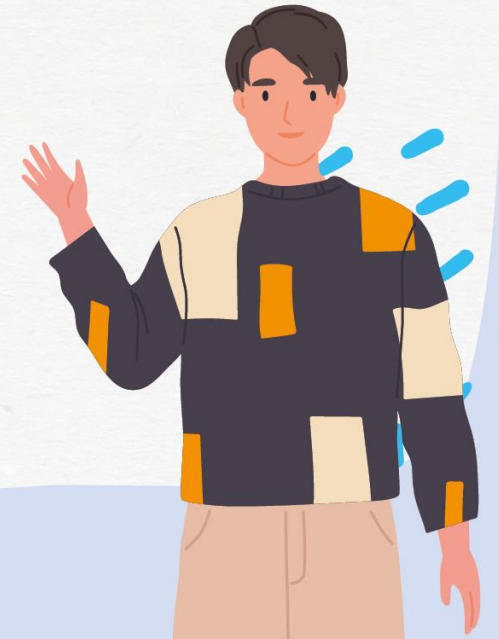


# Milton Keynes CAMHS Pathways

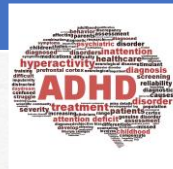
- SPA – Single Point of Access
- Core CAMHS – Specialist assessment for individual diagnoses & Treatment
- ADHD – Assessment, Diagnosis & Medication
- MHST – School based teams
- LIST – Crisis assessments via A&E and short term crisis interventions
- Eating Disorders – Assessment & Treatment – primarily Anorexia Nervosa & Bulimia Nervosa



# Core CAMHS

## ADHD

- Assessment
- Parent Plus Group
- Medication



## Anxiety & Mood Disorders

- Group Intervention
- Stabilisation Work
- CBT / DBT / EMDR / Family Therapy / Psychotherapy / Art Therapy / Occupational Therapy etc
- Medication



## Neuro-Psychiatric Disorders

- Specialist assessment
- HRT / ERP
- Family Interventions
- Development of Groups
- Medication





# Group Interventions

## Chilled Kids Adapted:

- Ages 12 - 17
- For CYP with diagnoses of ASD or open to Comm Paeds/MKIAS for assessment of ASD.
- Low level CBT for anxiety specifically adapted for people with Autism.
- Parent and child expected to attend.
- Runs for 6 sessions.
- 90 minutes long.
- Held at CAMHS.

## Chilled Kids Anxiety and Depression:

- Ages 12 – 17
- For CYP with both low mood and anxiety presentations.
- Low level CBT for anxiety and depression for teens.
- Parent and child expected to attend.
- Runs for 8 sessions.
- 90 minutes long.
- Held at Herons Lodge.

## Emotional Coping Skills:

- Ages 15 – 17
- Experiencing low mood and/or anxiety along with difficulties with managing distress, emotion regulation and interpersonal skills
- Skills based, emotional regulation, distress tolerance
- Runs for 8 sessions
- 90 Minutes Long
- Held at Herons Lodge



## What do all those letters mean?

**CBT** - Cognitive behavioural therapy is a psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. Negative patterns of thought about the self and the world are challenged in order to alter unwanted behaviour patterns or treat mood disorders such as depression.

**DBT** - is a modified type of cognitive behavioural therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. DBT was originally intended to treat borderline personality disorder (BPD), but it has been adapted to treat other mental health conditions beyond BPD. It can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviours (such as eating disorders and substance use disorders).

**EMDR** - (Eye Movement Desensitisation and Reprocessing) is a comprehensive psychotherapy that helps you process and recover from past experiences that are affecting your mental health and wellbeing. It involves using side to side eye movements combined with talk therapy in a specific and structured format. EMDR helps you process the negative images, emotions, beliefs and body sensations associated with traumatic memories that seem to be stuck. These can contribute to a range of mental health problems.



**HRT** - Habit Reversal Therapy is a therapy that can be effective in treating troublesome behaviours caused by a number of conditions. One of these is Tourette's syndrome, which is characterized by physical or verbal tics, such as blinking, throat clearing, repeating obscenities.

People dealing with symptoms of impulse control disorders, such as trichotillomania (hair-pulling) and pathological skin picking, also may benefit from habit reversal training, which is composed of these four main elements.

**ERP** – Exposure and Response Prevention – This is used for people with Tics / Tourette's and aims to help you learn to suppress the feeling you need to tic until it subsides.



## What do the other therapies do?

**Family therapy** is a type of treatment designed to help with issues that specifically affect families' mental health and functioning. It can help individual family members build stronger relationships, improve communication, and manage conflicts within the family system. By improving how family members interact and relate to one another, family therapy can foster change in close relationships.

**Psychotherapy** is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behaviour, increase happiness, and overcome problems. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviours, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills.





**Art therapy** uses art as the primary mode of expression, alongside talking with an art therapist. It aims to reduce distress and improve social, emotional and mental health by promoting insight, self-compassion and a sense of agency and self-worth. Art therapy can help people of all ages and at all stages of life, including those whose life has been affected by difficult personal or cultural experiences, illness and/or disability. You do not need to be skilled in art to benefit from art therapy.

**Occupational therapy** helps you live your best life at home, at school – and everywhere else. Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/or managing daily tasks can often affect self-esteem and confidence.

Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.



## Contacts

Referrals – SPA Team [cnw-tr.mkspcamhsspa@nhs.net](mailto:cnw-tr.mkspcamhsspa@nhs.net)

CAMHS Central Contact – 01908 724544 or [mkspcamhs.cnwl@nhs.net](mailto:mkspcamhs.cnwl@nhs.net)

