

Evaluating Care Pathways for Children and Adolescents With Psychosis in Greenwich CAMHS

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Introduction

Psychosis in children and adolescents is associated with significant clinical, social, and educational impact. Early identification and access to appropriate care are essential to prevent crisis presentations and restrictive interventions. Evidence shows disparities in psychosis pathways, particularly affecting young people from Black and minority ethnic backgrounds. This audit evaluated the care provided to young people under the Greenwich CAMHS psychosis caseload and assessed alignment with NICE guidance.

Aim and Objectives

The audit aimed to evaluate care provided to young people within the Greenwich CAMHS psychosis caseload and identify areas for service improvement.

Objectives were to:

- 1-Describe demographic characteristics including age, ethnicity, diagnosis, and ASD status
- 2-Examine routes of access to mental health services
- 3-Identify previous engagement with mental health services prior to crisis presentation
- 4-Review educational provision and support
- 5-Assess use of restrictive practices including medication, Mental Health Act use, and police involvement
- 5-Identify opportunities to improve access and prevent crisis presentations

Methodology

Design: Local service evaluation

Setting: Greenwich CAMHS Psychosis Pathway, Highpoint House

Timeframe: March–July 2023

Sample: 15 young people aged 14–17 years

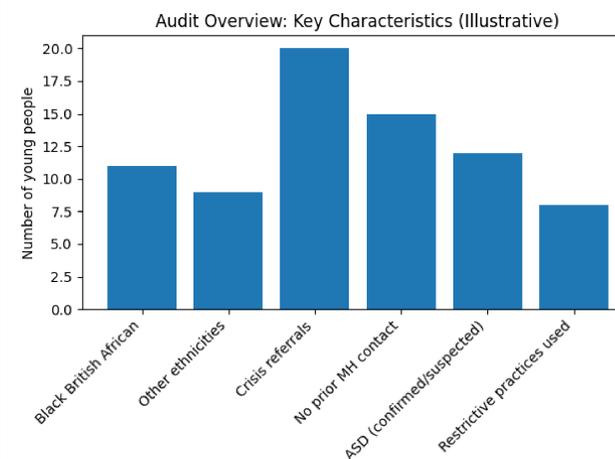
Data collection: Structured review of electronic patient records using a bespoke audit tool

Standards: Assessed against NICE guideline CG155 (psychosis and schizophrenia in children and young people)

Governance: Approved locally as a service evaluation

Results & Discussion

Young people with psychosis are predominantly accessing services only at crisis point, with little or no prior mental health involvement or community support. Black British African young people are significantly overrepresented, reflecting wider inequalities in psychosis pathways. ASD comorbidity is common, indicating a need for better integration between psychosis and neurodevelopmental services. Limited early intervention contributes to greater use of restrictive practices and missed opportunities for preventative, less restrictive care.



Conclusion & Recommendations

Conclusions

This audit demonstrates a strong reliance on crisis pathways for young people with psychosis in Greenwich CAMHS. Inequalities related to ethnicity, limited early access to care, and high rates of ASD comorbidity were key findings. Improving community access, strengthening early intervention, and developing more tailored pathways are essential to reducing crisis presentations and improving outcomes for this population.

Recommendations

Improving access to community-based mental health support should be prioritised, particularly for minority ethnic groups and young people with complex needs. Targeted support for young people with ASD and psychosis should be developed, alongside preventative strategies aimed at reducing crisis presentations.

Acknowledgements

Declaration of Interest

No conflicts of interest declared.

Funding

No external funding was received.

Ethics and Governance

This project was approved as a local service evaluation within Oxleas NHS Foundation Trust.