

Our Ref: CH/ca
27th May 2020

CAMHS West Team
Child and Family Services

2nd Floor, Horizon
Western Community Hospital Site
William Macleod Way
Millbrook
Southampton
SO16 4XE

Tel: 02381 030061

Dear Parents / Carers and Colleagues

www.solent.nhs.uk

Re: CAMHS West COVID-19 Update

I last wrote to you on the 9th May 2020 highlighting some key changes to the Specialist CAMH Service as part of the response to COVID-19. The largest change being our delivery of a community pathway for urgent assessments (within 24 hours) of young people who may have previously been directed to Southampton General Hospital. This is an extension of our current service and is being provided 7 days a week.

When I wrote earlier this month I was able to let you know of our plans for reinstating some of our face to face contacts alongside the work we are undertaking to prepare our therapeutic groups for delivery via digital platforms instead of face to face.

I was also able to update you on how the CAMHS service was returning to the acceptance of referrals. At that point the service was prioritising referrals for anxiety and depression.

I am writing today to update you that the CAMHS West team is now in the position of being able to accept all referrals which meet our criteria, with one exception.

The service will continue to pause on its acceptance of referrals for ADHD assessments where levels of risk are low. Any referrals the service receives for ADHD assessments will be triaged in the usual way (by contacting the family or referrer if unable to speak with the family). If from triage the risk is assessed as moderate to high then the referral would be accepted in the usual way. If the risks are assessed as low, then the SPA team will provide advice, guidance and, where relevant, signposting to local services and online self-help material. This is standard practice for the team and would have been in place at times when referrals for this level were being brought into the service given the long wait times there are for ADHD assessments.

Current wait times for ADHD assessments are something which the service is working hard to reduce and, in partnership with our Commissioning colleagues, we are exploring avenues for doing so. When we have an updated position to communicate on this I will write to you again.

Once again I would like to thank you for your partnership and understanding over this time. We will continue to do our utmost to keep communication clear and unambiguous. Our close working with Re:Minds (www.reminds.org.uk) continues and we continue to be available to parents/carers via that support group for pop up sessions related to mental health alongside general question and answer sessions.

Solent NHS Trust are proud to be an organisation that promotes and supports clinical research, while maintaining confidentiality. If we carry out a study that we think you might be interested in, we would like to be able to let you know about it. If you would rather that we didn't contact you, please let your clinician know.



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Please may I again take this opportunity to remind you of our direct dial number, 023 8103 0061, and our team email address, SNHS.CAMHSWEST@nhs.net To assist us in making the best decisions about our service delivery we ask that you keep us informed of any urgent changes in your child/young person's mental health so that we can assess accordingly with you. Such examples may include increasing risk of harm to self or others, a reporting of any unusual symptoms such as reporting being able to hear or see things that others can't and/or a change in eating habits with food intake being restricted coupled with weight loss and/or excessive exercise.

Yours sincerely



Chantal Homan
Service and Quality Manager

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