

Emotional Health and Wellbeing

Update

Thrive quadrant



Eating Disorders

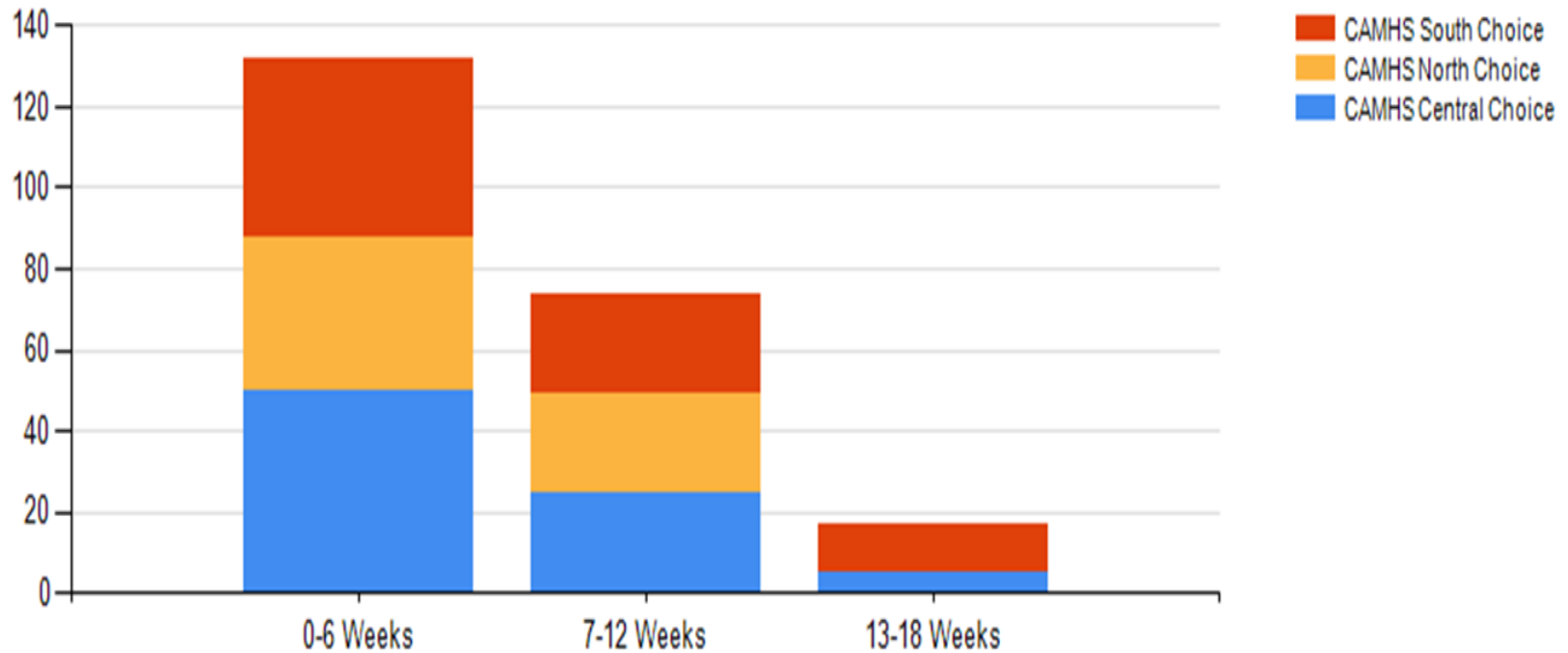
- A new specialist community based intensive intervention team is in place (from January 17)
- The service is based in Huntingdon but will cover the whole CCG patch
- The service will work with up to 100 young people and families per year
- Waiting time targets are 4 weeks (routine) 1 week (urgent)

ASD/ADHD

- New pathway in place – Health and Local Authority working closely together
- Want to ensure the most effective use of resources and that the right young people are assessed
- Increased investment in parenting programmes
- Investment in parent support groups through Family Voice and PinPoint.

Core CAMHS

Patients on Current Waiting List



Crisis support

- First Response Service – 111 Option 2
- Here Now – Peterborough Library
- More robust crisis assessment provision being implemented

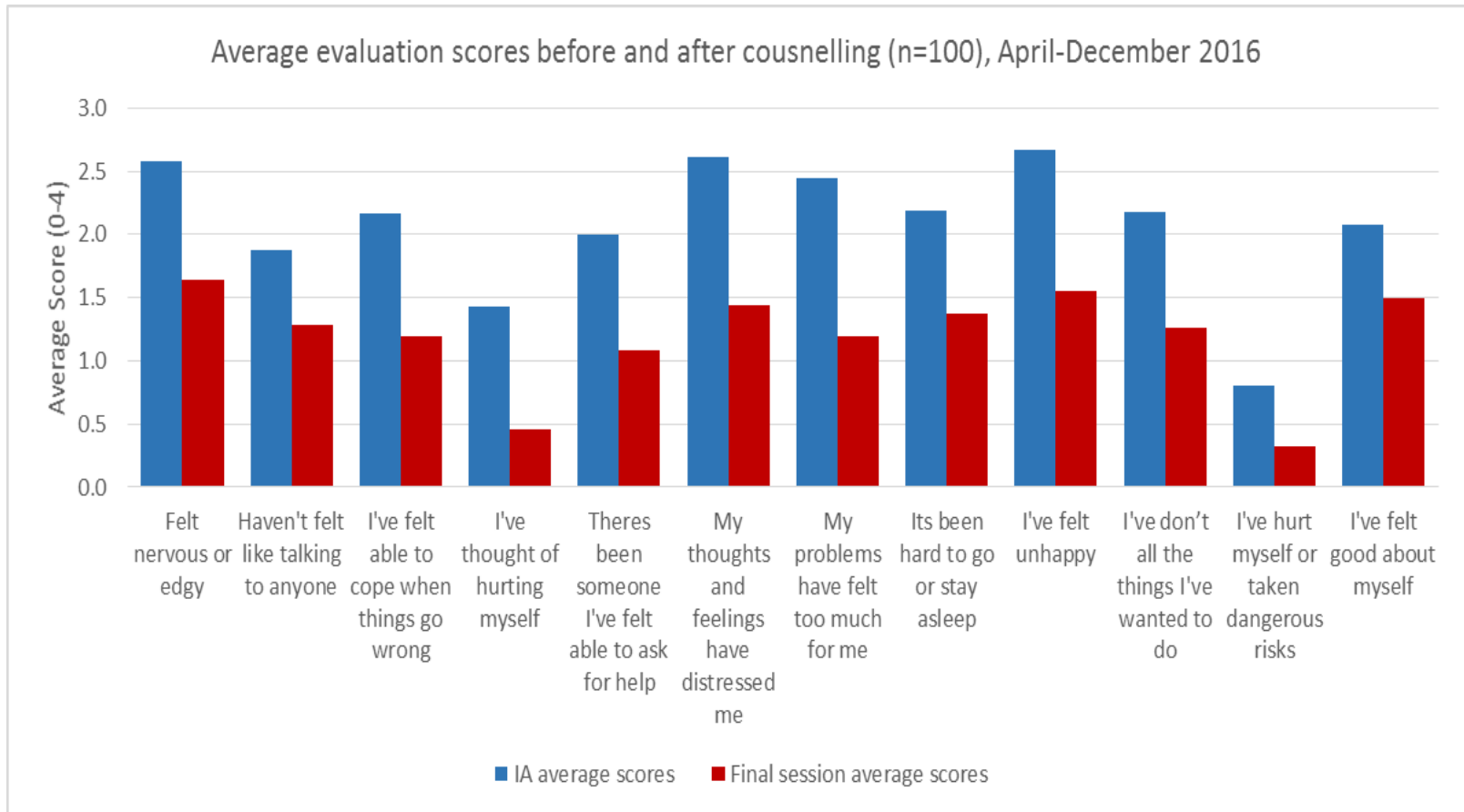
Transitions

- Additional investment for 17 year olds in 17/18, to support transitions to adult services
- Peer support worker post to be tested in 17/18
- More gradual transitions to adult services between ages 17-18

Early intervention

- Increased investment in counselling services
- Current tender process to find single lead provider across Cambridgeshire and Peterborough – New provider due to start December 17
- Kooth.com online counselling. Commissioned from November 2016 for 11-25 year olds living in Cambridgeshire and Peterborough

Counselling Outcomes



Emotional Wellbeing leads

- Specialist staff in the community
- Commissioned to work in local areas
- Provide support to schools, School Nurses, GPs on issues of Emotional Health and Wellbeing

Prevention - schools training

1. *Mental health awareness workshops in schools*

So far mental health awareness sessions have taken place in 11 schools and are booked for 7 other schools.

2. *Training for teachers enabling them to deliver Stress LESS lessons to pupils*

The Stress LESS workshops for teachers include training school staff to deliver the 'Stress LESS' early intervention/prevention programme

3. *Mental health training for teaching staff and other professionals*

- Mental health training is available for free for all teaching staff and other professionals working with young people.
- This training ranges from specific workshops and e-learning for schools to an 11 day CAMH foundation course, as well as more specific short courses on e.g. self-harm.
- 1 hour mental health briefings (building a basic awareness and understanding of mental health) had been delivered in 27 schools

Website

www.keep-your-head.com