

## **An Introduction to Children and Young People's Mental Health**

### **Supporting Oxfordshire to be Mental Health Aware**

#### **An Introduction to Children and Young People's Mental Health Awareness Training**

This training is underpinned by Future in Mind (2015) a document that promotes that positive mental health is everybody's responsibility. In line with this government strategy, 'An Introduction to Children and Young People's Mental Health' training has been designed to support frontline staff to promote their part in our national culture shift which embraces social and emotional wellbeing and responds early to signs of mental health problems.

It takes a non-clinical approach that explores how frontline staff can empower individuals to have responsibility for the wellbeing of everyone around them, looking at strategies which increase the emotional literacy and resilience of children and young people. In response to early signs of mental health problems, it considers tools which can be used with children and young people and an increased awareness of other services available.

In addition we aim for professionals to have the opportunity to engage in thinking about how their own mental health needs are met and how this could impact upon the children and young people they work with. Through interactive exercises in the training session participants reflect on their own mental health and consider any concerns they may have within their own setting.

#### **What does the training provide?**

- A framework for thinking about mental health
- Information about child and adolescent development and mental health
- Information about risk and resilient factors

#### **Plus an increased understanding of:**

- Children and young people's mental health
- How you can help to support resilience
- How to signpost to local specialist services training will provide

#### **Why this training?**

It is designed by: Young Devon, endorsed by: Exeter University and supported by: Young Minds and Esmee Fairbairn. This training has been rolled out across Devon, training hundreds of practitioner's and professionals in a range of fields. There is solid evidence to show that this training can make a difference.

The training has been attended by Teaching Assistants, Teachers, Head Teachers, Youth Workers, GP's and Sports Coaches amongst others, with the majority of feedback suggesting that the training has had an impact on raising awareness of the mental health of children and young people. Plus, with a bit of knowledge and understanding we can all make a positive impact in supporting positive mental health in children and young people. The more people that access this training the better equipped the county becomes at supporting children and young people's mental health.

For more information or to book the training, please contact Oxfordshire Youth's Training Coordinator Erika De Filippo: [Erika.defilippo@oxfordshireyouth.org](mailto:Erika.defilippo@oxfordshireyouth.org) or 01865 767899

## Oxfordshire CAMHS

Following a review by the Department of Health of Children and Adolescents Mental Health services nationwide, the government identified a number of areas that could be worked upon to improve the care patients receive as a whole, these areas include:

- Promoting resilience, prevention and early intervention
- Improving access to effective support – a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

As a result of this a new service model has been launched in Oxford Health and with it a number of key changes to the way services are run.

The CAMHS service model has moved to a tier-less pathway approach to ensure that the patient's needs are at the centre of their care and that services fit around their needs.

There is an exciting new partnership with Response and a number of 3rd sector organisations in Oxfordshire. These include:

- TRAX – Training and courses in mechanics and cookery
- RAW – Support and training in woodwork and carpentry
- Synolos – Vocational training programmes in woodwork, painting & decorating, carpentry, photography, etc
- SOFEA – Training courses & food recycling project
- BYHP (Banbury Youth Homelessness Project) – Support & counselling for young homeless people
- Ark T – developing emotional and mental resilience through art and drama
- Oxfordshire Youth – a member organisation providing training, advocacy and resources to members.

Each organisation has a Community In-Reach worker that work with children and young people that come in to their organisations who it is deemed would benefit from some light-touch Mental Health intervention using the expertise and advice of the CAMHS teams. This innovative partnership has proven massively successful so far and has helped to increase the reach to patients who are sometimes more difficult to get to, is helping to destigmatise mental health conditions, promotes early intervention and prevention and is improving joined up working and a whole system approach to the care of our Children and Young People. Not least helping to deal with the increase in referrals in to Mental Health Services.

The exception being Oxfordshire Youth who provide essential training offering an introduction to children and young people's mental health for professionals in schools and the voluntary sector. This training ensures that those who work with children and young people have a baseline understanding of mental health and know how to refer for additional support.

A new School In-Reach team has been created with named leads in each of the secondary schools in Oxfordshire, spending time in the schools with pupils offering advice and self-help tools to prevent the need for accessing CAMHS.

There is a new streamlined Single Point of Access – SPA – in to CAMHS services now which means one phone number, email address and advice and referral route in to mental health services. There

is a fresh new website which offers help, guidance, details of how to access services, a new self-referral form and self-help tools

On top of this CAMHS are building links with other agencies in Oxfordshire including Schools, Local Authority, and GP's to improve multi-agency handovers and joined up working to ensure each child and young person receives the best help they can for their needs.

**Oxfordshire CAMHS SPA (single point of access)**

**Telephone: 01865 902515**

**Email: OxonCAMHSSPA@oxfordhealth.nhs.uk**

**Web: <http://www.oxfordhealth.nhs.uk/camhs/oxon>**