

MILTON KEYNES CAMHS SERVICE UPDATE – JUNE 2023

The service continues to offer a blend of face to face, virtual and telephone appointments; individual and group appointments matched to the needs of each child and family.

How long is the wait?



The average wait to assessment is 20 weeks.

After this appointment you may be offered further follow up.

Depending on the reason for assessment, this may take longer, some pathways need more information first and you may receive some questionnaires to complete as part of the assessment process

What about follow up appointments?

Follow up appointments are offered based on clinical need. Support may be offered in different ways including advice, training or individual or group therapy.

The average wait for a routine follow up appointment is 40 weeks for ADHD, and 25 weeks for other Mental Health conditions.

What is the direction of travel?

In October 2022 the overall average waiting time across Assessments and Follow Up appointments was 37.5 weeks.

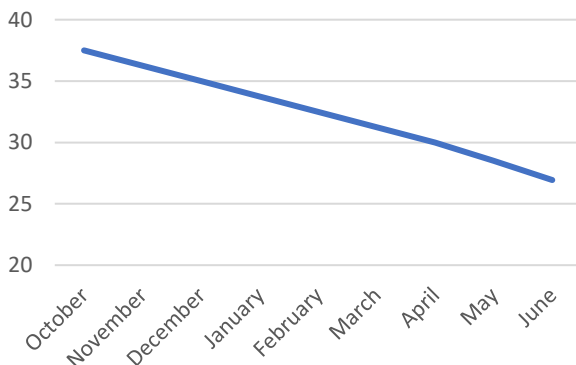
As at June 2023 the overall average waiting time across Assessments and Follow Up appointments has fallen to 27 weeks.

[For information relating to your child's follow up, please contact the service - details below.](#)

Tel 01908 724544

Email: mkspcamhs.cnwl@nhs.net

Average Wait for Follow Ups (Weeks)



What is the cause of the delay?



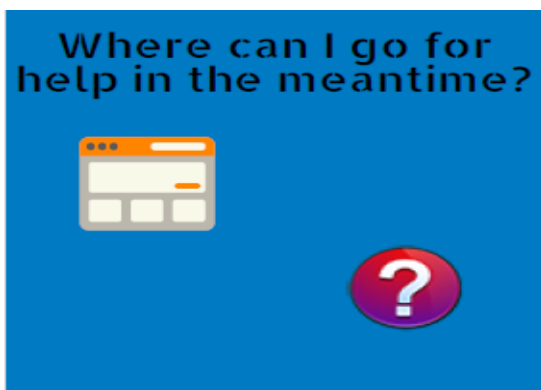
- Increasing number of referrals
- Increased number of Children and Young people needing to be seen in person
- Difficulties recruiting to some vacant posts.
- Long term sickness impacting appointment availability

What is the Service doing to help?



- Regular meetings with parent/carer forums to listen to feedback and share updates.
- Sharing information leaflets and videos for those who are waiting
- Working with community partners on developing more offers of help
- Introducing more specialised groups across the service

Where can I go for help in the meantime?



Useful Apps:
 Moodjuice
 Calm Harm
 Blue Ice
 Sleepio
 Headspace
 MoodGym
 Chill Panda
 Stay Alive
 Mindshift

Useful Websites:
<https://www.nhs.uk/better-health/>
<https://hubofhope.co.uk/>
<https://www.papyrus-uk.org/>
<https://www.themix.org.uk/>
<https://www.youngminds.org.uk/>
 for a longer list, please visit
<https://www.cnwl.nhs.uk/camhs/your-resources/apps-and-websites>

If you need urgent crisis support for your child please visit A&E where they will be seen by the specialist LIST team.

If you need to speak to someone urgently, but not in a crisis situation, please use the number below and request a Duty Call at the earliest opportunity.

Contact Details: MK CAMHS

Tel 01908 724544

Email: mkspcamhs.cnwl@nhs.net

