

Vision Statements from Workshop group:

Your care Your Way – CAMHS Participation Group

**Tuesday 14 July 2015 | 4:00 pm
St Martins Hospital**

Comments

- GP didn't know anything about 3 years with CAMHS. Treated completely differently the day she turned 18
- GP said if you've been seeing CAMHS for 3 years, there's not a lot more can be done for you
- Common for a lot of people coming out of CAMHS. Unless I'm at risk, there's no services
- A lot of LIFT service is courses, but there is 1:1 support available
- People feel written off if they've been using CAMHS
- Was an in-patient before 18, and got "kicked out" when she turned 18
- The CAMHS clinicians have to let you go and hope for the best when doctors discharge you – it's so hard to get into adult MH services
- Got a discharge CPA but didn't lead to anything. You should get a letter with a crisis plan
- If you went into a crisis as an adult, would you know what to do? No!
- You have to learn to play the system – some key words get you into certain services
- A&E is often the only option, but they make you feel like a time waster
- Assessment criteria for Adult MH is so strict that you can't get in until crisis
- Not getting consistent advice on exercise when you have low BMI – counsellor & GP giving contradictory advice
- Had good experience with CAMHS but there's no handover – people dreading their 18th birthday
- Some GPs don't read back over your notes and don't understand people's history
- It's hard to book appointments with a regular GP who knows your story
- Some GPs don't care about mental health
- Would be good to have a single care coordinator – we can't recruit more CPs, so what do we need to recruit?
- GPs aren't always the best people to give advice
- You need to build a relationship with someone who "gets you". Someone who

checks I with you every 3 weeks or so

- On CAMHS you can get text support but stops at 18
- Mum had to stop working when daughter turned 18 because of worry
- CAMHS clinicians are worried about patients and don't like sending them away
- Childline is amazing but nothing for adults
- Can get DBT apt on your phone
- Use Headspace app – it's good
- Project Toe app also good
- University have been really good, but it's unique to them. They did a call and referred to a counselling charity
- Reading info on services is no good if you can't access services
- A website that detailed all the charity services available would be great
- Hard to design websites that work for young people and adults
- Doing more in schools to teach skills for mental health before people get ill.
- School lessons of CBT don't always work – they need to be long-term
- Young people find it hard to do mindfulness in groups – they get self-conscious doing it in groups
- Wouldn't know how to access notes
- Told that they have to pay for access to your own information after discharge
- If you go to A&E for a physical problem, you still get treated as a risky MH patient and everyone panics you're going to hurt yourself
- What is "local offer"? – not easy to navigate
- Need one place where all services are listed and kept up to date
- Need different designs for adults and young people
- Also include a little chat mechanism
- Oxford have an 18-15 CAMHS service
- If you are in a crisis OOH, then ring 111 to speak to OOH GP, but they don't know where to send you
- We need an OOH mental health crisis team with direct access
- Some GPs are really helpful and do their research – others don't care
- Should we have GPs with special interest in mental health in each practice? Doesn't have to be a GP though – could just be a support worker
- Creating a report on CAMHS in BANES from xxxx
- Off The Record have changed their ages
- Lots of services are getting out
- To get into CAMHS you have to try other options first but there's not many options out there except school nurse or school counsellor but school counsellors are getting out
- When Off The Record come into schools, then sessions need to match school timetable so you don't have to leave lessons conspicuously

Will organise another meeting for formal consultation in September/October