



CAMHS Covid-19 Support Plan

Children and Young People's Mental Health Support offer from
Manchester University NHS Foundation Trust CAMHS





Placing Mental Health Support within the language of Thrive

NB: The following support plan contains several links that are highlighted and underlined, like the one below. Play the slide and 'Click On' the links to get more information and support.

THRIVE Explained

- Thriving: *support to maintain mental wellbeing*
- Getting Advice: *those who need advice and signposting*
- Getting Help: *those who need focused input*
- Getting More Help: *those who need more extensive specialised help*
- Getting Risk Support: *those who struggle to engage with services and may need multiple approaches to manage risk and complexity*



For More information on the THRIVE Framework see [animation explaining THRIVE Framework](#)



Getting Advice and Signposting for Parents and Careers

- Did you know CAMHS provided a duty telephone function as Single Point of Access , not just for referrals but also for queries and signposting to other services and self-help materials.
- Salford CAMHS offer this function Monday to Friday 9-5 where you can speak to a Mental Health Practitioner with regards to any Mental health concerns.
- SPOC (single point of contact) is a Salford CAMHS practitioner that is placed within social care who is also available to offer consultation, assessment and opinion to social care staff on mental health concerns.
- At Listen First you can find a range of [resources for parents and carers](#) – some have been translated into languages other than English.
- Also the Mental Health Foundation has developed [The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people](#)
- You can find top tips to support children and young people mental health from Public Health England's Every Mind Matters: [Every Mind Matters Top tips](#)
- Finally it' worth looking at Barnardos information, resources & tools. Here you find from practical advice on how to talk to your children about the pandemic, to tips on managing anxiety and much more.
[Barnardos: see hear respond support hub](#)



Getting Advice and Signposting for Parents and Careers

- Anna Freud is a leading mental health charity for children and families and provides [Advice for parents and carers talking mental health with young people at secondary school](#) AND [Advice for parents and carers talking mental health with young-people at primary school](#)
- Also you can find Podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, holds 20-minute episodes, that discusses an important issue in child and family mental health with an expert and a young person or parent [Anna Freud parents and carers child in mind series](#).
- Finally, MindEd for families gives you information if you feel concerned about your child's behaviour or emotional wellbeing [MindEd For Families](#)



Getting Advice and Signposting for Schools and Colleges

Across Manchester and Salford a whole school expanded offer, launches in November 2020. Within CAMHS is included as part of multi-agency offer to schools offering information, advice, signposting and within agreed schools dedicated 'Thrive in Education' Mental Health Support Teams (MHST), a partnership of VSCE with NHS CAMHS, will be offering:

- Outreach service that offers interventions in school for mild to moderate mental health difficulties.
- Providing evidence-based interventions, group work and consultation to school designated Mental Health Lead.

In addition you can find back to school and college resources below:

- [Primary schools](#)
- [Secondary schools](#)
- [Further Education](#)
- Every Mind Matters: [Back to school or college under covid-19](#)
- Ann Freud: [10 steps towards staff wellbeing](#) and [Looking after each other and ourselves](#)



Getting Advice and Signposting for Schools and Colleges

Short videos

- [Being Kind to Yourself](#) – for students (& staff) guided through a range of ways of self-care.
- [Developing a Wellness Action Plan](#) – how to use wellbeing action plan to manage mental wellbeing and signposts several other resources and support.
- [Mindfulness and staying present](#) – explores how to use mindfulness in a practical day to day way, to stem the anxiety and reduce spiral of ‘what if’ scenarios that ramp up anxiety and impact negatively on mental health and wellbeing.
- [Anna Freud: Teachers Toolkit talking mental health animation](#) and [We all have mental health animation -teachers toolkit](#)
- Charlie Waller Trust video on [Self care for students with eating disorders](#)



Getting Advice for Children's Social Care

- Dedicated CAMHS staff who will liaises with and advises Children's Services, signposts to self-help materials, liaises regarding referrals from social workers.
- Duty telephone function of Single Point of Access (SPA), screening referrals (including self-referrals) and queries and signposting to other services and self-help materials
- Barnardos See, Hear, Respond service. Rapid support for children and young people who aren't currently seeing a social worker or other statutory agency, and who are struggling to cope with the emotional impacts of coronavirus (COVID-19). More information can be found here: [See hear respond](#).
- In addition the NSPCC provides online support for workers to recognise the signs that a child may be struggling with their mental health. And that you know how to take appropriate action to support children and young people in getting the help they need visit [NSPCC Learning Hub child-mental-health](#)





Getting Advice for Youth Offending Services



- We have a clinician based in the Youth Justice (YJ) service 5 days per week, which allows either telephone or face to face consultation with Youth Justice Staff, or to parents or carers for those CYP known to our service if they need advice.
- The CAMHS YJ practitioners are continuing to support Early Help/prevention strategy via the out of court disposal processes, following the obtaining of consent, sharing information with police and YJ workers to inform decision making around disposal prior to conviction, this has continued during Covid restrictions.
- Did you know that MindED [Youth Justice e-Learning Programme Pathway](#) covering from knowledge through to Skills



Getting Advice Resources

- Anna Freud. [Self-care resource](#) written by young people to help other young people who are feeling low or anxious.
- Covid-19 [interactive resources](#) designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic.
- Headspace Kids: [Meditation for children](#) holds five themes for kids to explore: Calm; Focus; Kindness; Sleep; Wake up.
- The Mix provides a [wide range of mental health and wellbeing resources](#) on their website.
- The Charlie Waller Memorial Trust has developed [Managing stress in today's world](#) an explanation of what stress is, what can cause stress and the potential impact on mental wellbeing.
- Other support across Greater Manchester and digital online: [Mental Health Support in Greater Manchester for children and young people](#)
- Public Health England 'Every Mind Matters' provide and information and support [Every Mind Matters](#)
- UNICEF provides [supporting child mental health during covid-19](#)
- Barnardos Support hub provides a range of resources, tool, videos and more focusing on yours and your family's emotional wellbeing [Barnardos: emotional wellbeing support hub](#)





Getting Help

- Protect our NHS CAMHS by referring cases that clearly are within our remit, ensuring there is informed consent to referrals
- We will provide assessments and interventions as timely as possible based on the clinical presenting need
- We offer comprehensive assessment and formulation in all cases via standardised duty assessments. Clear formulation and risk assessment in all cases needs will drive intervention offer
- We will deliver through a blend of telephone, remote clinical video sessions and face to face appointments as clinically indicated
- We may need to increase the use of group work to maintain efficient effective delivery



Getting Help

- As part of the Salford CAMHS offer to schools, the CAMHS School Link role continues to offer consultation, training, advice and information to more than 70 schools across the local authority with further school identified to receive training as part of the project this year. The CAMHS school link also operates in conjunction with the Emotional Friendly Schools project as well as the 'Wellbeing Return to Education' as part of the national offer to schools October 2020 – March 2021 offering a series of online webinars, virtual drop ins and on going training.
- The CAMHS school link role also works collaboratively with strategies and interventions offered via Education On Track, Emotionally Based School Avoidance, Primary Inclusion Team, Orthodox Jewish Community as well as the delivery of further CAMHS Link workshops with the Anna Freud Centre.
- The Salford Thrive in Education team offer low intensity CBT informed interventions to CYP's and families in over 30 schools along with Place2BE, EP's, 42nd Street and Early Help School Co-ordinators. Training, consultation and support is also an intrinsic aspect of this getting help offer. This offer also includes co-ordinated support packages to targeted schools to facilitate their progression with the Emotionally Friendly Schools Package and engagement in mental health support for pupils, parents and teachers.



Getting Help in Schools and Colleges

Back to school and feeling anxious?



Free. Safe. Anonymous
[kooth.com](https://www.kooth.com)

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in Greater Manchester

Back to school and feeling anxious?

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AUTHORITY


in Greater Manchester



Getting Help for Parent and Carers

- YoungMinds Parents Helpline is available for parents, guardians and carers and you can call them on 0808 802 5544; 9.30am to 4pm on weekdays.
- Barnardos See, Hear, Respond service. Rapid support for children and young people who aren't currently seeing a social worker or other statutory agency, and who are struggling to cope with the emotional impacts of coronavirus (COVID-19). More information can be found here: [See hear respond](#). To make a referral [Professional referral form](#) or [Parent or Carer referral form](#)
- Advice on what you could do if you are concerned about a child's mental health. This blog by Dr Prathiba Chitsabesan (Associate National Clinical Director for Children and Young People's Mental Health for NHS England) provides [Advice for parents, guardians and carers on how to help and support a child or young person with mental ill health, suicidal thoughts or self-harming behaviours](#)
- Concerned your child's has an eating problem see [BEAT's advice](#) and get in touch with them for support via their helpline on [0808 801 0677](#).



Getting Help

- Find other local services here through NHS [Service Search for Mental Health support for Young People](#) or Ann Freud's [Youth Wellbeing Directory](#)
- MindEd [MindEd for Families support available for parents](#) AND [learning pathway programme for education](#)
- Coronavirus Staff Resilience Hub Helping frontline staff to manage your mental health and wellbeing [MindEd Coronavirus Resilience Hub](#)



Getting More Help....

- We hold a number of pathways - specialist clinical care - offering a stepped care model in line with the thrive needs-based groupings. Stepped care seeks most effective yet least resource intensive, treatment is delivered first; only 'stepping up' to intensive/specialty (or targeted) as clinically required. This includes offering specialist evidence based and evidence informed psychological intervention and pharmacological intervention where required, monitored through goal based outcomes and regular monitoring of treatment response.
- Case are discussed in supervision and reviewed jointly with supervisor where there is clinical uncertainty/drift or lack of progress. Enables supported acquisition.
- Clear treatment plans for all cases including formulation/risk/management.
- Exit from services are planned to ensure through-put in service to free capacity for the next child or young person.





Getting More Help....

Some conditions such as psychosis, eating disorders, emerging personality disorders and complex neurodevelopmental needs are likely to require this input.

[Early intervention in psychosis](#) The Royal College of Psychiatrists' emergency care pathway includes guidance and resources.

For people with eating problems, the coronavirus pandemic poses some unique challenges find more support here Beat: [Eating Disorders and coronavirus](#) and YoungMinds: [Coping with an eating disorder during the coronavirus pandemic](#)

YoungMinds explain [emerging borderline personality disorder](#)

MindEd provides explores the complex presentations and psychological needs of young people with neurodevelopmental difficulties [young people with neurodevelopmental difficulties](#)



Getting Risk Support....

- Some CYP and families for whom evidence-based treatment does not bring about change in outcomes or recovery require whole system support. These CYP may routinely going to crisis, self harm or seem unresponsive to support.
- Are role is to ensure links and regular risk support meetings with multi-agency partners; maintain discussions regarding formulation and offer of risk support – bridging the gap
- We can reduce time by joining meetings virtually if appropriate.
- We make use of AMBIT (whole-team approach designed for YP presenting with multiple and complex problems) and other methods of support risk within multi-agency teams.



Getting Risk Support....

- If you need to speak to someone right now, please contact one of the following 24 hour services:
SAMARITANS: 116 123 or www.samaritans.org
CHILDLINE: 0800 1111 or www.childline.org.uk
- If you need help urgently but are not at risk of death or serious illness, use the NHS 111 non-emergency advice online. [NHS 111 advice online](#)
- NHS urgent mental health helplines are for people of all ages [NHS service search: find an urgent mental health helpline](#)
- For life-threatening emergencies, call **999** for an ambulance.



Getting Risk Support....



- Shout 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text GM to 85258. Visit website [crisis text shout](#)
- We want to support you if you are bereaved by suicide or concerned that someone you know may be thinking of suicide. We want to help you find what support is available in the boroughs of Greater Manchester and provide national resources that are available to help. [Shining a light on suicide](#)
- MindED what to do in a crisis [MindEd for families - concerned and what to do in a crisis](#)



THRIVING

Learn to reduce the risk of developing mental health difficulties and promote emotional wellbeing and overall good mental health. Within this evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life [NHS Five Ways to Wellbeing](#). The mental health charity Mind also offer information about the these steps:

- [Connect pdf](#)
- [Be Active pdf](#)
- [Try Something New pdf](#)
- [Giving pdf](#)
- [Take Notice \(Mindfulness\) pdf](#)

Anna Freud list of self care strategies for young people to consider and use: [On my mind self care](#) and/or have look at HeadSpace simple to learn, but highly effective techniques of meditation [mindfulness](#)





Your Local Manchester University NHS Foundation Trust CAMHS Services across Manchester, Salford and Trafford.

North Manchester CAMHS

The Bridge
Central Park Unit C
Manchester
M40 5BP

Tel: 0161 203 3250/3255

e: cmm-tr.NorthCamhs@nhs.net

Salford CAMHS

Pendleton Gateway
Salford
M6 5FX

Tel: 0161 518 5400

E: MFT.SalfordCAMHS@nhs.net

Central Manchester CAMHS

The Winnicott Centre
195 – 197 Hathersage Road
Manchester
M13 0JE

Tel: 0161 701 6880

e: cmm-tr.CentralManchesterCamhs@nhs.net

Trafford CAMHS

1st Floor Sale Waterside
Sale
Manchester
M33 7ZF

Tel: 0161 716 4747

South Manchester CAMHS

The Carol Kendrick Centre
Stratus House, South Moor Road
Wythenshawe.
M23 9XD

Tel: 0161 902 3400

e: cmm-tr.SouthManchesterCamhs@nhs.net

