



An easy read guide to highly specialised mental health services - for children and young people





Who we are and what we do

We are NHS England.

We want to know what you think of our highly specialised mental health services for children and young people or CYPMH for short.

You might also hear these services called CAMHS.



We are having a consultation. A consultation is when we ask you questions to find out what you think. The consultation is happening now and ends on 28 February 2017.

The questions are not in this booklet. But you can get them in easy read if you want to.



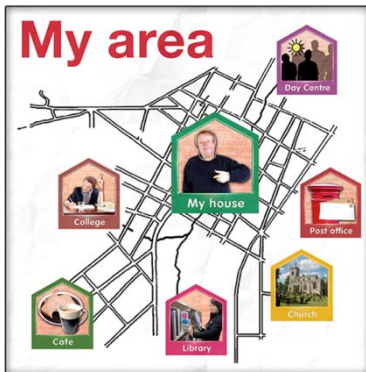
This booklet is about different services for children and young people. It will help you to understand each service so you can answer the questions.



Services for children and young people

There are different levels of service for children and young people. These are

Outreach - these services are for people who need a lot of support in the area where they live. We want to have more services like this in the future. This will help to stop as many children and young people going into a general purpose inpatient unit like a hospital.



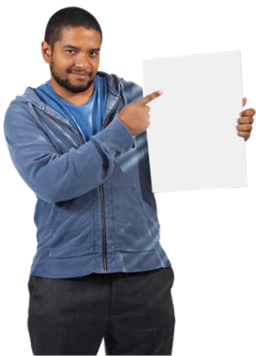
General purpose inpatient unit – this is for children and young people who can't sort out things out at home or in the community. They need to get support in hospital. We try to keep their time in hospital close to where they live and as short as possible.



Psychiatric Intensive Care Unit (PICU) – this service is for young people who cannot use another mental health service and may behave in a way that is very upsetting for them. We expect young people to only spend a few days or weeks in this type of service.



Low secure unit – this is for people who need to be kept safe whilst they get the help they need. They will usually stay in this safe unit for months or years.



Medium secure unit – this is for people who need to be kept safe in case they hurt themselves or other people. They will usually stay in this safe place unit for months or years.

We will tell you more about each service later in this booklet.

Care Pathway for children and young people



We are doing everything we can to make sure every young person gets the care they need

The way you we plan your care is called your care pathway.



Every care pathway is different - it depends on the support and care you need. Some people will need more care than others.

Some people need to be kept safe so they do not hurt themselves or someone else.

We need to give every child and young person the right care and support.

We will make sure we



- Follow laws like the Children Act and the Mental Health Act to keep young people safe

- Give young people time and space to work out any problems

- Involve families and carers from the beginning

- Check how the care is going





- Give physical and mental care
- Give an education and time for other activities too – you can read more about this later in the booklet
- Give young people the right care from doctors and other mental health staff



Getting referred to a service

Getting referred means you are sent to the right care and service to keep you safe and help you get well.

You might be referred if you need to go to a unit and stay there to keep you safe.



You might get referred if there is an emergency and you are going to do something dangerous.



You might get referred

- If you are in danger of hurting yourself or someone else in your family
- You have been in the youth justice system – this is what happens if you are a young person who breaks the law
- By your doctor or another person who takes care of you



- By another service you might already using



Your assessment

Your assessment is when someone who works in mental health talks to you, your family and your carer about what you want and you all agree the care that is going to be best for you.





They might get advice from a doctor called a psychiatrist. A psychiatrist knows a lot about mental health and how to help you get the right care and support.



They will talk to you about what is going to happen and what care or unit you need to go to.

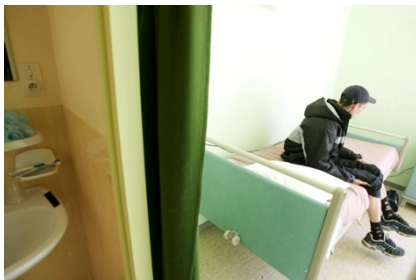
They will ask you to take part in any decisions that are made. They will let you and your family know what is decided, as soon as possible.



They will send a letter about this too.

Inpatient units

You might have to go to an inpatient unit in a hospital to keep you and the people around you safe.



This could be in a general purpose unit, a PICU, a low secure or a medium secure unit.



The law called the Mental Health Act will help us decide what to do if you need to go to one of these services.



The unit you go to depends on what sort of help you need and for the secure units, how dangerous you might be – to yourself and other people.



In the unit you will

- ✓ You will have your own room.
- ✓ A team of doctors and nurses will take care of you and check how you are getting on.
- ✓ You will still get an education and live a balanced life while you are getting care.
- ✓ We will give you medicine if you need it and check that it is working.





- ✓ We will help you with your speech and language – if you need it.
- ✓ You will have a social worker you know – if you need one.



- ✓ We will write a care plan with you and your family, so you know what care you are getting and how to manage the care.
- ✓ Your family and friends can visit you or you can stay in touch with them in other ways.



We will need to know how old you are before you come into a unit. We should move you to an adult unit after you are 18 years old.

We will follow the law and our guidelines to make sure we involve you so that we



- ✓ Make the right decision

✓ Give you the best care



Outreach services

Not everyone needs to be in an inpatient or secure unit.

Some young people will get care and support from different services.



We want to have more services in the community so that only people who really need it, go to an inpatient unit. You will still follow a care pathway and have a care plan.



You might be referred to an inpatient unit in the future. This depends on your mental health and what treatment you need.



Getting treatment

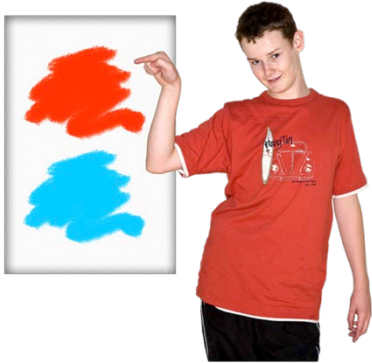
Treatment helps you to be well again. There are lots of different ways to get treatment for mental health.

We will look at all the best ways we can give you treatment.

For example, you might need treatment to help to make your mind feel better. This is called psychological therapy.



You might also have



- Creative therapy – this is when you do art and other creative things to feel better
- Speech and language therapy
- Occupational therapy – this is when you do different activities to help you feel better in your body and mind
- Family therapy





- Take medication – this means medicine to help you feel better in your mind



You can have an advocate if you want to. An advocate is someone who speaks for you and says what you want to happen. This might be someone in your family, a friend or your carer.

Getting an education

Every young person who lives in a mental health unit must have 25 hours of activities in the week.



This means having

Leisure time - you might do dance, go swimming or do art



An education - you will have lessons and learn like you would at school. You can get extra support with learning if you need this.



Therapies to stay well – you can have therapy and do other activities to stay well too.



Getting discharged

When the time is right, we will arrange for you to leave a service. This is called being discharged.

You might



- Move into another service like another unit
- Move home
- Move back into the community where you live
- Move to another area of the country to get treatment



Your care team will plan your discharge with you and write a discharge plan with you.



Your care team will need to decide if you are safe – to be on your own and with other people.



They will follow the law and other guidance to decide what is best for you.

If you are an inpatient, they might decide it is better for you to stay for longer or they might move you to another unit.



Your team will give you support when you are discharged. Your family and carers will help you too.



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