

## Early intervention ethos

- Easy streamlined access to reduce duration of untreated illness and distress
- To provide thorough assessment prior to firm diagnosis
- To enable/encourage independence and life choices
- To normalise and tackle stigma and discrimination.

If you need more information, advice or help from the CAMEO team, please get in touch with us by phone, e-mail, fax or letter. Our contact details are on the back page. You could also check out our website:

[www.cameo.nhs.uk](http://www.cameo.nhs.uk)

## Team details

### CAMEO South

Kate Parkes  
*Team Leader/Clinical Nurse Specialist*

### CAMEO North

Shannon Taylor  
*Team Leader/Clinical Nurse Specialist*

### Cameo Service Countywide Manager

Maggie Page

## Contact us

### CAMEO South

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**T** 01223 341510

**E** [cameosouth@cpft.nhs.uk](mailto:cameosouth@cpft.nhs.uk)

### CAMEO North

53 Thorpe Road, Peterborough, Cambs PE3 6AN

**T** 01733 353250

**F** 01733 353252

**E** [cameonorth@cpft.nhs.uk](mailto:cameonorth@cpft.nhs.uk)

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### Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

### Out-of-hours service for CPFT mental health service users

Please call **NHS 111, option 2** if you feel you are in a mental health crisis.

If you require this information in another format such as braille, large print or another language, please let us know.

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Leaflet updated September 2019

Leaflet review date: September 2020

### HQ information

**HQ** Elizabeth House, Fulbourn Hospital,  
Cambridge CB21 5EF.

**T** 01223 219400 **F** 01480 398501

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)



CPFT supports the **HeadtoToe Charity** – visit [www.HeadToToeCharity.org](http://www.HeadToToeCharity.org) for details on how you can help

**NHS**

**Cambridgeshire and  
Peterborough**  
NHS Foundation Trust

# Cameo

## Early Intervention Services

Updated September 2019



For people with early symptoms of psychosis



Pride in our care

A member of Cambridge University Health Partners

Cameo is a service for people aged 14-35 years old who are experiencing symptoms of psychosis for the first time. There is evidence to show that recognising and treating psychotic experiences early leads to better outcomes and an improved chance of recovery.

Cambridgeshire and Peterborough

Assessing  
Managing and  
Enhancing  
Outcomes

## What is psychosis?

A term used to describe a range of symptoms including:

- Hallucinations
- Confused thinking
- Changes in speech and behaviour
- False beliefs

To find out more about psychosis and symptoms, please check out our website, which contains lots more information:

[www.cameo.nhs.uk](http://www.cameo.nhs.uk)

## What Cameo does

- **Offers focused triage via a daily duty clinician system for professionals considering referring to CAMEO**
- Comprehensive specialist assessments (up to one month) for people 'at risk'
- Offers extended assessments (up to six months)
- Provides information about symptoms, causes and treatment of psychosis
- Supports people with their educational, vocational, leisure and employment plans
- Provides support for up to three years depending on identified need with regular reviews
- Sees people where they are most comfortable
- Offers assessment, advice, and signposting information about other relevant services (eg, housing, finances, etc)
- To engage families/friends

## What does at risk mean?

- People with less intense but disabling psychotic symptoms that are experienced several times a week - ie, attenuated psychotic symptoms; odd beliefs/behaviour, magical thinking, ideas of reference, paranoid ideation or perceptual disturbances
- People with a family history of psychosis along with a recent change in their functioning
- CAMEO offers an "at-risk mental state" service for individuals aged 14-35 years who live in Cambridgeshire or Peterborough.

## Who can use Cameo?

- People living in Cambridgeshire or Peterborough
- Are aged 14-35 years old
- Are experiencing psychotic symptoms for the first time regardless of the suspected cause - drug induced excluding intoxication. For example, symptoms for more than one week, psychotic symptoms related to mania or depression or a primary psychotic illness.
- Have had fewer than six months' treatment with anti-psychotic medication
- For those aged under 17, your treatment will be shared between Cameo and Child and Adolescent Mental Health Services.

## What if I don't meet these criteria?

- For those living outside of Cambridgeshire and Peterborough, please contact your GP
- For those aged below 14 years or above 35 years, please contact your GP
- CAMEO does not offer assessment or treatment to individuals who are experiencing early dementia or confusional states. Please discuss your needs with your GP

## How do I refer myself?

- You can refer yourself
- Your family/friends can refer you
- You can ask your GP/any other supportive professional you see to refer you
- The quickest way is to give us a ring, Monday to Friday, 9am-5pm. You can leave a message on the answer phone outside of these hours and we'll call you back
- You can also contact us by e-mail, fax or letter
- We offer informal advice and information

When someone is referred, a member of the CAMEO team will contact them or the referrer to find out more about their symptoms and see what we can do to help.

## What treatment does CAMEO offer?

CAMEO has the expertise and time to offer focussed, individualised treatment and support programme. We follow the Care Programme Approach, whereby service users are involved in planning their care with their allocated care co-ordinator. Treatments are based on current research and evidence. You will be offered or you can ask for:

- Cognitive Behavioural Therapy
- Group and individual work aimed at helping people stay well
- Family work and brief family focussed groups
- A range of interventions to help people get back to college, work, and develop their social skills
- Medication