

CAMHS

In Nottingham City

Spring 2017, Issue 1



Welcome to our newsletter

Welcome to the first edition of our newsletter 'CAMHS in Nottingham City'. We aim to produce a new edition every quarter, with the next one due in June 2017.

There are many changes taking place in CAMHS both nationally and locally. We hope our newsletter will keep you up to date with the latest news.

In 2016 the government published its *Future in Mind* document which surveyed the current state of Child and Adolescent Mental Health Services across the country. It found that, while many CAMHS services provide invaluable help

Future in mind

Promoting, protecting and improving our children and young people's mental health and wellbeing



to children, young people and their families at times of need, much more work is needed to reduce barriers to effective support.

A key recommendation of the report is the need to get rid of the old tiered system as this was found to 'unintentionally

create barriers between services' and meant that 'children and young people have to fit the services, rather than the services fitting the changing needs of the child or young person'.

In Nottingham City we are working hard to implement the *Future in Mind* recommendations. We are also committed to ensuring that the voice of our service users is clearly heard and helps shape the future development of CAMHS. In this, and future issues of the newsletter, we will keep you abreast of these changes.

In this issue . . .

CAMHS Service User Group ♦ Trans4Me news ♦ Spotlight on Body Dysmorphia ♦ Self Care for CAMHS staff ♦ CAMHS groups ♦ SHARP Update ♦ LGBT History month ♦ much more . . .



A few words from our Service Manager . . .

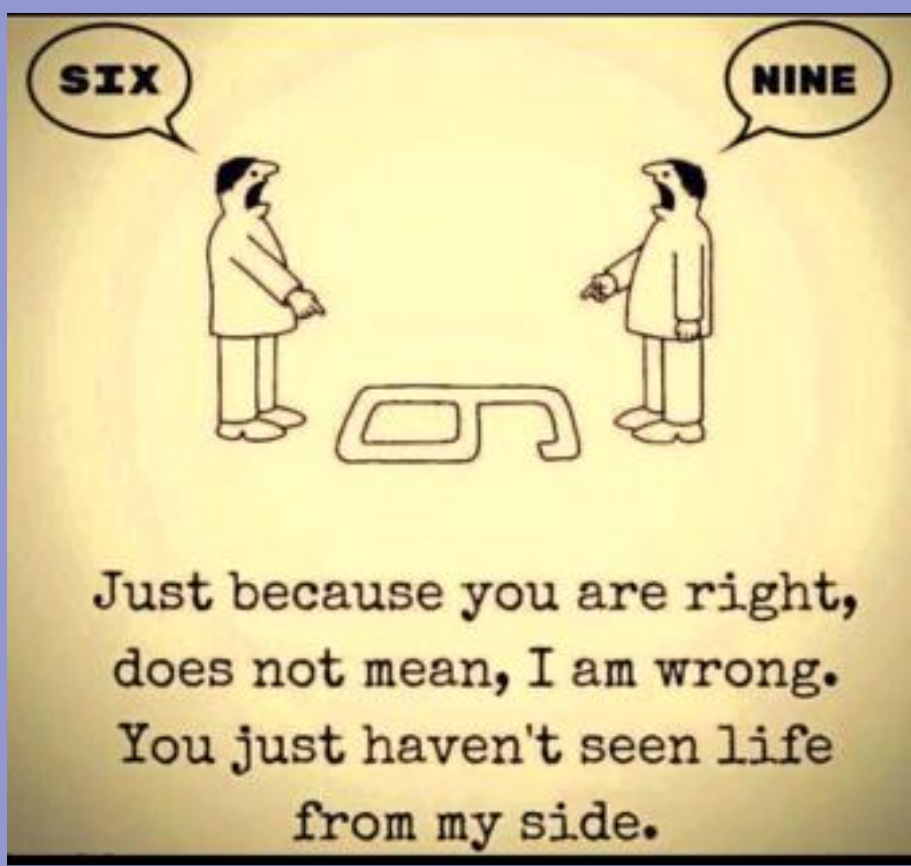
By Anna Masding,
CAMHS Service Manager

I am really excited about the creation of our new CAMHS Newsletter and I look forward to reading all of the different articles that will be shared in each edition and contributing myself from time to time. I am happy to have a Question & Answer section that I think has

been suggested, and maybe if anyone has any for the next edition we can start there . . . ?

A **BIG THANKS** to all those who contributed and to Jane Caro as our Newsletter Editor.

I would also like to share this little picture which I saw recently that I really like about when perspectives differ, and I thought others might too . . .



Get in touch!

Nottingham City CAMHS are keen to improve communication with all our partners.



One of our CAMHS Managers, Jane Caro, is now leading on Communication and would like to hear from anyone who has any ideas or suggestions, including anything you would like to see in future newsletters.

Jane can be contacted at jane.caro@nottinghamcity.gov.uk or by calling 0115 876 4000.

CAMHS SPA moves to Loxley House

**By Karin Scott, CAMHS Manager
and SPA Lead**

At the end of 2016, our CAMHS SPA (Single Point of Access) team moved into their new home at Loxley House, located on the 3rd floor. The team were previously based at Glenbrook Management Centre and are the “Front Door” for all referrals through the BEMH pathway for City Children and Young people who want to access support for emotional and mental health, accessed at www.bemhnottingham.co.uk where referrals can be made to a number of services, included CAMHS/SHARP/KOOTH/BASE 51.

The team have settled in well, are enjoying the facilities and being seated next to our Social Care Duty team, Children and Families Direct and our DART team colleagues, with plans for

further integration with these teams in the New Year as a part of the new operating model developments.

As part of our SPA team there is always a CAMHS Manager or Specialist available to screen all referrals coming in to our services through the pathway. Our team is working to

integrate with our Specialist CAMHS colleagues who join us in Loxley daily to help screen referrals and manage mental health risk. We are committed to working collaboratively to ensure seamless emotional and mental health services to Children and families in the City. **Please come and say hello!**



How to refer into CAMHS

Our health colleagues (GPs, Paediatricians) have separate referral systems into CAMHS e.g. through the Choose and Book system. For all other colleagues (social care, family support, schools, voluntary agencies) referrals can be made at www.bemhnottingham.co.uk where you will be asked to confirm that consent has been given by the family. If you experience any problems making a referral come and speak to one of our SPA team, from left to right above – Jack, Aqeelah, Rebecca and Martyn – or call us on 0115 876 4000.

Trans4me Open Evening a huge success

By Sharon O'Love, SHARP
Manager and Jacob Sabo-
Dutton, CAMHS Advocacy
Worker

On the 14th December, the Trans4Me group put on an event for families and professionals with the aim to raise awareness of the young transgender community within our City. The event was very well attended with over 60 people, as part of the evening some of the young people from the group shared their own personal stories. There was also a professional



photo display, a presentation of the care pathway and a panel who answered questions from the audience.

The atmosphere was relaxed, fun and at the same time informative, offering lots of guidance and insight into what can be a very complex journey of transition.

Overall, the evening was a great success and the feedback has been amazing. One of the next ideas for the group is to devise a short performance which will be based on their own experiences of 'coming out', transitioning and gender expression . . .

Watch this space!

*Just when the caterpillar thought
its world was over, it became
a butterfly*

TRANS4ME

**A Nottingham City group
supporting young people who
identify as transgender.**

**Transgender is not about being a new
person but about being the person you
were already meant to be.**

Trans4me runs every Wednesday 5.00 – 7.00pm at
The Health Shop 12 Broad Street, Hockley, Nottingham
For more information contact **Jacob 07949185311**

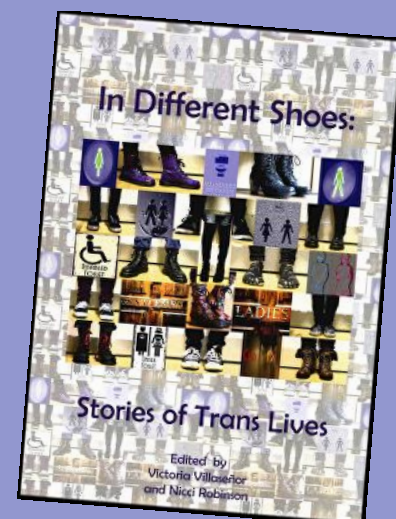
Trans4Me wins another award



Last year the Trans4Me group won a GEM Award for Respecting People, the group were really pleased to hear that they have won another award, this time from Nottinghamshire's Rainbow Heritage. The ceremony will take place in February 2017 and all the group have been invited along, some of the young people will read their own personal stories which were published last year in a book called 'In Different Shoes'

'In Different Shoes'

The young people who attend Trans4Me had the opportunity to work with two local authors, who have published a book called 'In Different Shoes', this offers an insight to the lives of young trans people, the good, the bad and the complexities of transitioning. Many of the group wrote their story in this book, which really help the reader get a sense of how difficult 'coming out' can be, these stories are filled with courage, self-awareness and inspiration, each story personal yet with exactly the same message... transition is not about being a new person but becoming the person you were already meant to be.



'In Different Shoes' is available at
www.globalwords.co.uk/purchase-our-books



Just when the caterpillar thought
its world was over, it became
a butterfly

TRANS4ME

**An open
group for
young people
who identify
as transgender**

Youth group for young trans people

This group offers a safe and supporting place to explore gender identity, find out more about trans gender, meet other young trans youth and just be yourself :-)

It's happening every Wednesday between 5.00pm and 7.00pm at The Health Shop, 12 Broad Street, Hockley, Nottingham NG1 3AL.

**Come along to
the sessions**

**EVERY
WEDNESDAY
5.00 – 7.00pm**

For more information contact:

Sharon O'Love T: 07958194768
 The Health Shop T: 0115 9475414
 W: www.healthshopnottingham.co.uk

Well Done Fuzi!

Fuzi Bradshaw has been awarded the MST Sustained Excellence award (an ESSY) in the category of Therapist

Adherence and will

be collecting his award at the MST

International

Conference on

March 6-7th in

Charleston, South

Carolina! The

Therapist

Adherence is based

on feedback that

families provide

regarding their

experience of the therapy and

therapist (please see attached

what questions families are

asked). Families complete this

questionnaire monthly

throughout the treatment

process. All the scores are

collated by MST Services and

measured against other MST

teams worldwide. Fuzi is in the

top 1% of highly adherent

therapists worldwide.

Fuzi has worked for the Multi-

systemic Therapy (MST) team

for 3 years in June. He is a high

dedicated therapist and has

been able to engage with

families that often face so many

complex barriers in their

capacity to

engage with

services. Fuzi

never gives up

and tries to

understand

what those

barriers are and

collaboratively

finds ways to

move beyond or

around barriers

to

engagement. Many families

have fed back that they feel Fuzi

understands what difficulties

they are facing as a family and

he works tirelessly to provide

interventions that are co-

created with the family. In times

of crisis, Fuzi gives hope and

remains strength focused

enabling families to rebuild

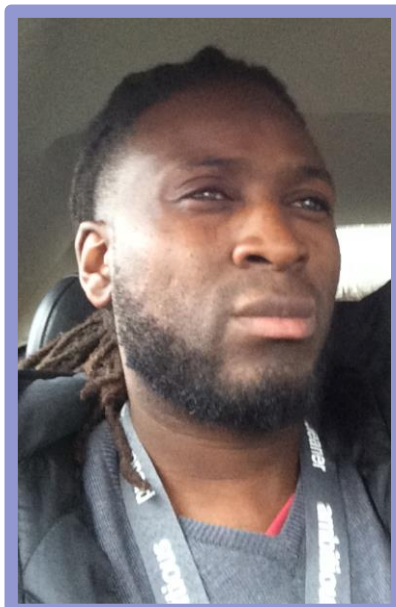
relationships and for young

people to re-engage in pro-

social activities, school and

educational systems and within

their communities.



What is MST?

MST is an intensive family and community based intervention that targets the multiple causes of antisocial behaviour in young

people. During the assessment and

treatment process a therapist

works with the young person, their

family and all the systems in a

young person's ecology such as

peers, school and community. MST

aims to prevent out of home

placements and antisocial

behaviour. MST is a regulated

licensed evidence based

intervention with proven results in

numerous studies. Therapists

undertake weekly group

supervision with both a clinical

supervisor and consultant. MST is a

home based, goal orientated

programmed where therapists are

on call 24hours a day, seven days a

week. Therapists work intensively

with families, approximately 4

sessions a week, length of

treatment is typically 3-5months.

For further information contact

Donna Stenton-Groves, MST

Manager at [Donna.Stenton-](mailto:Donna.Stenton-Groves@nottinghamcity.gov.uk)

Groves@nottinghamcity.gov.uk



CAMHS Service User Group News

What is the CAMHS Service User Group?

We are a group of young people who have all been through accessing support from CAMHS. We have either come to the end of support or we have moved on to other forms of support. We agreed to join the group as we wanted to have a voice to feedback in to CAMHS to support other young people to access the right support that they need. For this reason, we have been happy to partake in some activities that may help shape how young people access support in the future.

Currently we have 7 members aged 14-18.

We are always willing to meet new people and recently there has been some interest from younger people which may mean we now need two groups for two different age ranges.

Where do we meet?

Every Fortnight at NGY My Place, 5pm - 6.30pm on a Tuesday.



Up to now we have been involved in:

- ❖ Shaping the service user Passport to ensure that young people find this user friendly and meaningful
- ❖ We have produced a video for the passport launch which includes some extremely personal accounts about our experiences and journey's through CAMHS.
- ❖ We have had a group evening out to Planet Bounce to get to know each other better and hope to do more things like that in the future.
- ❖ We have been looking at fundraising ideas in order to take part in community projects which will help us with our CV's.
- ❖ We are planning to have a workshop on public speaking which will be hosted by David Andrews.
- ❖ We will also be meeting with Dr Nicola Wright from Nottingham University to discuss research in to mental health were we can have our say on potential research proposals in terms of how meaningful they would be to us.



We support gender equality and diversity

How to refer to the group

Please e-mail Martina Hayhoe J numbers and contact info, plus a little bit about the age and interests of the young person.



Spotlight on Mental Health

Every issue we will attempt to shed some light on a different mental health difficulty . . .

Body Dysmorphic Disorder

By Mel Taylor, CAMHS Cognitive Behavioural Specialist

What you need to know:

- ❖ Affects 1-2% of the population
- ❖ Equally common in men and women
- ❖ Estimated to go undiagnosed and untreated for periods of up to 15 years
- ❖ 76% of people with BDD will experience major depressive disorder at some stage in their life
- ❖ Approximately 37% of people with BDD will experience Social Anxiety
- ❖ Around 32% will experience Obsessive-Compulsive Disorder
- ❖ 1 in 4 people affected by BDD attempt suicide
- ❖ **BDD commonly starts in adolescence**



What to look for:

- ❖ Preoccupation with a defect in their personal appearance
- ❖ Defect is either imagined or, if a slight physical anomaly is present, the concern about it is markedly excessive
- ❖ Preoccupation causes significant distress or impairment in daily functioning.
- ❖ Excessive time spent looking in mirrors, or avoidance of mirrors, “camouflaging” perceived defect, avoidance, reassurance seeking, cosmetic surgery and/or self-surgery.
- ❖ Areas of preoccupation are commonly around the face and head (e.g. size/shape of nose, colour of complexion, acne, facial asymmetry, hair), although concern may focus on other areas of the body.



Self Care and the Art of Being Busy

By Ronda Pearce

Acting Mental Health Specialist

Sometimes our days can be very busy at work and often this means personal health and wellbeing can take a back seat. Being busy doesn't always mean we achieve everything we want to.

Because you're busy do you ever eat lunch at your desk or in the car? Do you go without a

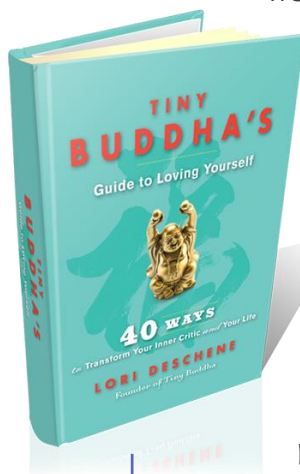
break? Do you make calls from the car (hands free of course)? This state of busyness can mean we miss what is

happening in the world around us and it can disconnect us from ourselves.

In order to be our best selves, be more productive and

minimise stress we owe it to ourselves to practice the art of self-care, in all aspects of our

lives, including work. Below are a list of practices that can be punctuated into the day to promote a sense of calm and well-being.



Top Self Care Tips

Develop short to do lists (2/3 top priorities); minimizes procrastination

Mono task not multi task (one complete task at a time adds to a sense of accomplishment and control over work load)

Complete the 'lurker' from your to do list (the one you haven't got round to in over a week or so)

Step away from your desk/screen regularly

Oxygenate; take 3 deep breaths to re-focus

Take a power walk to re energise at break/lunch or cloud watch

Eat away from your desk

Start a compliments file/best practice file

One Minute Mindfulness Practices can be incorporated to bring balance into our busy days.

"Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing." Thomas A. Edison

Practice STOP!

S Stop what you are doing

T Take a breath, focus on your breath without changing it, and just notice it for 1 minute

O Observe what's happening in your body physically, and emotionally (are you content, frustrated?)

P Proceed with your day

Inspiration & Information/Practices taken from Tiny Buddha.

Inspiration, Quote, Busyness description and STOP Practice – Mindful Matters article Sept 2016



SELF HARM AWARENESS & RESOURCE PROJECT

By Sharon O'Love,
SHARP Manager

SHARP is a Nottingham City project funded by Nottingham City Clinical Commissioning Group and is well established project which has been running for 3 years.

Our main aim is to **'raise awareness, build confidence and skills and provide support** to front-line service providers and professionals to intervene and manage young people who present with self-harm and suicidal behaviours'.

SHARP Practitioners also

provide children and young people with opportunities and strategies for hope and recovery from the effects of self-harm and minimise the risk of future harm through individual and group work.

For more information about what free training SHARP offer please email

Camhs.Sharp@nottinghamcity.gov.uk for a brochure.

You can also download our resources at <http://www.eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/>

SHARP 4 Parents

SHARP 4 Parents is a Parent/Carer information and support workshop for parents and carers to gain peer support, gather information from facilitators and build confidence in a safe and friendly environment.



Workshops will cover various focuses such as; a) an overall understanding of self-harm; what we understand by it, methods, potential risk factors and warning signs and how to support young people identifying potential distractions and coping strategies, b) Self-harm and safety in the home; looking at harm minimisation, safe storage, increasing communication and reducing isolation and c) Relationships and self-harm; acknowledging the impact of self-harm on the family, building communication and positive activities.

Relationships & Self-Harm

Time: 10.00 – 11.30

Bulwell Riverside, Main Street, Nottingham, NG6 8QJ

Date: Wednesday 22nd March 2017

Booking

Anyone wishing to attend must book a place, please call 0115 876400, so that we are able to ensure enough places.

Useful Apps

There are some great apps available for young people and adults, here are some tried and tested . . .

Stem 4

Uses ideas from an evidence-based therapy called DBT. The focus is to help learn to identify and manage your 'emotional' mind with positive impact. The app enables you to track your progress. Please note that the app is an aid in treatment but does not replace it.



Stop Self-Harm

Stop Self-harm includes sound assets and possibilities of making your own recording, which reduces the impulses of inflicting self-harm. The sound files can be connected to a countdown timer to be scheduled at a later point, i.e. in 2 hours when a challenging situation is expected to occur. The app also features an FAQ about Self-harm and relevant links to web resources.



What's Up?

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you



cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds.

Mindshift

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.



Stay Alive

This app is a pocket suicide prevention resource, packed full of useful information to help



you stay safe. You can use it if you are having thoughts of suicide or if

you are concerned about someone else who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

Talking Self-harm Safety with Young People

Are you worried about a current injury or harm?

- ❖ Find out about current medical needs and see to these first.
- ❖ Talk about keeping wounds clean and looked after.
- ❖ Talk about where medical support can be accessed i.e. school nurse, first aider, GP, NHS 111, NHS Walk-In Centre, and Children's Emergency department.

How do you cope when you are having a bad day?

- ❖ Find out other ways in which the young person copes and build upon these.
- ❖ Talk about things that help them feel calm, distracted, happy and connected with others.
- ❖ Who can the young person go to – give information about support services i.e. Childline: 0800 1111, Kooth.com and CAMHS





TRANS4ME

does LGBT History Month



Every February in the UK is LGBT History Month, local groups, allies, universities, colleges get together to celebrate this with different events, talks and learning opportunities. Jacob Sabo-Dutton has done just this with West Notts College.

On 6th February 2017, Facilitator of Trans4me, Jacob, delivered four sessions to students with the aim to promote respect, Transgender awareness and positivity. He spoke about his personal journey, how his transition impacted his life and struggles he had to go through. There was a positive reaction from students and staff and an overall feel good atmosphere.



For the full stories visit: <http://www.news-journal.co.uk/month-diversity-celebrations/> or <http://www.emfec.co.uk/2017/02/09/month-diversity-celebrations/>



Is organising a trip to Laser Quest. Contact Jacob if you're interested in going. Details still to be confirmed.



Reflections from the SPA . . .

The Future is watching you right now through memories

By Aqeelah Iqram, CAMHS SPA Team

It is the more turbulent and happier times that our brains tend to hoard for memories. But some of us may know that memories are never simply records of the past. They are interpretive reconstructions that bear the impact of narratives, cultural assumptions and social formations.

In many ways, remembering is a form of creativity as each time you recollect a moment, you recreate that moment so that it becomes more distant from its reality. Keep recalling a memory

and eventually it may contain only a trace of the real moment while much of it is a reflective vision of your living artistry. The society in which we live in, the cultures which have shaped us, the stories and the histories around us also shape our perceptions and recollections.

But memory serves as an index of identity. Memories legitimate our selfhood and authenticate our relationships to others. Since moving to Loxely, I remember the sense of community within Glenbrook with a great fondness. I reflect on some of the special friendships I made with

gratitude. I acknowledge that they have fostered my confidence to keep moving forwards to meet new people just as moving forwards brought me to them.

'I was introduced to the philosophy of Dr Seuss by Alice Skellon and I have come to appreciate the messages of these precious texts. I have come to draw upon my introduction to the texts with a great fondness.'

Aqeelah from the SPA



*Sometimes you will never know
the value of a moment until
it becomes a memory*



**By Jo Powell, CAMHS Manager
and Data Lead**

Welcome to your regular
feature of STAT attack!

Every quarter you hear me
nag...

“have you filled in the choice
outcome workbook?”

“are the endings done for SDQ
and RCADs as well as the
starts?”

“make sure you keep filling in
the spreadsheets until we can
get data from Liquid Logic”

“percentages are down...” etc
etc etc...

Every year we are asked to
provide an assortment of data
to a number different places
including commissioners, NHS
data and CYP IAPT. They use
this as a way of checking we are
meeting our service level
agreement, that we are good
value for money and that we
are able to play are part in
painting the national statistical
picture.



Do you know
how many
children and
young people are referred into
CAMHS? Do you know how
many we see every quarter for
choices? Partnerships?
Consultations?

Do you know what our data
shows about the work we do in
CAMHS and the impact for
children, young people and their
families? Hopefully now you
will!

**From the
SPA**



We received nearly 300 referrals
into the SPA

We offered 178 choices to those
referrals

17 networks were offered
consultations

We had 174 partnerships slots
filled by children, young people
and their families

**From
partnerships**



72% of young
people have had paired data
(e.g start and end RCADs or
SDQ's) – this increased from 53%
last quarter and is reported as
part of the CYP IAPT initiative

58% of CHI's returned this has
increased from 40% last quarter

96% of CYP have had a reduction
in their SDQ scores

78% of CYP have had a reduction of 4 or more in their SDQ scores

So... FANTASTIC work on increasing the paired data that we report as part of CYP IAPT – it would be really good if we could continue to gather this level of data and increase on CHI

What do young people say?

We don't just care about quantitative measures – the voice of CYP and their families is essential too which is why feedback from CHI is so important...



"I could get my worries out and I was listened to. I was respected."

"They listened and helped me through problems I was facing"

"CBT has given us the support and tools I need to help him at low times, I feel more confident in supporting him"

"Staff were attentive and good with my son and listened to my concerns"

CAMHS Groups

After a successful initial meeting with school representatives at our information sharing event we are pleased to announce that 'Me Source' is now beginning to be delivered



in some of our Secondary schools. With phase one well under way the second cohort of secondary schools are being invited to our next information sharing event in April. Hopefully we will have a good degree of interest and the next phase of schools will be ready to roll out Me Source in the summer term. The idea is that schools will then take the mantle and run further groups, with the link worker on hand to provide support if needed.

The Primary Me Source is on its final draft and we will then be looking to pilot this within a few Primary schools. This group will be school led. By partnership working with our schools, we hope to provide an early intervention package for young people who would benefit from support around emotional regulation, raising self-esteem and building coping strategies. We will update our progress in the next newsletter.

Rachel Nixey Williams and Ronda Pearce

Practitioner Bitesize Training

Details of the 2017 Bitesize sessions are in the events diary, and take place the first Friday of the month at St Ann's Valley Centre rooms 1 & 2, 1-3.30pm. They are not mandatory but aim to support you in different areas. If you have a request for a topic, please contact Sarah Fernandes.





Local Nottingham Artist Laura Hutton was invited to a Trans4Me meeting to produce an artistic impression of the group. If you would like to see more of Laura's amazing artwork, please visit

<http://www.redbubble.com/people/lauraehutton>

Nottingham
City CAMHS is
funded by
Nottingham
City Council



and
Nottingham
City CCG
(Clinical
Commissioning
Group) which is
part of the
National Health
Service



