**Tower Hamlets CAMHS in Social Care Team**

**Service Description**

Who are CAMHS in Social Care?

The CAMHS in Social Care Team (CiSC) is a multi-disciplinary team of CAMHS professionals dedicated to working with children who have a Tower Hamlets Social Care plan.

CiSC is one of 5 teams that make up wider CAMHS in Tower Hamlets. Wider CAMHS take referrals from all agencies working with children in the borough (schools, GPs etc). CiSC take referrals specifically from teams across Children’s Social Care for children with a CSC plan.

Research tells us that children who have a Social Care plan, whether Child in Need, Child Protection or Looked After, are more likely to have a range of emotional wellbeing and mental health issues. Due to the complexity of their situation they may also have faced difficulty in accessing the right support. Some children may have moved many times making it difficult to access support from mental health professionals.

The CAMHS in Social Care Team have been established in order to offer a dedicated service to children, families and the networks around them to make sure that children suffering difficulties in their social care also benefit from professional advice and guidance in relation to their emotional wellbeing and mental health.

Not all children, or their family, will require direct support or treatment from a mental health professional, although many will. In many cases it will be more appropriate to help the workers and family members that already know the child to give them that support. We can offer advice and guidance to professional networks in such cases as well as direct work with children and families if it is needed.

This information sheet gives you more detail about the services that we offer and how you can contact us.

How to contact us

The CAMHS in Social Care team is the first point of contact for all Social Workers seeking the input of CAMHS into the wider task of improving the emotional wellbeing of children they are working with. The team takes referrals directly from social workers across A&I, FSP, CLA and the Through Care Service where the child or young person has a Social Care plan.

Please email us here:

CiSCreferrals@towerhamlets.gov.uk

**An important exception to this rule is where Social Workers are seeking an emergency (same day) or urgent (within 48 hours) response to a mental health concern.**

**This will be provided by the CAMHS wide Duty system which is based at 18 Greatorex Street, London E1 5NF Tel: 020 7426 2375 open Monday to Friday 9 - 5**

**The CAMHS duty email address is:** [**elt-tr.camhstowerhamletsduty@nhs.net**](mailto:elt-tr.camhstowerhamletsduty@nhs.net)

**Outside of these times an emergency mental health assessment can be accessed at the nearest hospital A&E**

**Out of Hours CAMHS advice can be accessed on this number: 0800 073 0003**

Emotional wellbeing consultations

Having made a referral we will send you a calendar invite to meet with a CAMHS worker in our team on MS teams.

This consultation aims to move beyond the question of thresholds and open up a conversation about what works best for the emotional wellbeing of the child. This will involve the Social Worker and CAMHS Worker thinking together about the wider network around the child and how best to utilise these relationships in order to meet the emotional and psychological needs of the child.

The consultation and any decisions made will be recorded onto MOSAIC in the case notes section by the CAMHS worker but the Social Worker can make an additional note too.

Standard: We aim to undertake this consultation within a maximum 3 weeks from the time of the initial approach to our team.

Initial mental health assessments

It may be that during the emotional wellbeing consultation it is apparent to the CAMHS worker that the child’s presenting behaviour requires a CAMHS assessment.

These will be situations in which a child’s emotional well-being is such that they are placing themselves at risk or it may be that they have mental health symptoms such as anxiety or depression that require better understanding. It may be also be that there are diagnostic questions that need screening such as ASD, ADHD or an eating disorder?

At this point a file will be opened on the CAMHS system known as RiO. Following assessment, a treatment care plan will be generated. This will usually include the provision of some form of therapeutic intervention, but equally for children less likely to engage in more formal therapy, it could include close network collaboration as well as advice and recommendations to the workforce in day to day contact with the child.

Standard: We aim to see children for assessment within 5 weeks following the emotional wellbeing consultation

Therapeutic interventions

If a consultation progresses to a CAMHS assessment the team are able to draw on the following treatment interventions:

**Systemic Psychotherapy**

Sometimes referred to a Family Therapy this approach locates the problem in the relationships between people rather than in the individual child. Therefore, it is possible to include in this type of intervention all sorts of people who have a relationship with the child we are trying to help, not just family members. Sessions can take place in a Clinic setting but this approach also lends itself well to outreach work in schools as well as family homes & children’s placements.

**Cognitive Behavioural Therapy**

This takes a more individual approach to working with children and young people helping them make connections between the thoughts they have about something and the behaviour that these thoughts compel them to either do or avoid doing. This approach works well for children and young people struggling with issues relating to anxiety and depression.

**Non-Violent Resistance Parenting Programme**

This parenting programme is a 12 week course undertaken alongside other parents or carers who are looking after young people who use violence and aggression in their relationships with family members. This programme has been adopted by Tower Hamlets CAMHS as an evidence based approach to working with young people with severe behaviour difficulties

**Video Interaction Guidance**

This approach aims to enhance relationship between two people by using video recordings of the hopeful moments in their interaction. Although the good evidence base for this intervention has come out of work between parents & carers of younger children we have also found that it appeals to a certain kind of adolescent who enjoys social media and is comfortable watching themselves on video.

**Dialectical Behavioural Therapy skills**

This is an intervention aimed at young people who are struggling with emotional regulation and distress tolerance. Although this can be an element of life for many young people going through adolescence this intervention is aimed more at those young people who have been identified as being at risk of developing a personality disorder. The intervention is a structured way of supporting young people to develop stress tolerance & strategies for emotional regulation

How we fit in with wider CAMHS

As the CAMHS in Social Care Team is part of wider CAMHS in the borough, anything that we cannot provide ourselves, can be drawn from the wider service which is based at the Greatorex Street CAMHS hub.

CAMHS teams in the borough who take their referrals from GPs, schools and third sector services.

**The Emotional & Behavioural Team 1 – Emotional Disorders**

**The Emotional & Behavioural Team 2 – Behavioural Disorders**

**The Psychosis & Bi Polar Team**

**The Neurodevelopmental team**

**The Paediatric Liaison Team – Royal London Hospital**

Where there are skills and specialisms within these wider CAMHS teams that CiSC are unable to provide, these resources can be drawn upon.

Clinical interventions to help enhance the Social Care plan

It may be that the child under discussion during consultation does not meet the threshold for a CAMHS assessment. In these cases there may still be scope to provide clinical input into the wider Social Care plan in order to reduce the impact of abuse or trauma on children’s emotional wellbeing so they don’t develop more serious mental difficulties.

These Clinical Interventions will not involve assessing the child, or opening up a new file on the mental health system (RiO). However, they will involve working directly with children, families and the networks around them to bring about change in their situation. Clinical Interventions will be time limited (6-8 sessions), undertaken in close co-ordination with the Social Worker and drawing upon Restorative & Systemic approaches to generating change.

An initial agreement meeting will be held with the Social Worker and family in which goals for the Clinical intervention can be agreed and against which the impact of the work can be measured. This agreement and subsequent sessions with families will be recorded onto MOSAIC case notes.

Standard: We aim to begin this work within 5 weeks of the agreement being made in the emotional wellbeing consultation

Screening of the emotional wellbeing of Looked After Children & UASC

The CAMHS in Social Care Team facilitate a system whereby each child coming into local authority care will receive an initial emotional wellbeing screen by their network.

As not every child remains in care for long and it takes time for the carers to get to know the child, an invitation to this screening conversation will be sent to the allocated Social Worker in the run up to the second LAC review (3 to 4 months in to the care plan).

For Unaccompanied Asylum Seeking Children we don’t need to wait so long. However, if you don’t hear from us, please reach out on our referral inbox.

Care Leavers who are over 18

We welcome requests for consultation from Personal Advisers in the Through Care Service for young people who are over 18. These consultations can be alongside the young person for whom the enquiry is being made. Although CAMHS cannot provide assessment or intervention for young people 18+ we have a role in helping young people, supported by their personal advisers, to think through issues relating to their emotional wellbeing and how best to access further support going forwards. This support could either come from the formal adult mental health system or a more informal voluntary sector. We aim to build up good links so that we can help Personal Advisers give their young people good, sound advice.

Contributing to wider workforce development

A key part of our role is to contribute towards wider discussions in Tower Hamlets CSC about the emotional wellbeing of children who have experienced difficulties in their social care.

We will offer a range of training to staff and foster carers as a key part of our role in developing the whole system that works with vulnerable children.

**Service Impact and Reporting**

We report quarterly to the Children’s Service Senior management team.

Our CAMHS assessment and intervention work is measured and evaluated using Strength & Difficulties questionnaires as well as the relevant outcome measures taken from the CYP IAPT requirements.

Our Clinical Intervention work is measured against Goal Based Outcomes set by the child, family and social work team.

CSC Resources Service Manager

Nji Oranu

CAMHS General Manager

Noor Razzaque

Clinical Team Lead & Social Work Group Manager 1 FTE

Peter Cox

Band 8a Clinical Psychologist 1 FTE

Nadim Ahmed

8a Systemic Family Therapist 0.9 FTE

Alastair Pearson

Band 7 Clinical Psychologist 1FTE

Laura McGunnigle

CAMHS Social Worker 1FTE

Amina Ishaq

Assistant Psychologist 0.5 FTE

Atiya Soopee