

NEWS



The Walking With You parent support group took place on Friday 21st of May 2021, via Microsoft Teams. The topic for the session was: Transitions into Adult Mental Health Services, support for parents once a child leaves CAMHS. Kirstie Hockham, Operational Lead - (CAMHS) Laura Tozer, MHST (CAMHS), Melissa Hinton (CAMHS), Holly Dyson, R U Safe (Barnardo's), and Article 12 members (Barnardo's youth forum) came along to present and support the session.

Kirsty Hockham presented on the transition process into Adult Mental Health Services. The main points of her presentation were:

Plan the move into adult services

Transition is at the age of 18, transition process begins at 17 years and 6 months

Transition Wheel:

- Support them in the process by helping the young person (YP) to make decisions for themselves
- Empower them to do things for themselves
- Encourage them to get out and about/leisure activities/university/friendships/relationships

National Institute for Health and Core Excellence (NICE) guidelines:

- **Involve** the young person
- **Ensure** the transition process is supported – empower the YP
- **Treat** as an equal partner
- **Identify** name of their new support workers
- **Ask** who they would like to be involved?
- **Talk** to the YP about the transition and the process's involved
- **Explain** and discuss the legal side of things – legally an adult at 18

What you can expect from CAMHS:

- Smooth and seamless transfer of care for any individual
- Any Safeguarding concerns are shared between agencies through the transition process
- To promote a client and carer centred focus to all transition planning work
- Good communication and information to young people, their parents and each other
- Provide a lead professional (care co-ordinator) through transition
- Specify the required steps to be taken by the team and/or individual clinicians as part of a transfer of care

Transitions assessment for young people with moderate to severe mental health issues

Article 12

Article 12 is a youth forum where young people have the right to express their views, feelings and wishes in all matters affecting them. Join us if you are 11-25 years and would like to be involved with Article 12 Young People's Council, please contact Roxy Uritescu, Participation Lead at roxy.uritescu@oxfordhealth.nhs.uk

You can also participate by liking our Facebook pages for Article 12.

Muslim Community National Help-line

Muslimcommunityhelpline.org.uk/about/

- Trained counsellors and volunteer doctor
- Teenage group training for parents (running virtually) supporting parents dealing with teenagers
- Trained to listen and advise
- Also support non-Muslim families.

SchudioTV

Preparing Autistic and SEND Children for going back to school.

Short video-based online course providing practical help and resources to support your Autistic and SEND children to go back to school when the time comes www.schudio.tv

- Transition assessment and planning work as part of CPA (Care Plan Approach) will include:
- A full and current assessment of risks and associated management plan
- Clear and accessible information for patients/families regarding who to contact in a crisis before, during and post transition
- Access to the young person's CAMHS records
- The views of the young person about their future care
- Carer's assessment (where appropriate)
- Consideration and agreement on any periods of joint working
- A list of other service providers involved outside the NHS including contacts, roles, interventions, funding arrangements, role in adulthood, complete comprehensive assessments, ect

How can you support your child?

- Encourage your child to talk about how they are feeling
- Listen and provide emotional support. Try not to ask too many questions, come up with quick solutions or gloss over their sadness.
- If they can't talk to you, encourage them to talk to someone else, whilst reassuring them that you're still be there. Let them know about the phone, webchat, email and text support.
- Try another day if they don't want to talk at that moment in time. Let them know you're there when they're ready to talk and you want to listen to them.

Conversation starters

- How are you feeling and what do you want to talk about?
- What was the best and worst bit of your day?
- If you could start today again, what would you do differently?
- What did you do today that you're most proud of?
- What was the biggest difficulty you had today?
- Do you want to talk about what's going on?
- How can I support you?
- Is there anything that you need from me? – Space, time to talk, time to do something fun?
- What's your favourite song at the moment? Would I like it?
- If you were any animal which one would you be?
- If your life was a movie which one would it be?
- What's your favourite thing about school and why?
- If an alien had landed in your class today, what would you have told them about school life?

Book

Overcoming your child's fears and worries by Cathy Creswell and Lucy Willets

Useful websites

www.oxfordhealth.nhs.uk/camhs/advice/
www.getselfhelp.co.uk/
www.dbtselfhelp.com/
www.moodjuice.scot.nhs.uk/
www.kooth.com

Referral?

CAMHS is contactable through our SPA (Single Point Access).
You can simply fill in an on-line parent/carer referral via the CAMHS website or you can call SPA to complete the referral or get some advice over the phone.
e-mail: oxfordhealth.bucksCAMHSSPA@nhs.net
Tel: 01865 901951

How to move up to Secondary school

Course for young people @ earlyhelp@buckinghamshire.gov.uk

Bucks Family Information Service

have a section on their website around *Preparing for Adulthood*
<https://familyinfo.buckinghamshire.gov.uk/send/preparing-adulthood/>
which you might find useful.

Support for Carers

- Terminology
 - Service user – young person
 - Carers – usually parents or other family members

Carers assessments are available to support carers

- This support comes in many forms
 - Financial – to pay for other services to support the young person
 - Short breaks
 - Relaxing therapies
 - Gardens services ect

Befriending for Carers – 01865 901012 – call back services operates Mon-Fri 11-12.00noon

Article 12

If not transitioning to Adult Mental Health Services:

- Discharging is a very big deal, make sure the young person has the opportunity to say goodbye to those persons who have been supporting them during their time in CAMHS

When transitioning to Adult Mental Health Services:

- Sign the relevant forms for information sharing of what information you are happy to share and who with

What is Anxiety?

Anxiety is normal, anxiety is not dangerous, it triggers both physical & emotional symptoms.

When Anxiety becomes a problem

When your child is worrying most of the time, avoiding fun activities or refusing to go to school because s/he is scared or worried.

What is CBT? (Cognitive Behavioural Therapy)

Is a talking therapy based on Thoughts, Feelings and Behaviours

Physical

Physical sensations can vary widely: headache, stomach ache, dizzy, shortness of breath, panic attacks etc.

Working with parents

Increases likelihood of long-term change, highlighting a positive parental role.

Identifying and understanding the child's anxiety

What is happening?

What is s/he thinking?

Give anxiety a name

Characters from stories, movies or even people you know, let the creativity flow!

Other useful sites

*Spacesupport.co.uk
– ADHD, ASD and
Challenging behaviours*

GRASPS – Autism support

*PDAgroup@harverys-
home.me.uk – Pathological
Demand Avoidance*

You-Nique – SEND families

*Carers Bucks –
Carersbucks.org*

*The Autism Teaching
Company –
autismteachingcompany.
org.uk*

*Autism Live Training
by Richard Maguire –
autismtraininglive.com*

Thought challenging, what can you do

Support your child with challenging their thoughts

Why are you worried?

What do you think will happen?

Modifying parental responses to Anxiety

Gradually cutting out reassurance e.g “If you’re worried about the sleepover, don’t go”. This can confirm that if you get anxious about something, you can’t do it. Encourage independence, have a go.

ASD/Anxiety and friendships

- Encourage them to join an activity group, either through school or outside of school.
- Encourage them to be friendly with more than one or two members of the group
- Does the school offer any extra support with social

ASD

Social stories can be used in targeted ways to prepare individuals for social interaction and to prepare individuals with autism for public events.

Parent tips for Anxiety

- Try not to overwhelm them, let them come to you with their worries
- Make a pro’s and con’s list of their particular anxieties and talk it through. This will allow them to problem solve their worries, or identify that it is something that they’ve overcome before
- Encourage them to be active, either with a friend or a family member
- If they are reluctant to take part in an activity they would normally enjoy, continue to do it, it might encourage them to join in
- When anxious, ask them what they feel would be helpful, rather than grasping at straws of what you think would help!

Article 12 is a group of young people aged 11+, who attend monthly CAMHS Youth Forums to help develop and improve services at CAMHS. The purpose of Article 12 is to have the young people’s voice heard across CAMHS, in order to improve mental health services for all young people in Buckinghamshire. If you would like further information about the Article 12 group, please contact:
roxy.uritescu@oxfordhealth.nhs.uk