



National Academy for Social Prescribing

NASP Webinar Series: How social prescribing can help young people waiting for Child and Adolescent Mental Health Services (CAMHS) support

Thank you for joining us. The webinar will begin shortly.



Housekeeping

- Please note we are **recording** this webinar (*you will be sent the slides and the link to the recording, and they will be on NASP's website too.*)
- Please submit questions via the **Q&A function**. We will hold a Q&A session at the end of presentations.
- Please use the **chat function** for introducing yourself and networking. If you have any technical issues, please raise these in the chat, and a member of the NASP team will assist.
- BSL Interpreters will be on screen throughout. **Closed Captions** are available (turn these on at the bottom of your screen)



Chair:

Anthea Terry, Head of Evidence at the National Academy for Social Prescribing

Speakers:

Professor Daisy Fancourt, Social Biobehavioural Research Group at University College London

Dr Daniel Hayes, Social Biobehavioural Research Group at University College London.

Liza Jarvis, Children and Young People (CYP) Social Prescribing Lead at Streetgames.

Laura Buglass, Primary Mental Health Specialist at South Tyneside and Sunderland NHS Foundation Trust.

Toby Sweet, CEO at Sunderland Counselling Service.





Wellbeing While Waiting Evaluating social prescribing in CAMHS

Professor Daisy Fancourt and Dr Daniel Hayes,
Social Biobehavioural Research Group at University College
London

the **social**
biobehavioural
research group

Wellbeing While Waiting

Evaluating Social Prescribing in CAMHS

In partnership with the Anna Freud National Centre for Children and Families, National Academy for Social Prescribing and the Social Prescribing Youth Network

Generously funded by the Prudence Trust

Aims and Objectives

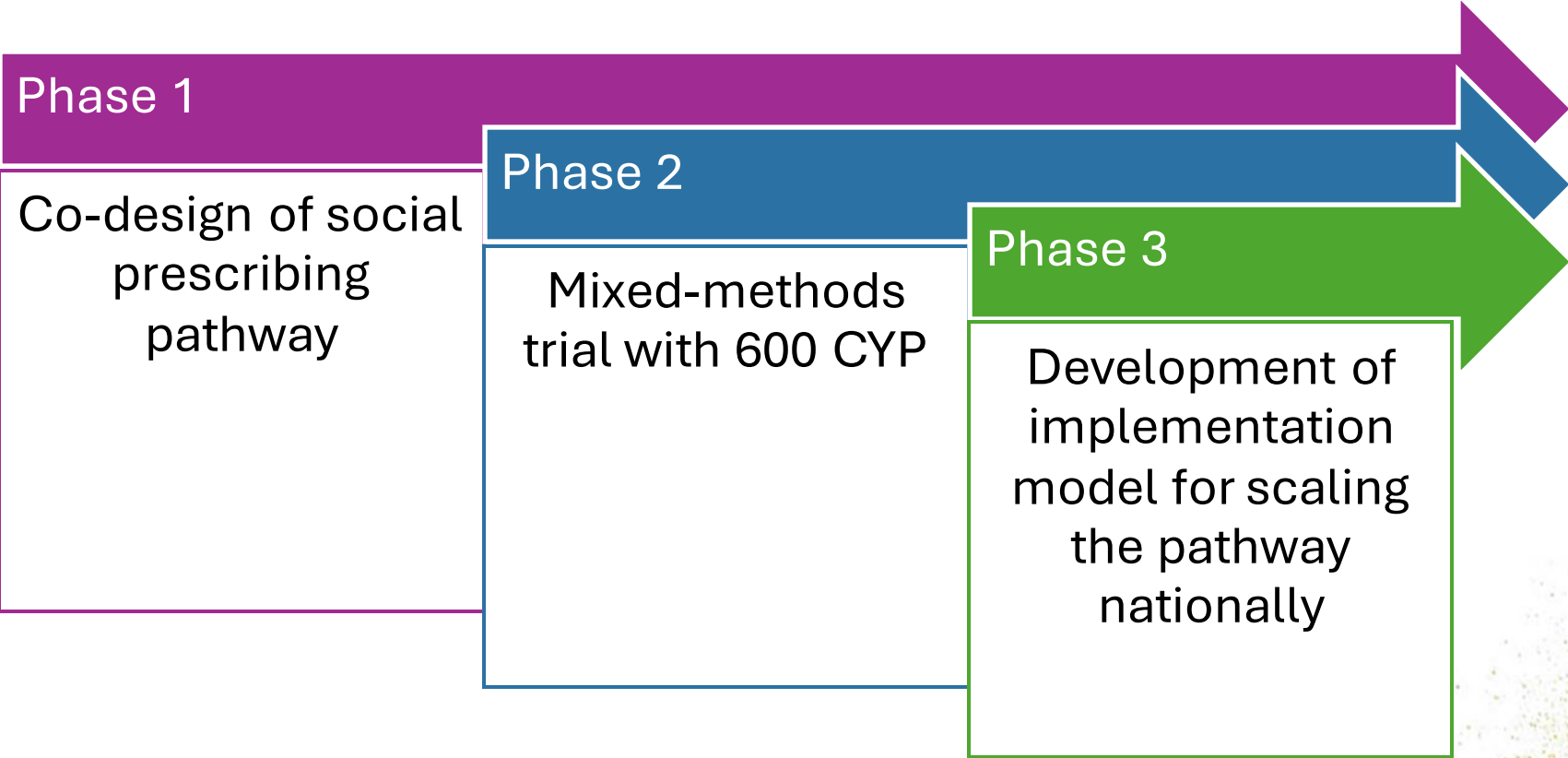
**To increase Social Prescribing referrals in CYP
by developing a new Social Prescribing care pathway within CAMHS**

Primary Objective: mental health, wellbeing and social experiences of CYP

Secondary objectives:

- Mental health, wellbeing and social experiences of parents/guardians
- Service-level outcomes within CAMHS
- The acceptability, suitability, feasibility, uptake, fidelity, costs and potential for long-term success

Project phases



Trial design

- **Setting:** Up to 12 CAMHS sites across England.
- **Schedule:** Recruitment May 2023 to December 2024
- **Participants:** CYP who:
 1. are aged 11-18 years old
 2. have capacity to give assent (11-15 year olds) or consent (16-18 year olds)
 3. who have been on the waiting list for CAMHS treatment for **less than one month**.
 4. who would be RAG-rated as green/low amber.
 5. we **will not** recruit CYP with eating disorders, psychosis or severe and complex difficulties (judged by the assessing clinician).
- **Control group:** CYP on the waiting list for CAMHS treatment at each site prior to the Social Prescribing being launched.
- **Data collection:** Questionnaires and interviews with CYP, parents/guardians, CAMHS staff and Social Prescribing Link Workers.

Data Collection

Assigned to SP (or control)
Referred to Link Worker

CYP assessed for eligibility
CYP provides informed consent

Link Worker co-designs
prescription
CYP starts attending sessions



Questionnaires from CYP
Clinical diagnoses

Session Feedback Questionnaire
Goal based outcomes
Service data on SP meetings

Questionnaires from CYP
Social prescribing with Link
Worker ending

Questionnaires from CYP
Interviews with CYP, parents, staff
Mental health from CAMHS
Interventions received in CAMHS
Retention on CAMHS pathway
Mental health from CAMHS
Interventions received in CAMHS
Retention on CAMHS pathway

Our vision

**To have a fully developed and tested model
for embedding Social Prescribing within CAMHS waiting lists
that can be implemented for all CYP across CAMHS nationally**

Developing Social Prescribing Pathways in CAMHS

Learning from the research team from across sites

Considerations when developing social prescribing pathways in CAMHS

- Four different models of social prescribing in CAMHS were developed
 - CAMHS 'In house' Link Workers/Social Prescribers
 - Link Workers/Social Prescribers via charity and third sector organisations
 - Link Workers/Social Prescribers via Primary Care
 - Remote link Workers/Social Prescribers

- 7 Principles of pathway design when working with CAMHS sites
 - Co-production, stakeholder engagement and buy-in
 - Allocating a budget
 - Establishing SP referral processes and CYP monitoring
 - Recruiting and managing link workers
 - Developing CYP communication processes and materials
 - Creating a youth advisory group
 - Launching the SP pathway

Considerations when developing social prescribing pathways in CAMHS

- Co-production, stakeholder engagement and buy-in
 - Forming a steering group
 - Making the case internally
- Allocating a budget
 - Link Worker/Social Prescriber recruitment
 - Allocating a personalised care budget to young people
- Establishing SP referral processes and CYP monitoring
 - Establishing referral/eligibility of young people for social prescribing
 - Managing information sharing
 - Establishing LW boundaries

Considerations when developing social prescribing pathways in CAMHS

- Recruiting and managing Link Workers/Social Prescribers
 - Hiring Link Workers/Social Prescribers
 - Support and training for Link Workers/Social Prescribers
 - Remote social prescribing
- Developing CYP communication processes and materials
 - Youth (and family) friendly documentation
- Creating a youth advisory group
 - Establishing meaningful collaboration and involvement
- Launching the SP pathway
 - Hosting a kick off-meeting within CAMHS
 - Small iterative changes to pathway to ensure pathway fits needs of service and young people



Social Prescribing Youth Network (SPYN)

Liza Jarvis, Children and Young People (CYP) Social Prescribing Lead at Streetgames



Liza Jarvis

Social Prescribing Youth Network (SPYN)



@SPYN_UK

SPYN@streetgames.org



Our Involvement in Wellbeing Whilst Waiting



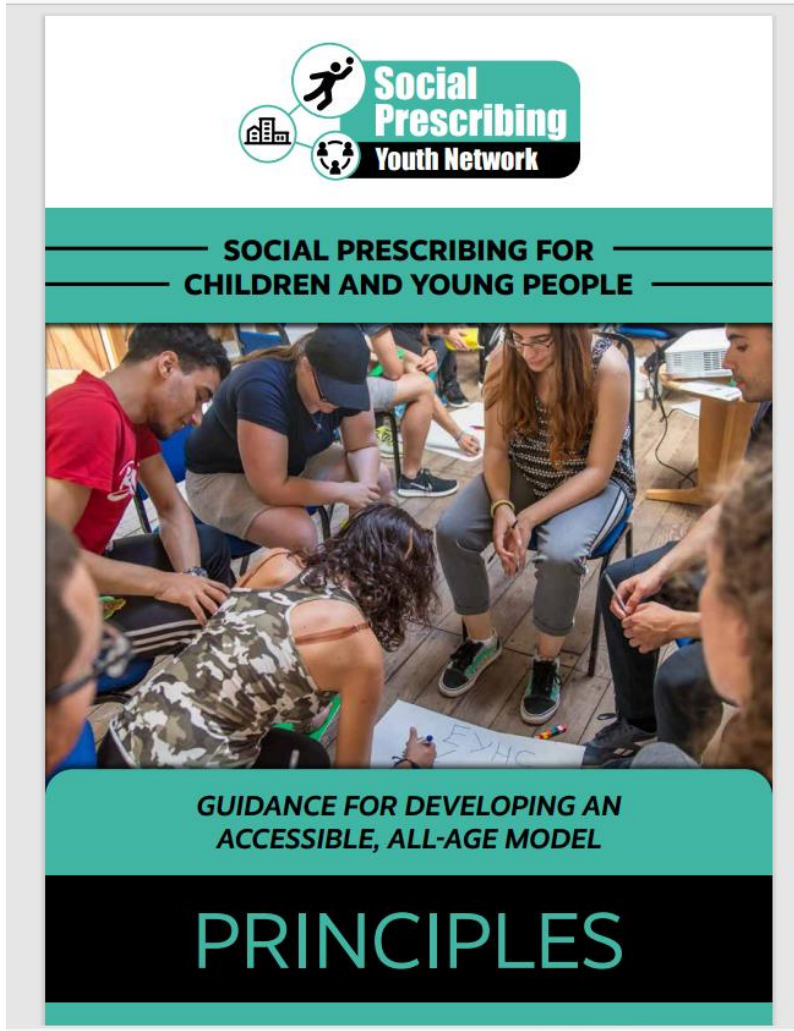
StreetGames have been at the forefront of Youth Social Prescribing for many years, being involved in research, developing the SPYN network and creating resources to support others to implement social prescribing for children and young people.

For WWW we provided the practical implementation support and guidance in 4 key ways;

- Area Steering Groups
- Principles Document – later via the toolkit
- Communities of Practice (COP's)
- Youth Advisory Group (YAG)



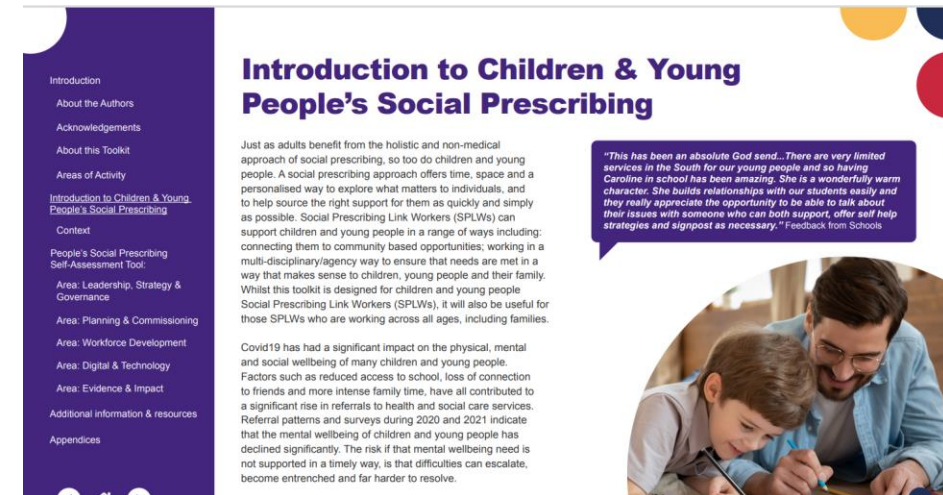
'Principles' document



- 2019 - commissioned by NHSE to look at CYP SP in England designed by a range of stakeholders, National Academy of Social Prescribing, NHSE, Social Prescribing Network, and researchers with expertise in this field.
- This resulted in the development of the 'Principles' document which sets out 7 key areas to think about when setting up social prescribing for CYP;
 1. Governance and accountability
 2. Ethos
 3. Design and Planning
 4. Referral process
 5. The Link Worker Role
 6. In Scheme data gathering
 7. Outcomes and Impact

Children and Young People's Social Prescribing Toolkit

- Developed by the South West Integrated Personalised Care Team and StreetGames as a quality improvement tool.
- Over the last 3 years we have been collaborating with partners and CYP Social prescribing Link Workers to develop a toolkit on the essentials when delivering CYP social prescribing
- The toolkit is now finished and is live on the Streetgames website





Community of Practice



The COP's bring together all areas to share experiences of the project, highlight issues where they need help or to work through an issue and to build collaboration across the country.

Run every 6-8 weeks via Teams

We have also focused on specific issues relevant to the project:

- Personal budgets
- Youth Advisory/Engagement (April)
- Professional boundaries (June)

We have also supported some areas with peer support and reflective practice in this new area of development



Youth Advisory Group



- The involvement of young people in the project development is essential to making sure we get this right for other young people in the future.
- The Youth Advisory Group (YAG) has been established to enable feedback, involvement and codesign
- Led by a Youth Engagement Officer at StreetGames
- Participants recruited from each area with spaces for 1-2 young people from each
- Meet every 6-8 weeks via Teams, but communication and activity takes place between these meetings
- Development of the 'Do's and Don'ts' checklist



The Do's of engaging Young People

Speak and treat young people in a respectful way. Be welcoming, introduce yourself, and engage with the young person with how they want to proceed.



Be friendly, take an interest and listen to what young people have to say.



Give details:
How long is the conversation?
What are you going to talk about?
Who are they going to talk to?
Will there be note taking in the session?
Who else will know about the conversations had?

'Allow us to speak about anything, do not rush'



Let young people enter the room first, give them some time to familiarize with the environment before joining them

Let young people choose where they want to sit, ask for their preference to ensure personal boundaries aren't broken. Ask for their preferences on doors open or shut



Talk to them 1 to 1, unless they have a friend/someone who they want to accompany them.

The Don't's of engaging Young People

Don't make the young person feel judged or talk down to them



Don't interrupt what they are trying to say

Don't talk about things they are uncomfortable with



Don't tell them any personal information

Don't speak to them in a disrespectful way



Don't ignore their interests, look or sound bored with what they are saying

Don't have more than 3 unfamiliar adults in the same room



Don't continuously look them in the eyes (maintain a moderate amount of eye contact)



Don't have a person who is clearly making notes (it is better for everyone to participate in the conversation, it can be stressful if someone is just listening but not responding)





Thank You!

Social Prescribing Youth Network
(SPYN)

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Social prescribing pathway in Sunderland Community CAMHS

Laura Buglass, Primary Mental Health Specialist at South
Tyneside and Sunderland NHS Foundation Trust

Toby Sweet, CEO at Sunderland Counselling Service



NHS
South Tyneside and Sunderland
NHS Foundation Trust


Social Prescribing Pathway in Sunderland Community CAMHS

Toby Sweet
Chief Executive (SCS)

Laura Buglass
Primary Mental Health Specialist (STSFT)


excellence
in all that we do

Some background

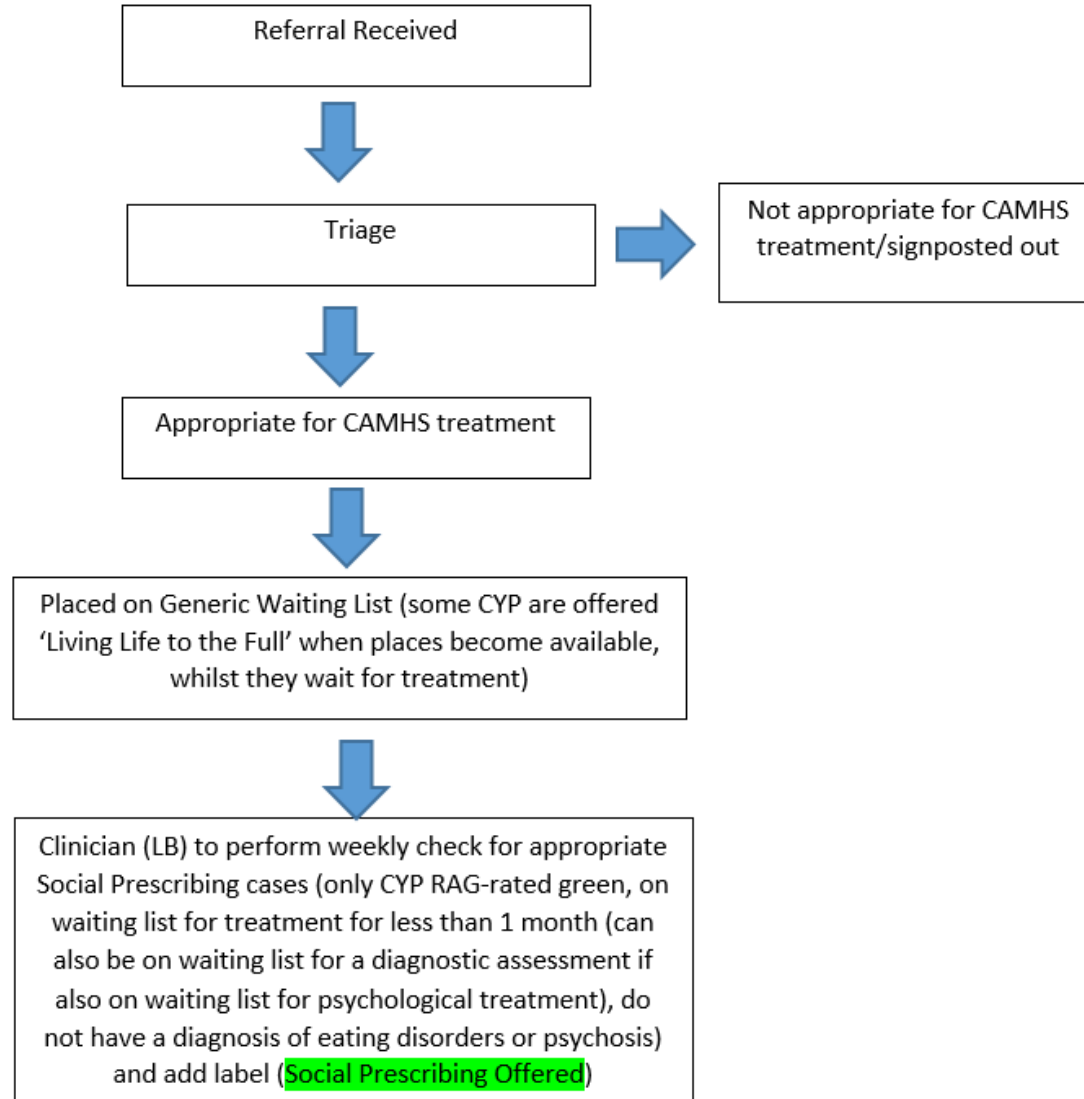
- SCS and STSFT have jointly provided Sunderland Community CAMHS since 2006 – long history of collaboration
 - Sunderland commissioners initially approached SCS in 2021 to explore social prescribing pathway
 - Lots of work behind the scenes – finance, service design, partner / system support & buy in
 - Always envisaged as pilot project to demonstrate effectiveness and impact – initially focussed on those waiting for CAMHS formal treatment
 - Based within both CAMHS & SCS – wider SP team
 - During 2022, agreed to join UCL research study
 - Recruitment challenges – took two rounds to get the right people
 - Go live from summer 2023
- 

Setting up Social Prescribing Pathway

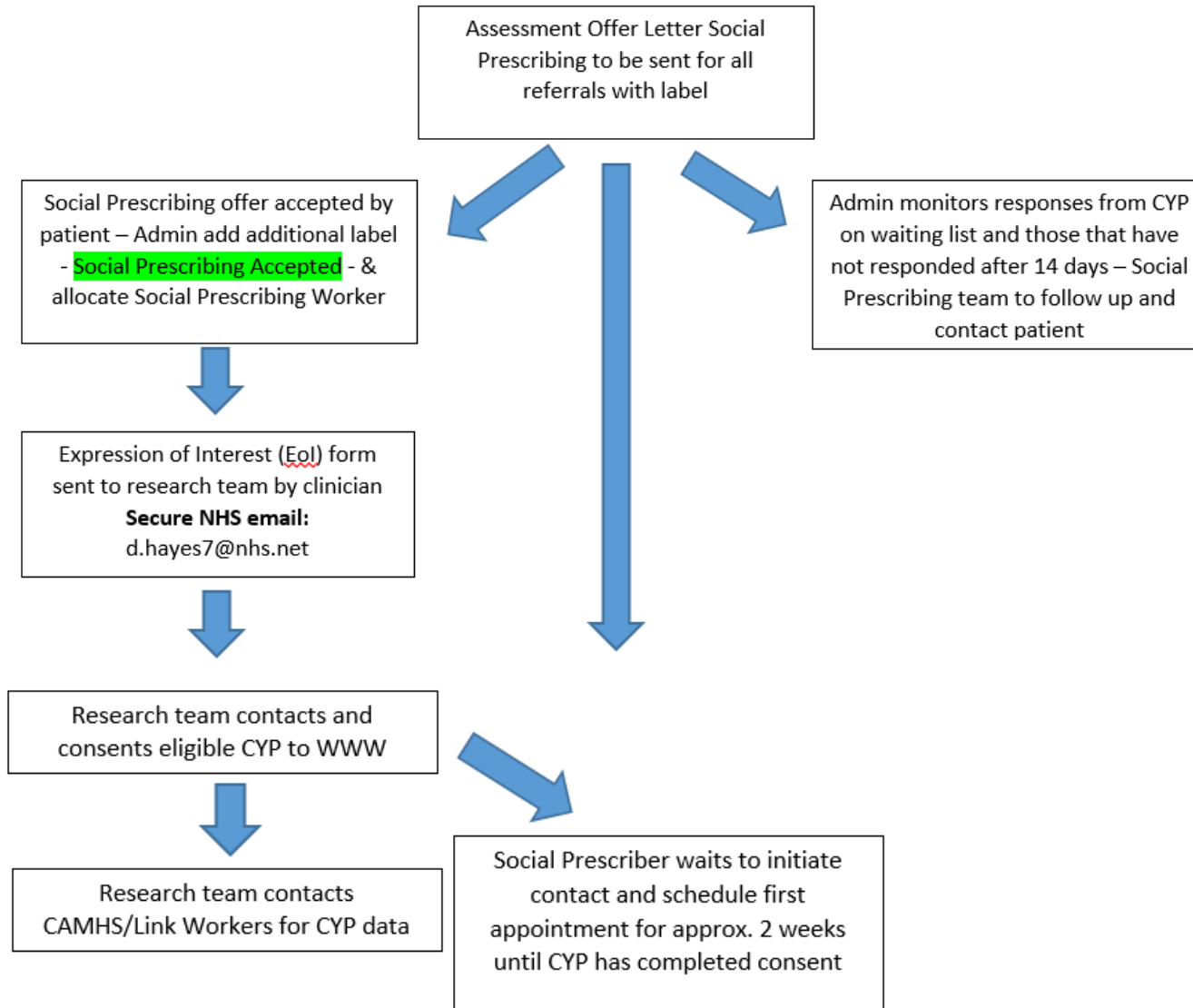
First steps:

- Identify who will be offered social prescribing
 - Decide what the pathway will look like
 - Establish pathway on clinical system
 - Identify roles and responsibilities – screening referrals, updating logs etc.
 - Recruitment
- 

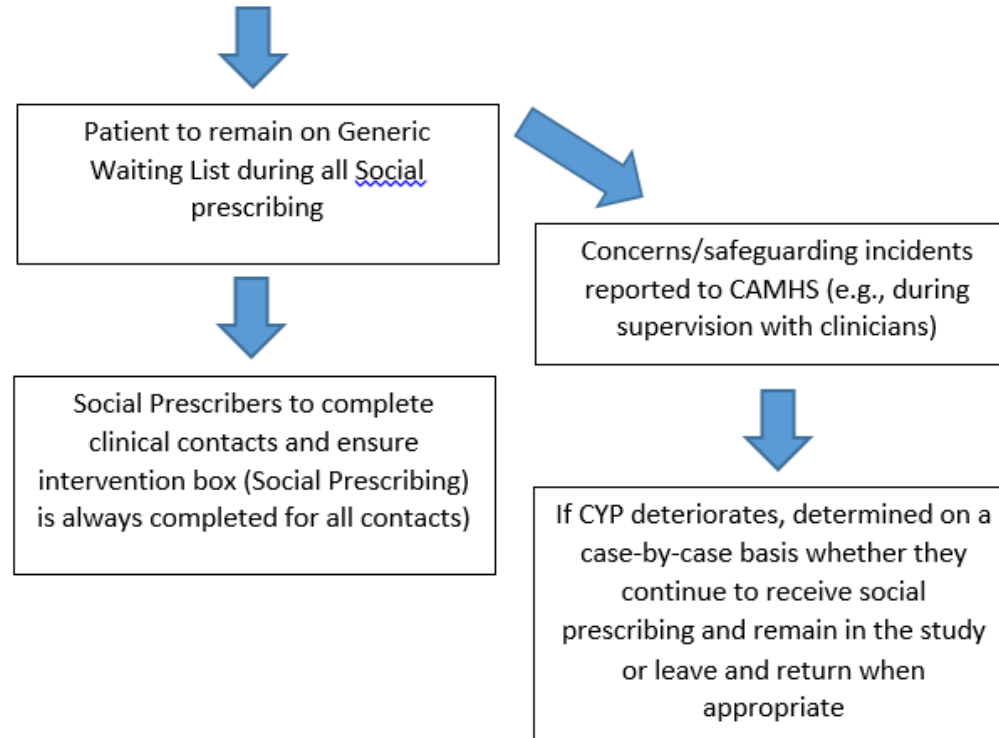
New Social Prescribing Pathway



New Social Prescribing Pathway




New Social Prescribing Pathway



Setting up Social Prescribing Pathway

What else was needed:

- Set up admin support
 - Induction for Social Prescribers – multiple teams to “join”
 - Service specific training for Social Prescribers
 - Ensure policies and procedures are in place
 - Line management and supervision
 - Documents
 - Leaflet
- 

Social Prescribing Leaflet

Can I Ask....

What if I feel too nervous to try something new?

We can come with you to try new things and will help you to take small steps.

What if I don't have the appropriate clothes or equipment I need for what I want to do?

We can help you with that.

What if I am unsure what I want to do?

That's ok, we can help you explore ideas

What if I can't get there?

We can locate some transport for you

Contact us

If you would like to take part, have any questions or would like to discuss something in relation to social prescribing, please contact us on the number below:

0191 2831656







What?

Social prescribing means thinking about what matters to you and doing more of it.


It might be something you used to enjoy or something you have never tried before.

It could include volunteering, creative activities, group learning, gardening, music, getting healthy, a range of Sports among many other things.

Give it a go 

WHEN?

If you would like to take part, you just need to let us know and you will be contacted by one of our link workers to discuss how they can help you.



WHY?

Social prescribing has been shown to improve mental health and physical wellbeing.

It can help to build your confidence by helping you to:

- Connect with others so you feel less alone
- Gain motivation by finding a new interest
- Be more active
- Learn a new skill
- Do things you enjoy that matter to you

dancing

gymnastics

care for animals

tennis

football

cooking

arts & crafts

painting

youth club

swimming

Challenges Setting Up New Pathway

- Understanding of social prescribing
- Clinical system
- Out of hours
- Geography
- Long term sustainability
- Parental and child mental health issues
- Processes for allocating enabling grants
- Communication processes



Successes

- Short waiting time
- Long term benefits
- Positive impact
- Benefitting whole family
- Information gathering
- Newsletter



Activities so far...

Gardening

Wellbeing walks

Lego club

Art galleries

Employability

Art activities

Games

Photography

Grass roots football project

Climbing wall

Music projects

Youth groups



What do our Social Prescriber's Say?

It's really rewarding when you can see the young people really appreciate it

I enjoy the variety of the role and making a difference to the young people

It's lovely to offer some relief to the young people from their everyday problems, even if for a short time

I enjoy the challenge of finding activities to help young people socialise and get them out from behind screens



What do the young people say?

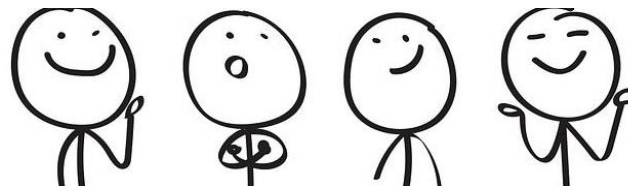
It was easy to talk
and I felt confident
and safe

It's nice to have
somebody to talk to,
it makes me feel
calmer

She didn't want to go at
first but she really
enjoyed the visit to
Homegrown

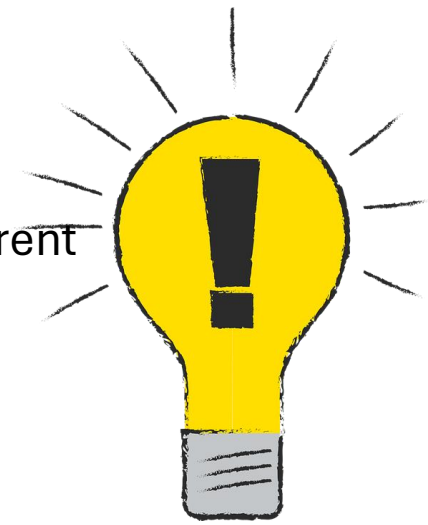
(Social Prescriber)
was approachable
and listened to my
problems

It really helped to
reduce my daughters
anger at home



Our top tips

- Partnership working brings benefits; NHS and VCS bring different strengths
- Phone calls are better than letters
- Community mapping and making links with other services/ charities/ projects is important
- There may be unexpected benefits
- Building good relationships with others in the community (schools/ venues) can help when booking appointments
- Sharing knowledge among social prescribers and the wider team helps more young people to benefit
- Huddles have provided opportunities to discuss any issues and resolve them quickly



Thank you for listening

Contact details

Toby Sweet, Chief Executive, Sunderland Counselling Service

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Laura Buglass, Primary Mental Health Specialist,
Sunderland CCAMHS

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Get in touch

socialprescribingacademy.org.uk



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Q&A

