

### Change idea

Standardise Care Pathways in Core CAMHS

### Predictions

- Reduced length of time in core CAMHS (limited 'drift')
- Improved Multi-Agency working with VCS
- Interventions reach increased numbers of young people.
- Increased equality and transparency
- Psychologically informed interventions lay foundation for psychological therapy

### What we are doing

- Run a report from SystemOne via Launchpad to better understand primary presentations
- Create standardised evidence-based intervention pathways for common primary presentations
- Implement groupwork where applicable
- Standardise outcome measures
- Define step up, step down processes

### How we are measuring change

- Length of wait (90% less than 18 weeks)
- Numbers on individual Core keyworker caseloads
- Length of time in Core CAMHS

### Learning so far

- Exponential increase in referrals to CAMHS over the last three years approximately 3.5 times post covid
- CARM clinic lays foundation for interventions with MDT psychological formulation
- Identified that approximately 55% of current Core caseloads are also on/have neuro pathway
- Identified increase in referrals at certain times of the year: For e.g. start of school terms/ exam periods
- NICE guidelines for each primary presentation

### Next steps

- Review the data from SystemOne report
- Gather relevant evidence base guidelines
- Standardise assessment process & pilot care pathway (anxiety)
- Review outcome measures