

7 Minute Briefing: Getting Advice and Signposting



Core Components

- Digital front-end
- Single point of access with multiagency assessment and effective signposting
- A comprehensive network of community providers
- School and primary care in-reach
- Outreach for hard-to-reach and vulnerable groups

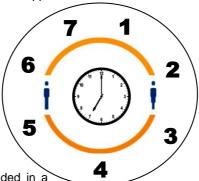
Self-help and peer support

In Practice

- Breaking down barriers, linking services to provide integrated care
- Expert assessment and signposting
- Early guidance to ensure the right treatment at the right time
- Focusing on early intervention to build resilience and positively influence outcomes

Provision

Support can be provided in a range of settings with the most experienced staff supporting shared decision making that builds on existing family resources and self-efficacy promoted through information provision. Local databases can collate relevant resources. An invitation to re-connect with services after advice is given is helpful in case things do not improve or they do not engage with self-management.



Includes

Need

CYP

and

families adjusting to life circumstances. with mild/temporary difficulties. The best intervention is within the community with the possible addition of selfmanagement. Also. those with chronic, fluctuating or ongoing severe difficulties, for which they are choosing to manage their own health and/or are on the road to recovery.

Context

The children, young people (CYP) and families who may require or choose to access temporary support within the community, access to information and self-management resources, or advice regarding the self-management of long-term conditions.

Data

The modal number of sessions of CYP and families in CAMHS is one.* Practitioner reports suggest some CYP find just a single contact with services is enough to normalize behavior, provide reassurance, and strategies for self-management. Others suggested that are disengaging after the first contact. This emphasises the importance of getting the initial contact with services right the first time.

Resource

If it is estimated that 30% of children and young people needing specialist support would benefit from only a small amount of resource, then this group would account for 8% of total spend and staff time.

Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., Munk, S. (2019). THRIVE Framework for system change. London: CAMHS Press.

*based on the payment systems project (Wolpert et al., 2015).







