

DIRECTORY OF SERVICES

Child and Adolescent Mental Health





The Tavistock and Portman NHS Foundation Trust has one of the largest child and adolescent mental health services in the UK with over 200 staff dedicated to working with children, adolescents and their families.

Generic Child and Adolescent Mental Health Services

As recommended by the National Service Framework for Children, we have the full range of CAMHS professionals. Our staff group, and each individual CAMHS team, contains a fully multidisciplinary group including:

- Psychiatry
- Child and Adolescent Psychotherapy
- Systemic Family Therapy
- Clinical and Educational Psychology
- Specialist Social Work
- Specialist Nursing

The staff are organised into geographically linked generic or specialist services. Why?

- Teams linked to a geographical area learn about all the services local to the area served (such as schools, voluntary and statutory services) enabling good local links and networks organised around the child.
- Our specialist services are able to build up a specialist area of knowledge and relevant skills and to develop research projects in their areas of expertise.

In these ways we are keeping at the forefront of child and adolescent mental health, psychological therapy, psychotherapy and family therapy treatments.

As well as general CAMH Services, we have a range of services tailored to specific needs. Listed below are summaries of our services in alphabetical order.

Adolescent Specific Services

- **Early Intervention Service (EIS)**

This service provides an emergency/fast response service in the Camden community for adolescents who are demonstrating evidence of early onset psychosis.

- **Transitions to Adulthood**

We are proud to offer a dedicated service to young people aged 14-21. Typically this age group are treated as either children or adults, but the distinction is not so clear cut psychologically and many young people present with difficulties specifically related to struggling with the transitions involved in this phase of life. Young people seen in the Department, can, if appropriate, continue with our services through to young adulthood. Our age range means that services can be offered to those not appropriate for adult services and those in transition from CAMHS. We make use of the Youth and Young Adult Self Report Forms (based on the Child Behaviour Check List) as a means of regular outcome monitoring. We are also involved in regular audits and the carrying out of large and small scale research projects.

- **Young Black People's Consultation Service**

This service aims to improve access to mental health consultation to young black people and their families so that they can get help early with emotional problems, and make informed choices as to



how to address them. The service recognises that issues of race and culture are important to some people and is led and staffed by qualified and experienced black and ethnic minority therapists.

- **Young People's Consultation Service**

This self-referral service offers four appointments, usually starting within two to three weeks of contacting us. The aim is to help young people get a clearer picture or understanding of the problems or difficulties one faces in today's world. Many find this helpful and outcome data support the efficacy of the service in improving emotional well being.

Autism/Asperger's Syndrome

We have a dedicated service for children on the autistic spectrum and their families. We have built up considerable experience in working with families, helping them to understand their children and the impact their child has had on their whole family, as well as with individual psychotherapy with the child. Our approach has been developed over the last twenty years through both research and clinical experience, and our service is dedicated to properly thinking about the whole family's needs not just the child. We have a strong users group of families who are keen to provide a testimony about our work and they are currently making bids for funding for a DVD to publicise our services from a user perspective.

Black Minority Ethnic Specialism (BME)

This service is aimed at young black and minority ethnic people and their families with mental health needs. Staffed by professionals who are themselves from minority communities or who have specialist cultural knowledge of these communities, these professionals work at the Trust as well as in schools to promote cultural competency across our services.

Other BME services which can be found under the Refugee Team include:

- Asian Service
- Congolese Service
- Somali Service



Child Protection

- **Monroe Family Assessment Service**

A newly refurbished service, the Monroe focuses on children, young people and families with complex child protection issues. The Monroe's specialist team works with families where the children might be in complicated and sometimes threatening situations and helps these families find the best route to keeping the children safe. This service is also hosting Britain's first Family Drug and Alcohol Court for parents with drug and/or alcohol problems to encourage and support their engagement with substance misuse services.

- **Camden Multi Agency Liaison Team (Camden MALT)**

This is a specialist team of CAMHS staff and Camden local authority social workers who work with high need, hard to reach families where there are child protection concerns or when children or young people are looked after by Camden Local Authority. The team works very closely with Camden social work teams adding quality care plans.

Court Work

We are regularly commissioned by local authorities and solicitors to provide expert advice in child protection proceedings. We have a group of staff who have specialist experience in working within the following areas: alcohol and drug abuse, parents with learning disabilities, children with autism and special needs, as well as a range of more generic experience. Our staff are experienced in providing expert opinion in court and writing court reports.

Eating Disorders Service

An assessment and longer-term treatment service is available for young people with eating disorders (such as bulimia, anorexia nervosa, selective eating, or restrictive eating). The service is not appropriate for those who are severely ill, but for those who can be managed as outpatients.



Education

- **Gloucester House, Tavistock Children's Day Unit**

Gloucester House is a place for children who have been excluded from school. Our staff work with the child and the family in order to try to re-integrate the children back into mainstream schools. Through a combination of school lessons and clinical work, the children are given the opportunity to face anxieties and frustrations which a normal school would not necessarily address. There are usually between 11-16 children between the ages of 6-14. There is not a minimum or maximum stay at Gloucester House. Additionally, the parents are very involved in the work the professionals are doing with the child, as well as helping to decide when it is time for the child to move on.

Fostering, Adoption and Kinship Care Team Services

These provide clinical services to looked after children, adolescents and their carers, adoptive families and children in the care of their extended families or friends either through special guardianship or kinship arrangements, as well as treatment for children in transition and post adoption work.

Comprehensive assessments may be followed by longer-term individual or family treatment, the aim of which is to care for the mental health of the child or adolescent, and to alleviate the problems faced by adoptive parents, carers and other family members. Working very closely with professional networks, a range of consultation, assessment and treatment packages are available.

Gender Identity Unit

This service has been developed to work with young people and their families where a child, adolescent or young person is struggling with their gender.

Learning and Complex Disability Service

This team works with people with disabilities such as borderline or learning disabilities which are not clearly defined, as well as those who have suffered brain injury, sensory or other neurological difficulties. Those who suffer from emotional difficulties such as depression, anxiety, relationship complications or behavioural problems will find this service very useful.



Parenting

- **Parents and Carers Consultation Service**

This service offers a series of 4-6 appointments to parents/carers experiencing difficulties of various kinds in managing their parental role and where the young person is not being seen themselves. The aim of the PCS is to help parents/carers (whether as a couple or single parent) develop a new perspective on the difficult situations with which they are faced.

- **Adolescent Parenting Service**

Focusing on the parents of adolescents, this service concentrates on parents who feel they need guidance and support from an expert. Parent work can also be in conjunction with therapy for the adolescent. This work can be done in a one-on-one basis or in a group.

Refugee Service

Working with refugee, asylum seeking and traumatised immigrant children and families, we make extensive use of links with community workers, cultural advocates and interpreters, and run specialist provision for Somali and Congolese communities. We have developed considerable expertise in working with dislocation, trauma and loss and in managing the complexities that beset these families, including the uncertainties of the asylum process. We work with children and young people and their nuclear and extended families, some of those we see are unaccompanied. Engagement with a wide, complex network of agencies is an essential part of our work.

Trauma Service

This service is for those who present needing help following traumatic events, whether something specific, such as a road traffic accident, or a more chronic experience of trauma. This multi-modal service offers brief and longer term interventions, as appropriate, and offers specialist psychoanalytic and cognitive behavioural therapies.

Under 5's

We set this service up in recognition of the importance of prompt early intervention for families with babies and small children. Referrals include feeding and sleep difficulties, phobias, tantrums and disruptive behaviour, or separation difficulties. Families are referred where post-natal depression, bereavement, illness and other factors may interfere with early bonding and work is aimed at enhancing the quality of parent-infant, as well as parent-couple relationships. The service also offers support to parents having to cope with fertility problems, difficulties in pregnancy, miscarriage, premature or ill babies. Consultation to staff of nurseries and other day-care provision for infants and pre-school age children is also offered, including telephone consultations.



Ways of Working

Group Work

Different types of groups are often set up at the Tavistock in order to share concerns and work through problems together. We offer parents groups, child groups, adolescent groups, parent and child groups as well as specialist groups such as a fathers group. Groups emerge when the need arises and we are always open to suggestions for new groups.

Family Therapy

Family sessions are comprised of children, parents, and other family members who explore and understand how their family is working together and how each member deals with difficulties in the family. These sessions may be combined with individual therapy or couple therapy.

Psychotherapy

Individual psychotherapy consists of sessions with a therapist in order to look at ways of helping people to overcome stress, emotional or behavioural problems, relationship problems or troublesome habits. Psychotherapy with younger children often includes a box of toys to play with or drawing materials to help the child communicate what is on their mind.

Consultancy

We offer a range of consultancy work for individual professionals, teams and organisations working with children and young people. These include:

- Individual role consultation for professionals and managers in mental health, education, social services and voluntary sector settings
- Consultancy work with staff teams and organisations regarding integrated working and team building within and across agencies
- One-off or ongoing case discussion and consultation around cases or situations that may be difficult to manage – for individuals or teams

Getting in touch

Please contact us on any of the below information:

CAMH Service, Tavistock and Portman NHS Foundation Trust

120 Belsize Lane, London NW3 5BA

Phone: 020 7435 7111

Fax: 020 7447 3733

camhs@tavi-port.nhs.uk

We are officially open Monday – Friday, 8-6, but have after hours cover for clinical emergencies.

How to make a referral

CAMHS Intake, Tavistock and Portman NHS Foundation Trust

120 Belsize Lane, London NW3 5BA

Phone: 020 8928 2241

Fax: 020 7447 3733



Other Interesting Information:

Always learning

Whilst primarily providing a clinical service, we have also developed a range of professional and post graduate trainings in conjunction with several universities. This has a real advantage for our staff and services as we are obliged to keep up to date and to lead on developing appropriate treatments. We have a strong tradition of scholarship, the vast majority of our staff regularly publish articles, chapters and research papers in peer reviewed journals and books.

Cost

Our services are competitively costed, and we have a proven track record of providing high quality mental health services for children. We are based within an all age service, which means that we can draw on expertise in working with adults or parents ensuring that our services are properly tailored towards the whole family's needs.

Clinical Governance

We have a dedicated clinical governance team, whose role includes ensuring that our staff are familiar with the National Institute for Clinical Excellence (NICE) guidance for treatments of specific disorders, ensuring that our outcome monitoring systems are active, robust and provide detailed information about the value of our treatments.

Open to ideas

We believe in the value and importance of obtaining feedback from our service users and we have a strong patient and public involvement team, who ensure that children, adolescent and families have the opportunity to reflect on and feedback about their experiences with us. Our management team regularly receive feedback from service users and we have introduced changes as a direct result of feedback such as baby changing units available for fathers and different magazines in the waiting rooms.