

Dear Parent Carers,

We are inviting you to help shape the future of community CAMHS in Sussex.

We want to make sure those who need additional help can access community CAMHS and benefit from an equitable offer wherever they live in Sussex.

This means we will be looking at what we can do differently to reduce waiting times and how best to support young people waiting for intervention. We will also ensure that all treatments are evidence-based and outcomes are routinely collected.

The focus of the work programme is community mental health services for children and young people. This does not include neurodevelopmental assessment but will include ensuring that neurodiverse young people can access adapted standard evidence-based practise.

The transformation programme will be exploring with children and young people, families and carers, staff and partner organisations, alongside drawing on examples from other parts of the country where things are working well, to help us do things improve the community CAMHS offer in Sussex.

Your views and suggestions about the future of community CAMHS are important to us and we would really value your input at workshop on 31st March, 7-8.30pm via MS Teams.

Kind regards,

Jodie Olliver - Head of Service, Community CAMHS

Dr Anna Moriarty - Associate Clinical Director