



NHS Doncaster CCG - Governing Body

1st October 2020

Patient Story CAMHS - "With me in Mind"

The Mental Health Support Teams for children and young people

- Known locally as “With me in Mind”
- Logo designed by the young people
- Aim of the service is to treat pupils with mild to moderate mental health issues and to support those with more complex needs to access specialist NHS support.
- Throughout the Covid-19 situation the MHSTs have been supporting school staff, children, young people and their families online



Patient background

- 14 year old female
- Attends school in Doncaster
- Referred to CAMHS due to emotional difficulties
- Accessed services from March to June 2020
- Patient had 2 face to face sessions and the remainder via the telephone (and WhatsApp)



- Face to face sessions held in school and at the East Laithe Gate Centre
- Initial sessions were from CAMHS Core services
- Patient reports both venues providing positive experiences and “was not worried about either venue”



Feelings about the service

- Initially worried about the referral
- First 2 sessions difficult talking about my problems
- Thought it would be talking about MY problem ALL the time
- Nice to talk to someone who is not family or friends - “they don’t know you ,they don’t judge you”
- The counsellor talked about herself not just ME



What went well

- It was not just talking about my problem, I was given strategies
- I was given tasks each week -this helped and took my mind off things
- It helped me feel positive -it was not draining
- Pandemic meant face to face stopped-it was just as good on the phone, in fact this was the preferred option
- I really enjoyed the strategies that helped me sleep and I am still using them



What did not go so well and what needs to change

- The first sessions were cancelled- this was upsetting as they were the first ones
- I would have liked the same person the whole way through(first sessions were from Core services)
- What could have been different or better?
“Not sure, probably nothing”



Parents views

- It was a massive benefit
- Happy with the service
- Worker was fabulous
- Would have been lost without it
- Only downside was the first 2 appointments being cancelled



Conclusion

- This helped my problem
- I particularly enjoyed having my worker on WhatsApp
- I would tell someone in the same position to try it
- If I had not had this help I would have struggled
- I have been discharged but I can contact my worker and I like that, it feels good



Thank You

Any Questions?

