

The Child and Adolescent Mental Health Services (CAMHS) Review

Case study 3

The new CAMHS Early Intervention Service and Youth Forensic Mental Health Service

Simon is 15 and lives with his grandmother and biological father. Simon has a history of poor impulse control and difficulty managing his emotions. Simon has a Conduct Disorder and Attention Deficit Hyperactivity Disorder (ADHD) and has recently experienced psychotic symptoms. From a young age, he had difficulties at school including poor concentration, poor attendance, difficulty complying with rules and difficulties interacting with his peers. Simon would often run away from school and refuse to go back. He was expelled from school at 13 and began a life of crime, violence and substance use.

Under the current system:

Simon is referred to Youth Justice and is allocated a youth worker. He is also referred by his paediatrician to Child and Adolescent Mental Health Services (CAMHS), but due to his high support needs, they are not able to provide the level of support that he needs.

Issues with school, patterns of criminal activity and substance abuse continued, and Simon is eventually detained in Ashley Youth Detention Centre. There is minimal follow up when he was released, so he continued to reoffend, and this became his trajectory for the next few years.

In the new Youth Early Intervention Service and Youth Forensic Mental Health Service:

Simon is referred to the CAMHS Youth Early Intervention Service. The team provide assertive outreach to Simon in his home, his school and his family providing a range of specialist therapies to manage his emotional regulation and poor impulse control. The Youth Intervention Service works in partnership with Simon's paediatrician and alcohol and drug services to connect him to counselling and support and provide education and support to his family.

The Youth Forensic Mental Health Service work with Simon and his family to address his offending behaviour and develop a risk management plan for him. The Youth Justice Court accepts these two interventions as an alternative to going into Ashley Youth Detention Centre on the condition they remain intensively involved over the next two years and Simon and his family continue to engage with the service.