



CAMHS

Child and Adolescent Mental Health Service

NHS Ayrshire & Arran

Rachel McKechnie

Participation Officer

WHAT IS CAMHS?

- It is a specialist NHS mental health service for young people aged 5 to 18
- We work with young people and their families to help them understand difficulties they're facing
- We provide treatments, sometimes called interventions, for young people experiencing complex mental health issues
- We offer assessments, diagnosis and support to young people when appropriate

SERVICE SPECIFICATION

- Document produced by the Scottish Government in February 2020
- Sets standards for the quality of care being delivered across Scotland
- Promotes better communication between CAMHS and other organisations that offer mental health support

Child and Adolescent Mental Health Services (CAMHS)

NHS Scotland National Service Specification

February 2020

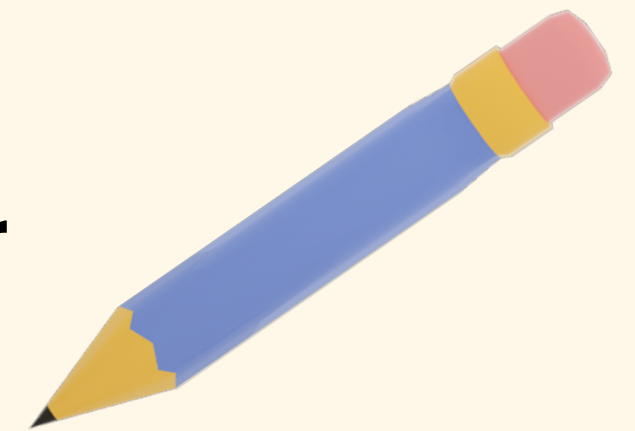
A NEW THEME?

1.1 Publish information in a clear & accessible format



4.5 Ensure that all service developments are undertaken using best standards of engagement & involvement of children, young people and their families including co-production

6.1 Provide clear ways for children and families to provide regular feedback or complain



6.5 In partnership with young people and families, develop informative leaflets, websites and social media sites

7.9 Provide systems and processes to gather views and experiences appropriately

PARTICIPATION OFFICER

- CAMHS A&A recognised the importance of having an individual in their team dedicated to supporting children and their families to have their say
- Able to use the Mental Health Innovation Fund to employ a Participation Officer to work alongside the leadership team
- I started in post in May this year

hello

ABOUT ME



Studied Law at the University of Strathclyde

I love learning and particularly enjoyed human rights law and family law.

I took a year out afterwards, travelled, and then became a youth worker in my local children's charity

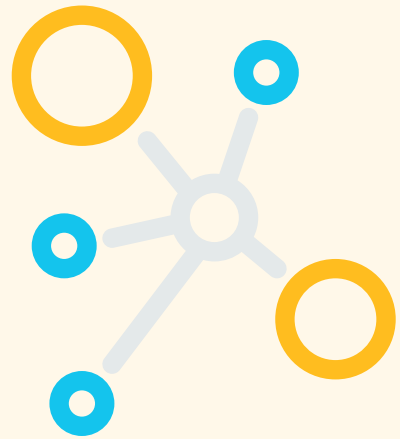
Delivering a variety of projects including sports, arts and family learning. Feedback from young people was crucial for our future planning.

I soon realised I wouldn't be training as a lawyer

I started working as a family support worker for a Glasgow organisation, mentoring young teens who had low level criminal convictions.

My role included encouraging young people to voice how those around them could help on a daily basis, and supporting parents & carers to ask questions when they felt unsure about something.

THE STORY SO FAR



Networking



Website Access



Logo Design



**Suicide Prevention
Posters**

CAMHS Youth Voice

Young People provide invaluable feedback based on their own experience of CAMHS

Develop confidence and communication skills in a meaningful way

CAMHS Allies

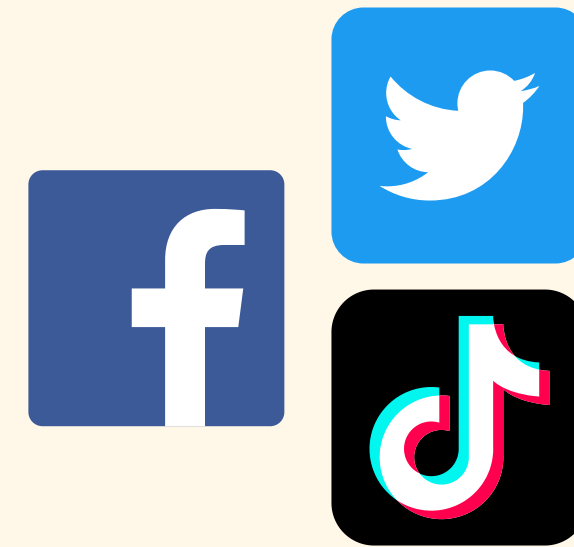
Young people with no direct CAMHS experience, but have a passion for improving mental health support and want to have their voice heard

Take part in workshops & consultations to help us develop our services

WHAT'S NEXT?



**Parent Advisory
Group**



Social Media



**Accessible
Information**



**Increase
Participation**

THANK YOU



Please feel free to get in touch with any questions or to arrange a chat!

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