

Change idea
CAMHS Agreement

Predictions

- Manages expectations of YP's and families.
- Contracting between Clinician and YP/Family.
- Better attendance at appointments.
- Effective, planned, therapeutic discharges.

What we are doing

Better understanding for young people and families about the services we provide and better management of expectations.

How we are measuring change

- We will be able to see how long YP's remain open to the service.
- Quality over quantity. By measuring re-referrals, we will be able to see if our therapies are having a positive impact.

Learning so far

- *Those with lived experience in our DBT Group have been asked to contribute to the drafting of this and are positive about it.*
- *Clinicians have been asked to contribute and they too are positive.*
- *Clarity about what therapies we offer, for example STAU and what that means and how many sessions are predicted.*

Next steps

- Finish drafting agreement and begin using it with service users, asking for their feedback and staff feedback about its effectiveness.