



## **ABOUT NORTHPOINT WELLBEING AND CALDERDALE OPEN MINDS PARTNERSHIP**

### **Introduction**

Since January 2014 Northpoint have been commissioned to provide part of the Child & Adolescent Mental Health Service (CAMHS) in Calderdale, working closely with South West Yorkshire Partnership NHS Foundation Trust (SWYFT) who provide the specialist CAMHS service, as well as Universal (Tier 1) services (schools, GP's etc).

Northpoint's service was originally commissioner as a Tier 2 CAMH Service. As mental health services move towards a tierless model of delivery in line with the Thrive Elaborated Framework, we now refer to the Open Minds Partnership, which includes Northpoint, SWYFT, and Kooth.com (on-line counselling provided by Xenxone).

We are committed to working closely with commissioners, partner agencies and other stakeholders to improve the accessibility of mental health services, and to provide a high-quality experience for service users.

### **About Northpoint's Open Minds service**

The project provides a range of short term therapeutic interventions for children, young people and families. Referrals to the service are made by a wide a range of professionals for young people aged up to 18.

Northpoint CAMHS offer support to children and young people where emotional health problems have persisted despite the interventions of universal services, but where the problems are not of sufficient severity or duration to warrant a specialist CAMHS intervention. The close working relationship with SWYFT enables onward referral of appropriate cases to specialist CAMHS.

Northpoint also operates the Single Point of Access (often referred to as the First Point of Contact [FPoC] ) which triages all non-urgent mental health referrals, and which offers referral guidance, consultative support, and signposting advice to professionals.

Signposting options include the provision of self-help resources, on-line counselling, and web-based tools - including the Open Minds website [www.openmindscalderdale.org.uk/](http://www.openmindscalderdale.org.uk/) which Northpoint helped to develop.

The Single Point of Access also offers a telephone-based support and advice service for referrers and professionals. The aim is to offer a 'helpful conversation' to potential referrers and other professionals in order to prevent unnecessary referrals, and to improve the quality of referral information, and to provide information and signposting advice where a referral is not required.

Northpoint have also received funding to lead on several initiatives which aim to make mental health services more accessible and community based. The service also delivers training and capacity-building work to schools and the children's workforce.

The service is based in Clare Road in central Halifax. Client sessions take place in Clare Road as well as in venues across Calderdale including schools, children's centres and health centres.

The service implements the Choice and Partnership Approach (CAPA) which addresses capacity & demand issues and promotes collaborative practice & shared decision-making with families and young people. The implementation of CAPA has enabled the service to significantly reduce waiting times.

### **About the Northpoint CAMHS Team**

The current Northpoint CAMHS team have a diverse range of qualifications, training and backgrounds, including social work, counselling, CBT, creative art therapy, nursing and occupational therapy.

The service places a strong emphasis on reflective practice and on learning and professional development. Group supervision, clinical supervision and line management support takes place monthly, as do team meetings. CPD/training sessions and team away days take place regularly.



The ethos is one of positivity and support, with a team culture of reflection, questioning and openness. Service user and stakeholder feedback is sought and acted upon. Both team and individual successes and achievements are celebrated.

For the purposes of clarity and access, the relevant website (hosted by Northpoint) still retains the title of Calderdale CAMHS and can be found at [www.calderdalecamhs.org.uk/](http://www.calderdalecamhs.org.uk/)

### About Northpoint Wellbeing

Northpoint Wellbeing Limited is a charitable provider of a range of services to promote emotional wellbeing. We believe that timely access to appropriate support, particularly talking therapies, is an effective way of promoting emotional wellbeing and relieving mental distress, for people of all ages and backgrounds.

- **Our mission** is to improve access to full range of talking therapies in a timely manner for the whole population.
- **Our vision** is to provide therapeutic & preventative services that help people experiencing emotional distress to make changes in their life, to as wide a group of people as possible.
- **Our values** are to be client-focused, committed, responsive, and supportive.

Northpoint currently provides over 31,000 face-to-face intervention hours annually, to adults and to children and young people, and engages 80+ sessional and employed staff. The organisation has significantly developed its therapeutic work with children and young people and now works in over 130 schools in Leeds.

We deliver therapeutic & preventative services for those experiencing emotional difficulties or distress in Leeds, Calderdale & surrounding areas. We provide a safe space in which disturbed or difficult emotions can be expressed, contained, and considered.

We deliver services which help people to:

- Better understand the issues they are experiencing
- Consider choices and solutions open to them
- Take steps towards making changes

Our services include:

- Calderdale Open Minds Service
- A commissioned NHS IAPT (CBT and Counselling service) delivered in partnership with other providers
- Counselling to parents/carers in children's centres in disadvantaged areas of Leeds
- Counselling for pupils and parents in selected schools and clusters across Leeds and York
- A group therapy service (through Leeds Group Therapy)

The organisation operates to high professional standards, is an accredited service of the British Association for Counselling and Psychotherapy and works to the ethical frameworks of BACP and BABCP. Northpoint has achieved Investors in People accreditation and is seen as seen a good employer. Staff turnover is low and staff satisfaction levels are high.

Further details can be found on our website at [www.northpoint.org.uk/](http://www.northpoint.org.uk/)