

## **Powys CAMHS School In-Reach Service**

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**The Powys Child and Adolescent Mental Health Service (CAMHS) School In-Reach Service aims to build capacity (including skills, knowledge, and confidence) in schools to support pupils' mental health and well-being and improve schools' access to specialist liaison, consultancy and advice when needed. This is done through training, education and awareness raising with school staff, who are already known to the child/young person to reduce introduction of an unknown person to offer this support, this reflects the work of Weare (2015), who identified the benefits of a school becoming emotionally holistic and adopting a Whole Schools Approach to emotional health and well-being.**

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In having a holistic approach, services are in place to support both students and staff with access to support services for emotional health, and therefore staff are also provided with details and access to wellbeing support.

The Powys CAMHS School In-Reach Project has been piloted in a number of pilot school sites in Wales, high schools in South Powys were evaluated as part of the this (Welsh Government 2021). The pilot is now being developed across Wales and will be rolled out and offered to all schools in Powys for statutory school age children.

### **Training/ Education:**

The Powys CAMHS School In-Reach Service and the wider CAMHS team include staff who have been trained to deliver Youth Mental Health First Aid and this training is offered to all schools to increase knowledge and raise awareness. Youth Mental Health First Aid Training enables staff to be more confident in responding to the needs of the child or young person when mental health issues first emerge or when a young person's mental health is escalating to crisis.

Primary and High School staff are all eligible to access the training, the content is generally directed towards the demographic of High School children and

young people but does have relevance for schools where children are primary school age.

The main themes of Mental Health First Aid Training involve developing an understanding of causative factors, signs and symptoms, and strategies that can be used by a Mental Health First Aider. The content includes understanding depression (including suicidal ideation and self-harm), anxiety, eating disorders, psychosis, and substance misuse.

### **Consultation:**

A named CAMHS School In-Reach Practitioner will be assigned to each school and will be available for consultation with staff to discuss concerns and formulate a plan to assist in supporting the young person in school. Consultation can take place face to face, virtually or by telephone. Consultation is an opportunity for the receiver of the consultation (member of school staff), to explore the issues that have arose for the young person and their relationship with them, this may include concerns surrounding the emotional health and wellbeing of the child or young person in addressing issues seen from behaviours or presentation in school.

This consultation may involve signposting and sharing of resources. The person receiving the consultation is required to come to the consultation with a prepared case discussion and retains responsibility for the completion of the work, their relationship with the child or young person, the plans formulated and decisions made in consultation.

Consultation is not appropriate for cases that are emergency or urgent presentations, they should be escalated to parents/carers and directed to the relevant District General Hospital if appropriate or Powys Primary Mental Health or Specialist CAMHS Team by contacting the CAMHS Duty Practitioner.

Consultation can be helpful to progress a case where a situation in school has not changed, where strategies have been implemented, to discuss changes in behaviour or presentation and provides the opportunity for reflection. Consultation can also identify if there is a need to refer to Primary Mental Health and Specialist CAMHS Services and support with quality assurance of referrals if required. Consultation would require consent from parents if the young person's details are shared, otherwise the consultation would need to be undertaken achieving anonymity.