

Introduction to the CAMHS School Link Service

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Our mission

1. Raising mental health awareness
2. Supporting young people and professionals to develop resilience
3. Improving emotional containment for those supporting young people
4. Improving early identification of needs and encouraging proactive prevention of mental health conditions
5. Generating emotional resilience and mentally healthy young people

However we can not do this alone!



Transforming a service

The conceptual framework '**THRIVE**' has been translated into a model of care called 'i-THRIVE', which is an integrated, person-centred and needs-led approach to delivering mental health services for children, young people and families



Will do this by:

- Every educational centre (primary, secondary and alternative provision) will have a dedicated CAMHS link practitioner who provides advice and support through consultation
- They will attend 'Huddles' fortnightly - otherwise you can link up through the young person's school
- Young people, families and professionals will have access to responsive, flexible and individualised community-based support, assessment and interventions from CAMHS link practitioner
- Every professional that works with young people will have access to tools and training to improve their practice
- To support school to imbed outcome measures to help, assess, support and monitor wellbeing



Our current offer...

A named CAMHS link worker who can offer:

- Telephone or face to face consultations with school to offer guidance and support about young people emotional health and mental wellbeing, to ensuring the young person access the right service at the right time.
- Up to 3 sessions of direct work to support a young person emotional health and wellbeing, this might be
 - With young people who are identified as having a further need
 - With parents or carers where a need has been identified
 - With those professionals supporting the young person/people to develop a plan of care and/or reviewing current plans.
- Where further assessment or intervention is needed from core CAMHS, this can be transferred (referred) by school link workers for you
- Supporting schools to build emotional friendly schools by
 - Encouraging and supporting staff wellbeing
 - Supporting the local training offer from other services
 - Helping to develop mental health strategy and guidance within schools.



Just to note....

- We are not able to be case holders but will work alongside you to support young people need.
- The services does not replace current crisis process. If it is an emergency a young person will still need to access A+E.
- If they are open to core CAMHS, they will have a key worker who should be the first point of contact. However we can offer additional support if needed.
- While there is no cap on the amount of time you can access please keep in mind that each link worker will have around 20 schools and therefore there will be some limitations to the offer (this is why we can't offer 1:1 therapy or sessions for treatments)
- We are term time only.....although a reduced service will be offered over the holidays.



What we would like from you?

- For consultation in schools to be multi-agency
- For link staff to work together and attend other joint link meetings (e.g. Huddles etc)
- An identified Mental Health Champion within your school team.
- Consideration to be given to a whole school approach regarding promotion of positive mental health and emotional wellbeing . Ideally this would be a top down process involving all schools staff including governors.
- To be able access advice and guidance from you
- Support in working indirectly or assessing if direct work is needed



Prior to the “getting to know sessions”

We would like you to consider your current school team; **Headteachers, SENCo, Pastoral Team etc.**



A **document** will be sent out so that you can try to gather this information prior to these sessions.



School Link Team roll out

- **September/Early October 2018** – Professional Engagement sessions, starting to attend Huddle’s and building links in with our services.
- **October 2018** – School/Educational Engagement sessions
- **November 2018 – December 2018** attending “**Getting to Know You**” meetings within individual schools.
- **January 2019** – fully up and running



