

## MENTAL HEALTH

The Child and Adolescent Mental Health Services (**CAMHS**) is a mental health assessment and therapeutic service for children and young people (up to the age of 18) and their families.

An effective **CAHMS** is critical to ensure children, young people and their families who are experiencing mental health difficulties get the treatment and support they require.

### OUR CONCERNS:

- 1) Lack of adequate early intervention and support leads to a complexity of negative behavioural issues developed as coping methods leading to the need for an increase in **CAMHS** referrals often at a higher level of support.
- 2) A sharp rise in demand for **CAMHS**, exacerbated by Covid, has led to increased pressure on the existing resources resulting in increased waiting times and delayed diagnosis and support offered.
- 3) The considerable impact and stress to the wider family arising from delays in intervention, treatment and diagnosis.
- 4) Lack of interim support between first signs of mental health issues and assessment/diagnosis (which is presently heightened by the increased demand on **CAHMS**).
- 5) Lack of separate initial assessment options for Autism Spectrum disorder (**ASD**) and Attention Deficit Hyperactivity Disorder (**ADHD**) and diagnosis process for **ADHD** (where there are no mental health issues) outside of **CAHMS**.

### OUR VISION:

- 1) To have a world-class **CAHMS** in Jersey to provide the best support to our children and young people.
- 2) Holistic, bespoke, early intervention, wellbeing and mental health support for neuro diverse children and young people.
- 3) Comprehensive awareness and acceptance of the neurodiverse mind and mental health services.
- 4) To create a separate neuro diverse pathway and specialist centre for children and young people with **ASD**, **PDA** and **ADHD** where specialist, tailored therapy can be accessed, negating **CAMHS** involvement.

### OUR GOALS:

- 1) Improving the efficiency of prescribing medication for **ADHD** as well as sleep disorders common in children with **ASD** from **CAMHS**, enabling collection from all pharmacies and not just the hospital thus increasing availability of appointments at **CAMHS** for other issues.
- 2) Creation of Parent/Carer guide, with Government support, to help families affected by children and young people impacted by mental health issues including details of options, existing services, what to expect and network/mentoring opportunities.
- 3) Creation of a mentoring network in Jersey allowing families to share their experiences and offer support.
- 4) Support Government redesign of well-being and mental health through workshops and co-production including extending the early years' neurodevelopmental pathway to adulthood.
- 5) Ensure mental health practitioners have the awareness and training to support the mental health of neuro diverse children and young people.

