

FOI 0194/2023 Response

1. In the area you cover, are there services / pathways / arrangements for screening groups of young people with higher risk of mental ill-health, for example:

- children in contact with social care
- care leavers
- children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service
- asylum-seeking children

Clarification: For question one, I am asking if children and young people are screened at all. For example, are there screening programmes (perhaps going into schools, perhaps taking place at GP clinics, perhaps elsewhere such as in social care facilities etc.), where vulnerable/ at risk children and young people are checked for potential mental health problems?

Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's, and Autism West Midlands work together to provide emotional wellbeing and mental health services for children and young people in Solihull within our Child and Adolescent Mental Health Service (Solar).

Solar is a secondary care service which accepts referrals from children, young people, and parents/carers themselves, alongside referrals from professionals.

Solar provides multi-disciplinary assessment and treatment of children and young people with mental health or severe emotional and behavioural difficulties. The service currently accepts children and young people, until their 19th birthday, who are residents in the borough of Solihull, go to school or college in the Solihull area, or have a Solihull GP.

Solar is not a universal service however, in our primary care offer in Solar we have a Mental Health in Schools Team to 48 schools in Solihull who help support school staff with identifying emotional wellbeing or mental health concerns.

All referrals are screened daily (Monday to Friday) and if there is a need identified in the referral that indicates an emotional wellbeing or mental health concern, an initial assessment appointment would be offered.

Please note, that for information on children and young people in receipt of CAMHS services in Birmingham, please redirect your request to Forward Thinking Birmingham Service which is hosted by Birmingham Women's and Children's Trust.

2. In the area you cover, are there specific arrangements for young people with complex needs, which may cut across multiple services, e.g. NHS mental health services, social care, youth justice, etc.?

Clarification: For question two, we are interested in partnerships with other organisations specifically pertaining to "complex needs" of children and young people. What we mean by this is, some children and young people lie at the intersection of many sectors, for example, children in care have needs which must be met by the social care system and may also have needs which need to be met by the mental health services available to

them. What we are interested in is whether there are programmes which collaborate across these services.

Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's, and Autism West Midlands work together to provide emotional wellbeing and mental health services for children and young people in Solihull within our Child and Adolescent Mental Health Service (Solar).

Solar is a Mental health service and works in partnership with various agencies and providers. Joint working with Local authority and the Youth justice service.

There is also a Looked after children's team within the service

3. A) Is there a mental health crisis care team for all young people in the area you cover?

B) Is follow-up care provided after contact with the mental health crisis team is terminated?

Clarification: For question three, we are interested whether the Trust maintained contact with children/ young people after they have been discharged, but also interested in other potential forms of follow up care that may be on offer.

The Mental Health Crisis Team sits under the Solar umbrella and is located within the same building as the rest of the Solar services.

There are various pathways at the point of discharge/transition should there be a need.

- Core team (T3) – Potential offers consisting of CBT, Psychology, OT, SLT, Psychotherapy, Trauma work, art therapy etc. Family work.
- Primary care delivered by our partners, Barnardos. (T2), group work, counselling, Lower-level interventions
- MHST (T1.5) – low level interventions.
- LATCH
- TED's (eating disorder service).

Please note that Solar does not maintain contact with children and young people once they are discharged from the service and would be signposted to any additional follow up services if needed.

Children, young people, and families are advised that if further support is needed from Solar after discharge to re-refer to the service and this can be done by themselves.