

Local Resources for Children and Young People
Isle of Wight

Services for children and young people are still operating but due to the coronavirus, they are likely to be using a different model during this period. Please contact individual services for details as required, whilst we collate details and update this information sheet.

CCAMHS

Updates on current support provisions for service-users during the quarantine

For current service users:

Those currently open to CCAMHS will still be able to access the service for support. However, the way to do this has, temporarily, changed. The clinic is closed to service users; we are not doing any face-to-face appointments, at the clinic, at homes or out in the community. If a situation is deemed urgent and requiring face-to-face contact, this will be dealt with by the team on a case-by-case basis. Therefore, the vast majority of our work will for now be completed via telephone or videocalls.

If the service-user has an allocated clinician, they will be contacted directly to arrange ongoing telephone or videocall contact. Ongoing support will be agreed by the service-user (and if appropriate, their family) and allocated clinician but will likely be regular check-in phone calls. We are currently not able to offer routine therapy appointments to the vast majority of our service-users, only those with high-need and significant risk.

In January and February 2020, we had begun an assessment clinic in which young people were assessed by a clinician, and then placed on a waiting list for intervention if deemed appropriate. The waiting list was established due to the high demand CCAMHS were experiencing. There are several young people who are currently on waiting lists for intervention, or on a waiting list to be assessed. We have cancelled all upcoming assessments booked, and those waiting for assessment remain on the assessment wait list. We continue to follow the protocol established for waiting lists, and will contact people to check-in and manage safety, the regularity of these check-ins will be determined by their level of risk.

If the service-user does not have an allocated clinician, but are open to CCAMHS, they are able to telephone the clinic for support as well. There will be a qualified clinician allocated each day to taking phone calls from people with urgent enquiries or concerns.

For those not currently open to CCAMHS (new and re-referrals)

If the service user has been open to CCAMHS, and discharged within the past 3 months, they are able to seek support directly. They can telephone the clinic on 01983 523602 for advice. What we can offer those recently discharged will be determined on a case-by-case basis; we cannot guarantee that service-users recently discharged will be offered ongoing support. Only those considered at risk of harm to self or others will be offered direct CCAMHS involvement for the current time, but we will offer guidance on accessing self-help resources and other services to those we cannot see directly ourselves currently.

Those who have been previously open to CCAMHS, but discharged more than 3 months ago, or those who have not been open to CCAMHS before, will need to be referred by a professional (for example a GP, staff member from school, paediatrician, or health visitor).

We are not currently accepting referrals to CCAMHS unless there is an identified risk of harm to self or others, which is deemed significant. Any referrals that are received are being screened by qualified clinicians regularly. We are accepting referrals for high risk individuals, but we ask that, while we are temporarily closed due to Covid-19 government guidance, no referrals for routine or non-urgent patients are sent to us. If we receive any referrals which are not urgent, we will offer sign-posting to other services or self-help resources, but will not be accepting the referral at the current time. If you are unsure of whether a case is urgent, please telephone the clinic on 01983 523602 to discuss with a clinician before sending a referral.

This plan for business continuity will be subject to regular checks and updates and may be altered at short notice if the situation or guidance change. We will endeavour to update our service-users of any changes as soon as possible.

CONTACT DETAILS:

CCAMHS clinic telephone number (open 9-5 Monday to Friday): 01983 523602

Out of hours (for urgent support outside of the CCAMHS clinic opening times): 01983 522214

CCAMHS clinic email: iownt.spcamhs@nhs.net (for non-urgent enquiries)

ThinkNinja

Think Ninja is a free app available to all young people aged 11-17 who live on the Isle of Wight. Based on principles of cognitive behavioural therapy (CBT), the app helps young people to notice and change their thinking styles so they can maintain positive mental health and emotional wellbeing. The app has been updated to include specific information and activities relating to coronavirus. Follow this link to see introductory videos as well as direct link

to the Apple App Store and the Google Play Store – young people need to input their postcode and date of birth to gain access.

<https://www.healios.org.uk/services/thinkninja1>

ThinkNinja is not available for PCs and offers support only – it should not therefore be used as a replacement intervention for mental health input from NHS CAMHS or counselling services.

School Nursing Team We have identified a designated phone number for young people to message the School Nursing team if they are anxious or worried at this time. We will be able to offer a call back with advice and signpost to the best resources and services for young people. This is a safe and confidential service especially for young people.

The number is 07341 868124. This dedicated phone line will be open Monday to Friday between 9am and 4pm, including in the school holidays.

The young person should leave a message and a member of the team will get back to them as soon as possible, within 24 hours (within the working week of Monday to Friday).

#InclusionInspire A free and confidential service for all children and young people aged 24 and under, supporting young people affected by drugs or alcohol. We work with you to achieve your goals, and can come to you. You can get help using an online referral form (www.inclusioniow.org), or by calling 01983 526654, emailing inclusioniow@mpft.nhs.uk or texting on 07980 778876.

In light of coronavirus, InclusionInspire is delivering a primarily telephone based service in order to reduce spread of the virus while maintaining positive contact with service users. The level of contact has been assessed according to risk on a case by case basis to ensure that whatever our staffing level at any given time we prioritise the most at risk patients.

Home Visits, Outreach and face to face work are still taking place when it is necessary and other methods of support cannot be used. A COVID-19 pre-screening taking place in advance whenever possible.

We are increasing access to on-line interventions and posting work books and resources to clients. We are facilitating triage assessments via telephone in the usual assessment slots.

We are frequently reviewing prescription regimes in the light of a rapidly changing picture of pharmacy availability. In some cases we are providing take home prescriptions (with safe storage boxes and naloxone where indicated)

to avoid interruptions to prescriptions such as when pharmacies close or are unable to provide supervised consumption. This is challenging and we are working with the LPC to minimize interruptions. In accordance with nationally agreed guidance in most cases it is considered less dangerous to provide take home medications than to allow clients to be left without medication at all.

YMCA Young Carers This service provides support to young carers and their families on a needs-led basis. At the moment, due to coronavirus, this includes:

- Phone and email support for young carers and their families
- A listening ear
- Activity packs supporting emotional literacy and resilience
- Liaison with Schools
- Liaison with other professionals...children's services etc
- Ideas, suggestions and links for education, physical and mental wellbeing
- Information and guidance to help young carers and families receive further services that can provide support
- Remote counselling for those most impacted

The website is currently being updated to reflect the support available – link here: <https://ymca-fg.org/young-carers-service-iow/>. Referrals accepted by email to iowyoungcarers@ymca-fg.org, phone number is 01983 861071.

Youth Trust The Isle of Wight Youth Trust offers free support, information and advice for young Islanders aged 4- 25 years and their families. Due to the current COVID-19 outbreak, the Youth Trust Team is working remotely. During this time, they are contactable by phoning 01983 529 569 between 10am -4pm Monday to Friday. They will also be responding to emails sent to info@iowyouthtrust.co.uk . You can also keep up to date with Youth Trust news and tips for supporting your mental health by visiting www.iowyouthtrust.co.uk or following their social media accounts:
Facebook: <https://www.facebook.com/isleofwightyouthtrust>
Twitter: @IOWYouthTrust .

Barnardo's Family Centres:
Isle of Wight Family Centres offer information, advice and guidance for parents of children 0-19 which includes a range of evidence parenting programmes and usually universal stay and play sessions for parents with children 0-5. Currently during the COVID 19 crisis we are not offering any face to face sessions, however any parent who has been passed to us wishing to have some support will receive telephone support and guidance and we will be offering virtual classrooms for our course delivery and this will be available in the next few weeks. Our centres are open for prearranged appointments with the midwives or health visitors.

In order to access any support or just to ask questions about what may be available or ideas for how to manage family life at this time, please email IOWfamilyCentres@barnardos.org.uk or call East Newport Hub 01983

529208, Sandown Hub 01983 40878, Ryde Hub 01983 617617. We have a Facebook page which is updated regularly. Find us @ Isle of Wight Family Centres.

Counselling Services

Talk2 Counselling service for children and young people. Providing help and support for children's emotional health and wellbeing that is child directed, systems focused, strengths based and outcome informed. In light of coronavirus, currently offering support and reassurance to children and families by telephone.

Referrals received over the phone and electronically as always but not currently received in the post. Phone number: 01983 865657, email: iow.barnardos@nhs.net or Talk2@Barnardos.org.uk.

Website: <https://www.barnardos.org.uk/what-we-do/services/talk-2-service>.

-----Services below this line need updating in light of coronavirus -----

Space 4 U

Space 4U safe haven – this service for young people aged 11-17 (up to 18 with additional needs) is open on Mondays from 6-8.30pm at East Newport family centre and Wednesdays from 6-8.30pm at Sandown family centre. It is a safe, calm and confidential space where you can go and talk to friendly, trained staff who can support you to work through your worries and signpost you to other support (such as counselling) if required.

For more information you can call 02380 224 224 Monday to Friday 9am to 5pm or email enquiries@nolimitshelp.org.uk. During session times you can call 07741 665182.

Breakout Youth

For people who identify as LGBT+ or are questioning their sexuality or gender identity. If you are aged under 21 (under 25 with additional needs) then Breakout Youth can provide confidential one to one support, youth groups, sexual health advice and support and signpost to other services that may help you. If you have any questions or would like to be referred to a Breakout Youth Group, you can call 02380 224 224 or email hello@breakoutyouth.org.uk.

Mountbatten

Awaiting information.