

Please could you circulate the information below to anyone in your school/college that has a role in supporting children and young people with their emotional wellbeing and health?

23 March 2021

New support service launches from April to support children and young people experiencing issues with their emotional wellbeing and mental health in Somerset

It's been recognised nationally that we need to provide a greater range of support for the one in nine children and young people in Somerset who experience difficulties with their emotional and mental health.

Providing suitable and timely access to the right support, allows children and young people to maximise their prospects for a healthy and happy life.

As part of the iThrive Model for children and adolescent mental health services, Somerset CCG has commissioned CAMHS and Young Somerset to extend the current mental health and well-being offer with a new service, Getting Help.

The Getting Help service will offer children and young people who do not meet the criteria for specialist CAMHS support, but still require specific support and intervention around their mental health to access tailored support. This new service fits in-between early intervention i.e., Big Tent and the Getting More Help service i.e., CAMHS.

How will the new service work?

The new service is intended to support children and young people with a range of conditions including support for those self-harm, have phobias or who suffer from anxiety or depression.

The new Getting Help service (working title) will build on the valuable project work that has been done over the last few years by Schools Health and Resilience Education team (SHARE) and the Self Injury Pathway Project.

The team, made up of Young Somerset's Children's Wellbeing Practitioners working alongside CAMHS specialist staff, will deliver comprehensive mental health assessments to children, young people, their families, or carers.

The team will use a flexible approach to provide the interventions and support needed. The team will link in with other parts of the health system to make sure that children and young people get the right support, by the right person, at the right time.

Who will be eligible for support?

Children and young people from 5 – 19 years, who: -

- Live in Somerset
- Are registered with a Somerset GP
and
- Are enrolled at one of the local schools or colleges from 1 April 2021

When will this new service be available?

The Getting Help Service will be available for children and young people from 1 April 2021.

How can schools and colleges refer children and young people into the new service?

Referrals can be made by contacting the Somerset CAMHS Single Point of Access Team:

[CAMHS Single Point of Access - CAMHS - Somerset NHS Foundation Trust \(somersetft.nhs.uk\)](https://www.somersetft.nhs.uk)

All cases will be screened for suitability by Specialist CAMHS, Young Somerset, Mental Health Support teams and the CAMHS Single Point of Access.

Any waiting lists will be managed through frequent contact with young person / families while they wait.

Can children and young people refer themselves into the service?

We are setting up a self-referral system as well for 16 –17-year-olds. Once the Getting Help Service is set up, we will then look at how best to extend this offer for younger children.

Feedback from young people so far has been positive about this new team

“Really pleased this is going to be set up, it is something [we have] wanted for a long time. If I had had support earlier, then I [wouldn’t] have got as poorly as I did.”

“Going to GP would be easier [now] as the GP would be able to refer me to somewhere instead of telling me I don’t meet the threshold.”

“6-8 sessions are the right amount and [I] like that I could be stepped up if I needed more support, or if my mental health got worse.”

Need more information and advice on this service?

Please get in touch with the Senior Operations Manager for CAMHS:

Dave.smith@somersetFT.nhs.uk or
Clare.Picton@somersetFT.nhs.uk

What is happening to the Somerset Self-Injury Project?

The Somerset Self Injury Pathway Project was commissioned as a year-long project by Somerset CCG and was hosted by Somerset CAMHS. The project will finish on 31 March 2021.

The focus of the project was to create a suite of resources, provide free training and develop an improved pathway to help those supporting children and young people with mental health difficulties, better understand and respond to self-harming behaviour in children and young people.

This included:

- improving the support offered to children and young people who are self-harming
- improving knowledge, attitudes, and skills of professionals in understanding how to respond and talk to children and young people who are self-harming
- using the information generated by the project to help inform other service areas working to reduce the incidence and impact of self-harm

The learning, information advice and knowledge gained during this project will help inform the work of the new Getting Help service, which will continue to build upon the valuable work which has already been done.