



Message from Berkshire Healthcare CAMHS, Neurodiversity and all-age Eating Disorders services - 20th March 2020 – Please check CAMHS website for updates

Berkshire Healthcare CAMHS, Neurodiversity and all-age Eating Disorders services are working hard to ensure that they can continue to provide care and support to children, young people and families over this challenging period.

Critical activities that the service will be prioritising are:

- Triage and assessment of new referrals to ensure identification of patients at high clinical risk.
- Rapid Response to young people presenting in, or at high and immediate risk of crisis/deliberate self-harm/suicide.
- Review of medication (in urgent cases, where risk is high) and prescribing where prescribing can only be done by CAMHS Psychiatry.
- Assessment, development of treatment plans & delivery of therapeutic interventions for high need/high risk children & young people
- Liaison and consultation to other professionals regarding urgent mental health concerns
- Urgent assessment/review related to the mental health act and assessment and planning/arrangement of acute mental health inpatient admission.

All teams are moving to deliver services via telephone or video consultation where it is clinically safe and appropriate to do so.

For the time being we continue to run services from all of our sites but if staff numbers fall below safe levels we have the plans and systems in place to enable relocation of services to fewer sites in order to maintain safe delivery of clinical care.

Our staff have mobile working technology to enable access to clinical systems when working from home and the provision of assessment and treatment via telephone is already in place. We will have video capability up and running by the end of this week.

Our Autism Assessment and Anxiety & Depression Teams also have the ability to offer support via the SHaRON (Support, Hope & Resources On-line Network) and all families in these services have been invited to access this system. The Autism Assessment Team also work in partnership with an online provider to offer a number of assessments online and it is hoped there will be less impact on this way of delivering assessments.

We will continue to offer face to face contact across all of our services where it is needed to assess and manage clinical risk, however that will be in the context of due consideration of any additional risks that are the result of the COVID-19 outbreak. We ask that young people and families who have symptoms of COVID-19 do not attend for appointments and make contact with the service to arrange a telephone or video appointment.

We will maintain services to support young people presenting in crisis. As part of our COVID-19 planning, we are working proactively to set up access to crisis assessment and support away from hospital where possible.

In order to ensure that we are able to maintain critical activities, we will be pausing non-critical activities where necessary. We would appreciate your help with this and would ask you to check our website before contacting us for information and to think about whether a referral is urgent before sending it during this uncertain period. website <https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-adolescent-mental-health-services-camhs/>

If you are unsure whether to make a referral or need advice that is urgent but not an emergency, please contact our CAMHS CPE team by telephone on **0300 365 1234**

This is a fast-moving situation so we will continue to review daily and to revise and update our plans as necessary.

Further advice and information will be disseminated via our website and other on-line tools.