

The Quality Network for Integrated CAMHS (QNIC) Community Special Interest Day 2026

Improving Access and Reducing Barriers in CAMHS

Friday 13 November 2026

Via Zoom

9.30 – 9.40	Welcome <i>Carol-Anne Murphy, QNIC Advisory Group Chair</i> <i>Afeefa Ali, QNIC Patient Representative</i>
9.40 – 10.25	Supporting the Supporters: A Parent Carer Led Approach to Reducing Barriers in CAMHS <i>Jenni Swift, QNIC Carer Representative, Royal College of Psychiatrists</i> <i>Abbie Futter, CAMHS Peer Support and Involvement Lead, Lincolnshire Partnership NHS Foundation Trust</i>
10.25 – 11.10	North Tyneside Mental Health and Emotional Wellbeing Collaborative – The Right Referrals at the Right Time <i>Theresa Maddison, Nurse Consultant, North Tyneside Specialist CAMHS, Northumbria Healthcare NHS Foundation Trust</i> <i>Rhu Liddle, Lead Nurse, North Tyneside Specialist CAMHS, Northumbria Healthcare NHS Foundation Trust</i>
11.10 – 11.25	COMFORT BREAK
11.25 – 12.10	Beyond the Clinic: How Lifestyle Medicine and Community Partnerships Could Help Young People Thrive - CAMHS Goes Wild <i>Molly Jenkins, Clinical Associate Psychologist, Cornwall NHS Foundation Trust</i> <i>Clare Cooney, Peer Support Worker, Newquay Orchard</i> <i>Samantha Lawton, Operational Lead CAMHS, Cornwall NHS Foundation Trust</i>
12.10 – 12.45	Open Discussion and Networking
12.45 – 13.15	LUNCH
13.15 – 14.00	An Innovative Digital Triage Referral Service for a Private Young Person Outpatient Service: Collaboration Between Priory and BeSeen <i>Priya Nathwani, Consultant Psychiatrist, Priory Ticehurst</i> <i>Be Seen Platform Representative TBC</i>
14.00 – 14.45	A Family Journey Through the CAMHS Collaborative: Partnership Approaches to Access and Engagement <i>Holly Parker-Guest, Involvement and Co-Production Lead, Northamptonshire NHS Foundation Trust</i> <i>Hannah Wakefield, Enhanced Care Referral Team Manager, Northamptonshire NHS Foundation Trust</i> <i>Lorraine Aldridge, Family Ambassador, Northamptonshire NHS Foundation Trust</i>
14.45– 15.00	Close and Evaluation <i>Carol-Anne Murphy, QNIC Advisory Group Chair;</i> <i>Afeefa Ali, QNIC Patient Representative</i>

General Information

Speaker presentations: Presentations will be sent to all delegates by email after the conference.

Certificates of attendance: A certificate of attendance will be emailed to all delegates after the event upon request. Please email the QNIC team at qnic@rcpsych.ac.uk

Feedback forms: A feedback form will be in your delegate email. Please complete and return it as soon as possible. It helps the Project Team improve your experience.

Speakers and Workshops

Supporting the Supporters: A Parent Carer Led Approach to Reducing Barriers in CAMHS

Jenni Swift, QNIC Carer Representative, Royal College of Psychiatrists

Abbie Futter, CAMHS Peer Support and Involvement Lead, Lincolnshire Partnership NHS Foundation Trust

This presentation will explore how parents and carers often feel isolated, confused and unsupported when navigating CAMHS and their child's mental health difficulties. Drawing on lived experience and collaboration with Lincolnshire Partnership NHS Foundation Trust, speakers will share the development of two co-produced parent carer guides for core CAMHS and eating disorder services, created in response to barriers such as unclear processes, inconsistent communication and a lack of structured support. The session will highlight how centring parent and carer experience can reduce barriers, improve engagement and create more accessible, compassionate pathways into care, while demonstrating how lived experience can drive meaningful service improvement.

North Tyneside Mental Health and Emotional Wellbeing Collaborative

Theresa Maddison, Nurse Consultant, North Tyneside Specialist CAMHS, Northumbria Healthcare NHS Foundation Trust

Rhu Liddle, Lead Nurse, North Tyneside Specialist CAMHS, Northumbria Healthcare NHS Foundation Trust

This presentation will explore how partners from North Tyneside Specialist CAMHS and the Local Authority came together in response to a high volume of referrals that did not meet CAMHS eligibility criteria but clearly reflected unmet emotional wellbeing needs. Speakers will share how recognising this as a system problem became the foundation of the North Tyneside Mental Health and Emotional Wellbeing Collaborative, launched in December 2025, including the daily multi-agency meeting that reviews emotional wellbeing requests, agrees outcomes collectively and communicates them quickly to families –improving family experience, reduced administrative workload, and better partnership working.

Beyond the Clinic: How Lifestyle Medicine and Community Partnerships Could Help Young People Thrive - CAMHS Goes Wild

Molly Jenkins, Clinical Associate Psychologist, Cornwall NHS Foundation Trust

Clare Cooney, Peer Support Worker, Newquay Orchard

Samantha Lawton, Operational Lead CAMHS, Cornwall NHS Foundation Trust

Cornwall CAMHS clinicians explore their partnership working with the community and using lifestyle medicine to address the wider determinants of health that drive much of the need it sees—including considering Cornwall's coastal communities who experience some of the highest socio-economic deprivation. Speakers will share how collaboration with local assets, the voluntary and community sector, and Mental Health Support Teams is helping take support beyond the clinic room, improve access and engagement, and reduce barriers for children, young people and families. The session will highlight learning from *CAMHS Goes Wild!*, a trauma-informed programme delivered in partnership with a local organisation, and its role in supporting personalised outcomes, community connection and reduced pressure on waiting times.

This presentation sets out what has been learned so far about improving access through partnership, how this model supports young people at different stages, from early support through to ongoing care, while helping address health inequalities, and what it means for reducing barriers for children, young people and families across Cornwall CAMHS.

An Innovative Digital Triage Referral Service for a Private Young Person Outpatient Service: Collaboration Between Priory and BeSeen

Dr Priya Nathwani, Consultant Psychiatrist, Priory Ticehurst

Priory and BeSeen have worked together to develop a comprehensive digital referral service for young people and parents accessing private outpatient mental health services. Speakers will share how the platform captures young people's concerns in their own words, alongside their goals, preferences and strengths, enabling experienced therapists to provide prompt triage and access to the most appropriate service. The session will highlight how digital screening tools, risk assessment and outcome measures support timely decision-making and improve access to care, with over 200 families supported since the service launched and many young people gaining faster access to therapy and specialist pathways.

A Family Journey Through the CAMHS Collaborative: Partnership Approaches to Access and Engagement

Holly Parker-Guest, Involvement and Co-Production Lead, Northamptonshire NHS Foundation Trust

Hannah Wakefield, Enhanced Care Referral Team Manager, Northamptonshire NHS Foundation Trust

Lorraine Aldridge, Family Ambassador, Northamptonshire NHS Foundation Trust

This presentation will take attendees through a hypothetical young person's journey within the CAMHS Collaborative, focusing on the Enhanced Care and Referral Team (ECRT) and the Family Ambassador service. The team will demonstrate how partnership working and community-based approaches can enhance access and engagement across the commissioning pathway, from consultation and assessment through to inpatient admission and ongoing support. The session will highlight how collaborative decision-making, family involvement and lived-experience support help ensure the

voices of young people and families remain central throughout their journey. Particular emphasis will be given to the Family Ambassador role, exploring how parents and carers with lived experience provide compassionate, practical and peer-based support, helping families feel informed, included and supported while navigating mental health services and pathways.

Open Discussion

Breakout Discussion and Networking Groups