



## Bexley CAMHS (Child and Adolescent Mental Health Service)

## Community Health and Emotional Wellbeing Service (CHeWS)

CHeWS is a team within Bexley CAMHS, working with Children and Young People's network as part the Transformation Plan for Children and Young People's Mental Health and Emotional Well-being.

We are a multi-disciplinary team of specialist mental health clinicians who provide in-reach work with a particular focus on school consultations and training to the network.

### ***What are the objectives of the service?***

- To improve access to **early intervention and support** for children and young people with emotional and mental health difficulties in Bexley.
- To **develop the capacity and resilience of staff** in children's services to respond to young people's mental health needs.

### ***What services do we provide?***

- Specialist mental health **consultation, advice and support** to those schools. We can help to think about how to work with the child/family, and support you in this process. We can also help with whether a referral to CAMHS or another agency is appropriate.
- **Training** to the network on **promotion of good mental health** and **early identification and prevention** of poor mental health.
- Direct **short-term clinical interventions** for children, young people and/or their families where there is a **mild-to-moderate emotional health difficulty**.

### ***How can the service be accessed?***

#### ***Consultation and training to agencies working with Children and Young People***

Schools have a CAMHS Clinician available for consultation and training. Other agencies can access consultation by phoning the team. For more information, please contact Beverley Stephenson, Nidhi Dholakia-Wellens or Kamisha Guthrie on **020 3260 5200**.

#### ***Clinical work with children, young people and their families***

Referrals of children and young people with mild, moderate or severe emotional health difficulties and who need short-term interventions can be **made through the standard Bexley CAMHS referral form**. All referrals to Bexley CAMHS are discussed in a daily referrals (triage) meeting which includes senior clinicians, where the appropriate team or service is identified.

Members of the Children and Young People's network are encouraged to discuss possible referrals with the team. If a child has been discussed in consultation and a Bexley CHeWS intervention was suggested, please mention this in your referral.