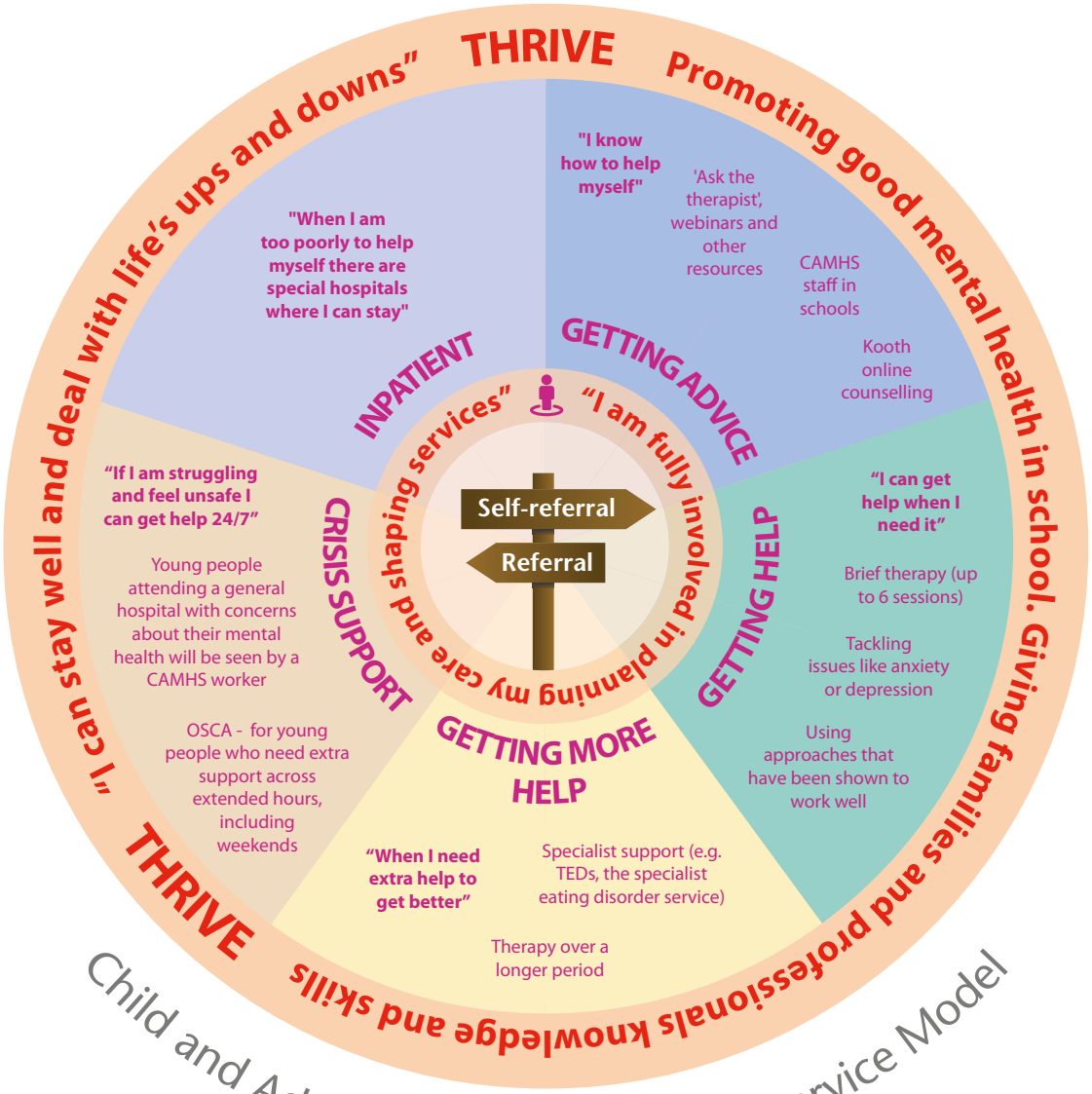

Child and Adolescent Mental Health Service Model

Wiltshire Council
Where everybody matters

Bath & North East Somerset Council

NHS
Wiltshire
Clinical Commissioning Group

NHS
Bath and North East Somerset
Clinical Commissioning Group

NHS
Oxford Health
NHS Foundation Trust

Child and Adolescent Mental Health Service Model

"When I need help I know how to get it"

THRIVE

I can stay well and deal with life's ups and downs

- Promoting good mental health for all children and young people in school.
- Giving families/carers, teachers and other professionals knowledge and skills to support children and young people effectively.

COPING

I know how to help myself

Interactive website includes:

- 'Ask a therapist?' webinars and other resources.
- Kooth online counselling.
- CAMHS staff in school.

GETTING HELP

I can get help when I need it

- Brief therapy (up to 6 sessions).
- Tackling issues like anxiety or depression.
- Using approaches that have been shown to work well.

GETTING MORE HELP

I can get extra help if I need it

- When I need extra help to get better.
- Therapy over a longer period, More intensive.
- Specialist support e.g. The Eating Disorder Service (TEDS).

CRISIS AND RISK SUPPORT

If I am struggling and feel unsafe I can get help 24/7

- Young people admitted to hospital with concerns about their mental health will see a CAMHS worker.
- Young people who neeed support in the evening and at weekends can get support from OSCA.

Inpatient

When I am too poorly to help myself to get better there are specialist places in an inpatient unit/hospital

Specialist Pathways

Self-referral

Referral

I can get help quickly when I need it

I can get help early on, before my difficulties get worse

Move between services as required

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NHS Oxford Health NHS Foundation Trust

Child and Adolescent Mental Health Service Model

"If I am struggling and feel unsafe I can get help 24/7"

- Young people attending a general hospital with concerns about their mental health will be seen by a CAMHS worker.
- OSCA - for young people who need extra support across extended hours, including weekends.

Inpatient

"When I am too poorly to help myself get better there are specialist places in hospital where I can stay"

Crisis and risk support

Specialist Pathways

"I can get help early on, before my difficulties get worse"

"I can get extra help if I need it"

Getting more help

- When I need extra help to get better.
- Therapy over a longer period.
- Specialist support (e.g. TEDs, the specialist eating disorder service).

Move between servcies as required

Getting help

"I can get help if I need it"

- Brief therapy (up to 6 sessions).
- Tackling issues like anxiety or depression.
- Using approaches that have been shown to work well.

"When I need help I know how to get it"

Coping

"I know how to help myself"

Interactive websites include:

- 'Ask the therapist', webinars and other resources.
- Kooth online counselling.
- CAMHS staff in schools.

Self-referral

Referral

Thrive

"I can stay well and deal with life's ups and downs"

"I am fully involved in planning my care and shaping services"

Giving families/carers, teachers and other professionals knowledge and skills to support children and young people effectively.

Promoting good mental health for all children and young people in schools.

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