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A Competence Framework for Child and Adolescent Mental Health Service (CAMHS) Workers

Information for Young People and Parents/Carers



## What do CAMHS workers do?

Child and Adolescent Mental Health Service (CAMHS) workers help children and young people who are feeling worried, sad, or troubled.

All children and young people and their families have to cope with problems. Most of the time they can work out how to get over things themselves. But when problems cause a lot of upset or worry, it can help to talk about them with people who have special training in helping young people deal with their difficulties.

## What is the competence framework, and why was it written?

The competence framework sets out the things that (CAMHS) workers need to know about, or be able to do, so that they can do their job well.

It was written to guide the training of CAMHS workers. The idea is that people who train CAMHS workers can make sure that their course covers all the topics included in the framework.

## What's included in the framework?

The framework describes interventions that have been studied by researchers, and have been shown to help children and young people. We describe what workers need to do if they are going to give children/young people the best chance of getting over their problems.

We also looked at information from young people and families who have used CAMHS services, telling us what they want from the service, and how they wanted to be treated. Their advice is included in our framework.

Once the lists were written they were checked by a group of experienced CAMHS clinicians, and the people who designed the interventions. If you would like to look at the sources for the framework please [click here](#).

## How the framework works

If you would like to look at the framework then go to the **CAMHS competence framework map**. All the boxes are headlines. If you click on a box then a list of knowledge and skills for that topic will pop up.

Individual workers would only be expected to be trained in a small selection of the intervention approaches shown.

## What to expect from CAMHS

A booklet written for young people called 'A young Person's Guide to CAMHS' is available at:

[www.rcpsych.ac.uk/PDF/CAMHS%20inside%20outx.pdf](http://www.rcpsych.ac.uk/PDF/CAMHS%20inside%20outx.pdf)

A shorter 2 page leaflet version is available at:

[www.rcpsych.ac.uk/pdf/CAMHS%20in%20brief%20SUPER%20SMALL.pdf](http://www.rcpsych.ac.uk/pdf/CAMHS%20in%20brief%20SUPER%20SMALL.pdf)

A booklet which explains CAMHS interventions is available at:

[www.youngminds.org.uk/publications/all-publications/choosing-whats-best-for-you](http://www.youngminds.org.uk/publications/all-publications/choosing-whats-best-for-you)

## Your views on the competence framework

We would welcome any views on this leaflet or the framework – please **email feedback**

