

Redesigning CAMHS in NHS Ayrshire and Arran 2020-23

Dr Helen Smith, Clinical Director, CAMHS, NHS Ayrshire and Arran

Kerry Allison, Quality Improvement Advisor, CAMHS, CEDS, NHS Ayrshire and Arran

Event Supporter



Event Supporter



Distinct Teams within wider CAMHS Team



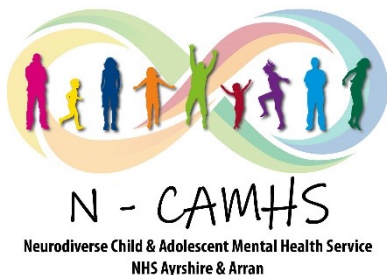
Specialist Community CAMHS (SCAMHS)

Assessment, care and treatment of children and young people experiencing serious mental health problems e.g. low mood, anxiety, suicidal ideation.



CAMHS Urgent Assessment & Intensive Treatment (CUAIT)

Responds to the urgent needs of young people who are experiencing a mental health crisis. 7 days a week currently operating between 9am and 5pm.



Neurodiverse CAMHS (N-CAMHS)

Provides neurodevelopmental assessments to support children and young people accessing mental health services to gain an understanding of their strengths and challenges they face. Referrals are made through the child / young person's school or doctor (GP).

Innovative & Dynamic Workforce

- Clinical Nurse Specialists
- Non Medical Prescribers
- Pharmacy roles
- Participation Officer & QI Advisor posts
- GP with Special Interests



“It was a total blank sheet when I started 18 months ago” says Emma Gemmell. “Not only was I the first ever **CAMHS Pharmacist** at Ayrshire and Arran, there were only two others in the whole of Scotland! So I couldn’t rely on what anyone had done before me. I had to work with the CAMHS team and the service to create the role from scratch. It was an incredible opportunity”.



“There’s no precedent for the job I’ve come in to do,” says Rachel McKechnie, Ayrshire and Arran’s new **Participation Officer for CAMHS**. “It’s a brand new pan-Ayrshire role, which in some ways is pretty daunting! On the other hand though, I have the opportunity to create something from scratch. It’s about children and young people, and being a conduit to their participation and involvement in developing the services they use.”



Meeting the Neurodevelopmental Specification for Children & Young People of Ayrshire - Thursday 16th February 2023



Chaired by Dr Jason Lang, Clinical Senior Lecturer in Neurodevelopment, Glasgow University



Mr Stephen McLeod, Professional Adviser, Mental Health Directorate, Scottish Government - the Neuro Specification and Tests of Change



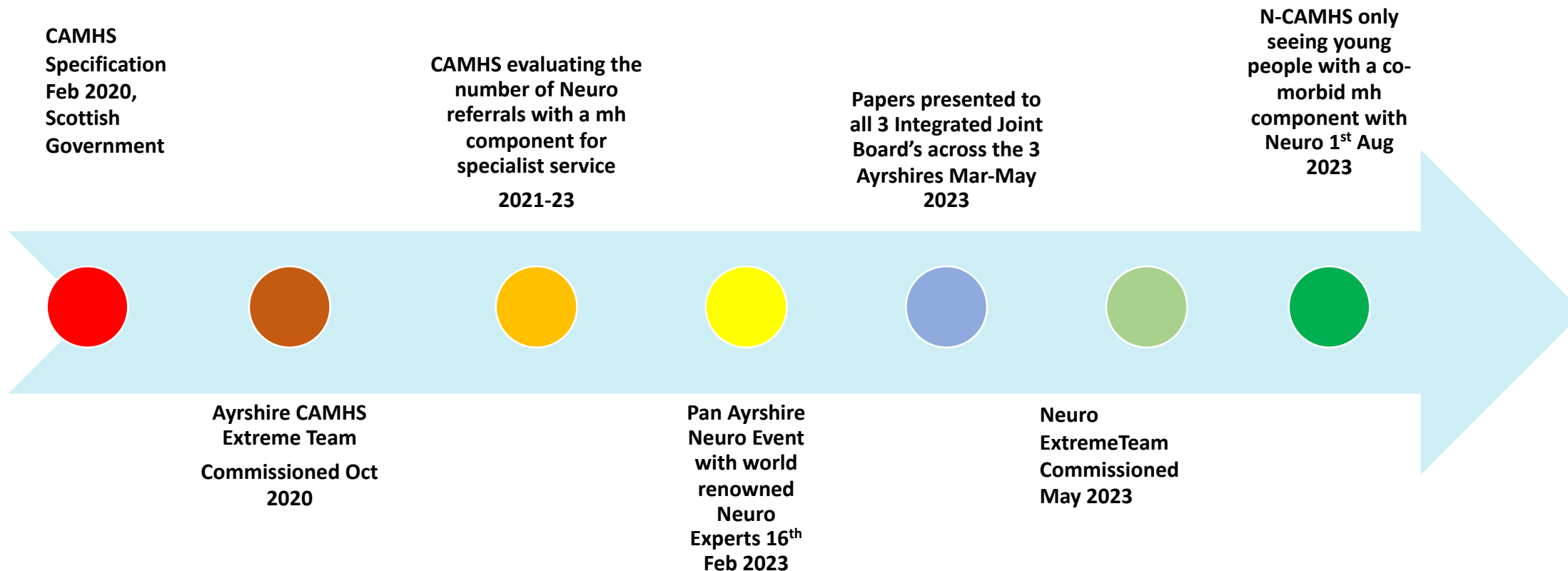
Professor Chris Gillberg University of Gothenburg, Sweden - Neurodevelopment and mental health in children and young people



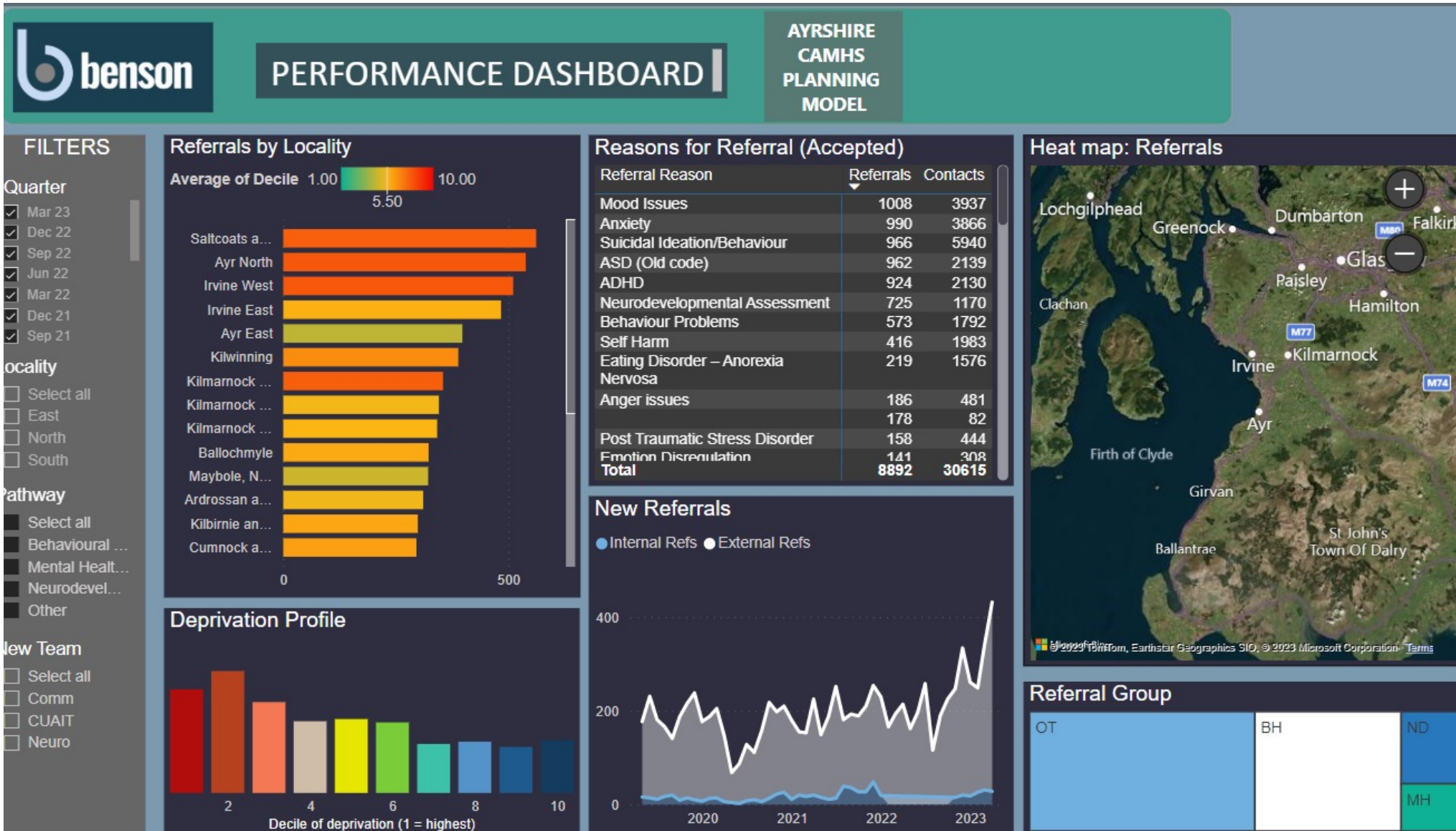
Dr Helen Minnis, Professor of Child & Adolescent Psychiatry, University of Glasgow




Implementing the CAMHS Specification



Data & Quality Improvement - Referrals




Data & Quality Improvement



SCHOOLS REPORT

**AYRSHIRE
CAMHS
PLANNING
MODEL**



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Staff

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FILTERS

Quarter

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Locality

- Select all
- East
- North
- South

Pathway

- Select all
- Behavioural ...
- Mental Health...
- Neurodevel...
- Other

New Team

- Select all
- Comm
- CUAIT
- Neuro

Primary Department: All

Secondary Department: All

Special Department: All

Urgent/Routine: All

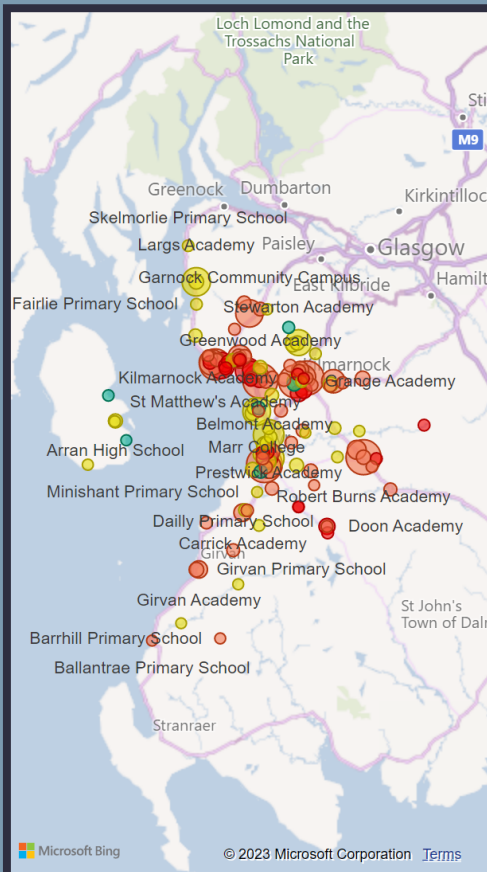
Schools List

Facility name	Depriv	Patients	Referrals	Contacts
Robert Burns Academy	●	210	238	1094
Belmont Academy	●	209	245	1331
Kilmarnock Academy	●	205	229	830
Greenwood Academy	●	196	237	1280
Grange Academy	●	181	215	739
St Matthew's Academy	●	174	200	1331
Prestwick Academy	●	173	196	872
Garnock Community Campus	●	151	163	803
Largs Academy	●	148	173	941
Kyle Academy	●	141	170	635
Marr College	●	139	167	625
Auchenharvie Academy	●	128	153	519
Stewarton Academy	●	126	149	624
Ardrossan Academy	●	125	145	629
Irvine Royal Academy	●	118	143	848
Total	0.58	5741	6588	26899

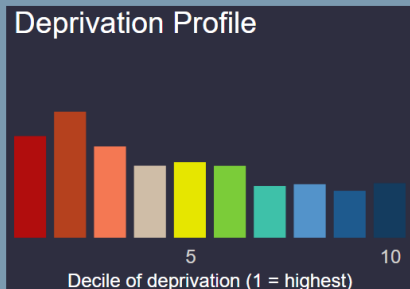
Cluster	Schools	Refs
Robert Burns Academy	15	520
St Mathew's	10	512
Girvan Academy	8	146
Greenwood Academy	8	418
Belmont Academy	7	385
Grange Academy	7	406
St Joseph's	7	128
Arran High School	6	55
Auchenharvie Academy	6	283
Avr Academy	6	257
Total	147	7060

Reasons for Referral (Accepted)

Referral Reason	Referrals	Contacts
Mood Issues	957	3937
Suicidal Ideation/Behaviour	939	5932
Anxiety	859	3866
ASD (Old code)	774	2130
ADHD	740	2122
Neurodevelopmental Assessment	681	1169
Self Harm	386	1982
Behaviour Problems	367	1786
Eating Disorder – Anorexia Nervosa	199	1576
Total	7384	30552




Deprivation Profile



Decile of deprivation (1 = highest)

New Referrals



2020 2022

Participation

Influencing Change

18 families have been involved so far in providing personal feedback around why they, at times, have been unable to attend a CAMHS appointment.

Key issues have been around **communication** of appointments, **behavioural** struggles with YP, **postal strikes** and **distance** to CAMHS bases.

As a result of the work we have been able to **amend incorrect information** held about families, **identify opportunities** where telephone preferences can be logged and **alter our clinical** practice to ensure data held about families is up accurate and up to date.

The families involved were supportive of the proactive work being undertaken and participated well.

Supporting Others

Mental Health Awareness Week 2023 was the 15th to 21st May. The theme this year was **Anxiety**.

Boxes placed in our three bases asking young people or their carers to write positive messages to future families that may be anxious about beginning their journey with the service.

Delivering Innovative Solutions with 3rd Sector



About Aberlour Sustain - Transitions

Aberlour Sustain Transitions works with families who have children transitioning from P7 into S1 and S1 into S2. We work with children, families, communities, and partners to deliver workshops and personalised support both 1-1 and in groups. We aim to improve wellbeing, reduce barriers to discussing wellbeing and provide practical skills to cope with day-to-day challenges and worries.



We recognise that the pandemic has created new challenges for families. We are here to create space for them to identify what could improve their collective wellbeing. This may be finding solutions, offering practical suggestions, or simply being there to listen whilst ensuring we provide privacy and space to feel comfortable and heard.

How we help

Workshops: Can be delivered to whole classes, smaller identified groups and in community settings such as youth groups or clubs.

Additional Support: Individual, focused and holistic support for identified children, young people and their families who require more targeted interventions.

Quotes from our families

- "I absolutely love the fact that this is the first time (child's name) opened up like that about anything!"
- "Our worker was amazing throughout. Very approachable, easy to talk to (for both myself and my son), pragmatic and knowledgeable. Nothing was ever too much trouble and she helped not just my son, but us as a family."
- "Thank you for everything, the first time we met, I was in bits and so worried about her, but now I feel like she is going to be ok."

How contact us:

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Email: aberloursustaintransitions@aberlour.org.uk

aberlour.org.uk

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Scottish Charity no: SC000991 | Company Reg no: SC312912



CAMHS Leisure Project in Partnership with 3 Leisure Services across Ayrshire

Authors: Kerry Allison, Eileen Bray, Katie Campbell, Fiona Comrie, Sarah McBride, Rachel McKechnie, Stuart McKenzie, Tracy Robertson, Christine Strong, Roslyn Turner

AIM

This project supports Integrated Care in its widest sense. Collaborative working with Leisure Services that would enable families to participate in leisure programmes within their own community and reduce health inequalities.

WHAT WE DID

In Ayrshire Children and Young people waiting for an ASD diagnosis received little pre diagnostic support as they awaited the official diagnosis. Many of these children and families struggled to attend and be fully included in clubs that other children attend. CAMHS recognised that Neuro-developmental waiting lists were long and this was only exacerbated with Covid. But, by working in partnership with Leisure services these young people and families could really benefit from a programme that they helped to co-design. It was as much about the parents and it was about the children.

CAMHS and Leisure Services across Ayrshire have worked in partnership to co-produce a 10-12 week exercise programmes the support mental and physical well-being for children, young people and families.

RESULTS

- 20 children and families have taken part since May 2021. Another cohort in progress.

MAIN OBJECTIVES & OUTCOME MEASURES

- Opportunities to learn new skills.
- Increased social interaction.
- Improved social skills.
- Demonstrate improved social relationships / new friends.
- Increase participation in structured out of school group activity.
- Increased weekly levels of physical activity participation.
- Improvement in mental health and well-being Improve confidence.
- The family feel connected to their community and support networks.

OUTCOMES

METHOD

The model for improvement was used throughout. Data was gathered across health and leisure a large qualitative data was also recorded.

Testing this process required CAMHS to obtain funding through the Mental Health Innovation Funds locally and funding the leisure services to pilot this and do tests of change to see the benefits to families well-being.

Key Learning

- Young people tend to cope better when they know which adults will be present at sessions in advance
- Girls can struggle if they are the only female attending that session. Could look at all our groups in future or appropriate training for staff on YF not included. Data shows girls with ASD can have very different behaviours to boys with ASD.
- Paper feedback forms were often forgot. Online forms where difficult to track with different family members attending each time, even grandparents. Where possible, required weekly feedback could be gathered at the end of the session.

ACHIEVEMENTS / CONCLUSIONS / NEXT STEPS

- Sustainability has been achieved through 50% of the young people in the North programme joining other sports programmes run by KA Leisure over the summer. 50% of the young people joining the Junior Rangers at the Dean Park in Kilmarnock.
- A further 18 children and families are currently taking part with the 3 Leisure Services across Ayrshire.



Further information contact: kerry.allison@aapct.scot.nhs.uk or rachel.mckechnie@aapct.scot.nhs.uk

Alternative ways of helping Young People with their anxiety – working with Partner Agencies

READY FOR ANYTHING

With CAMHS & Adventure Carrick

Hello! As you will be aware, your child is currently awaiting further support from the Child & Adolescent Mental Health Service, CAMHS. We have developed a specific programme of activities, including exciting water sports and group workshop sessions that we think will help your child manage their anxiety symptoms better and increase their self-confidence.



Saturday sessions are full days just for the children to participate in, where they will take part in fun, water based activities, which will help increase their confidence. If helpful, they can be collected from and dropped home by one of our trusted mini bus drivers.

Wednesday sessions are in the evening and will involve you, or another parent / carer coming with the young person as well. During the group sessions the children will learn about what anxiety is & ways to manage these feelings. There will be time for you to have a cuppa, talk to other parents, and ask the team any questions.

Team Work **Paddle Boarding**
Tackling feeling nervous **Canoeing**
Swimming **Gorge Walking**
Gain the confidence to try new things



If you would like to have a chat about any of the information provided, our Participation Officer, Rachel, would be happy to answer any questions you have.
Contact Number: 07929721268
Email:
rachel.mckechnie@capct.scot.nhs.uk

The Ready For Anything Pilot was a great example of multi-disciplinary working in action.

- 7 young people started and 7 completed the programme
- The Spence Children's Anxiety Scale (SCAS) was used as an outcome tool at the beginning and end of the pilot.

Young People's Next Steps

- 6 out of 7 young people were closed to Community CAMHS.
- 1 remained open to Community CAMHS
- 2 out of 7 young people were moved onto the N-CAMHS waiting list. 2 were already on the N-CAMHS waiting list and remain on there.
- 1 young person has been referred onto the NA Young Carers Team

Ready For Anything



'After meeting the young people within the group setting and getting to know them we are far more able to see what the next steps should be and promote the right support at the right time & place'.

— CAMHS clinician



'E is in the best place she has been for a long time'
— YP Parent

Date: Saturday 12th November 2022

Did you enjoy today's session?

- 🤩 5/5 - Very much!
- 😊 4/5 - Yes I did
- 🙂 3/5 - A little bit
- 😐 2/5 - Not really
- 😞 1/5 - Not at all

Do want to tell us the best part?

You can write or draw in the box.

A basic rating scale was used at the end of each session to gauge enjoyment or things the YP learned

Embracing New Technology



vCreate Neuro

Secure video service to support clinical teams with remote diagnosis, management and decision-making.

How it works:

- ➔ Invited patients/carers upload videos, photos and clinical data
- ➔ Clinicians review uploads and respond to patients/carers within the app
- ➔ All uploads and data can be shared with colleagues and integrated with the EMR

