

Winsford Camhs Children, Young People's Mental Health Services

Welcome Information



How to find us

Hawthorn Centre
1st Floor Commerce House
Dene Drive
Winsford
Cheshire
CW7 1AS

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Fax: 01606 592885
Email : cwp.winsford.camhs@nhs.net



Figure 2 Entrance and waiting area



Figure 1 Waiting Area

Who will I see?

The specially trained workers at CAMHS have different professional backgrounds; they might be mental health nurses, social workers, occupational therapists, psychologists or psychiatrists.

Therapy is usually through Group work, one-to-one sessions or with your Family.

How long for?

The number of sessions will vary according to the type of therapy and your individual needs but we tend to work in blocks of 6-7 sessions. Nearly all young people only need to see a CAMHS worker for a short period of time. We will discuss with you and work with you to discharge you as soon as possible.

What will we talk about?

Talking, listening and thinking about things that might help, is all that most young people that visit CAMHS need. During sessions we might talk about: what difficulties you are having, which goals you are aiming for, how we will support you to reach your goals and what you and the people around you will do to help you achieve your goals. CAMHS is very much about giving you the skills and tools to take control and make the best choices for you so we will always encourage you to share the things you would like to talk about.

Confidentiality (will it be kept private?)



Appointments with our service are confidential. When a worker says that you can speak to them confidentially, this means what you talk about will be kept as private as possible and that they won't, unless they are very worried about your safety or the safety of others, tell anyone else what you say.

Will we tell other people about your problems?

We do sometimes need to talk about your worries with:

- **Other people who know you e.g. your teacher or social worker, if we need more information about the difficulties you are having.**
- **Other people in CAMHS, so they can help us to help you.**
- **Your GP, Staring Well service (CWP) and the person who asked us to see you, to tell them a bit about your problems and what we plan to do.**

At CAMHS, we always try to get your permission before sharing information about you.

Rarely, we may need to share information without permission when we have serious concerns about the safety and wellbeing of a child or young person. A young person can speak with a clinician confidentially; however we have to share any concerns about your safety or the safety of others, with a young person's parent/carers.

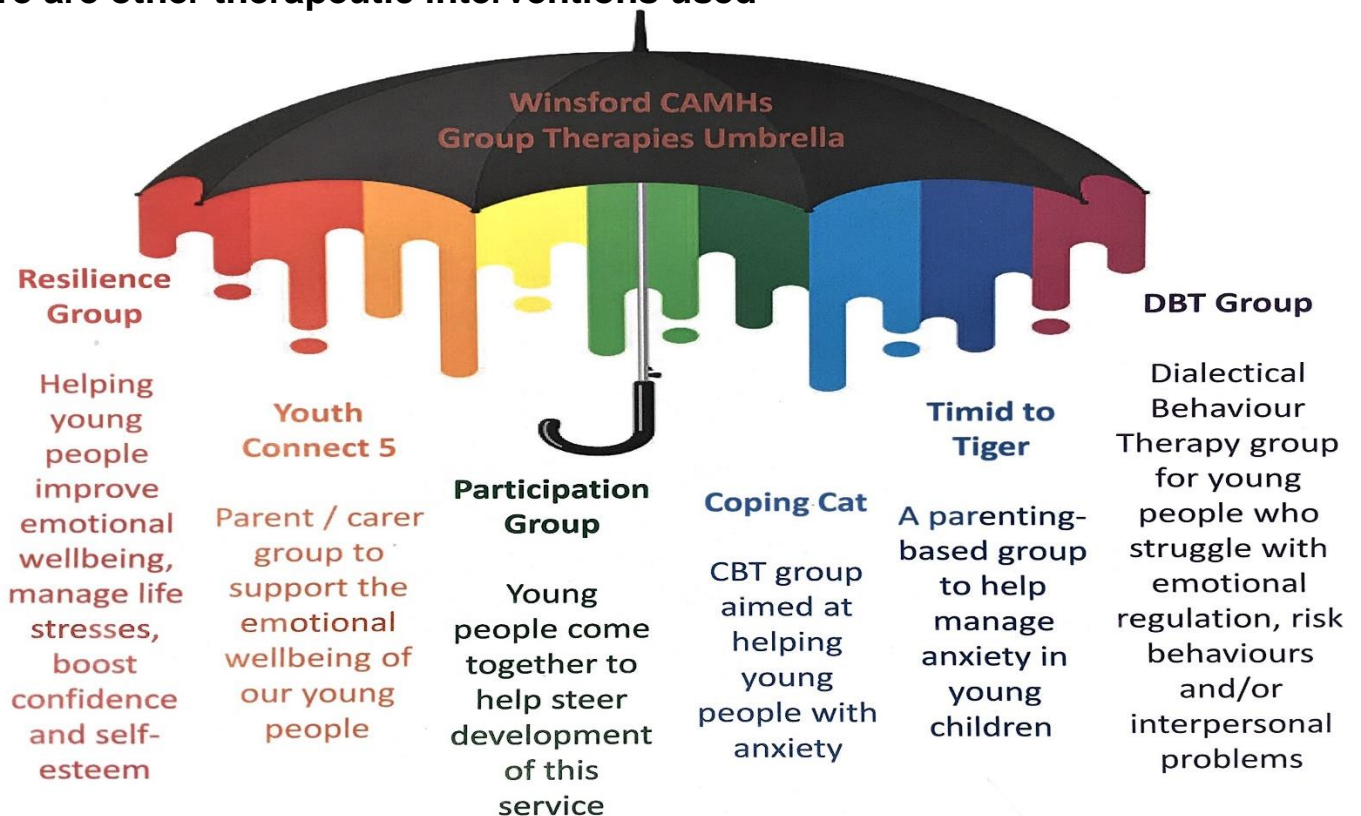
If you have any questions about confidentiality, you can ask your CAMHS worker at any time.

Different types of therapy

There is support available at CAMHS for mental and emotional problems. This is influenced by the following therapeutic approaches:

- **Cognitive Behavioural Therapy (CBT)**
- **Solution Focused Therapy**
- **Narrative Therapy**
- **Creative Therapy**
- **Family Therapy**
- **Group Therapy**
- **Dialectical Behaviour Therapy (DBT)**

There are other therapeutic interventions used



What does Assessment? Choice? and Partnership mean?

Choice assessment appointment- This is the first appointment you will have at CAMHS where we will talk about you and how you are feeling. One or two members of the team will ask questions and take some notes and the purpose is to decide together whether CAMHS is the best service to help you at the moment. It is usual that we ask to meet with the young person by themselves at some point in the Choice assessment.

Partnership appointment- If we decide together that CAMHS can help you, you will be offered a series of 'Partnership' therapeutic appointments. Partnership is a set of sessions of therapy with a CAMHS worker. It is called Partnership because the CAMHS worker and you and your family will work together to bring about the changes you need. Partnership appointments can be Group or Individual based.

Consultation- We can offer consultation advice and support regarding mental health difficulties for professionals from other agencies involved in a young person's care. We would always seek your permission before speaking with other agencies.



CWP CAMHS now have their own, standalone website and Twitter feed. This means service users, carers and professionals can keep up to date with all that's happening within their local CAMHS services. The Mymind website (www.mymind.org.uk) was produced following a successful piece of participation work with a small group of our service users and was launched in September 2011. It contains general information about our services, animated videos about what to expect from CAMHS, (produced by the young people who use our services) and downloadable resources like podcasts and colouring sheets for the younger visitor. The news pages are regularly updated using content produced by our CAMHS teams.

The Mymind Twitter & Instagram information feed runs alongside the website to keep our Social Media followers up to date with website developments and articles of local or mental health interest. You can follow the Mymind feed via:

Instagram @cwpmymind



Twitter @mymindfeed



Patient Advice and Liaison Service

The patient advice and liaison service (PALS) is an accessible, confidential, free service that supports service users, carers, relatives and friends by listening to their views and concerns.

It aims to resolve problems and concerns quickly before they become serious, negotiating solutions to concerns before they become complaints

PALS staff liaises with and complements the work already being done by clinical staff such as doctors and nurses. It is an information point for service users, carers and families about local health services, voluntary organisations and support groups. It is also a gateway to the complaints procedure and specialist independent advocacy services.

PALS also acts as an early warning system for the Trust and the Patient and Public Involvement forum that monitors problems as they arise, highlighting gaps in services and staff training and submitting anonymous reports for action.



Listen Up

Listen Up is the name of our involvement group
The group helps and supports the Camhs team here at the Hawthorn Centre.

Its helps by advising us, challenging us. We ask the group to undertake tasks like designing leaflets, reviewing information, attending events, telling their story to help other young people. The group meets on a monthly basis.

CAMHS Advice line: Advice line for young people, parents and professionals



Monday to Friday
1pm to 5pm



Monday to Friday
5pm – 8pm
12pm – 8pm Weekends

