

## ENFIELD CAMHS SERVICE UPDATE, APRIL 2021

### 1. Our Services:

There are five core teams within the service, with further areas of additional provision:

**The Generic & Neurodevelopmental CAMHS Team** provides a comprehensive range of assessment and therapeutic interventions across the age range, for common emotional and behavioural difficulties, Autistic Spectrum Conditions and other neurodevelopmental conditions such as ADHD. It is the largest team with the highest volume of referrals.

**The Service for Adolescents and Families in Enfield (SAFE)** provides a comprehensive, rapid and flexible service for the most urgent and acute problems facing troubled adolescents, including self-harm and mental health crisis.

**The Service for Children and Adolescents with Neuro-Developmental Disorders (SCAN)** is a specialist team for children and young people with moderate to severe learning disabilities & neurodevelopmental disorders, coupled with mental health problems. The team works closely with special schools in Enfield.

**The Health, Education, Access and Resource Team (HEART)** offers a range of services to improve the emotional wellbeing of Enfield looked after children. This includes assessment and treatment for emotional difficulties, consultation for carers and professional staff, and support to therapeutic fostering services.

**The Mental Health Support Team in Schools (MHST)** is a pilot project funded by NHS England and Health Education England. Launched in October 2019, this collaborative project between Enfield CAMHS and LBE Educational Psychology aims to deliver three core functions: 1) **Evidence-based interventions** for mild to moderate mental health and emotional wellbeing concerns, 2) Support to senior mental health leads in schools to develop a **whole-school approach to mental health and wellbeing**, 3) Timely **advice and signposting** to schools.

Outside of these core teams, there is additional CAMHS provision in a range of other services including Youth Offending Service, Custody Liaison and Diversion, Family Assessment Centre, Child Development Team and Enfield Parent-Infant Psychotherapy Service.

### 2. Pandemic Response:

We have worked closely with partners in the borough to plan and coordinate services through the events and challenges of the past year, and to ensure continuing support for children, young people and families.

Service opening hours and contact arrangements have run as normal throughout the pandemic. We have kept a staff presence at our sites Mon-Fri 9-5, with enhanced crisis/out of hours arrangements.

Achievements have included:

- Implementing a mixed offer of face-to-face, phone and video, including online groups
- Creation of duty line for professionals to respond to urgent crisis concerns
- Creation of the trust-wide 24/7 crisis line for children, young people and families

- Diversion from acute hospitals to community crisis hubs where appropriate
- The MHST has worked to complete the training of its 8 Education and Mental Health Practitioners in its first year. This has been with the support of 16 placements across the first wave of MHST schools with a plan to gradually increase its offer to up to 40 educational settings over the course of the pilot.
- The MHST has delivered a range of work in schools, including individual, group and family interventions, workshops, staff support and consultations, and developing resources for schools. These included creating short videos and creative resources for children facing the disruptions of the past year, for schools to embed on their websites and share directly with families. These videos can be accessed via Barnet, Enfield, and Haringey NHS Mental Health Trust Youtube channel  
[https://www.youtube.com/channel/UCCfuNW\\_DeWDDFqLJRFUjONQ/featured](https://www.youtube.com/channel/UCCfuNW_DeWDDFqLJRFUjONQ/featured)
- Our Service for Children & Adolescents with Neurodevelopmental disorders (SCAN) team continued to work closely with Special Schools in the Borough, with regular multi-agency meetings, including school, social care, special educational needs and disability (SEND) to discuss cases for concern and respond
- Early Years Speech and Language Therapy and CAMHS Clinical Psychology conducted a successful pilot on autism assessments via video call, for children under 6
- Our Young People's participation group continued to meet virtually
- Employing a new peer-support worker role in CAMHS, supporting us with co-production, and co-facilitation of children, young people and parent groups
- Our Looked After Children's service has started to extend its offer to the 18-25 age group through a new Local Authority funded role

### 3. Looking Ahead: Focus Areas

- Further work across Barnet, Enfield and Haringey CAMHS to develop greater consistency across service areas and deliver the key priorities and timely access to services
- Reduction of waiting times for first appointment, and improvement of pathways to minimise secondary waits for specific specialist interventions
- Developing new CAMHS liaison services to children and young people admitted to Barnet and North Middlesex Hospitals
- Extension of the MHST project to up to 40 schools in the Borough, and establishment of the team beyond the end of the pilot phase

### 4. Crisis Support Contacts

#### A. 24/7 crisis helpline

Children, young people and families can call this number **0800 151 0023** at any time for urgent crisis support

#### B. Duty line for professionals

For any professionals to call where there are concerns about children and young people experiencing mental health related crisis and do not require medical input

- Mon-Fri 09:00 – 17:00 call Enfield CAMHS: **020 8702 4070**
- Mon-Fri 17:00 – 00:00, Sat-Sun 09:00 – 00:00 call NCL CAMHS Crisis Team: **020 3758 2056**

**If suspicion of overdose and serious self-harm requiring urgent medical treatment A&E remains the recommended route**