



Brightening
young futures



Future in Mind

- We should integrate services through strong collaborative working across the statutory, independent and voluntary and community sectors.
- That young people should only have to tell their stories once.
- And services should be outcomes-focussed, simple and easy to access, based on best evidence, and built around the needs of children, young people and their families rather than defined in terms of organisational boundaries.

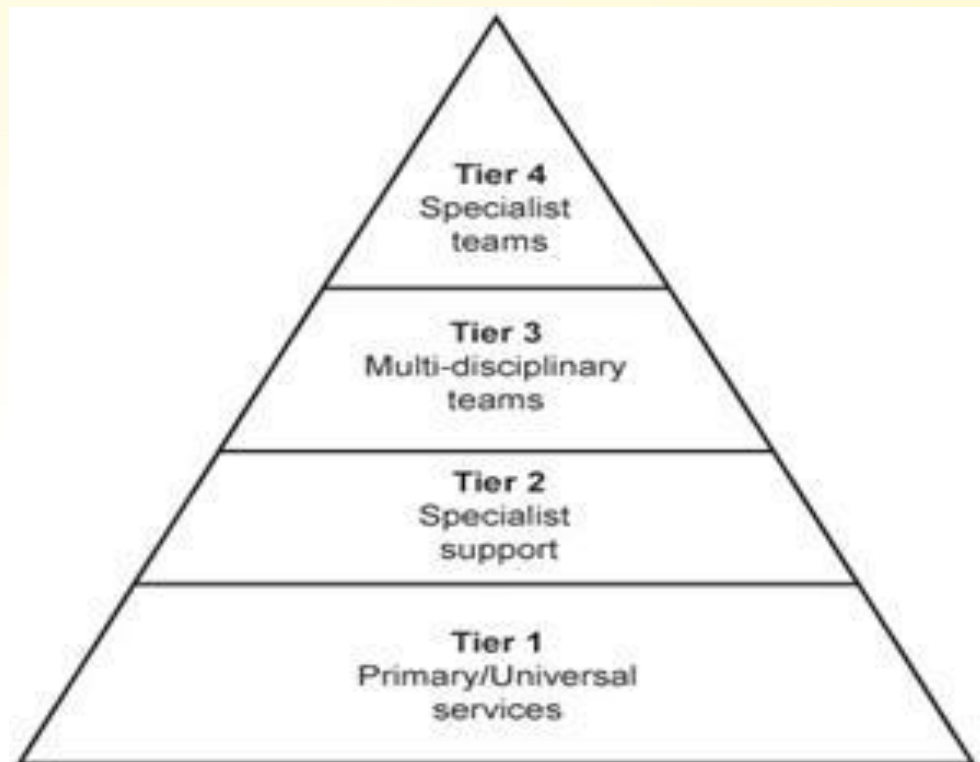


What is Solar?

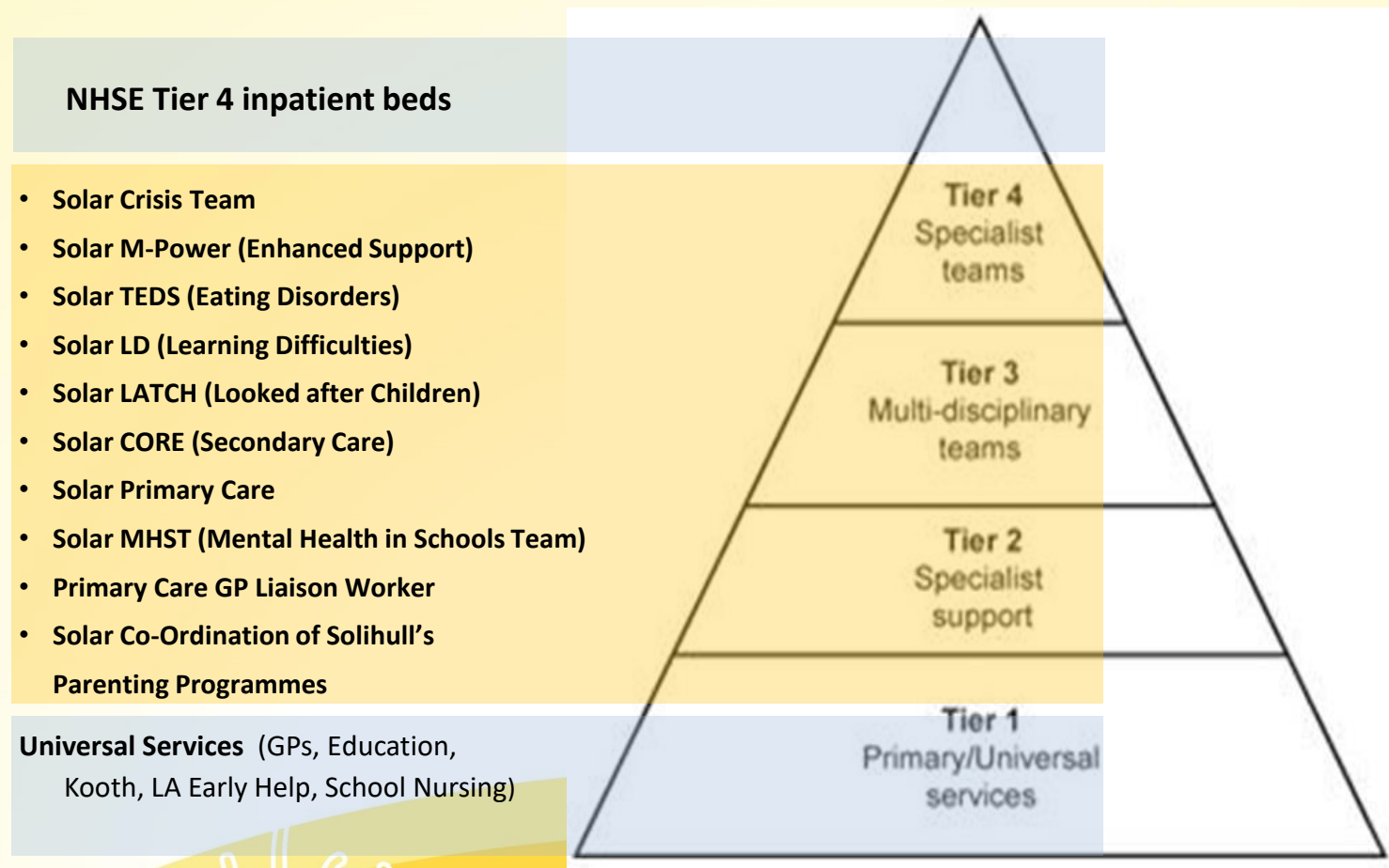
Solar, [rated 'Good' by the CQC](#) and recently [published in the Journal of Early Intervention in Psychiatry](#), is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's and Autism West Midlands and provides Emotional Wellbeing and Mental Health Services to Children, Young People and Families in Solihull.



Traditional CAMH services are separated into four Tiers, often delivered by multiple agencies across multiple sectors, and with several transition points, even within the Tiers.

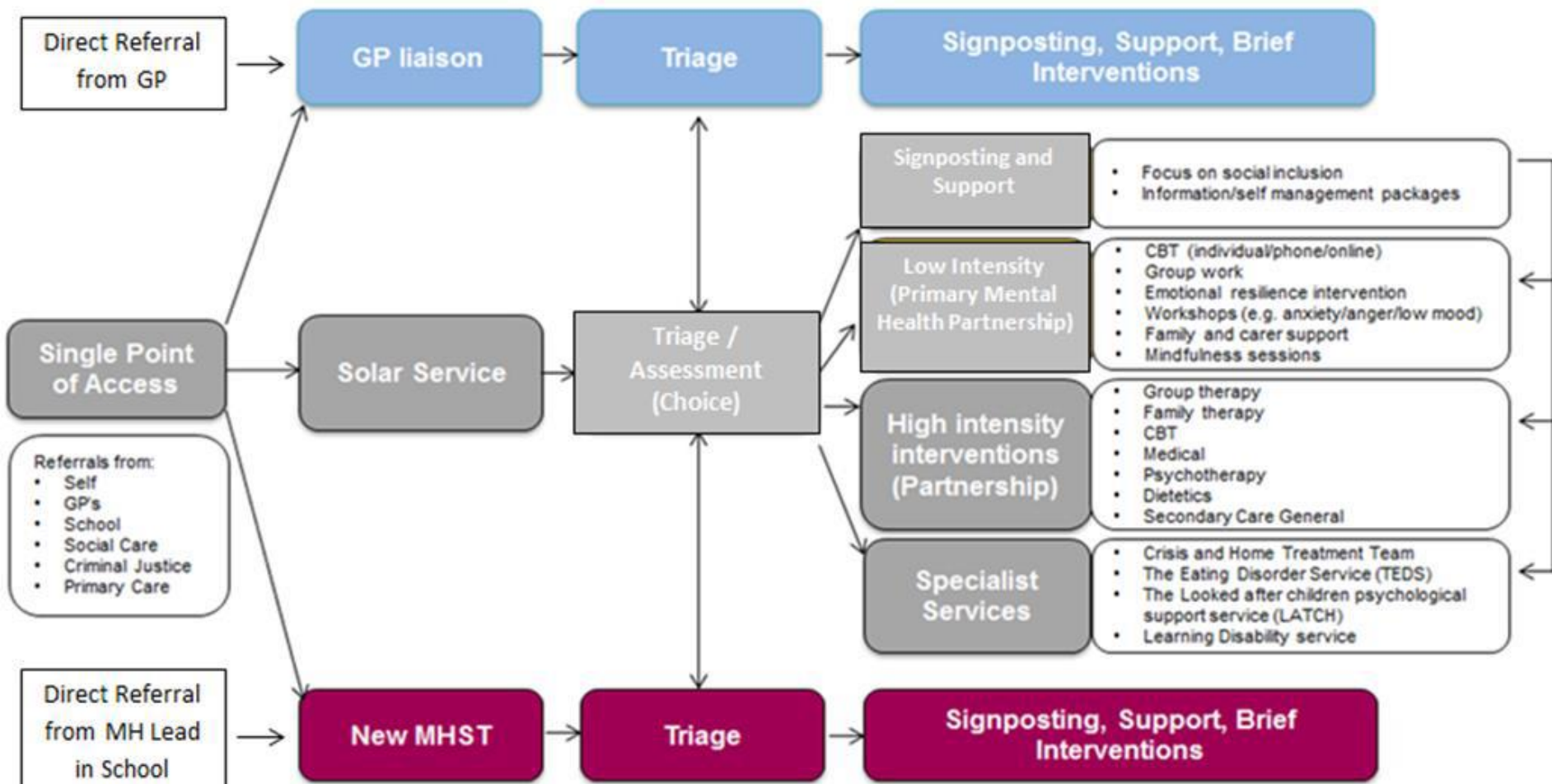


Solar Service





Integrated Model



Referral Reasons



Solar - Request to Access Service (Referral) Form

Solihull's Integrated Emotional Wellbeing and Mental Health Service for 0-19 year olds



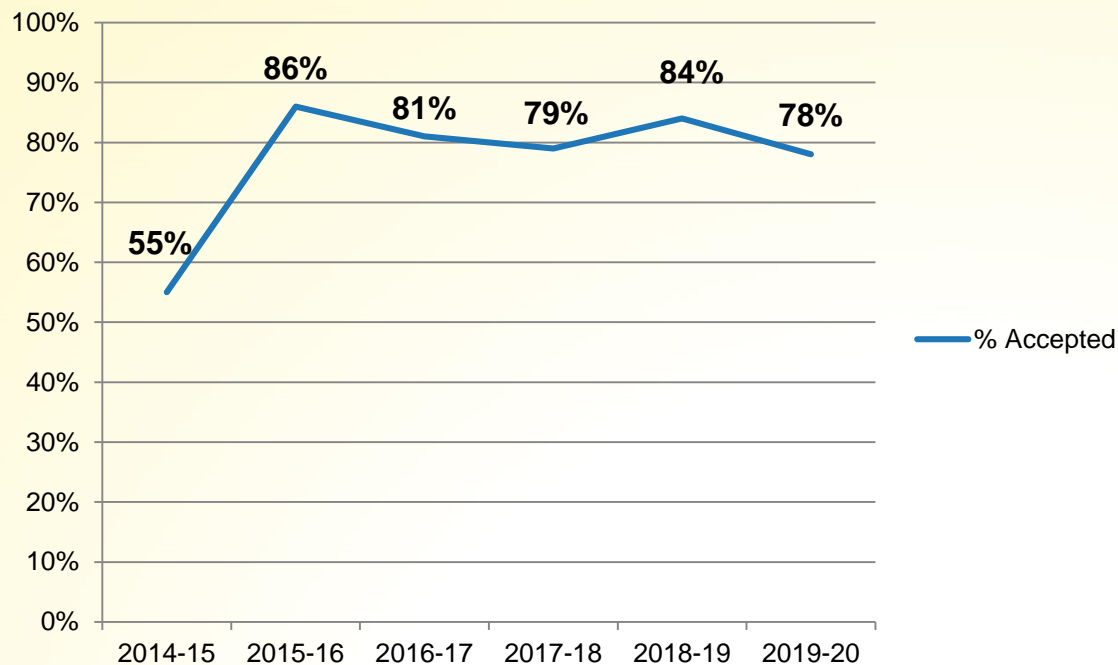
Referral Reason - About the Presenting Difficulty / 'Problem' (Please Refer to Guidance on the next page)		Severity [See guidance]
<input type="text" value="Please select"/>	<input type="text" value="Please select"/>	<input type="text" value="Please select"/>
<input type="text" value="Please select"/>	<input type="text" value="Please select"/>	<input type="text" value="Please select"/>
<p>*Please note if you have selected 'Autism' or other 'Neurodevelopmental conditions' that Solar do not provide these assessments or diagnoses in Solihull, you would need to contact the Specialist Assessment Service or a Community Paediatrician, your GP or school can help you do this.</p>		
<p>Understanding the emotional wellbeing and mental health needs What support do you think you need?</p> <p>Please provide more information below, you may want to think about:</p> <ul style="list-style-type: none"> • How the child/young person knows they are having difficulties, what are their thoughts, emotions, behaviours or physical feelings? • What triggered / contributed to these difficulties? When did they start? • What keeps the problems going and means they keep feeling/thinking that way? • What is going well for them? What helps them to feel better? 		
<div></div>		
<p align="center">About Risk</p>		
<p>Risk Factors Please detail: Frequency (how often), Severity (how harmful), Protective Factors (what helps)</p> <p>Please note if a child is at risk of significant harm you must report this as a Child Protection concern in line with your policies / procedures</p>		
Risk Factors	Risk Level	Further information / Details:
Self-Harm	<input type="text" value="Please select"/>	<input type="text" value=""/>
Suicidal Thoughts	<input type="text" value="Please select"/>	<input type="text" value=""/>
Parents/Siblings with Mental Health Difficulties	<input type="text" value="Please select"/>	<input type="text" value=""/>
Harm to Others	<input type="text" value="Please select"/>	<input type="text" value=""/>
Harm from Others	<input type="text" value="Please select"/>	<input type="text" value=""/>
Child Exploitation	<input type="text" value="Please select"/>	<input type="text" value=""/>

Referrals Guidance

Guidance			Support
<p>We understand life is challenging for us all at times, it is important to consider the amount that a difficulty impacts on:</p> <p>Functioning (the ability to take part in daily activities) and the amount of Distress or discomfort this causes.</p> <p>[Difficulties should be considered within an age-appropriate and situational context.]</p>			<p>It is important you understand what support may be offered from Solar (and/or other services)</p>
	Functioning	Distress	None:
None	There are 'typical' / 'normal' difficulties and everyday worries, which occasionally get out of hand (e.g. anxiety triggered by an exam).	No distress or noticeable difficulties over and above those typical or expected difficulties and worries we experience.	<p>No additional support needed at this time</p> <p>Getting Advice: Information for families, self-help materials</p>
Mild	Symptoms cause occasional disruption. Most age appropriate activities could be completed given the opportunity with some reasonable adjustments.	Distress may be situational and/or irregular. Most people who do not know the child would not think there was a problem.	<p>Getting Help: Assessment of need, short term, brief interventions</p>
Moderate	Functioning is impaired in at least one context (home/school/social) but may be variable.	Distress occurs most days in a week. The problem is apparent to most people who meet the child.	<p>Getting More Help: Support that may include more than one person helping</p>
Severe	Child / Young person is completely unable to participate in daily activities.	Distress is extreme and constant on a daily basis and would be clear to anyone.	<p>Getting Risk Support: Risk Management and Crisis Response</p>

Referrals Accepted

% Referrals Accepted



Year	% Accepted
2014-15 (Previous CAMHS provider)	55%
2015-16	86%
2016-17	81%
2017-18	79%
2018-19	84%
2019-20	78%



Waiting Times

Solar, despite the different service model, is not immune to the national difficulties associated with waiting times to access CAMHS. Indeed as a service accepting a higher percentage of referrals than many CAMHS, capacity and demand can be a real challenge, and some waiting lists are much larger than our targets (for routine referrals assessment within 6 weeks and start treatment within 18 weeks – Crisis and Eating Disorder Referrals have shorter wait time targets)

As such it's really important other services and support are utilised and that children and young people get directed to the right support at the right time.



Solar Partnerships and other Services

There are times when other services are better placed to support children and young people for many reasons including specialist knowledge and skills, or by being the 'right service' at the 'right time'

