Child and Adolescent Mental Health Services (CAMHS). A student resource 2015


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Child and Adolescent Mental Health Services
(CAMHS)
A student resource
2015
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Introduction

A clinical practice placement in Child and Adolescent Mental Health Services (CAMHS) can prove to be a very challenging yet rewarding experience. In order to get the most out of these learning experiences it is important that you, as a Nursing student, are as well prepared as possible. The development of this short resource booklet is only one of the ways that we are considering how best to prepare Nursing students prior to a CAMHS clinical placement.

This booklet is therefore not an exhaustive resource but rather one which seeks to facilitate and direct some of your reading around the main issues you may encounter in CAMHS. The following points are outlined: A brief explanation of CAMHS, conditions encountered and members of the multi-disciplinary team you may work with. Some information will also be provided on the range of services available in Northern Ireland along with an extensive list of material to read and refer to prior to and whilst on placement. It is important to remember that the difficulties and conditions experienced by young people who attend CAMHS do not simply stop when they reach 18 years old. As such reading and learning in this area will be of benefit to you when you work in other areas and with other age groups. Your learning will obviously continue whilst on placement and will ultimately be determined by how well you engage with the material, your mentor and the patients you work alongside. The result will hopefully be a more fulfilling and rewarding learning experience for you as a student, your mentor and ultimately the patients you will nurse.

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Location of CAMHS in Northern Ireland

Regional Services

- Child and Adolescent In-Patient Unit - Regional Service, Beechcroft, Forster Green Hospital Site Belfast Tel. 028 9063 8000
- Gender Identity Development Service (KOI) – Regional service

Belfast and South Eastern Trusts

- The Child & Family Clinic, Royal Belfast Hospital for Sick Children, Belfast (028) 90632100.
- The Young People’s Centre, 10 College Gardens, Belfast (028) 9504 0365.
- The Crisis Assessment & Intervention Team (C.A.I.T.) Belfast & South-Eastern areas. Forster Green Hospital, Belfast (028) 90638000.
- Intensive Intervention Team, (Belfast & South Eastern areas), Beechcroft, Forster Green Hospital Site, Belfast (028) 90638000.
- The Eating Disorder Youth Service (Belfast & South-Eastern areas), Beechcroft, Forster Green Hospital Site, Belfast (028) 638000.
- The Child & Family Consultation Service (North Down & Ards District) Family Resource Centre, Newtownards, Tel. 028 91825600.
- The Child & Adolescent Mental Health Service (Down & Lisburn District) Lagan Valley Site Lisburn, Tel. 028 92 501265.
- Drug & Alcohol Mental Health Service (Beechcroft, Forster Green Hospital Site, Belfast (028) 90638000
- Primary Mental Health Team (Belfast Trust), Young People’s Centre, 10 College Gardens, Belfast, (028) 95040365.

Northern Health and Social Care Trust

- East Antrim Team (Larne, Carrickfergus, Newtownabbey) Antrim Area Hospital, Antrim. Tel: 028 9442 4600.
- Antrim Team (Antrim, Ballymena) Massereene House, Antrim. Tel: 028 9441 5700.
- Ballymoney Team (Coleraine, Ballymoney, Moyle, Magherafelt, Cookstown) Ballymoney. Tel: 028 2766 7250

Southern Health and Social Care Trust

- Child & Family Clinic, South Tyrone Hospital, Carland Road, Dungannon, Tel: 028 87 713494.
- Child & Family Clinic, Needham House, Newry. Tel: 028 3083 5400.
- Child & Family Clinic, Bocombra Lodge, Portadown. Tel: 028 38 392112.

Western Health and Social Care Trust

- Woodlea House, Gransha Park, Derry. Tel: 028 7186 5238.
- Upper Floor, Erne Health Centre, Erne Road, Enniskillen. Tel: 028 66344115.
- Rivendell, Tyrone & Fermanagh Hospital, Omagh. Tel: 028 8283 5990.
Overview of CAMHS

Child and Adolescent Mental Health Services (CAMHS) usually refers to mental health services concerned with the assessment, care and treatment of those patients under the age of 18 years old. This age span is one marked by significant social, emotional, physical and cognitive development and change. It therefore is an area of clinical practice that proves to be a varied and challenging one to work in.

There is a growing awareness of the links between childhood disorders and later development of adult conditions. Clinical practice in this area provides an ideal opportunity to make a difference to those affected and to provide much needed support for the family and young person in contact with services. Presentation and referral to CAMHS can be a very distressing and frightening experience for the family. As such CAMHS services usually work in a multi-disciplinary context relying on the input and expertise of a variety of professionals. Examples of some professionals involved in CAMHS include:

- Nurses (mental health, paediatric, health visiting)
- Child & Adolescent Psychiatrists
- Clinical Psychologists
- Family therapists
- Occupational therapists
- Speech and language therapists
- Art/music therapists
- Child & adolescent psychotherapists
- Liaison teachers
- Social workers

Liaison and close working relationships are also usually established with other resources/agencies that the family and young person may be involved with, or have come into contact with, including:

- GP practices
- A&E departments
- Schools
- Care homes (in the case of looked after and accommodated children)
- Addiction services
- Voluntary organisations
- Police
The Bamford review (2006) recognised the need to address, in a holistic manner, the needs of children and young people presenting to services. Chapter 3 and 4 of The Bamford review of mental health and learning disability (Northern Ireland) *A vision of a comprehensive child and adolescent mental health service* (2006) outlines the structure of the 4 tier model of care. This has been adopted by Pryjmachuk (2011) (Diagram 1) below where tier 1 represents input from general universal services progressing towards increased severity and complexity in tier 4 provided by specialist multi-disciplinary teams.

![Diagram 1: Adapted from Pryjmachuk, 2011. Pg. 301.](image)

Prior to your clinical placement you should read more on a number of conditions and presentations that you may encounter. These may include:

- Eating disorders
- Self-harm
- Mood disorders
- Anxiety disorders
- Psychosis
- Autistic spectrum disorders
- Post-traumatic stress disorder
- Attention deficit Hyperactivity Disorder (ADHD)

Further reading on these and other conditions can be sourced within the *Resources* section of this booklet.
Each placement will have its own referral pathways and inclusion criteria that you will have to acquaint yourself with. For example some services see young people from 0-10 years, some from 14 – 18 years, others from 10-18 years. Please also discuss with your mentor shift patterns, uniform policy, and security and safety procedures.

More information on CAMHS services in Northern Ireland can be accessed in the *Mind matters (n.d.) A Young Person’s Guide to Child and Adolescent Mental Health Services* in Northern Ireland resource.

Inpatient Setting

*Beechcroft*, is the only regional inpatient facility for children and young people aged 0-17 years old in Northern Ireland. It is situated in the Forster Green hospital site in South Belfast. The facility consists of 2 wards, 1 and 2, each with 15 beds. Information relating to ward routines, uniform and teams will be included in your induction.

Community Services

Community mental health services for children and young people are well established in all of the Health and Social Care Trusts as outlined on page 4 *Location of CAMHS in Northern Ireland*

Eating Disorder Youth Service

The *CAMHS Eating Disorder Youth Service* is an outpatient multidisciplinary service that operates from 9-5 Monday to Friday offering comprehensive assessment and intervention for young people aged from 10-18 years old with a presentation of an eating disorder. This is based in the Forster green hospital setting.

Crisis Assessment and Intervention Team (CAIT)

The *Crisis Assessment and Intervention Team* is also situated in the Forster green site. This is a multi-disciplinary service that operates from 9am-9pm 7 days a week. Offering comprehensive assessment of young people aged 10-18 years old who are experiencing mental health crisis. Referrals are received from A&E departments,
G.P’s and community teams. The team provides an out of hour’s service and serves the Belfast and South Eastern trusts.

Resources
In order to better prepare you for your clinical placement please find below some very relevant and useful resources and links that will supplement your reading and learning around Child and Adolescent Mental Health Services.

A variety of publications, texts and websites are included from a range of organisations including the World Health Organisation (WHO), Royal College of Nursing (RCN), Royal College of Psychiatrists (R.C.Psych.) and the Princess Trust. This list is of course not exhaustive and should only serve to further your preparation around the issues you may encounter whilst on placement.

Trust Websites

**Belfast Health and Social Care Trust:** Child and Adolescent Mental Health Service. Available: [http://www.belfasttrust.hscni.net/CAMHS.htm](http://www.belfasttrust.hscni.net/CAMHS.htm)

**Northern Health and Social Care Trust:** [http://www.northerntrust.hscni.net/services/331.htm](http://www.northerntrust.hscni.net/services/331.htm)

**Southern Health and Social Care Trust:** [http://www.southerntrust.hscni.net/services/1609.htm](http://www.southerntrust.hscni.net/services/1609.htm)

**New website:** [www.younghealthymindsni.co.uk](http://www.younghealthymindsni.co.uk)

**Western health and Social Care Trust CAMHS:** [http://www.westerntrust.hscni.net/1735.htm](http://www.westerntrust.hscni.net/1735.htm)

Text books


Journal articles


Legislation

- DHSSPS http://www.dhsspsni.gov.uk/children-order
Guidelines

Scottish Intercollegiate Guideline Network (SIGN) 112
Management of attention deficit and hyperkinetic disorders in children and young people.
http://www.sign.ac.uk/pdf/sign112.pdf


Core interventions in the treatment and management of anorexia nervosa, bulimia nervosa and related eating disorders.
Publications


New to CAMHS Teaching Package. Heads up Scotland. National Project for Children and Young People’s Mental Health Available:


Web resources
- Voice of Young People in care (VOYPIC): http://www.voypic.org/
• National Institute for Health and Care Excellence (NICE) Online resource for children and young people population outlining clinical pathways to published and developing guidelines:
• Fixers: http://www.fixers.org.uk/home/issues.php
• Children and Young People’s Mental Health Coalition
  http://www.cypmhc.org.uk/
• Young minds resource: http://www.youngminds.org.uk/
• Head meds: http://www.headmeds.org.uk/
• MindEd, e-learning to support young healthy minds:
  https://www.minded.org.uk/

**Video and Podcasts**

• Surrey CAMHS online resource and Podcasts: http://www.surrey-camhs.org.uk/en/content/cms/cya/cya-podcast/#778_20110907143439_e_@@_Podcast2Part2.mp3
• Royal College of Psychiatrists Podcast:
  http://www.rcpsych.ac.uk/workingpsychiatry/qualityimprovement/qualityandaccreditation/childandadolescent/inpatientcamhsqnic/podcast.aspx
• CAMH knowledge exchange podcasts. Canadian resource;
  http://knowledgecamh.net/podcasts/Int/Pages/default.aspx
Notes
Write your reflections/thoughts/concerns relating to working in this area here/
Consider who you might discuss this with further, peers, personal lecturer and mentor?
Think about the challenges and rewards of working with this particular age group.
Acknowledgments:
Mental Health Team, QUB,
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I hope you find this resource helpful.
Please email me any feedback or constructive comments to my email address on the introduction page.