

## Primary Mental Health Team

## Information for professionals

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب



## Primary Mental Health Team

Thorneywood

Entrance 2

Porchester Road

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Tel: 0115 844 0501

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)



The Primary Mental Health (PMH) Team has been established as part of Child and Adolescent Mental Health Services (CAMHS) to work with universal services. The team will be working together with and supporting practitioners working with children, young people and their families in relation to emotional health and well-being. The team will be providing training and consultation to empower and support the universal workforce to extend their range of skills and knowledge in mental health difficulties, it will ensure that children and young people's needs will be met within the appropriate service. The team are multi-disciplinary, qualified professionals with experience of working with children and young people in the area of emotional/mental health.

### **This team's function is to facilitate:**

- Promoting, protecting and improving children and young people's mental health and well being
- Promoting resilience, prevention and early intervention
- Improving access to effective support – a system without tiers
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce

### **The key responsibility of the Primary Mental Health Team will be to offer GPs, school nursing teams and schools:**

- Consultation
- Training
- Challenging stigma

### **The Primary Mental Health Team will:**

- Be a point of contact in each district
- Have no clinical caseload
- Be based within community CAMHS teams; West, North and South

### **South Community** (Broxtowe, Gedling and Rushcliffe)

**Base:** Thorneywood, Porchester Road, Nottingham, NG3 6LF; Tel: 0115 8440501

Sinead Smithson Tel: 07815 428713  
Email: [sinead.smithson@nhs.net](mailto:sinead.smithson@nhs.net)

Laurie Potter Tel: 07767615171  
Email: [laurie.potter@nhs.net](mailto:laurie.potter@nhs.net)

Sharon Pearce Tel: 07584618494  
Email: [sharonpearce1@nhs.net](mailto:sharonpearce1@nhs.net)

### **North Community** (Newark, Sherwood and Bassetlaw)

**Base:** 65 Northgate, Newark, Notts, NG24 1HD; Tel: 0115 854 2217

Heather Bradley Tel: 07815 5472 13  
Email: [heather.bradley3@nhs.net](mailto:heather.bradley3@nhs.net)

Beckey Berney Tel: 07468710183  
Email: [beckey.berney@nhs.net](mailto:beckey.berney@nhs.net)

Lisa Bamford Tel: 07767615457  
Email: [lisa.bamford@nhs.net](mailto:lisa.bamford@nhs.net)

### **West Community** (Mansfield and Ashfield)

**Base:** 3-5 Lindsay Close, Mansfield, Notts, NG18 5TF; Tel: 0115 9560866

Karla Wilkins Tel: 07815 429 098 or E-mail:  
[karla.wilkins@nhs.net](mailto:karla.wilkins@nhs.net)

Melanie Somes Tel: 07815 546 575 or E-mail:  
[melanie.somes@nhs.net](mailto:melanie.somes@nhs.net)

Adem Peach Tel: 07815 427 868 or E-mail:  
[adem.peach@nhs.net](mailto:adem.peach@nhs.net)

### **Primary Mental Health Team Secretary** – Sam Sharp based at

Thorneywood, Porchester Road, Nottingham, NG3 6LF  
Tel : 0115 8440501 or E-mail: [sam.sharp2@nhs.net](mailto:sam.sharp2@nhs.net)

**Training and Primary Mental Health Team Lead** - Rebecca Stevenson based at Thorneywood, Porchester Road, Nottingham, NG3 6LF

Tel: 07557896367 or Secure E-mail: [Rebecca.stevenson1@nhs.net](mailto:Rebecca.stevenson1@nhs.net)

- Be a named link for universal services
- Communicate with schools via the School Portal
- Have close links with the Single Point of Access (SPA)

### **Links with universal services to:**

- Support schools to promote resilience
- Ensure appropriate referrals into CAMHS
- Ensure supportive and appropriate signposting for children, young people and families
- Support PSHE including effective teaching on mental health issues
- Supporting the use of MindEd
- Challenge stigma

## **Training for school nursing teams, GPs and schools**

We offer training on mental health presentations in children and young people, including advice regarding signposting to resources and using Re-cap, a digital health resource.

Training will be arranged on a needs basis and can be arranged with your PMH Team.

## **Consultation**

We would encourage practitioners to access telephone or face to face consultation with the PMH Team where there are concerns regarding a child or young person's mental health for early advice and support. We do not offer consultation for parents.

## **What is consultation?**

A collaborative activity where one or more practitioner(s) helps another through a process of joint enquiry and exploration. The responsibility for the work remains with the consultee in terms of direction, decisions, methods and problem solving in practice.

## Prior to consultation

We require **consent** from the person with parental responsibility and the child/ young person.

It is also important to be clear of the purpose of the consultation with the family and that a direct referral or intervention within CAMHS may not necessarily be the outcome.

## Essential information we require for consultation

Name of child/young person  
Date of Birth  
Full address  
GP name, address and telephone number  
Child/young person contact number  
Parent/carer contact number  
School attended

For young people over 16 years, is there consent to discuss concerns with parents if required?

We require explicit consent from the child/ young person and family to share information with other agencies.

The consultation will be recorded within the CAMHS clinical health record.

We will share a copy of the summary of the consultation and the agreed actions/outcomes with the consultee and the child's GP.

**If we do not have consent, we will not be able to offer consultation.**

## Helpful information to have for the consultation:

What are the emotional/mental health concerns?  
What are the indicators/changes?

What is the impact on the child/young person's daily life?  
What is the impact on the family?  
What is going well?  
What interventions have been put into place?  
What other agencies are involved?  
Has the young person been previously known to CAMHS?  
Are there any safeguarding concerns? **Please note that if there are, these must be processed according to your organisation's safeguarding policies.**

## When consultation works best

- Within a climate of mutual appreciation
- When each party values what each other brings to the consultation
- When there is a sense of partnership

## Advantages of consultations

- Encourages mutual learning and relationship building
- Validates the consultees' perspective
- Enhances skills across professionals
- Helps identify training needs
- A number of people can benefit within a group setting
- Prevents on-going referral by enabling CYP and families to stay with their universal practitioner
- Facilitates timely access to appropriate services to meet the need of the child/young person

## How to contact us

We are a team made up of nine Primary Mental Health Workers, administrative support and a Team Lead. Our working hours are Monday – Friday, 9am -5pm with some flexibility.