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# Branching Minds



## Barnsley

### Clinical Update

Presented by  
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## Branching Minds - Clinical Updates



**1 in 5 (20.3%) of children and young people aged 8-16 had a common mental health condition in 2023 (NHS England)**

**Children from the poorest 20% of households are four times as likely to have serious mental health difficulties by the age of 11 compared to those from the wealthiest 20% (Davie, 2022)**

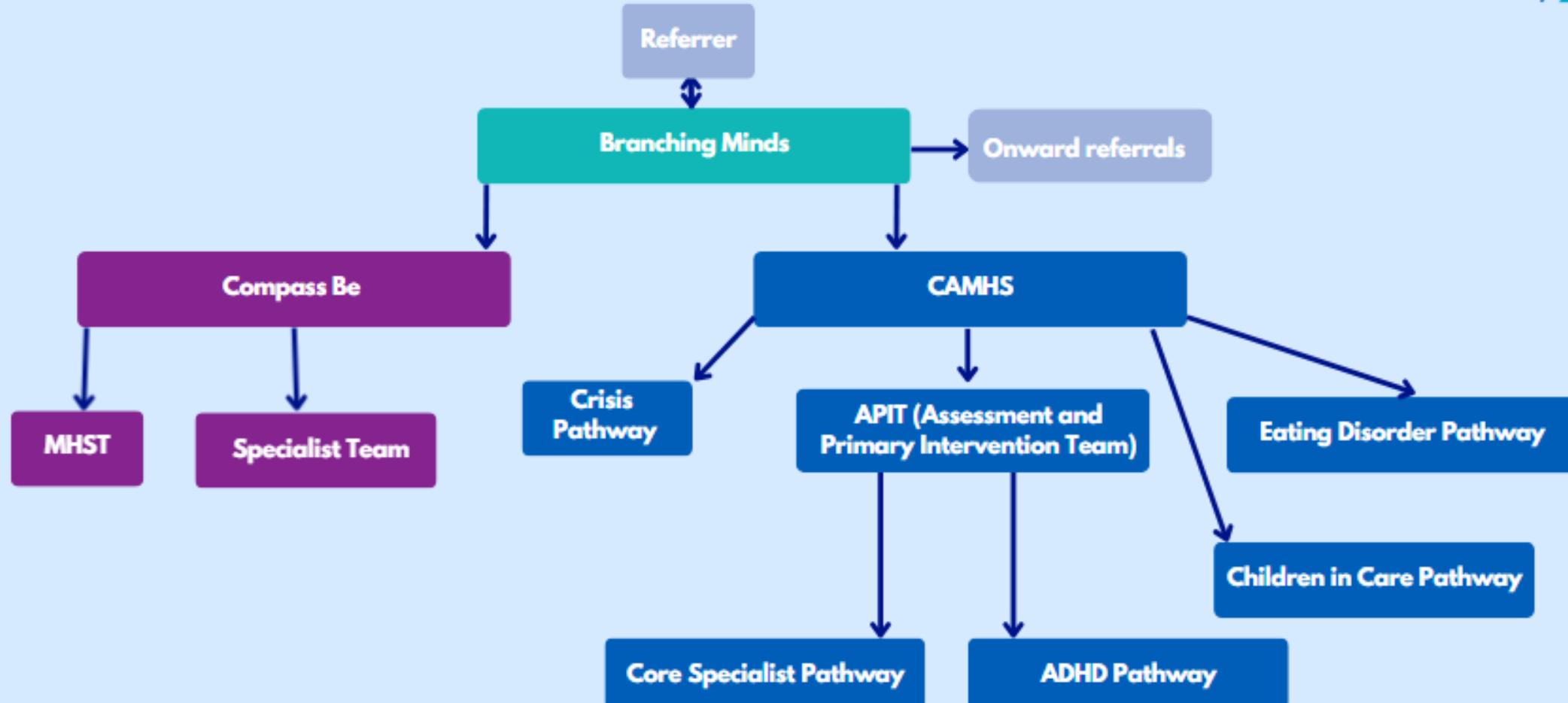
**Branching Minds is currently averaging 306 Requests for Support (RfS) a month with peaks before and after school holidays**

**GP services account for 22% of the RfS with the highest referrers being schools who have sent in 34% of all requests made in the last 12 months**

**Anxiety is overwhelmingly the highest reason for RfS with this being the primary reason for 56% of all requests made in the last 12 month**

**Of the RfS received, CAMHS have accepted 802 (22%) and Compass have accepted 1557 (43%)**

# The Service Pathway



# Compass Be - Service Offer



- Compass Be is a prevention and early intervention mental health and emotional wellbeing service for children and young people. Developed as a result of the Green Paper "Transforming Children and Young Peoples Mental Health" (2017)
- We are funded through the Department for Education MHST Funding and local commissioning
- The service is being provided by Compass a national health and wellbeing charity delivered in partnership with education settings
- The aim is to ensure CYP access the right early help, in the right setting, by the right professional.
- We work alongside educational staff to develop and embed Whole School Approaches at all levels
- We provide direct support for CYP through group and 1:1 interventions of Low Intensity Cognitive behavioural therapy

# Compass Be Update

IN 2025 COMPASS BE HAVE...



Unfortunately, we are also facing a some financial pressures which is leaving aspects of our service at risk, especially within our specialist team, which may impact on future delivery in this area

We are focusing on our Whole School Approach with goal to ensure every CYP in Barnsley has been offered our service



In 2026 we plan to focus on delivering more groups and targeted workshops to deliver more LICBT sessions at an earlier stage

# CAMHS - Service Offer

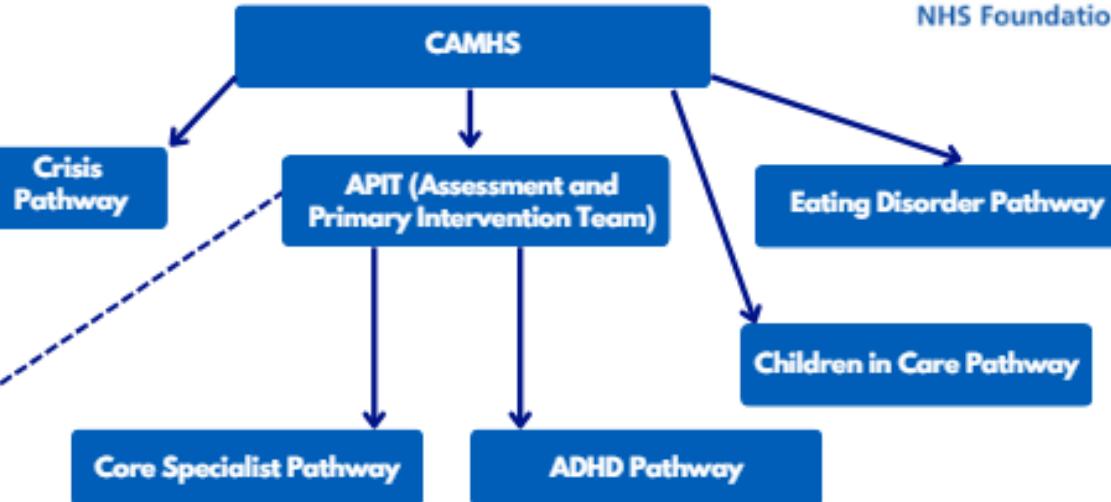


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**CIHBTT - Offer crisis assessments and treatment in the community. Referrals are accessed via daily liaison with BM, A&E and the IFD and can work alongside other CAMHS colleagues where required.**

**Carry out routine assessments and offer up to 8 therapeutic sessions. APIT can also offer an extended assessment phase to ensure clear care planning and appropriate support**

**MDT of professionals who offer support to CYP with moderate-severe needs which present with complexities and require longer term support (10 weeks +)**  
**This pathway is accessed via APIT or CIHBTT**



**Core can work across multiple diagnosis (ADHD, ASD, Trauma etc.) and can offer a range of therapeutic interventions (CBT, Play therapy, drama therapy, family therapy, EMDR, psychosocial and psychology**



# CAMHS - Challenges

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## Systemic challenges

- ACES
- Safeguarding / social care issues
- Unmet parental mental /physical health / substance misuse needs

## School based issues

- CYP may be out of education
- high level of CYP needing additional educational support but can be difficult to access

## Additional Needs

- Limited post diagnostic support for cyp diagnosed with autism
- Difficulties often understood as mental health when the cyp may have unmet autism/sensory needs

## Diagnosis and Medication

- parental / professionals' expectations can be unrealistic

## Demand and Discharge

- High demand and long waiting times (18 week to treatment directive)
- Complex individual / family needs
- Limited services available for stepping down impacting discharge
- Systemic concerns around managing risk



## Branching Minds - Challenges



- We receive an average of 15 Requests a day but this can raise to 30+ at peak times, with each request taking an average of 15 minutes to read, this can mean the whole day is spent reading
- At our busiest times, we have less capacity to gather further information, answer calls and write outcome letters - leading to delay in people receiving outcomes
- RfS often do not contain enough information for us to be able to make a clinical decision, leading to further actions and information gathering. Alternatively the information we receive is not fully representative and can lead to families calling distressed when we signpost to something already in place or not relevant
- 10% of RfS in the last year were identified as not actionable (no consent, unable to gather further information, no action needed etc.)



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# Branching Minds - Request for Support Guidance



Page 1 & 2- Please complete all boxes with current information. Consent must be gained before Request for Support (RfS) is made.

Height and weight is only required for RfS requesting support for eating disorders. For these requests the measurements must be done by a healthcare worker in the previous 7 days.

Page 3- Please complete all boxes with current information. Please complete all tick boxes, where answering yes, please provide additional information in the free text box below.

**Main Problem:** please provide information relating to the identified mental health need including:

- presentation of need
- triggers
- impact
- duration of symptoms

Some relevant background to mental health need and major life events is useful, however this should be concise.

Page 4 & 5-

**Goals:** These should be about what the CYP, Parent and professional are hoping to achieve as a result of the RfS. Be direct and clear. Ensure that the young persons voice is evident.

**Agencies and Support:** please include current and previous services and treatments. Names and contact details should be included for any current support as well as the current support offer from that service.

**Risk:** avoid using medical terms (such as suicidal ideation, deliberate self harm, superficial harm) unless you have been trained in this. If identified please provide details of

- What they did, what they said, anything they used, any plans in place to manage. Please ensure appropriate consent box is ticked - only one should be applicable - so please only tick the correct one.



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## Branching Minds



We appreciate that in many of your consultations, it is unlikely you will have enough time to gather all the needed information and have time to complete the RfS, therefore signposting may be the best option...



Every school in Barnsley has a Compass Be Specialist Mental Health Practitioner who they met regularly to discuss CYP mental health needs and can facilitate RfS



We encourage self referrals and these can be accessed through both CAMHS and Compass websites



We are strengthening joint working across services and have a weekly meeting with ChilyPep, Youth Justice and 0-19 as well as daily contact with Early Help to support communication and understanding of CYP needs





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# Any Questions?