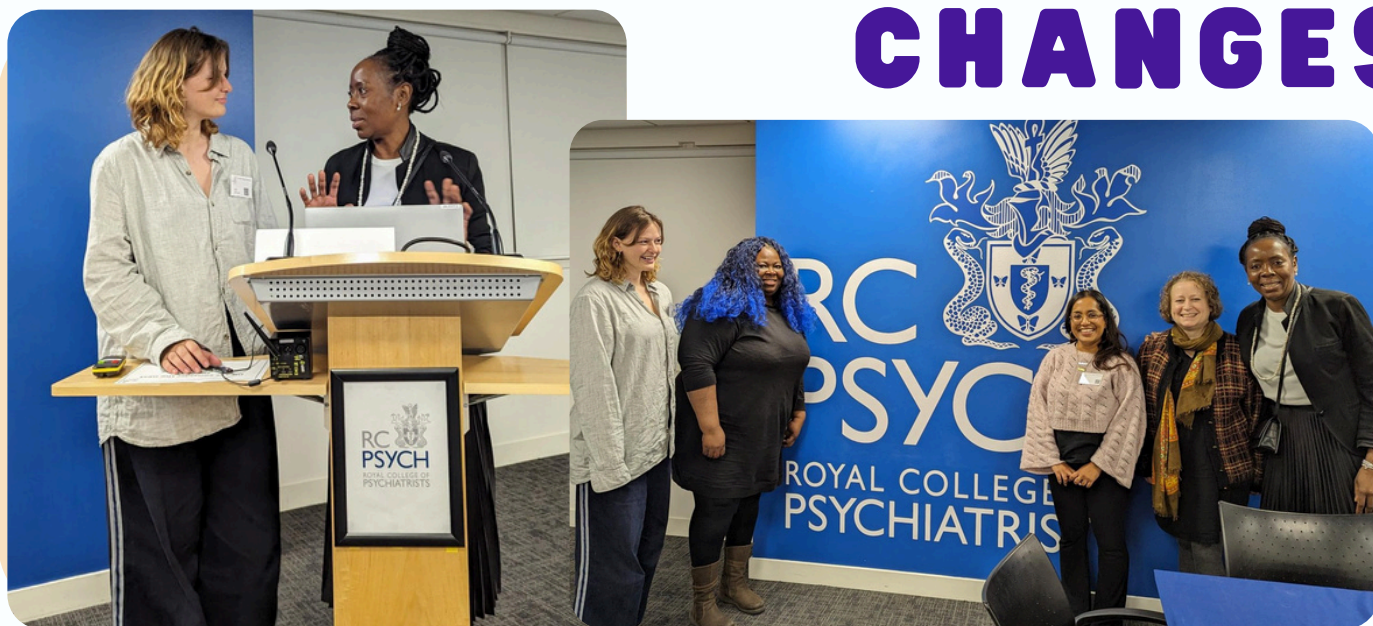


CITY & HACKNEY CAMHS NEWSLETTER

**JAN/FEB
2024**

PRESENTING OUR CHANGES



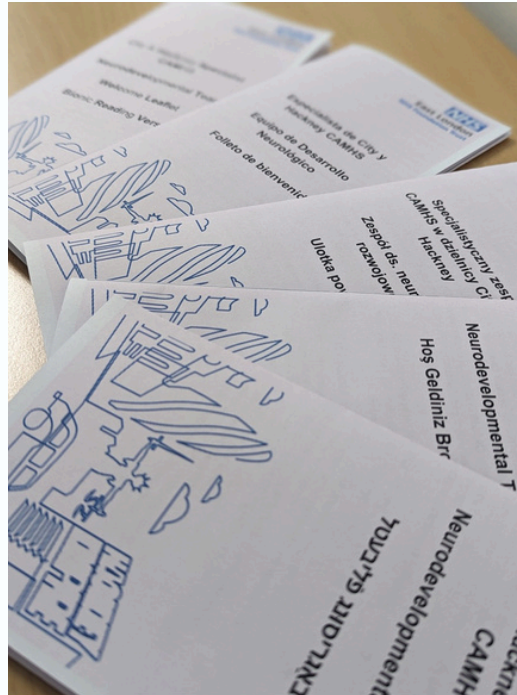
At the Royal College of Psychiatrists on 28th November 2023, Lila, Toyin, Lorraine, Rebecca and Rose, of City & Hackney Specialist CAMHS, presented the journey and outcomes so far of a project to reduce missed appointments in the Neurodevelopmental pathway.

Accessing the pathway is difficult for families, with a waiting list of up to 2 years. Missed appointments where there is no cancellation (Did Not Attend/DNA) mean that clinician time is wasted, which impacts wait times and costs the service money. The team also noted that a large number of missed appointments were from families living in postcode areas in the highest ratings of multiple deprivation. This suggests an inequity in access to healthcare.

The project team was made up of a young person using the service, a parent using the service and 4 staff members working together. By combining the perspectives, knowledge and creativity of both staff and service users the team could understand the full picture and make smart decisions.

The indices of deprivation are based on 7 domains:

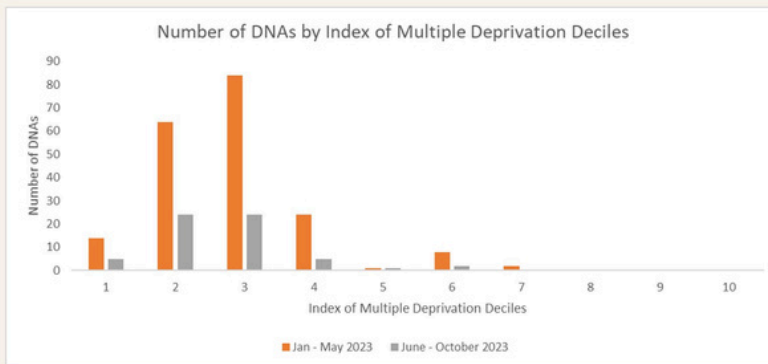
- income
- employment
- health deprivation & disability
- education, skills & training
- crime
- barriers to housing and services
- living environment



Meeting every fortnight and using Quality Improvement methodology, the team were able to investigate the problem and create change ideas. They created a carefully planned welcome leaflet, and translated it into common Hackney languages and bionic reading. All families first attending the service from May 2023 were given the leaflet and the recorded data shows that it worked. From January to May DNAs made up 10.74% of total appointments and from May to October they made up 5.16%.

PDSA: STUDYING THE OUTCOMES

RI



Deciles are calculated by ranking the 32,844 Lower Layer Super Output Area (LSOAs) in England from most deprived to least deprived and dividing them into 10 equal groups. LSOAs in decile 1 fall within the most deprived 10% of LSOAs nationally and LSOAs in decile 10 fall within the least deprived 10% of LSOAs nationally.

Source: Ministries of Housing, Communities & Local Government

The next step is sending text message appointment reminders which will allow appointments where the person cannot come to be re-booked by another person who is waiting.

Book Donation



Thank you to Molly who works in our Behaviour Support and Outreach team for donating some boxes of beautiful children's books in a variety of languages.



DO YOU WANT TO WORK TO IMPROVE WELLBEING IN SCHOOLS?

We are looking for young
people aged 14-19 at school in
Hackney to join a Youth Council
working with professionals in
Health and Education

WAMHS YOUTH COUNCIL

NHS
East London
NHS Foundation Trust

Youth Council members will:

- Meet once every 6 weeks after school to discuss agenda topics on the running of mental health support services in Hackney schools
- Learn about the different organisations that play a part in the Wellbeing and Mental Health in Schools service (WAMHS)
- Have the opportunity to co-facilitate teaching and discussion sessions alongside health professionals
- Be paid for their time

INTERESTED?

email: rose.kachere@nhs.net

Get to know...

Josh Wilton

**Education Mental Health Practitioner
working in the Mental Health Support Team
in Schools**



What's your favourite food?

Oh my god, Indian food! Yeah I just love all of the complex flavours and it's the food that excites me the most. There's lots of great Indian restaurants near where I live in Stoke Newington, that is one of my favourite things about London. Probably my favourite alltime dish is the black house daal at Dishoom; Dishoom is really great, the food is beautiful.



What's your favourite film?

My favourite film is The Shining, it's got to be. It has great storytelling, it's so suspenseful and beautifully shot. I can re-watch it a million times. The first time I watched it I was alone, when I was about 14 or 15 and I ran up the stairs I was so scared! It might not be the best film for CAMHS as it's horror but it could be a good film around Christmastime, not because it's at all happy and fun but because it's wintry. A less horrific favourite is Studio Ghibli, like My Neighbour Totoro and Spirited Away. They are adventurous, creative and spiritual and I've watched them a lot with my family which make them extra special.

What do you want people to know about what you do?

Great question that, I like the way I can use my link with schools to deliver workshops and one to one sessions that support young people in the place where they learn; it's important to me to provide a level of mental health support as part of the educational link between schools and the surrounding community. I like the creative ways we can support based on a young person's interests and preferences, I also think about neurodevelopment and different experiences based on background and upbringing and this brings an awareness of different topics and challenges that young people experience in school and out of school. By working in school I get a better understanding of the culture of the school and the different types of pressures and stress in that particular setting and having a deeper understanding of the child's environment is a real insight.

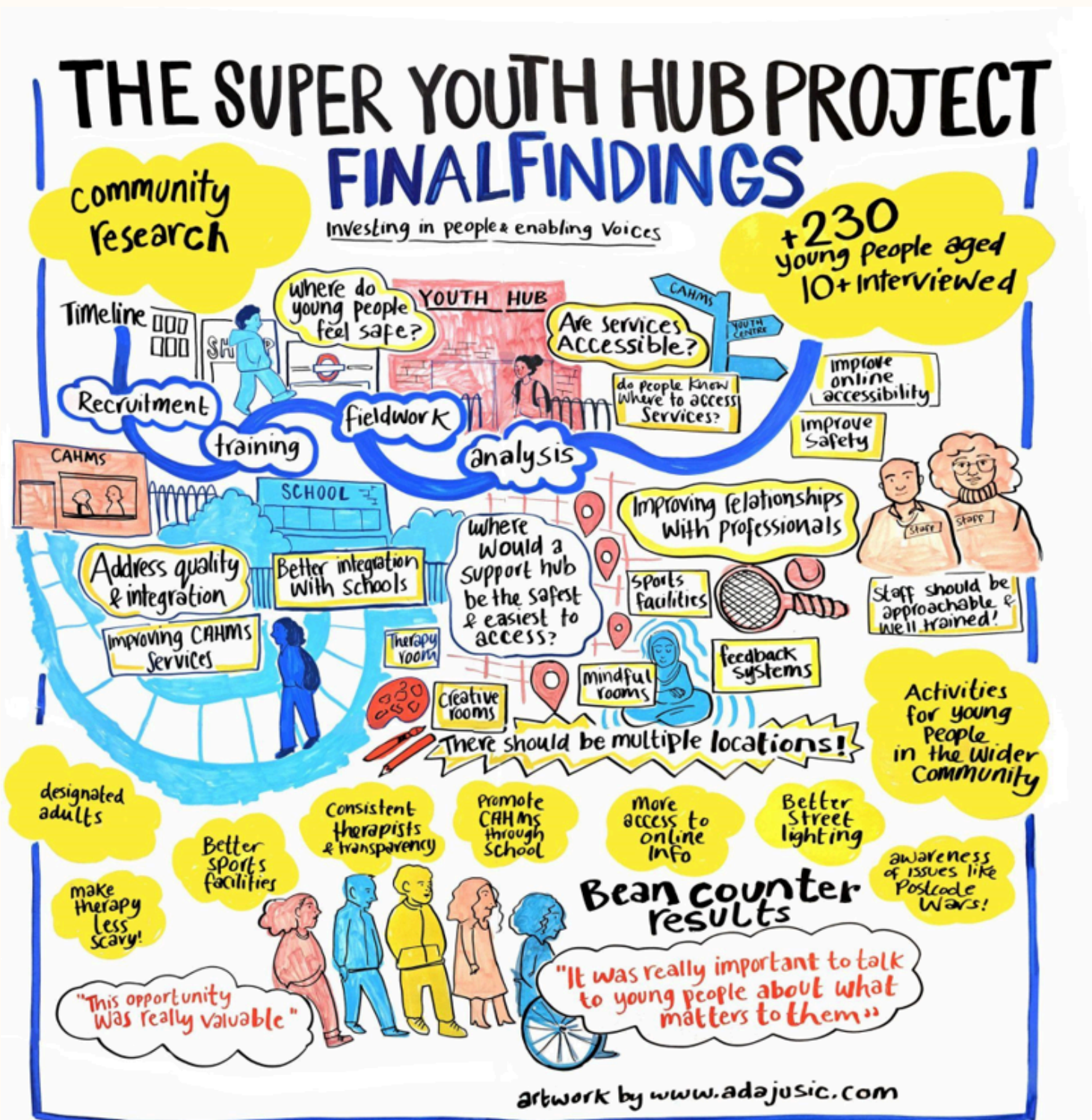
Im particularly interested in the potential of digital mental health support to build on what we offer, because young people are so competent with digital worlds - if we can meet them either in school or in the digital world we can meet young people where they are and help them access good support for their mental health.



We are asking for reviews of the service you have received at City & Hackney Specialist CAMHS. Just scan this QR code to be taken directly to the Care Opinion website where you can leave an anonymous review.

In 2023 Hackney Council started research to develop a way for young people to access the support services they need (for example, GP, housing, mental health and wellbeing) via a youth centre rather than traditional routes such as GP or school. This type of youth centre will be called a Super Youth Hub.

A team of young people from Hackney trained in participatory research skills so they could gather the experiences and thoughts of a wide range of youth on the services they use. These Young Researchers came to have a discussion with the Participation Group at City & Hackney CAMHS. Below is a visual representation of the findings of the Young Researchers.



YOUTH PARTICIPATION GROUP

On the 1st Wednesday of every month
5-6.30pm at Homerton Row

A fun and relaxed group where you can give your honest views about CAMHS, work on projects, gain confidence and eat pizza



Scan the QR code to register your interest

see next page for more DBT skills information

Groups at CAMHS

PARENT FORUM

1st Tuesday of the month 5-6pm
1st Wednesday of the month 11-12pm

“I like that my ideas and thoughts might influence change in the Service, making it more User friendly”

“Participation makes me feel powerful, proud and valued because I feel heard, I see changes.”

“Participating in discussions about the service is important because I have lived experience that can help others.”



Scan the QR code to register your interest

Or simply join online on the Tuesday
<https://bit.ly/3sWsh2c>

Or in person at Homerton Row on the Wednesday

For Parents/carers using City & Hackney Specialist CAMHS



East London NHS Foundation Trust



DBT Skills Groups for Managing Emotions

Non Violent Resistance in the community

Tools for the Teenage Years Parenting Programme

Taster session

Saturday - 13th January 2024 - 11am to 1pm

Course Starts

Saturday mornings 11am until 1pm on

20th January 2024

Venue

IDPAD Centre (Formally the Levy Centre)
18 - 24 Lower Clapton Rd E5 0PD



Inquiries and bookings can be made by contacting the programme manager using

Website

www.father2father.co.uk

Calling

07930 699 970



Father2Father

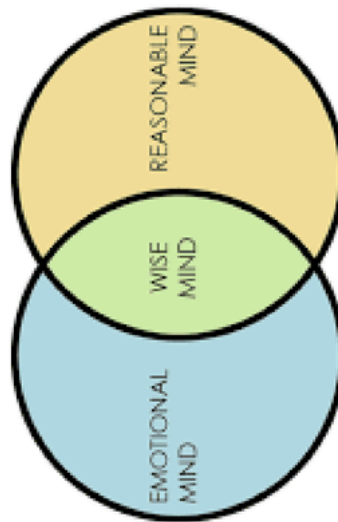
The DBT Skills group starts on 28th February with an intro session on 21st Feb. Places are allocated through referral by a CAMHS practitioner.

This programme is based on Linehan's (1993) Dialectical Behaviour Therapy skills training and has been adapted to meet the developmental needs of 14-18 year-olds.

With a preventative focus, we aim to increase the participants' abilities to effectively regulate and manage emotional states and interpersonal dilemmas.

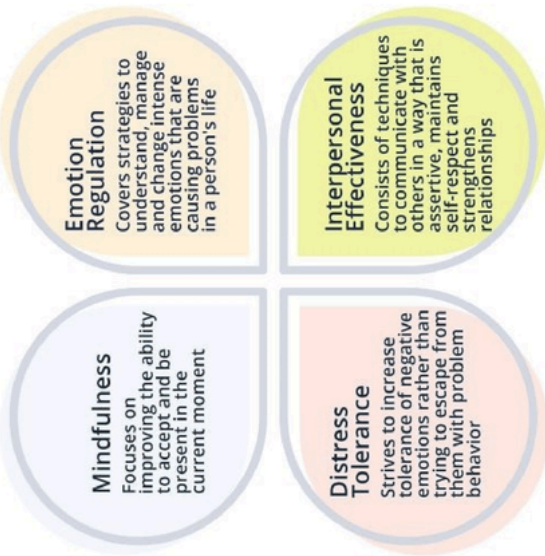
Individual therapy sessions:

- ❑ Alongside the skills group, young people will have a care coordinator who will also see them for individual therapy sessions.
- ❑ Individual care co-ordinators will have a knowledge of the principles being taught in the group and be in a position to reinforce and coach the skills.
- ❑ An approved safety plan will be formulated in case of any crises during or following group sessions.



Young person's group:

- ❑ A 14-week programme of 1 ½ hour session per week. Modules are:



Caregivers' group:

A parent/carer group will run at the same time as the young people's group. It will take place fortnightly for 1 ½ hours and is an 8-week programme.

Aim and focus:

- ✓ To teach certain skills that the young people will be learning, so that caregivers can support and manage crises that may arise when a young person is very distressed or angry.
- ✓ To learn about validation of emotions, and how to manage a young person struggling to understand their emotions, coupled with a lot of negative thoughts about self or others.

It is most helpful when both the young person and the parents or carers attend. However parents and carers or young people can be accepted on their own if the other does not wish to attend their own group offer.



Ade's Updates

Welcome into the new year! 2023 was great and I look forward to working together with staff, young people, families and partners to make 2024 even better.

I want to say thank you to everyone for your support and cooperation during the Christmas and New Year period where we had some electrical issues at Homerton Row. This has been resolved and we are sorry for any last minute changes to appointments. Whilst Homerton Row could not be used for appointments many were relocated to our other site at the John Scott Health Centre on Green Lanes, N4 2NU. It seems a good time to raise awareness of this site as many young people and families using the service may not be aware that we have two sites where appointments can take place.

In 2024 we will see the launch of Discovery College East London which is a co-produced, youth-led education hub focussed on wellbeing, resilience and mental health. Young people can get involved not just to attend but also to design and run courses and workshops. I really look forward to seeing this initiative progress.

Ade Dosunmu
General Manager

DISCOVERY COLLEGE OF EAST LONDON

Designed for young people, by young people

We're a new service exclusively for young people 13 - 18yr in **City, Hackney, Tower Hamlets** and **Newham** - **but we do things differently.**

We'll be running a range of workshops and courses on emotional wellbeing, where you can:

Nurture existing skills and develop new ones

Learn how to support yourself through tough times

Meet new and likeminded people in a safe, social environment

Have fun every step of the way!

Sound like something you'd enjoy?
Reach out to us!

You can fill out this **form** via the **QR code** or **email** us and we'll be in touch!

discovery-college@mindthnr.org.uk



Funded by East London NHS Foundation Trust and Central and East London CAMHS Provider Collaborative



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@dceastlondon