Guidance for social workers on mental health services available to West Berkshire Children in Care

# Introduction

This document gives a summary of the various services available to West Berkshire Children in Care and is intended to signpost professionals to the right team according to the symptoms being displayed by a child.

**They are ordered in High, Moderate or Low need/concern.**

# CAMHS (Child and Adolescent Mental Health Service)

The service is run by BHFT but the specialist community team covers West Berks. Their services are offered to c/yp up to the age of 18, displaying moderate to severe presentations across different criteria:

*Within 24 hours*: ie actively suicidal, showing psychotic symptoms or at serious risk of harm to themselves or others: call **Common Point of Entry on 0300 365 1234.**

*Soon: Within 7 days*: where yp need an assessment within 7 days as they are experiencing severe depression; have attempted suicide; rapid or intentional weight loss (BMI <15); severe unexplained deterioration of emotional state in school or at home, not thought to be substance related: call **Common Point of Entry on 0300 365 1234**.

*Routine: Within 6 weeks*: anything else which does not fall into any of the above categories.

Referrals can be made by anyone – parent, carer, professional or self-referral if over 16 – on the form on the website. If a professional wants a consultation they also need to contact the CPE.

CAMHS do not cover: bedwetting, chronic physical illness, EBSA, family relationship difficulties, attachment issues, behavioural problems or substance abuse: refer to other agencies or the GP.

Other services CAMHS offer support for a range of conditions such as depression having a severe impact on daily life, eating disorders, gender identity or dysphoria, OCD, PTSD and psychosis, self-harm, ticks and Tourette’s.

CAMHS also carry out assessments for children with autism and ADHD, although there are long waiting times for these assessments, which is a national problem. The criteria for an assessment is on the website.

If a child is placed out of county, the local CAMHS service will be responsible for the child but Berks NHS will fund (there is a form to complete).

**Children in care have priority to access CAMHS services**.

Referral criteria: [https://cypf.berkshirehealthcare.nhs.uk/referrals/](https://protect-eu.mimecast.com/s/B2qeCjqMJtYoqGvuWZuWy?domain=cypf.berkshirehealthcare.nhs.uk/)

Berkshire CAMHS referral criteria in greater detail: [https://cypf.berkshirehealthcare.nhs.uk/media/109514087/camhs-referral-criteria-may-2022.pdf](https://protect-eu.mimecast.com/s/756eCkZKMik2QXpIVpZ6L?domain=cypf.berkshirehealthcare.nhs.uk)

**Applies to:** **all Children in Care; up to age 18.**

**Referral: For further information, referral forms and guidance documents**

**Referral form:** [https://forms.berkshirehealthcare.nhs.uk/cypf/](https://protect-eu.mimecast.com/s/8_-eCl5L6f1RZPvIyV7WX?domain=forms.berkshirehealthcare.nhs.uk/)

# CAMHS Rapid Response Team

If you have urgent/significant concerns about a child’s mental health, between 8am to 8pm (Mon-Fri excluding Bank Holidays) please contact CAMHS CPE on [**0300 365 1234**](tel:0300%20365%201234)**.**

Outside of these hours, contact the Crisis Team on freephone [**0800 129 9999**](tel:0800%20129%209999)**.**This number is for the 24 hours Berkshire Adults Mental Health Crisis Team. This team supports adults in mental health crisis but is able to take calls from young people and parents/carers, and offer advice and direction to support you and your child.

# CAMHS Children in Care Team

This team accepts consultation requests for any West Berks child in care aged 0 – 18 yrs, from a social worker, supervising social worker or education. The child’s social worker must be aware of the request as they will be required to attend the initial consultation.

The Team should be contacted by email (below) with the child’s name, DOB, a summary of your concerns and how you hope the service can support, along with social worker’s availability over the next 5 days so an initial consultation can be arranged. The social worker will be able to identify key people to invite to this consultation.

Following the consultation the team may offer advice and signposting, rather than ongoing work. Some initial consultations will lead to ongoing support from the team, which might take many forms. Often the team will support the corporate parenting system to be streamlined, coordinated and therapeutic in their approaches to the young person. Some young people will be offered direct forms of support. Sometimes training will be offered to support to other teams.

**Applies to:** all West Berks children in care aged 0 – 18 yrs but for children placed OOC the offer is limited to signposting to local services.

**Referral :** by email to [CAMHSCICConsultations@berkshire.nhs.uk](mailto:CAMHSCICConsultations@berkshire.nhs.uk)

**Phone :** 0118 207 0930 (Option 2)

# Emotional Health Academy

The team consists of a Manager, an EBSA (Emotionally Based School Avoidance) Worker, EHA Co-ordinator, Primary Mental Health Workers and Emotional Health Workers (EHW). The team provides advice and signposting to other services; co-ordinates support for families; emotional health support for children and young people; targeted support for emerging mental health problems and training for schools. They have 3 core offers: emotional health triage; primary mental health support and emotional health outreach.

*Emotional Health Triage*: this is where to refer children or young people who have mild or emerging difficulties and operationally, sits with the EHA but is a partnership model with other teams. It has strong links with CAAS and health colleagues. A panel of key professionals meet every week to discuss cases. Anyone can refer to Triage to make a referral or to seek advice. The family are contacted and signposted to services or discussed at panel. The family, referrer and GP are notified of recommendations. Cases are reviewed after 10 wks.

Most referrals come from schools, parents or GPs. Anxiety is the reason for referral in 55% of cases.

*Emotional Health Outreach*: there are 3 Emotional Health Workers, whose time is bought back by schools. They deliver a broad range of interventions to children and parents. One EHW works in the Early Response Hub providing advice and consultation on specific cases where emotional health needs have been identified and formulates an immediate support plan. They also run training and restorative practice interventions.

*Primary Mental Health Support*: there are 3 Primary Mental Health Workers (PMHW) who provide targeted interventions for emerging mental health problems. They receive regular supervision from a CAMHS practitioner and line manage and supervise the EHWs. I-College has a MHW who provides systemic support in the form of individual and group interventions; the Virtual School MHW provides assessment and interventions to children in care.

**Applies to: all West Berks children, in years Reception to yr 11**

**Referral: via monthly EHA triage meetings** [EHT\_Referral\_Form.pdf (westberks.gov.uk)](https://www.westberks.gov.uk/media/49360/EHT-Referral-Form/pdf/EHT_Referral_Form.pdf?m=638130879717670000)

**\*Please note that schools that receive a service from the MHSTs (see below) do not receive a service from EHA; referrals received at EHT for children and yp that attend MHST schools will be directed to the MHST.**

# Educational Psychology Service

Educational Psychologists (EPs) specialise in child/adolescent development, working with children and young people aged 0 – 25 and those supporting them: parents, carers, schools social workers and other agencies. The key area of focus is the wellbeing of children and young people and their ability to access learning.

The EP role comprises several activities: consultation, assessment, intervention, training and research and can involve an individual young person, class or school. In West Berks the EPS is a traded service, where schools commission a number of hours over the year. The EPS also undertakes a number of statutory activities, supporting with EHC assessments and critical incidents. Other activities include:

* The ELSA Project – running regular training and supervision sessions for ELSAs in WB schools
* Early Years support (the only team in this document to offer support to this age group)
* Emotionally Based School Avoidance support (EBSA)
* Mental Health First Aid training to schools
* Work alongside the Mental Health Support Team and the Therapeutic Thinking Support Team

**EPs and Children in Care**

The Virtual School access 1.5 days of EP support per week. There are monthly drop-ins for Virtual School consultants and monthly Attendance Triage meetings, where young people in care who would benefit from EP support to improve their attendance and reduce the risk of suspension or exclusion are identified and discussed. At an initial consultation, strengths and challenges are identified and actions agreed; follow up activities take place (eg direct work, Circle of Adults, PATH meeting); then review consultations determine progress and assess if any further input is needed. EPs attend PEP meetings and reviews when required.

**How to access support for Children in Care**

* Speak to the Virtual School consultant or social worker to raise concerns about a young person
* Complete a referral form and submit to the Team Manager or Virtual School Head prior to the next Triage meeting
* Bring the concerns to a drop-in or Attendance Triage meeting for an initial discussion
* With a plan in place, a request for EP Involvement form should be completed, which gives consent for the EPS input.

**Applies to: all Children in Care, from nursery to 18**

**Referral: via monthly VS Ed Psych Drop-Ins or monthly Attendance Triage meetings**

**Referral form:**

# Mental Health Support Teams

MHSTs were created as part of the 2018 government initiative between the Department for Education and the Department of Health. West Berks MHST 1 works with 27 schools and MHST 2 works with a further 25 schools. The MHSTs work in partnership with schools to provide evidence-based interventions to children/young people who are experiencing mental health difficulties. Research revealed that early intervention can make all the difference as can access to support and services. It is recognised that schools play a vital role in identifying mental health needs at an early stage but it is not a challenge they can meet on their own, but working together with mental health services can improve the support available locally. This is why the MHSTs have been created. They deliver:

* Evidence-based interventions for children/young people with mild to moderate mental health problems
* Support to the Senior Mental Health Lead in each education setting to introduce or develop their whole school/college approach
* Timely advice to school/college staff and liaise with external specialist services to help children/young people access the right support and stay in education.

**What support does the MHST offer?**

Interventions are designed to be short-term early interventions (6 to 8 weeks), to address mild-to-moderate mental health needs such as emotional/behavioural needs, anxiety and low mood/depression.

* Individual/group work with parent(s) and carer(s)
* Individual/group work with children and young people
* Whole school support – developing knowledge, skills and practice
* Support for Parents
* Support for staff in education settings

**Applies to: West Berks schools only; in yrs Reception to yr11**

**Referral: how to refer to the MHST**

*Route 1 – School (Preferred Route)*

* + School staff and/or parent(s)/carer(s) raise their concerns with the Senior Mental Health Lead (SMHL)
  + the SMHL raises the child/young person at the half-termly MHST surgeries with the Educational Psychologist (EP)
  + assessments agreed then go to the weekly MHST allocation meetings for allocation to the appropriate MHST team member who then makes contact with school and parent(s)/carer(s)

*Route 2 – via West Berkshire’s Emotional Health Triage*

* a self-referral can also be made via the completion of the EHT referral form which can be found online at [Emotional Health Academy - West Berkshire Council](https://www.westberks.gov.uk/emotional-health-academy)

# Therapeutic Thinking in Schools Team (TTST)

The aim is to make schools inclusive for all, including those children who are not yet ‘safe learners’. The Team can support individual pupils within the class, or the whole class, or the whole school. The team work with children from Reception to yr 11.

96% of headteachers in WB schools have attended the Therapeutic Thinking course and have implemented the skills learnt in their schools. All WB mainstream schools have free access to the TTST; academies are able to use the service but there is a cost. Referrals are taken by schools completing an online form, with parental consent, on [TTST@westberks.gov.uk](mailto:TTST@westberks.gov.uk) . Behaviours are risk assessed and the outcome is usually a Therapeutic Plan that will guide the work of adults around the child.

Most primary schools will have 2/3 therapeutic plans in the school. This can include a ‘small garden’ or safe place in school or in a corner of the classroom where a child can go to develop positive experiences, where they can stay as long as they need to. TTST can provide funding for a ‘small garden’. Another particularly valuable intervention is a Circle of Adults meeting, which is a positive way of planning for the children with the added benefit of having a positive effect on staff well-being too. These are for the more severe cases where the child is at risk of suspension or a fixed term exclusion. The more professionals attend the meeting, the better the outcome for the child. There are a number of other interventions, including Homunculi, VIG, Draw & Talk and Lego Therapy (very popular).

The TTST offer training in de-escalation and positive handling and Team Teach. Lego Therapy training is also run by the team for groups of TAs. Referral forms are on the website.

**Applies to:** **children in West Berks schools only; in years Reception to yr 11.**

**Referral: For further information, referral forms and guidance documents:**

* <http://www.westberkseducation.co.uk/Services/4716>

SShephard

27/07/23

To be reviewed 27/07/24

Summary of referral routes and contact points:

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| --- | --- | --- | --- |
| **Service** | **Applies to** | **Referral Route** | **Referral form** |
| **CAMHS** | 0 – 18 | Email or triage | [https://forms.berkshirehealthcare.nhs.uk/cypf/](https://protect-eu.mimecast.com/s/8_-eCl5L6f1RZPvIyV7WX?domain=forms.berkshirehealthcare.nhs.uk/) |
| **CAMHS Rapid Response** | 0 – 18+ | Telephone call | N/A |
| **CAMHS Children in Care** | 0 – 18 | Email | [CAMHSCICConsultations@berkshire.nhs.uk](mailto:CAMHSCICConsultations@berkshire.nhs.uk) |
| **Emotional Health Academy** | Reception to yr11 | Monthly EHA triage meetings | [EHT\_Referral\_Form.pdf (westberks.gov.uk)](https://www.westberks.gov.uk/media/49360/EHT-Referral-Form/pdf/EHT_Referral_Form.pdf?m=638130879717670000) |
| **Education Psychology Service** | Nursery to 18 | Monthly VS Ed Psych Drop-in or monthly Attendance Triage |  |
| **Mental Health Support Team** | Reception to yr11 WB schools only | Senior Mental Health Lead in school, or self-referral | Self-referral <https://info.westberks.gov.uk/index.aspx?articleid=35803> |
| **Therapeutic Thinking in Schools Team** | Reception to yr11 WB schools only | See link | <http://www.westberkseducation.co.uk/Services/4716> |