



**Delivering  
integrated mental  
health support  
with CAMHS**

**Believe in  
children  
Barnardo's**



---

## Introduction to Barnardo's

Barnardo's is the UK's largest children's charity and one of the most comprehensive providers of integrated health and social care services for children and young people, bringing over 150 years' experience of supporting the most vulnerable.

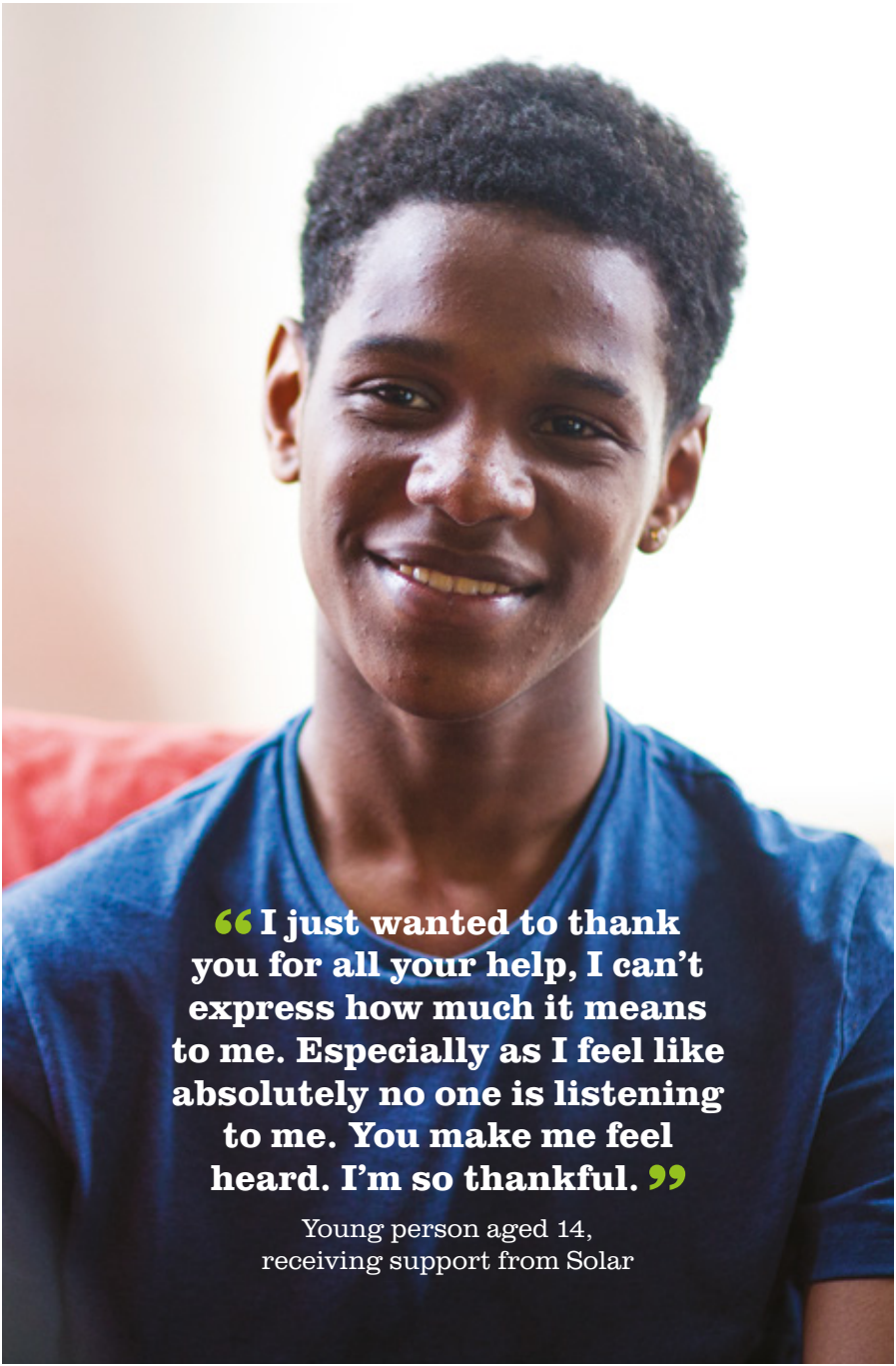
Promoting and improving child and family health and wellbeing is at the heart of our 800+ services. Since launching our first specialist counselling services 20 years ago, we now have 158 health services working in partnership with a range of commissioners including NHS England and NHS Improvement (NHSEI), Clinical Commissioning Groups (CCGs), Integrated Care Systems (ICSs), Department of Health and Social Care (DHSC), Department for Education (DfE) and Local Authorities (LAs) to deliver cost-effective and innovative integrated health and wellbeing support.

Our services operate right across the spectrum of prevention, early intervention, targeted and specialist support in a variety of place-based settings across geographical footprints.

## Our offer

Effectively supporting the mental health and wellbeing of children and young people is one of the biggest challenges we face today. The impact of the pandemic on children and young people's mental health has significantly increased the pressure on Children and Adolescent Mental Health Service (CAMHS) services across the country.

Barnardo's is commissioned to deliver a wide range of services working in partnership with CAMHS to help better meet mental health and wellbeing needs locally. Our mental health offers are effectively tailored and integrated into the wider local systems of support, so they complement and enhance what is already there. We tailor our approach to local conditions and needs, for example, working as part of an integrated CAMHS offer in services such as Barnardo's BOSS (working alongside St Helens CAMHS service), My Time Cumbria and Bucks CAMHS.



**“I just wanted to thank you for all your help, I can’t express how much it means to me. Especially as I feel like absolutely no one is listening to me. You make me feel heard. I’m so thankful.”**

Young person aged 14,  
receiving support from Solar

---

We work in collaboration with CAMHS to adopt the Thrive Model of care for children locally. Our services support children and young people through a range of therapies including counselling, art and play therapy, solution focused interventions, structured CBT-based programmes and group work.

Our therapeutic staff take a trauma-informed and child-centred approach to delivering effective mental health support, with a clear focus always maintained on what the individual child or young person needs. We utilise bespoke digital tools to deliver our support through a blended or digital only approach wherever this works best for the individual child or young person.

This approach enables us to deliver responsive, innovative and cost-effective therapeutic support to children and young people to reduce the pressure on CAMHS waiting lists and help more children and young people to access the support that they need.

As an established provider with a wealth of experience working with CAMHS teams in services right across the UK, Barnardo's is ready to work in partnership with you to best deliver truly integrated mental health services in your area.







**“ Our Barnardo’s Buddy was simply fantastic! The way she engaged with our daughter was so refreshing. She has given us a firm foundation to move forward, and I will forever be indebted. ”**

Parent, following support from Bucks CAMHS





---

## Case studies

### **Solar – An integrated local mental health offer**

Solar is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's and Autism West Midlands that has been providing high-quality emotional wellbeing and mental health services to children, young people and families in Solihull since 2015. Solar focuses on timely access to appropriate support in line with children and young people's needs, as opposed to being structured around thresholds or tiers. It is a truly integrated service with staff from Birmingham and Solihull Mental Health Foundation Trust, Barnardo's and Autism West Midlands working alongside each other. The integrated model is at the heart of the working culture within Solar, with respect and integrity between all professionals, recognising the value and skills that each bring to the service.

### **Mindworks Surrey – Working in partnership to help more children and young people earlier**

In Surrey, Barnardo's is delivering on a whole systems change vision of 13 voluntary sector providers working together across an integrated care system to deliver early intervention mental health support, leading to better outcomes and reduced pressure on local CAMHS services. This ground-breaking and long-term approach delivers a more comprehensive and seamless offer in Surrey. It is built on the foundations of partnership working and sharing expertise across a wide range of emotional wellbeing and mental health providers locally, with young people placed firmly at the centre of service design and decision making.

## To find out more

We'd love to hear from you. Please get in touch via [\*\*healthteam@barnardos.org.uk\*\*](mailto:healthteam@barnardos.org.uk) if you would like more information.

[www.barnardos.org.uk](http://www.barnardos.org.uk)

Barnardo House, Tanners Lane, Barkingside, Ilford, Essex IG6 1QG  
T: 020 8550 8822

Barnardo's Registered Charity Nos. 216250 and SC037605 23021dos22