD support**
- **Guidance for Young People on Navigating Health Appointments**
- **Children who are struggling to attend school, due to anxiety (new: October 2022)**

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](http://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](http://www.hwehealthiertogether.nhs.uk)**



Please also encourage parents/carers to take a look at Healthier Together's useful mental health and wellbeing support page for parents and carers.

Parents/Carers may also find the following support groups helpful:

- **togetherall**
- **Carers in Herts for parents/carers with children in HPFT or HCT CAMHS Services or who are on their waiting lists**



## CAMHS Educational Support

### Learning Bites:

#### Prescribing Anti-Depressant Medication

Whilst anti-depressant medication can benefit some patients, it is important to reinforce the point that medication is not the first line of treatment for depression in children and young people and should not be initiated in Primary Care. Remember to follow the best practice guidance below and watch the CPD session about the Management of depression, risk and medication by CAMHS psychiatrist Dr Rania Moussa which took place in April 2022. .

### ANTIDEPRESSANT PRESCRIBING IN CHILDREN

#### CAMHS statement

Colleagues at HPFT would like to remind GPs about the HPFT/former CCG, guidelines for the initiation of antidepressants in children and adolescents. The key prescribing points are summarised below:

- In young people under the age of 18 an antidepressant should ideally be prescribed by a Child and Adolescent Psychiatrist and the advice is to discuss individual cases with them.
- If you feel that initiation of antidepressant treatment is urgently needed, fluoxetine is the preferred option
- In the UK it is licensed for use for children and young people from 8-18 years to treat moderate to severe major depression \*
- It is usually started at 10mg for 1 week and then increased to the therapeutic dose of 20mg
- It is important to note that children are at increased risk of suicide-related behaviours when starting antidepressant treatment and it is important that families are warned about this
- The young person will require weekly follow up post initiation for the first 3 weeks of treatment
- Patients should also be reviewed one week after any dose increases
- If any advice is required you can contact the Child and Adolescent Psychiatrist in the local Specialist CAMHS Clinic

Cathy Geeson, Interface pharmacist and Deputy Head of Pharmacy and Medicines Optimisation



#### Upcoming CPD sessions

The next CPD Session we're hoping to arrange, will be on the topic of Young People's Suicide Prevention in November. Please use the voting buttons [in this survey link](#) to enable us to understand the days/times when most people can attend CPD sessions. The session will be recorded as usual so if you're not available on the chosen date then you can always watch the recording at a later date.

Additional resource: Priory Video on self-harm: <https://vimeo.com/698111941>





## Completed CPD sessions

Individual links to the recordings of these sessions are below:

- **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.
- **Gambling and Gaming - how they impact young people** - GAMCARE 29 June 2022.

If you are interested in seeing the slides from any of the above sessions, or for the session in June 2021: **Safeguarding young people: Assessing Mental Capacity in Adolescence Safeguarding** with GP lead Dr Vimal Tiwari, or if you have any other topic ideas for future CAMHS Consultant CPD sessions, then please E:

[alison.cowan@nhs.net](mailto:alison.cowan@nhs.net)



## CAMHS Updates

### Hertfordshire's CAMHS System Redesign

Hertfordshire's CAMHS Redesign Programme remains focused on achieving a more equitable and accessible, needs-led system under-pinned by the principles of the **THRIVE framework**. Keep up to date with the latest developments, by reading the **CAMHS newsletter**.

### Additional Place-Based Care

As part of the continued development of place based emotional wellbeing care, work is underway to use the Additional Roles Reimbursement Scheme (ARRS) to introduce new Children and Young People's Mental Health Practitioner roles.

### Hertfordshire's Mental Health and Learning Disability Collaborative (MHLDC)

The work of the **Hertfordshire MHLDC Collaborative** brings together the NHS, local government, as well as the voluntary, community, faith, and social enterprise sectors to deliver a shared vision of supporting people living with a mental illness, learning disability and autism in Hertfordshire to live longer, happier, and healthier lives.

The Collaborative has a wide-ranging transformation programme, covering key areas of strategic service design as well as addressing some of the wider determinants of health that disproportionately impact on people with mental illness, learning disabilities and autism. Read about the Collaborative's work to tackle the backlog in diagnosing Attention Deficit Hyperactivity Disorder (ADHD) **here**.

To find out more and get involved in improving care and opportunities for people with mental illness, learning disabilities and autism, please contact Ed Knowles, Development Director for the Hertfordshire Mental Health Learning Disabilities Autism Collaborative at [ed.knowles@nhs.net](mailto:ed.knowles@nhs.net).



## New Regional Model for Gender Identity Care Announced for Children and Young People

The national Gender Identity Development Service (GIDS), currently provided by the Tavistock and Portman NHS Foundation Trust is to be replaced with two new regional services by spring 2023, one based in London and another in the north-west of England. The decision was announced in July, in response to interim recommendations made by the Cass Review.

Hertfordshire's CAMHS Commissioning Team is in discussion with NHS England (NHSE) to understand how many of Hertfordshire's children and young people will be affected by this decision and what the plan for transfer and mobilisation of the new service offer will be. Read the full story [here](#).



### Key Contacts for you: CAMHS GP Clinical Leads

#### Hertfordshire and West Essex Integrated Care System:

Dr Alison Cowan E: [alison.cowan@nhs.net](mailto:alison.cowan@nhs.net)

#### East and North Herts:

Dr Rini Saha: E: [anindita.saha@nhs.net](mailto:anindita.saha@nhs.net)

#### South and West Herts:

Dr Avani Devkar: E: [avani.devkar@nhs.net](mailto:avani.devkar@nhs.net)

#### West Essex:

[Dr Shawarna Lasker](#): E: [slasker@nhs.net](mailto:slasker@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](mailto:alison.cowan@nhs.net)

**CAMHS News Bulletins  
for GPs:  
Current and previous  
editions**



**CAMHS Newsletters  
systemwide:  
Current and previous  
editions**

