

Date: 8<sup>th</sup> April 2020

CAMHS Head Office  
Banham House  
Bodmin Hospital  
Boundary Road  
Bodmin  
PL31 2QT

Dear Colleague,

**RE: CAMHS Covid-19 Response –Information to our partner agencies.**

We are writing to update you regarding Cornwall CAMHS Covid-19 response. We are making every effort to ensure that our young people and families are offered as much support as is practical.

**REFERRALS**

The usual referral pathway is open to you via the Early Help Hub (01872 322277, [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk))

**MEDICATION**

Our small medical team will be prioritising crisis-orientated work.

**INITIAL ASSESSMENTS**

We are continuing to offer initial CAMHS assessments for all new referrals that have met our specialist criteria. These assessments will be performed over the telephone or via “Attend Anywhere” video conferencing platform. Correspondence will follow normal procedures and families, GPs and referrers will receive a copy of the outcome of the assessment as normal. Obviously this situation may need to be reviewed depending upon the extent of pandemic and its effects upon our staffing levels.

**CASES CURRENTLY OPEN TO CAMHS**

Cornwall CAMHS clinicians have been reviewing their caseloads and are identifying and prioritising our most unwell young people.

We endeavoured to contact every family on our Cornwall CAMHS caseload to review their current care plan, risk summary, and discuss a clear COVID-19 crisis and contingency plan. Documentation will also be posted to the family and where possible an electronic copy will be sent to each GP surgery.

We are a research active trust, to get involved in a research project, please email [cpn-tr.CFTresearch@nhs.net](mailto:cpn-tr.CFTresearch@nhs.net)  
For information on mental health medication visit [choiceandmedication.org/cornwall](http://choiceandmedication.org/cornwall)

**Chair:** Dr Barbara Vann    **Chief Executive:** Phillip Confue  
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In accordance with government guidance, therapy is being scaled back according to clinical need and priority. This will be delivered more as a team of clinicians rather than relying on individual care coordinators. Each day, the CAMHS clinicians meet for a morning handover to consider prioritisation of cases and to plan the days' working to meet these needs and cover sickness.

Families are aware that should their young person's mental health deteriorate they are to contact us on their usual CAMHS office telephone number and we will respond as soon as possible.

All our contact is by the telephone, or where possible through video calls. In some exceptional circumstances face-face appointments will be offered at one of our CAMHS bases, that will follow all the NHS guidance on either social distancing or use of personal protective equipment.

### **PHASED PLAN**

Cornwall CAMHS has written a detailed Covid-19 response plan. This is based on four phases in the event that the pandemic reduces our workforce to a situation where we cannot deliver service as usual. This letter summarises our phase 1, in that we are still providing a service, albeit over the telephone and screens rather than face to face. We have had to temporarily cease Primary Mental Health work to allow this workforce to support specialised interventions and release some staff to acute settings.

Phase Two will be entered when our workforce drops beneath 60% critical mass. We will scale back our input and need to share caseloads within the teams. Young people will be offered more advice and support about staying healthy and what to do should their mental health deteriorate. It will see a merger of teams to three bases instead of seven across the County.

Phase Three will be implemented if or when our workforce falls beneath 50%. More scaling back will be necessary and our most vulnerable and high risk patients will be prioritised over routine work.

Phase Four will be implemented if or when our workforce falls beneath 30%. All available resources will be directed to Sowenna and our Crisis Team. We will ensure our most unwell and at risk young people are receiving care in this phase.

We are taking all necessary measures to ensure our staff wellbeing to avoid having to escalate through the phases above. Personal Protective Equipment is available to our staff should they require it.

### **HEALTHY LIFESTYLE**

We are emphasising to families about keeping to a daily routine, avoiding doing the same thing all day and trying to identify meaningful activities to do. We would be grateful if you could also encourage families and young people to do the same.

### **SELF HELP RESOURCES**

All young people are being encouraged to try and utilise self-help resources to reduce distress, for example distress tolerance and distraction activities, as well as seeking input from their family members. Young people/families are encouraged to contact the below organisations for support if necessary:

- **Support Matters** - call free on 0800 001 4330 5pm-9am weekdays and 24h weekends & bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services.
- **Young Minds Crisis Messenger** - Text YM to 85258
- **Young Minds Parent Helpline** – Call 0808 802 5544
- **Papyrus Hopeline** - specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person. Tel: 0800 068 41 41 / Text: 07786 209697 / Email: pat@papyrus-uk.org

It is important for you to know that we keep our phones lines open so if you are at all concerned about a young person that is working with CAMHS, please contact us and we will be able to discuss this young person with you?

Kind regards,

Angie Butler, CAMHS Clinical Manager  
Lucy Hayes, CAMHS Operational Manager  
Cornwall CAMHS