



Hello, I'm Jasmin
Welcome to
CAMHS

What's your name?

Choose your profile picture:



Previous



Next

Save



Hi Charlie, how are you feeling?
(now? or during the last week-
tick/select all that apply)



 happy	 surprised	 angry	 excited
 bored	 sad	 loving	 sad

Previous



Next

We would like to get to know you?


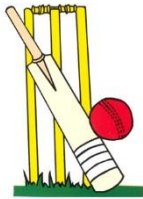











How old are you?





/What is your age? Are you:

Female

Male

What are you interested in, used to be interested in, or would like to try?

Sports:	Football 	Tennis 	... 	Cricket 	Netball/Basket Ball 
	Rugby 	Gymnastics 	Martial Arts 	Rowing/Sailing 	
Creative:	Drama/Dance 	Crafts 	Fashion 	Making Music/Singing 	Drawing/Painting 
	Photography 	Model Making 	Writing 	Woodwork 	Pottery 

At home	<p>Cooking</p> 	<p>Gardening</p> 	<p>Pets</p> 	Collecting	Computers
	<p>Listening to Music</p> 	Puzzles/Games	Reading	TV/DVD's	
Outdoor & Clubs	Camping	Fishing	Bike/Horse Riding	Walking/Climbing	Scout/Cadets
	Youth Club				
Out & About	Cinema	Dancing	Shopping	Museums	
At School College	Science	Maths	English	Languages	D&T
	ITC	Geography	History	Art	Religion

**Charlie you said you like listening to
music,**



what kind of music?



How would you describe yourself?

(all images are simply for illustrative purposes)

too fast



too high



too overwhelming



too unfamiliar



too close



too hectic



too loud



too new



too bright



too unexpected



too vague



too loose
too tight



Shy

Friendly

Sociable

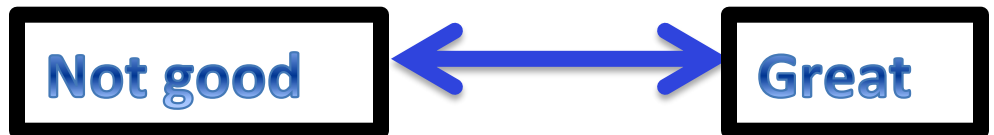
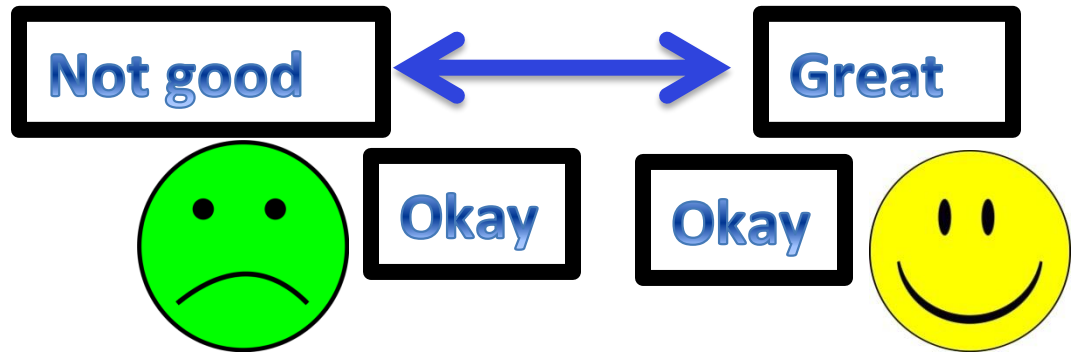
Boring

Funny

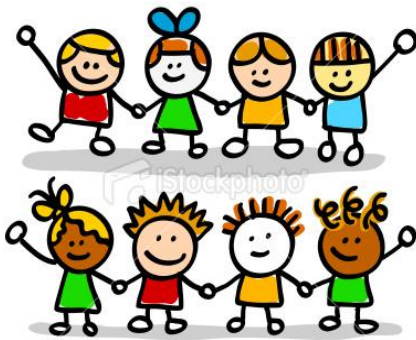
Fun

Good

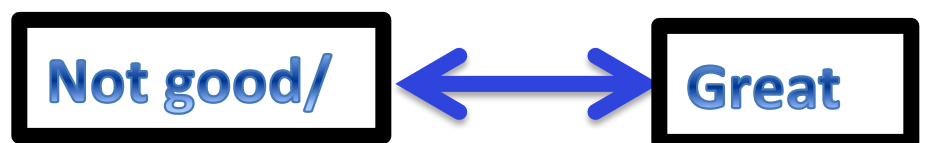
How are you feeling about:



Home



People/friendship



Hey Charlie,

How have you been sleeping?



Like a baby!



normaly



keep waking up at night



not sleeping at all

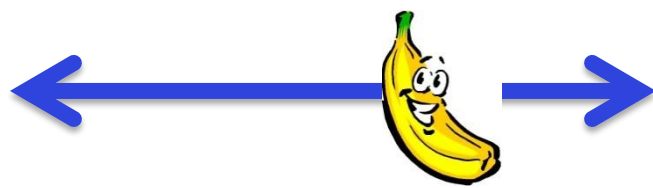


How many fruit and vegetables do you eat in a day?



(Child could shake the basket and a banana could fall out and drop on the scale....here... or they have to drop the fruit/vegies into the empty basket?)

0



5

Eating

Breakfast:



Lunch:

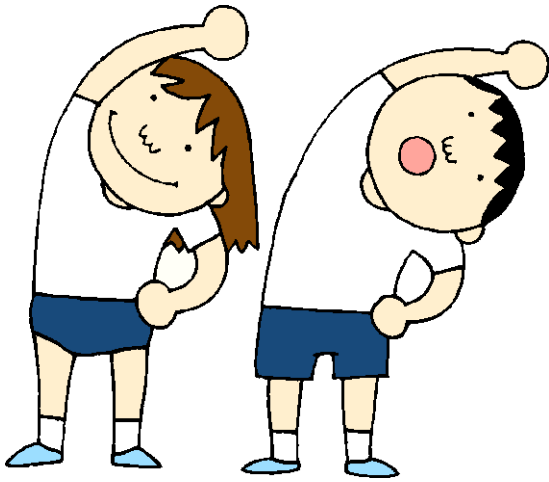


Dinner:



How much do you exercise?

(need to think of a fun scale)



**Game: in the pic above- click on X
or Can you spot the difference**

Hi Charlie, what would you hope/ like to gain from coming to CAMHS?

Click here for some examples:

"I would like help
with my anger"

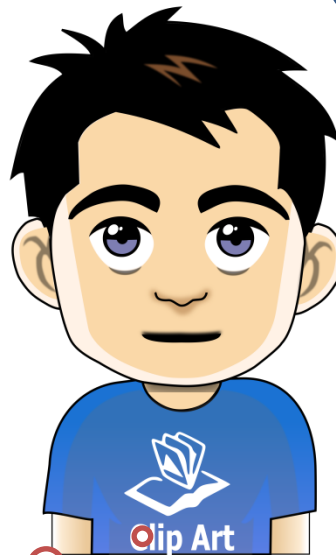
"I would like to
talk to someone
about my worries"

To learn skills to
make ...friendships

I want to feel
less sad

I want to
feel happy
again

I want my
parents to
stop shouting



Welcome to CAMHS

Welcome pack – [click here for info](#)



What is CAMHS?

CAMHS stands for Child and Adolescent
Mental Health Service.

People who work in CAMHS help and support children and young people who need help with their emotional, behavioural and psychological/mental health difficulties. They also work with the parents/carers and family.

Children and young people and their families can be referred to CAMHS if children are finding it hard to cope with family life, school or the wider world. If these difficulties are too much for family, friends or GPs to help with, CAMHS may be able to assist.

Types of problems CAMHS can help with include violent or angry behaviour, depression, eating difficulties, low self-esteem, anxiety, obsessions or compulsions, sleep problems, self-harming and the effects of abuse or traumatic events. CAMHS can also diagnose and treat serious mental health problems such as bipolar disorder and schizophrenia.

Who works in CAMHS?

Psychotherapist

Psychiatrist

Art Therapist

Psychologist

Social workers

Family Therapist

Nurse

The staff work in a multi-disciplinary team (MDT)....

What type of help do they provide?

Assessment

Treatment

Talking therapies

CBT: 1:1

Play & Art & Drama therapy

Psychotherapy

Family Therapy

Group work

Medication

Solution Focused, Brief

**Click here to see stories from
children who have used
CAMHS:**

Thank you for completing... 😊

How could this App be improved?

(rating scale/response to be considered)

Author: Jasmin Patel, Barnet CAMHS (2016)

(Participation/Service User Involvement question)

If you would like to be involved in improving services or emotional well-being projects, please give your contact details here:

Participation question:

we hope you enjoyed filing in this questionnaire. If you would like to be involved in projects please click here:

Other comments box (anything not asked you think is important)

END

DRAFT Version 1 (JP 2016)

Notes

1. Query – how shall we create the question on home/school/ etc scale (to measure outcome like that similar to SDQ so we can track change, but include pictures in my questionnaire) – **JP to discuss with clinicians**
2. Query – include question on ‘describe yourself’? or not? because 5-12 years old I quite wide group and in terms of their ability level understanding question – **JP to discuss with clinicians**
3. welcome pack information guide – could this be interactive.. or game like? (add pics and make less wordy/reduce text significantly). text needs to be changed anyways
4. with school question (if they click 5 or below on scale) – could another worksheet come about with pictures/drawings of things that happen in school and they can hover over and see the problem and describe?!>! or somehow interact with this in a meaningful way.
5. mood journal.. how were you feeling generally, yesterday and today.... ratings/ mapping
6. do we need to include a question or selection of ‘dislike’ as well as likes/interests?

AIM/Purpose for APP development:

This ‘Welcome to CAMHS’ App is a tool that includes a brief ‘getting to know you’ questionnaire for a child aged (x yrs) and provides information on CAMHS. I have developed this idea based on the feedback I have collected from service users who commented on various aspects which this App hopes to resolve:

1. wanted questionnaire that was fun to fill in, pictures/images ... (a gaming element)
2. appropriate for children aged 5.. to.. 12
3. Includes the use of pictures and reduce the use of text
4. Use an electronic device - ‘paper less’ system and more engaging?!
5. reduces anxieties of children, especially when coming to CAMHS for first time and gives them an activity to do whilst sitting in the waiting room, asks info about them and gives info about service and how it has helped people
6. provides information about CAMHS – helping client to refresh their understanding of what they would like to gain from coming to CAMHS.. leads to effective goal setting as it prepares the young person to the types of questions that may be asked at assessment and their mind set..

7. therapist – better engagement.. therapist asking about these things eg interests makes it more personable for child
8. the information about CAMHS also reduces anxiety as it is clear what CAMHS is and who they see and the type of professionals working in CAMHS and what they offer.

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31st January 2016 Version 1