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**Wakefield Mental Health Alliance**

**Mental health and wellbeing services**

**Support available for children and young people in the Wakefield district during the coronavirus pandemic**

**June 2021**

**Children and adolescent mental health services (CAMHS)**

**Response and A&E diversion**

The ReACH team focuses on providing responsive support for children and adolescents in the place where it is needed; including home-based and community treatments and therapies, preventing the need to attend A&E.

Wakefield CAMHS ReACH team continues to operate seven days a week delivering services between 9 am-8pm every day. **The team can be contacted through Single Point of Access (SPA) Wakefield on 01977 735865.**

Outside of these hours (8pm – 9am, seven days a week), the psychiatric liaison team operates and can provide urgent mental health assessments at A&E. Please note: this option should be a last resort and, where possible, a young person should be given support to manage in the community until they can be seen by the ReACH team.

The ReACH team offer:

* Triage and signposting
* Flexible support including home-based and community treatments
* Consultation, care planning and risk assessment
* Multi-disciplinary team working and formulation
* Responsive assessment – which is needs-led
* Treatment and therapeutic interventions
* Support to access inpatient CAMHS treatment or transition back to the community.

The ReACH team prioritise seeing young people in the community to prevent them needing to attend A&E (unless there is a medical requirement to do so) and work creatively to safely deliver an assessment in the community.

Where a young person is in A&E, the team will respond as soon as possible to undertake the assessment.

For some young people aged 16/17 it can be more difficult to arrange an appropriate adult to attend the hospital, because of living independently etc. In these circumstances, the assessing clinician will determine whether it is safe to assess the young person in the absence of an appropriate adult in the room to prevent delay to discharge from hospital. They can either include an appropriate adult over the telephone (such as a social worker) or arrange for the follow up appointment to be undertaken on the same day in the community. There are circumstances where this would not be safe to do, and in these cases a young person would be required to remain on the ward until an appropriate adult can attend.

The ReACH team continue to support young people who need urgent support in the community and undertake as much clinical work as possible over the telephone. However, where required, young people can be seen at Airedale Health Centre, Drury Lane or if required at home (including in situations where the house is symptomatic). The appropriate PPE equipment is available to the team.

**Core CAMHS**

People currently receiving care from CAMHS clinicians will continue to be managed by their practitioner. Contact will take place either by telephone/video link or face-to-face appointments. Where it is safe to do so, appointments will continue as they have been and there should be minimal changes to the current delivery of care and treatment; in line with the new lockdown guidance.

All appointments will adhere to the national guidance, and therefore practitioners may reduce current face to face contact and replace the sessions with telephone/video link appointments to reduce the risk to all and to prevent any break in treatment (e.g. where a practitioner is self-isolating but able to work from home).

There is a duty worker who can see young people face to face at Airedale Health Centre or Drury Lane should they need a face to face appointment and their own worker cannot accommodate this. In exceptional/crisis cases, these visits can take place at the patient’s home.

Assessments may be undertaken by telephone. If these can be concluded, then children and young people will progress to a treatment pathway/waiting list. Where these cannot be concluded without a face to face appointment, a face to face appointment will be arranged.

Staff will continue to monitor their case load and offer treatment where practical to do so and cases will continue to be processed through the pathways.

**Specialist work**

Much of the specialist work (e.g.- art therapy, play therapy etc.) cannot be undertaken without being in room together, and therefore we have had to reduce the number of sessions available across the service to comply with national guidance.

Therefore, cases open to specialist practitioners will be informed of whether they will be seen face to face or offered treatment remotely. Where treatment cannot be offered/provided, the case will be monitored, and consultation offered by telephone.

**Enhanced outreach team**

The enhanced outreach team will continue to support children in care.  All young people who are part of caseloads or support systems will be monitored in the usual way, and discussions will take place with other professionals involved about the delivery of care and treatment.

Face to face appointments, telephone or video link sessions or consultations may be offered. These will be delivered in line with clinical risk and in accordance with national guidelines.

**Eating disorders**

The eating disorders team continue to support young people with eating disorders. The team continue accepting referrals and have a duty worker on shift each day to offer support to SPA/triage referrals and undertake any essential face to face contact.

Practitioners will continue to monitor young people’s wellbeing, and consultation will be offered by telephone to families and professionals.

Face to face appointments are available and will be delivered in line with national guidelines.

Physical health checks are an essential component of the work of the team and therefore a physical health clinic will remain in place weekly to allow safe monitoring of patients. This will be undertaken with clear guidance on room preparation and social distancing.

Any young person who needs additional support can continue to access this through the ReACH team and intensive home-based treatment service.

**Single Point of Access (SPA)**

SPA functions will continue as normal between the hours of 9am and 5pm, Monday to Friday. SPA will remain a critical function for CAMHS. They will continue to offer support/advice and they will triage referrals and signpost as required.

**Primary intervention team**

All schools’ work is being offered in line with national guidance and schools’ advice. It is in line with the agreed Future In Mind offer and the Team Around Schools pilot.

**2+1 - A brief assessment and treatment model**

Clinical intervention in the form of 2+1 will continue be offered to children and young people. Any resources required will be sent to families prior to sessions by post or email, and treatment can be delivered by phone.

If the young person’s risk indicates face to face is required, then this can be facilitated.

Following 2+1 treatment by telephone, the usual pathways will be available for children and young people.

**Group work**

All group work continues to be provided via Microsoft Teams. All face to face group work has been cancelled. Following the intervention, usual pathways will be available for children and young people.

**Autism spectrum disorder (ASD) assessments**

We are now in the process of concluding our remaining assessments for young people aged 14+. All new referrals are to be sent to the Mid Yorkshire Hospitals NHS Trust.

**You can contact** **Wakefield CAMHS services through Single Point of Access (SPA) Wakefield on 01977 735865.**

**Turning Point talking therapies (IAPT)**

Turning Point deliver talking therapy services in Wakefield and are available for children and young people aged 16 and above who are registered with a GP surgery in the Wakefield District.

Turning Point are committed to continuing to be available for those requiring support; adapting service delivery in line with the government advice to protect both people that use their services alongside staff.

All groups and workshops have been suspended for the foreseeable future and current face to face support, where possible, will be replaced by telephone therapy.

Turning Point is contacting all clients directly who are affected by this change.

New referrals to the service will continue to be accepted. However where possible, these referrals need to be made online via the Turning Point website, as their phone lines are currently very busy.

Visit the [Turning Point talking therapies website](https://talking.turning-point.co.uk/wakefield/news/covid19/) and find out more.

**Children First Team**

The Children First team delivery model is integral to the Team around the School (TAS) programme available through all schools across the district. Each school has an identified CF Link Worker to provide early support, information, and guidance. The TAS is a partnership between the; School, Children First, FiM, Education & Health.

Where the Children First Practitioner is identified as the Lead Professional in the TAS meeting they will provide support to families. The majority of this support will be delivered over the phone, although some home visits will take place where it is safe and appropriate to do so. Partner agencies can still contact their link worker or Cluster area Children First Coordinator if they would like any advice or guidance during this time.

**Kooth**

**Kooth online**

This service continues to be available to support the wellbeing and resilience of young people aged 11-25.

Kooth is a web-based confidential support service. It provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

It offers young people the opportunity to have a “drop-in” text-based conversation with a qualified counsellor. Counsellors are available from **12pm to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year.**

Young people can access regular booked online counselling sessions as needed also. Outside counselling hours, young people can message the team and get support by the next day.

Support can be gained not only through counselling but from articles, forums and discussion boards.  All content is age appropriate, clinically approved and fully moderated.

You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>.

Kooth presentations are able to be delivered for professionals online also. **For further information please contact** **rchisem@xenzone.com**

**Visit**[**www.Kooth.com**](http://www.kooth.com/)**where young people can register and others can find out more about the service.**

**Kooth face to face**

Counsellors who currently offer face to face counselling sessions in Wakefield have been working on a suitable alternative for young people.

Kooth will offer young people requiring face to face counselling a booked chat session appointment on Kooth.com with their named face to face counsellors.

Kooth will continue to accept referrals for face to face clients through the normal referral process.

Internal processes will be in place to identify Wakefield face to face clients online through ID numbers.

Effectively they will move their face to face counsellors onto the online system to use as a safe and secure channel to deliver intervention and sessions to children and young people living within Wakefield.

**For more information please email:** **kjohal@xenzone.com**

**Young People’s Drug and Alcohol Service**

Wakefield Young People’s Drug and Alcohol Service provides a free and confidential service for young people between the ages of 10 and 17 in Wakefield.

In light of the current coronavirus challenges being faced by children, young people, their families and professionals, the service is still continuing to provide advice, guidance and support around issues relating to drug and/or alcohol use.

During this difficult period, the service will still be accepting referrals and staff will continue to support young people, their families and professionals.

Face to face appointments will not be provided at present, in line with government guidance around social distancing. However, support will be extended to telephone and text contact, WhatsApp, social media and other online chat/video messaging services.

**To speak to a worker or to make a referral, contact on: 0808 169 8711 or email:** **wakefieldservicereferral@cgl.org.uk****.**

**The service is open 9am to 5pm, Monday to Friday.**

**Please also keep updated via social media pages for more updates (details below) and for more information, please visit:** [**www.changegrowlive.org/**](http://www.changegrowlive.org/)**.**

**Facebook:** [**Change, grow, live – Wakefield**](https://www.facebook.com/Change-grow-live-Wakefield-1185259591507978/)

**Twitter:** [**@CGLWakefield**](https://twitter.com/CGLWakefield)

**Instagram: @cglwakefield**

**Voluntary and community response**

With the guidance on coronavirus changing daily, the impact on the communities of Wakefield district continues to increase.

Across communities and neighbourhoods, local voluntary and community groups alongside faith groups, schools and local businesses are identifying how they can work together to ensure that people are supported during these difficult times.

Building on local initiatives, Nova Wakefield District and its members, Wakefield Council and local NHS have together created a joint response to the challenges which our communities face.

Young Lives Consortium and the community navigators are an integral part of the community response.

**Community navigators**

Community navigators, alongside Young Lives Consortium, Public Health, local NHS, and voluntary, community and social enterprise (VCSE) organisations and the wider Wakefield Council are developing an [responsive website](http://www.wf-i-can.co.uk/) for children and young people, and those supporting young people, to help share resources and ideas.

The community navigators continue to deliver support to children, young people and families via their host organisations and in connection with some of the community hubs; supporting distribution of food and supporting activities in communities online and via telephone.

**If you would like to be kept informed or help in any way please get in contact with Emily Castle, Young Lives Consortium, on:** **emily@ylc.org.uk**  **or by telephone/text on 07835817480 (9.30am – 4.30pm Monday – Friday).**

**The wider voluntary and community response**

Community hubs - #WakefieldCares

The voluntary and community sector, alongside Nova and Young Lives Consortium, have established 14 community hubs across the district which will be contactable by telephone.

Advisors will be available to provide help and a local response as close to communities as possible. [Find out more](https://www.wakefield.gov.uk/about-the-council/coronavirus-information/wakefieldcares).

#### Helpline

Wakefield Council will host a Covid-19 response helpline for people who need additional support.

From Wednesday 25 March, anyone worried about themselves or someone else who does not have an existing support network of friends, family or neighbours can call Wakefield Council's dedicated phone line on **0345 8 506 506** **between 9am - 5pm, Monday to Friday.** Choose option 3 to make a request for support and help will be arranged.

#### Volunteering opportunities

If you would like to help by volunteering in your community please visit the [Volunteer>Wakefield website](https://nova-wd.us4.list-manage.com/track/click?u=afc5fc96d90f07aaf69a2f386&id=189f7afbf1&e=510df43793) and find out how you can do so.

Please keep in touch if you are a member of a community or represent a voluntary group to ensure that we are connected together as best as possible to support our people and neighbourhoods.

**A huge thank you to everyone involved in supporting our local communities at this time.**

Government advice

This can be found on the [Gov.uk website](https://nova-wd.us4.list-manage.com/track/click?u=afc5fc96d90f07aaf69a2f386&id=3d1e0d68af&e=510df43793). It includes guidance for individuals, residential care, employees, employers businesses around social distancing and protecting older people and vulnerable adults. Please be aware updates are made regularly.

Do you provide a funded voluntary, community or social enterprise project?

Did you know that you can speak to your funders or commissioners to ask if you can change your funded offer to respond to the current coronavirus challenge?

**Resources**

Wakefield CAMHS have recently launched a [resources webpage](https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/).

This will continue to be developed, and currently covers a range of topics; from coronavirus worries to relationships and friendships.

Please visit the web area and share through your channels.