



## Information for Parents and Carers

CAMHS CAST Team (Consultation, Advice, Supervision and Training). A service for professionals

Child and Adolescent Mental Health Service (CAMHS)

# The CAMHS CAST Team provide a service for professionals working with children and young people who have a Worcestershire GP

You may have received this leaflet as a CAMHS CAST referral has been suggested by a professional working with your child in relation to their mental health difficulties.

Or, you would like to discuss the possibility of a CAMHS CAST referral with a professional working with your child and you would like further information about the service.

## **CAMHS CAST accepts referrals from the following professionals:**

- Schools.
- School Health Nurses & Health Visitors.
- All agencies within the children's workforce.
- Children's services.
- Voluntary sector.
- GPs.

## **How CAST works**

All the Senior CAMHS Practitioners within the CAST Team are experienced and skilled mental health professionals who offer:

- Consultation, Advice, Supervision and Training so that school staff and other professionals understand their responsibility and role in supporting the mental health needs of your child.
- Attendance at community and school meetings to provide mental health specific advice and support to other services.
- A whole service champion supporting professionals to develop holistic plans for your child so that emotional wellbeing and mental health difficulties are addressed appropriately.
- Close working with the wider CAMH service.
- Close working relationships within CAMHS to support a seamless transition between teams if required.

- **Consultation** with the referrer and any other professional who can contribute to the consultation, a 90 minute appointment is offered if the referral is accepted.
- **Advice** on mental health issues that may be affecting groups of children within school eg self-harm.
- **Supervision** for professional groups to support their understanding of mental health.
- **Training** for staff groups around specific mental health difficulties.

### What happens now?

If the referral is accepted:

- A professional's consultation meeting will be arranged with the referrer to discuss your child's mental health difficulties.
- During Covid-19 meetings will be offered via video conferencing , we use the telehealth platform webex.
- Following the Covid-19 pandemic the use of this platform is likely to continue as an option but we may also be able to offer the meeting at your child's school or in a health care setting.
- The meeting will enable the CAMHS CAST Practitioner to help those working with your child to develop a holistic plan ensuring that emotional wellbeing and mental health difficulties are addressed appropriately.
- The CAMHS CAST Practitioner will also be able to suggest services and approaches that may be able to offer further support to your child.
- As parent/carer of the child/young person you may be invited to attend part of a consultation appointment to provide further information later in the process.

If the referral is not accepted a letter signposting to other, more appropriate services, will be provided to you, the referrer and your GP.

## What will happen to my child's information?

- The professional will help you to understand why the referral is being made and it can only go ahead if you agree to it.
- There is a requirement to write an entry in the child or young person's electronic patient records (CareNotes) after each contact.
- Only staff members working for Worcestershire Health and Care Trust who have a legitimate relationship with your child and are involved in their care will access these records.
- All information is confidential, however if it is felt you or someone else is at risk the information will have to be shared. If this happens you will be informed and also of any referrals to other services.
- A written summary of the consultation will be shared with you as parents/carers, the referrer and GP.
- Please make sure that the referrer has your up to date contact and GP details and let us know if there are any changes.

CAMHS CAST is a service for professionals, please access the Worcestershire CAMHS website for details of other support available for your child's mental health difficulties: [www.hacw.nhs.uk/camhs](http://www.hacw.nhs.uk/camhs)

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**Telephone:** 01562 514549

**Email:** [whcnhs.camhscast@nhs.net](mailto:whcnhs.camhscast@nhs.net)

**Website:** [www.hacw.nhs.uk/cast](http://www.hacw.nhs.uk/cast)

## Do you have a concern, complaint or comment?

If you wish to make a compliment, comment or complaint please contact: Worcestershire Health and Care NHS Trust, 2 Kings Court, Charles Hastings Way, Worcester, WR5 1JR

Tel: 01905 681517 Email: [Whcnhs.pals@nhs.net](mailto:Whcnhs.pals@nhs.net)

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.



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