

## Essential CAMHS Implementation

The Essential CAMHS resource is designed to be used within a supervisory relationship where a learner can be supported by an experienced CAMHS clinician to think and reflect while they learn. This may be individually or within small groups.

Group facilitation guidance is available for health boards who are considering providing group supervision for Modules 1-3 or skills-based group learning to support Modules 4 & 5. These provide excellent opportunities for peer support and networking with colleagues from other services.

Supervisor training is also available for new or experienced Essential CAMHS supervisors to familiarise them with the new resource content and portfolio.

The training also introduces supervisors to the TURAS Learn platform and how to navigate the Essential CAMHS learning programmes.

**The Essential CAMHS: Supervisors' Guide is available on TURAS Learn.**



### Further Information

Find and apply for access to Essential CAMHS on TURAS Learn:



<https://learn.nes.nhs.scot/>

Contact the CAMHS workstream at NHS Education for Scotland at:



[psychology@nes.scot.nhs.uk](mailto:psychology@nes.scot.nhs.uk)

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# ESSENTIAL CAMHS

## LEARNING PROGRAMMES



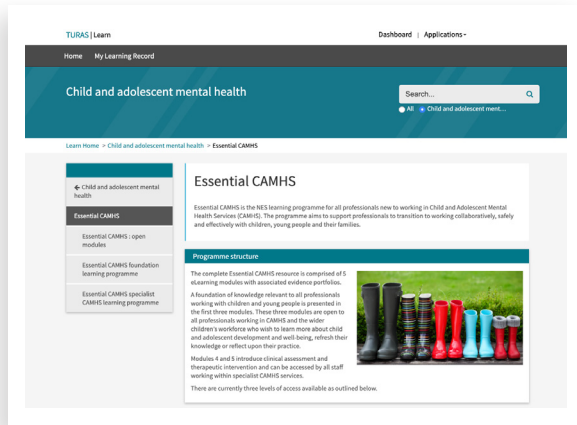
## Essential CAMHS

Essential CAMHS is an educational / training resource designed to support all staff as they begin work in a specialist CAMHS environment. Supported by an Essential CAMHS supervisor, learners complete 5 e-learning modules and associated evidence portfolios.

### The aims of the resource are:

- ▶ To communicate core knowledge about child and family development, the process of engaging with children and families and the mental health of children and families to a wide range of children's services workers
- ▶ To support staff through the transition to working in specialist CAMHS
- ▶ To promote collaborative, safe and effective working practices which will benefit users of children's services

The content of the resource was updated in 2019 and was informed by a national consultation in 2017, focus groups and a multi-disciplinary steering group.



An Introduction to Essential CAMHS is available on TURAS Learn.

## Foundation CAMHS Learning Programme

This learning programme comprises three e-learning modules and associated evidence portfolios to log learning experiences in the following topic areas:

### Module 1

Child, adolescent and family development



### Module 2

Engaging with children, young people and families



### Module 3

Mental health of children and young people

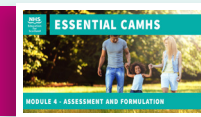


## Specialist CAMHS Learning Programme

This programme comprises the final two e-learning modules which build on the knowledge gained through completion of the Foundation Learning programme. It is intended for **clinical staff working under supervision** within Scottish NHS CAMHS teams.

### Module 4

Assessment and formulation



### Module 5

Working therapeutically with children, young people and families



## Evidence Portfolios

Three different task types are introduced in the e-learning modules and evidence for these is recorded in the portfolio. Development tasks are specific to Modules 4 & 5.



The intended learning outcomes which relate directly to the task are contained at the start of each e-learning module and are linked directly to the CAMHS Competence Framework. Learning carried out via Essential CAMHS can be used towards completion of Flying Start. The evidence portfolios contain no patient identifiable information and are submitted to be signed off once completed.



### Activities

Activities require the learner to actively seek information, do something or observe another member of staff. Tasks are designed to be readily available and accessible in a CAMHS team.



### Reflections

Reflections ask for the learner's thoughts either on information, experiences or a young person's point of view. The purpose is to embed reflective practice within their CAMHS work.



### Development tasks

These tasks require a supervisor to observe a learner carrying out some of the core skills of a CAMHS clinician. They provide an opportunity to practice and develop clinical skills with helpful feedback, whilst ensuring good quality clinical care.