



Hampshire Child and Adolescent
Mental Health Services

WELCOME TO HAMPSHIRE CAMHS

CHILD AND ADOLESCENT
MENTAL HEALTH SERVICES

Services provided by
Sussex Partnership NHS Foundation Trust

CONTENTS

Who are we?	3
Welcome to Hampshire Child and Adolescent Mental Health Services (CAMHS).....	4
Dear parents and carers: A letter from CAMHS experienced parents.....	7
What is mental health?.....	10
Some advice from a young person who has "been there".....	12
When to be concerned: A guide on what to do if you notice changes in your child's behaviour whilst waiting for an appointment.....	14
About your CAMHS appointment and some questions you may be wondering about.....	15
Information about our eating disorder service.....	17
Care plans.....	19
Confidentiality, consent and routine outcome measures.....	22
Medication explained.....	22
Some questions you may have wondered about, answered.....	23
What is therapy?.....	25
Community CAMHS team locations, email addresses and parking.....	26
What do I do if I have concerns about CAMHS?.....	28
A quick guide to what you can find on the Hampshire CAMHS website.....	29
How to make your own self-soothe box.....	32
Books that have helped other parents and young people.....	34
Resources that may be useful.....	35
A to Z of coping strategies.....	36
Hampshire Parent Carers Network (HPCN).....	37
Personal coping plan template.....	38
A personal journey from a parent who has experienced our service.....	40
Who's in my team?.....	42
A space for notes.....	43-45

Who are we?

Child and Adolescent Mental Health Services (CAMHS) are an NHS service that aims to help young people between the age of 5-18 years who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health difficulties.

The purpose of this booklet is to provide you with information about our service and information regarding what happens next following your child attending an assessment appointment with Hampshire CAMHS.

WELCOME TO HAMPSHIRE CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)

The teams:

Our teams are comprised of a range of different specialisms such as child psychiatrists, clinical psychologists, cognitive behavioural therapy (CBT) therapists, family therapists, occupational therapists, dieticians, specialist nurses, assistant psychologists and support workers.

Art therapists:

Art Therapists offer a form of psychotherapy that uses art within communication and expression. Using art materials, the aim is to help a young person to understand their feelings and change, improving self-confidence and self-esteem.

Assistant psychologists:

Assist the team in delivering assessments, group interventions and individual work with young people.

CBT therapists:

CBT therapists are trained to assess and treat young people with mental health difficulties using an approach called cognitive behavioural therapy. Like clinical psychologists, CBT therapists use talking therapies to understand and help young people, their families and support networks to achieve their goals, and make changes that improve their health and wellbeing.

Child and adolescent psychotherapists:

Child and Adolescent psychotherapy is a way of helping to make sense of and process difficult or confusing feelings, thoughts, memories and experiences in a safe and calm space. This therapy can help young people understand their self-beliefs and feelings and have a positive effect on their emotions, thoughts, behaviour, and relationships.

Child psychiatrists:

Psychiatrists are medical doctors who work with people with mental and emotional health difficulties. They provide specialist assessments, can diagnose a mental illness and use a range of medications to help a person recover. A child and adolescent psychiatrist works with young people and their families to better understand what is going on for them, to provide information and advice, as well as helping put together a care plan. They work closely with your allocated clinician and with other team members to ensure you are well supported

Children in care therapists:

We have a number of therapists who specialise in providing therapeutic support to young people who are fostered, adopted or live in children's homes. Our Children in Care Therapists also provide support, therapy and training to care givers, and will work closely with agencies, such as Children's Services, to make sure the voice of the young person is heard and that the young person is able to access the help, support and therapy that they may need.

Clinical psychologists:

Clinical psychologists are trained to assess and treat young people with mental health difficulties by using a range of approaches. Psychologists mainly use talking therapies

to understand and help young people, their families and support networks to achieve their goals, and make changes that improve their health and wellbeing. Psychologists work together with young people to find a joint understanding of the difficulties and help young people to develop skills and techniques to manage and overcome these difficulties

Dieticians:

A dietician provides individual information and advice around food and nutrition, particularly for people who have specific dietary requirements or difficulties with eating, food or dietary conditions.

Drama therapists:

Drama therapy is a unique form of psychotherapy in which creativity, play, movement, voice, storytelling, dramatisation, and the performance arts have a central position within the therapeutic relationship. Play therapists use play as a child's natural way to express themselves and explore their feelings, playing and working through worrying thoughts and emotions.

Family and systemic psychotherapists:

Family and systemic psychotherapists are trained to explore the way individual beliefs and patterns of communication organise our sense of self and interact with each other. Issues can impact on the whole family system, not just the child/young person suffering from the illness. Family and systemic psychotherapists support a family based approach by meeting with the child/young person alongside or separately from parent/s, siblings, significant family members to explore each other's experiences and emotions safely, to understand each other's experiences and views, appreciate each other's needs and build on family strengths.

Learning Disability CAMHS Worker:

Every team in Hampshire CAMHS has a specialist learning disability CAMHS worker who can offer a range of approaches to children and young people with a learning disability depending on each person's needs.

Occupational therapists:

Occupational therapy helps individuals re-establish their healthy occupations and the life balance they once had. Occupational therapy uses practical interventions to assist young people in defining and returning to the roles in their lives that are important to them. Some examples of interventions are: managing anxiety at school, confidence using public transport, relaxation and being able to enjoy leisure based occupations.

Primary mental health workers:

Primary Mental Health Workers sit within the Early Help Service, which is the "front door" to CAMHS. They are a multi-disciplinary group of qualified and experienced clinicians consisting of registered nurses, social workers, occupational therapists or teachers with additional qualifications. They screen and triage all referrals into the service, complete risk assessments and care management plans, offer skilled assessments, deliver psycho-education based workshops, therapeutic group work and some individual based interventions where required. They use a range of approaches such as CBT or systemic based interventions to help young people and their families understand their difficulties and find new ways of coping.

Specialist nurses:

We have a range of specialist nurses in our service. Some of our nurses are specialist mental health nurses or learning disabilities nurses which means that they have chosen to specialise in mental health or learning disabilities during their career. We also have nurses who trained as paediatric nurses who are experienced in working with children. We have also had adult general nurses join part of our service. All of our nurses have a range of skills and have completed additional training in assessing and treating both physical and mental health needs of children and young people.

Support workers:

Support workers work alongside and with a young person's main clinician, to provide additional help and support both practically and emotionally. This can be useful if young people and families are really struggling and need extra support or advice.

During your child or adolescent's treatment:

The family are crucial in your child or adolescent's recovery. We will work closely with you and your young person to gain a deeper understanding of the issues, and how you as a family can overcome these.

Family support:

We understand that there will be a significant impact for parents and carers both attending and transporting their child to appointments. We are able to send a letter to employers to explain the impact of treatment on working families – so please let us know if you think this will help your circumstances

Contact:

Following your assessment appointment, if you have any further queries about the service, questions regarding your child's care, or concerns you would like to talk to us about you can call our duty number.

COMMUNITY CAMHS TEAMS DUTY TELEPHONE NUMBERS AND OPENING TIMES



Aldershot:

Requests for duty support via our email Spnt.aldershot-camhs@nhs.net

Basingstoke:

Phone number: **0300 304 0800**
Monday to Friday 9.00am-5.00pm

Eastleigh:

Phone number: **0300 304 0625**
Monday to Friday 9.00am-5.00pm

Fareham:

Phone number: **0300 304 0447**
Monday to Friday 9.00am-5.00pm

Havant:

Phone number: **0300 304 0099**
Monday to Friday 1.00pm-5.00pm

New Forest:

Phone number: **023 8074 3000**
Monday to Friday 9.00am-5.00pm

Winchester, Test Valley:

Phone number: **0300 304 0070**
Monday to Friday 9.00am-5.00pm

A duty clinician will aim to return your call as soon as possible, however, if you have a more urgent concern please contact your GP or in the case of an emergency please use **999** to call an ambulance or attend the nearest A&E Dept.

Please only go to A&E if you are in need of urgent medical attention. If you are feeling distressed or overwhelmed there are alternative sources of support which will better support you and we have provided suggested support in this booklet. If you need to speak with a mental health practitioner you can call **111** (24 hours a day, 7 days a week)

DEAR PARENTS AND CARERS

A letter from CAMHS experienced parents

First things first – you are receiving this information as your child has been referred by your GP/ school or even directly from yourself to CAMHS. So the first hurdle is over - you are now logged in the system. You are now waiting for an initial appointment or an assessment. How long will this take and what can you do in the meantime?

Waiting for an appointment

When a young person needs help we all want them to be seen as quickly as possible. We are working to achieve this. At the moment, sadly, some young people wait a number of months. We will take into account a range of factors when offering an appointment.

We know how worrying this time is for families, so here are a few pointers about what you can do to help your young person in the meantime:

- Spend as much time as you can with your young person and really try to understand what is going on for them. We know this is so much easier said than done but keep trying. There are some book references and suggested resources later on that may help.
- The Hampshire CAMHS website HampshireCamhs.nhs.uk has lots of links to resources that you can access. These are not just for you but for your young person as well.
- A number of charities also have websites and helplines that can offer advice. Suggestions of these are later in this booklet.
- Read anything you can that helps you understand how your young person is feeling. We have suggested some books that helped others later in this booklet.
- If you haven't heard from CAMHS in a while and you are concerned about what to do, check the Hampshire CAMHS website for advice, and/or check the section on page 12 "What to do if you are concerned" – if concerns continue, ring the single point of access on **0300 304 0050**
- If things get worse before your child is seen, see the section on "When to be concerned".



Once you receive your appointment, what should you expect then?

You will be given a time to arrive at one of the CAMHS clinical bases, usually closest to you. It is always best to leave more time than you think you might need. Not only might your child be unpredictable in being ready/available on time – but so might the traffic be and then there is the parking. Not all the CAMHS clinics have parking that is free and right outside the clinic – there is a section later on that gives you details on parking at each of our clinics, this is well worth having a look at.

If you are bringing other members of the family along to the appointment, it may be a good idea to call the clinic first, to find out how many family members can be accommodated. Unfortunately many of the clinic rooms are quite small and whilst there are toys for youngsters – it is best to bring something to occupy younger members of the family. Likewise if there are any other needs that CAMHS should accommodate (such as language/mobility/hearing issues) then please let the team know before you arrive.

Once you are in the building, please let someone know that you have arrived. Unfortunately not all the clinics are equipped with lovely smiling receptionists, however there will be a bell or telephone so that you can let the team know you have arrived. It may be the clinician themselves who comes to get you from reception.

When you and your child are with the clinician, try and be as relaxed as possible – easy to say but much harder to do. They are there to help not judge, to listen not tell you off, to understand your family situation not criticise, so be as open as you feel comfortable, 'warts and all'. As experienced clinicians, the CAMHS staff have worked with so many different people that there's nothing that they won't have heard before. It is really important to try and work in collaboration with your clinician - combining their specialist knowledge along with your knowledge on your child is the key to finding the right solution for your child. Having said this, there are times that either you or your child 'just don't get on' with the clinician. In this case, please feel that you are able to raise it, but obviously give it a while as it can take time to build up a good relationship.

The future

After your initial assessment you will be offered a 'first line treatment'. This is an effective intervention that most people benefit from and many do not need anything more than this. For children of primary school age this will be a group for both parents and their children where the focus is on managing difficult thoughts and feelings and changing behaviour to improve mental health. For young people of secondary school age up to 18, this will be a group for young people where they are taught skills to manage difficult thoughts and feelings and change behaviour to improve their mental health. This group also focusses the psychological skills needed to feel comfortable with the self and identity, which are important aspects of teenage development. We may be able to offer single session family therapy as a first line treatment.

Once the group has been completed, an individual review will focus on how new skills have been practiced in daily life and used to achieve the goals that were set at the beginning in order to overcome the mental health difficulties that brought you to CAMHS initially. We will be able to determine in this review what further help is needed and whether CAMHS need to stay involved.

So now the ball is rolling and your child is being seen by CAMHS, what can you do? Well it can be really easy to sit back and think that your child's mental health issues are now sorted as you are being seen by CAMHS. But let's face it – its only 1 hour in a 24 hour period over a 7 day week, so there is lots of time between appointments for you and the rest of the family to support your child. So please read as much as you can about the issues facing your child, the section later on about books and resources should be helpful.

Do try and work with your clinician in your appointment to plan for the period in between appointments, whether you are going to try something new, or keep a diary of mood changes or food, triggers that might set off some challenging behaviours or arguments, whatever it might be. The more you can help CAMHS help your child the better.

Looking after yourself

For many parents and carers, the journey to support a young person with mental health problems can be a long one. Self-care is critical, as they say on aeroplanes "put your own oxygen mask on before you help your family members". If you're not looking after yourself, then you will struggle to support your young person. Just finding a few minutes a day to do something you really enjoy can make all the difference? Have a think in advance about what that may mean for you.

Family support

Many of the CAMHS clinics offer Parent Support Groups in collaboration with the Hampshire Parent Carer Network which are really helpful in meeting other parent/carers in a similar situation with you. We also found it really helpful to be open with our own friends and colleagues about what we were going through. We certainly gained a lot of support from not feeling so alone to being able to share experiences and learn from others.

TOP TIPS

1. You are your child's lead professional, you know them best
2. Support your child to find ways to express their thoughts and feelings
3. To compare causes additional stress, mental health is a different journey for everybody
4. Find a space and group where you can speak without any judgement, visit this website: hpcn.org.uk
5. There are other sources of Mental Health support in your community whilst you are waiting for the CAMHS appointment
6. New things can be difficult for you and your child, it can take time to find strategies helpful
7. Empower your child by talking about your own emotions, thoughts, feelings and how you manage them
8. Remember everyone makes mistakes, it is what we learn from them that is important
9. You are your child's safe place; they trust you and can be themselves with you
10. Celebrate the good moments

WHAT IS MENTAL HEALTH?

Mental health refers to our emotional, psychological, and social wellbeing. We all have mental health. Our mental health affects how we think, feel, and act. It also impacts on how we cope, interact and form relationships with others, as well as our daily functioning.

Our mental health can vary and be dependent on a number of factors which may include:

- The number of demands and stressors we have
- Our physical health
- Significant life events
- How much sleep we get
- Relationships with other people
- Our diet/nutritional intake
- Environmental, societal and cultural factors
- How much we engage in leisure activities, hobbies and interests



What is mental illness?

Mental health is different from mental illness (which can also be referred to as having a mental health disorder). Poor mental health and struggling to cope is also different from having a mental illness.

A mental illness or mental health disorder is an illness that affects the way people think, feel, behave, or interact with others. There are many types of mental illnesses/health disorders with different signs and symptoms.

Generally, the difference between poor mental health and a mental illness is the nature of and degree to which the difficulties someone is experiencing are having on their wellbeing and functioning (socially, occupationally and academically). Mental illness typically has more of a significant detrimental impact across many areas of an individual's life than episodes of poor mental health which may be situation specific or time limited.

Anyone of any age, gender, geographical background, race, ethnicity, class, background, religion, ability, appearance, culture, caste, education, economic status, spirituality, sexual orientation, can experience mental illness.

Factors that contribute towards good mental health and emotional wellbeing

It is important to have the basics of wellbeing consistently practised and in place. Young people may need help establishing and maintaining these wellbeing practices:

- Having a routine; getting up and going to bed at similar times.
- Good sleep hygiene.
- Being organised and having a plan of what to do and how to do it.
- Eating and drinking regularly, this includes having breakfast everyday.
- Engaging in hobbies and interests regularly.
- Making sure there is a balance of activities; academic work, social time and rest as these are all equally important.
- Having limits as to how much they use technology, social media and online gaming.
- Having short and longer term goals and ambitions; things to look forward to, strive and work towards.



How adult caregivers can support a young person struggling with their mental health

1. Ensure you have support for yourself; ask for help or let someone know if you are struggling either with your own emotional and mental health or if you are struggling with supporting a young person.
2. Role model that you are human too; normalise and validate that we all have thoughts and feelings and can experience difficulties and struggles with our emotional and mental health.
3. Share information; joined up working between adult caregivers (e.g. home and education) ensures consistency and containment for young people.
4. Be calm, consistent, clear and boundaried, as well as kind and compassionate.
5. Remember that your verbal and nonverbal communication and responses will have an impact on how a young person thinks, feels and behaves.
6. Work with a young person to help them better understand, express and communicate how they are thinking and feeling.



SOME ADVICE FROM A YOUNG PERSON WHO HAS “BEEN THERE”

In order to help you, a young person or a parent/carer, understand more about what's going on for you, how CAMHS can help and what we do, here's a few words from a young person who can tell you about their experience and their top tips.

My experience with CAMHS started a few years ago when I became depressed. There were multiple reasons for this, including bullying, issues with my self-esteem and personal relationships. I knew something was wrong, but I didn't want to open up to anyone. Eventually, my school noticed my self-harm during PE lessons and reported this to my mum. My mum was shocked and upset, as I predicted, but she got in touch with a counsellor, and I had some private counselling for around nine months.

At this point, I still felt unable to open up and as a result this counselling did not have any effect. After nine months, the counsellor suggested to my mum that I go to see my GP. We made an appointment and I told the GP some things I have never told anyone, for example, I was experiencing suicidal ideation. She offered me a chance to talk alone with her which was very helpful as I did not like seeing how upset it made my mum. She referred me to CAMHS and a few months later I had my first psychiatrist appointment.

Those few months were very difficult for me but now I knew that I was going to be helped. I went to this appointment accompanied by both of my parents and I was incredibly nervous as I had no idea what would happen. The appointment lasted around two hours and the psychiatrist asked some really personal questions. She prescribed me some medication and promised me some therapy.

A few months later, I had an appointment with a psychologist. The psychologist recommended a particular form of therapy which would fit my conditions. I started a 16-week program of individual therapy.

“ Throughout the therapy, my therapist was incredibly reassuring and supportive. She could recognise when I was having a bad day and would be sensitive to that ”

At the first few appointments it was awkward in a way because I didn't want to open up to a stranger. Throughout the therapy, my therapist was incredibly reassuring and supportive. She could recognise when I was having a bad day and would be sensitive to that. When I was in the therapy, I could not see or recognise any changes to my condition. However, my therapist pointed out some small achievements I had made, and I realised that slowly, I was recovering, even if it didn't feel like it.

When we reached the last few sessions of the therapy, I was terrified of not having the support of my therapist anymore. I voiced this to the psychiatrist, who was continually reviewing my medications. My psychiatrist asked if I wanted to join in with a group therapy. I was grateful for this as I was not ready to completely leave therapy. I joined the group and I was supported by the leaders.

When I joined the group, I saw the difference between myself, who was coming to the end of my treatment, and the other group members, who were just beginning. It was then that I realised that I was going to be okay

“ I realised that slowly, I was recovering, even if it didn't feel like it ”

I finished this therapy 10 months ago and my whole treatment lasted around two years. I am now in a much better place and although I still feel down sometimes, I know that I can handle it and I have techniques which will make me feel better. I think the main reason that this treatment had such a big effect on me was because of the work I put in, and the work that the people around me put in to support me in my recovery. I am still on medication but now my life is back on track and I am glad to have had this experience as it made me who I am today and if I ever experience a depression in the future, I am confident that I can get through it.

Mental health disorders can affect anyone and CAMHS will be there to support you if you reach out.

- A letter from a CAMHS experienced young person

What are the clinicians like?

“ I've only spoken to a couple of them but the ones I have spoken with are really nice. They always make sure that I feel comfortable with everything and they let me take my time with stuff ”



WHEN TO BE CONCERNED

A guide on what to do if you notice changes in your child's behaviour whilst waiting for an appointment

Whilst waiting for your appointment should you notice any of the changes listed below then follow the advice under the "what to do if concerned" section:

- If your child is actively expressing a wish to end their life and has considered how they might do so.
- If your child has increased their level of self-harm and frequency of cutting.
- If your child stops attending school.
- If your child becomes increasingly isolated spending more time in their room withdrawing from peers.
- If your child stops looking after their personal care in the way they usually do, such as by showering or changing their clothes less often.
- If your child expresses any unusual symptoms, such as reporting they can hear or see things that others cannot.
- Any significant changes to their sleep or eating pattern.
- If your child stops doing the things they used to enjoy.

What to do if you are concerned

If you are concerned for the immediate physical safety of your child, take them to your local emergency department. In extreme situations it may be necessary for you to contact the police and ambulance service. Please only go to A&E if you are in need of urgent medical attention.

If you need to speak to a mental health practitioner you can call the phone number: **111** (24 hours a day, 7 days a week).

It is important you provide CAMHS with any information that is related to a change in your child's behaviour so we can properly assess their needs:

During 'in hours' which are 9am - 5pm:

- Call the Child and Adolescent Mental Health Services (CAMHS) clinic in your area on the following phone number: **0300 304 0050** or email: HantsCAMHSSPA@spft.nhs.uk

During 'out of hours' which are 5pm - 9am - weekdays and all day at weekends and on bank holidays:

- Call the phone number **111** to speak with a mental health practitioner.
- Contact the out of hours GP service.
- Attend your local A&E department in an emergency.
- If your child is known to CAMHS please refer to their care plan.
- Helplines are listed in the resources section of this booklet.

ABOUT YOUR CAMHS APPOINTMENT

Some questions you may be wondering about

Missed appointments

When a child misses an appointment, health professionals must always consider the impact on the child's health and wellbeing. These are some questions that you may have.

Why does attendance at your appointment matter?

Any appointments that are not attended can lead to a delay in the assessment, treatment and support of the child's needs.

It is difficult to get to the appointment

If there are difficulties getting to appointments please contact your local CAMHS as soon as possible (contact details are in the back of this booklet) to discuss this with them. If difficulties cannot be resolved, in some circumstances we can see children elsewhere such as at school or at home.

My child is refusing to come to CAMHS, what should I do?

Contact CAMHS to see if alternative arrangements can be made, or if we can support you and your child in attending their appointments.

Can I change the day and time of my appointment?

If you would like to change your appointment contact CAMHS as soon as possible.

I feel that support from CAMHS is no longer needed

If you feel a service is no longer required, please contact CAMHS as soon as possible so we can discuss this with you.

What happens if my child does not attend further CAMHS appointments and I have not contacted the local CAMHS team?

Health appointments are important and there is a significant demand for specialist CAMHS support, with many children and young people waiting to be seen. When children are regularly not brought to appointments this can sometimes indicate wider family concerns. In some cases, this can indicate that parents/carers are not able to meet their child's health needs. If children are not brought to two or more consecutive appointments the child's health records and the reason for the CAMHS referral will be reviewed.

1. If there are concerns that there are wider issues in the family then CAMHS may talk to other professionals such as GPs, health visitors, school nurses or children's services in the best interests of your child. This is to ensure that your child's mental, and in some cases physical, health will not be affected.
2. If the child/young person is on medication the prescriber may not be able to give you a repeat prescription as it is not safe to do so without a specialist review.

Can I talk to somebody in CAMHS if I need to?

CAMHS has a duty worker available Monday to Friday from 9am to 5pm who will take telephone calls and provide advice and support to children, their families and carers. Out of hours (5pm-9am, weekends and bank holidays) please contact your local GP service, or if you have a serious and immediate concern about your child's mental or physical health then you should attend your local A&E. Please only go to A&E if you are in need of urgent medical attention. If you are feeling distressed or overwhelmed there are alternative sources of support which will better support you and we have provided suggested support in this booklet. If you need to speak with a mental health practitioner you can call **111** (24 hours a day, 7 days a week).

Where can I find additional information or resources?

The Hampshire CAMHS website [HampshireCamhs.nhs.uk](https://www.hampshirecamhs.nhs.uk) has contact details for our teams and a wide variety of resources and information on support and services. Further suggested resources can be found later in this booklet.

Appointments

Nearly 8% of appointments last year were not attended and we were not told in advance that the young person would not be attending. Nationally, there are an increasing number of young people requiring the support of specialist CAMHS. In recent years across Hampshire in particular we have received a significant increase in referrals. Unfortunately this has impacted upon our ability to see all the children and young people who would benefit from our help in a timely way. Please help us by ensuring that you always contact your local CAMHS clinic if you are not able to bring your child or young person to their appointment. Further information about our Child Not Brought Policy is available on our website at: [HampshireCamhs.nhs.uk](https://www.hampshirecamhs.nhs.uk)

INFORMATION ABOUT OUR EATING DISORDER SERVICE

Worried or concerned about a young person's eating?

- Have they lost a significant amount of weight over a short period of time?
- Are they restricting their eating and not having food they previously enjoyed?
- Are they preoccupied/really concerned about body weight/shape image?

Contact Hampshire Specialist Eating Disorder Service for information, advice and guidance.
Phone number: **0300 304 0062**

Please note: This number is the main contact number for the service, not a dedicated DUTY Line, please contact the service where we will pass your details to a DUTY clinician if required.

If you are worried you should visit your GP and discuss a direct referral to the Eating Disorder Service or visit the website for useful information [HampshireCamhs.nhs.uk](https://www.hampshirecamhs.nhs.uk)

The Eating Disorder Team will only accept referrals for children and young people who have been referred by their GP or other health professionals and who have had recent physical observations (to include height, weight, sitting and standing pulse and blood pressure, temperature and bloods) within a two week time frame to enable the service to offer a robust triage and risk assessment. This information will assist in the timely triage of referrals into the Hampshire CAMHS Eating Disorder Team.

Team contact information

Phone number: **0300 304 0062**
(available Mon-Fri 9am – 5pm)

Email: Spnt.HantsCamhsEdt@nhs.net

Additional contacts

BEAT - The UK's Eating Disorder Charity

Website: [B-eat.co.uk](https://www.b-eat.co.uk)

Adults helpline: **0808 801 0677**

Adults email:
Help@BeatEatingDisorders.org.uk

Young people helpline: **0808 801 0711**

Young people email:
Fyp@BeatEatingDisorders.org.uk

The waiting rooms might be noisy filled with other waiting children or young people and toys. Not everyone in the waiting room will have an eating disorder.

Sometimes appointments may run late, but they'll be with you soon. If waiting gets overwhelming you can let reception know that you're waiting outside. It might be helpful to bring a book or something else to do while you wait.



CARE PLANS

Initial care plans are agreed during your child's assessment appointment but will also be detailed in the letter outlining assessment details and outcomes. The care plan is a list of all the things the team, you and your family are going to do or recommend to help you to work towards your goals and recovery.

Care plans are an assessment of strengths, risks, needs and past experiences considering information from families and other agencies. They will identify and address specific goals, risks and outcomes identified during the appointment.

During your journey with the Eating Disorder Team your child's care plan will be revisited and adjusted in line with current presentation.

Any care plans provided by the team can be stored in this section if required.

During your child/young person's treatment

The family are crucial in your young person's recovery. We will work closely with you and your young person to gain a deeper understanding of the issues, and how you as a family can overcome these. Try and be honest with your team so that they can make the best care plan for you, with you. If you leave something out, it might not be considered. It's very important that everyone follows your care plan, if there is any difficulty following parts of your plan speak to your team so that they can problem solve with you and help you.

Team locations

The Eating Disorder Team in Hampshire works across the whole county, and as a specialist team we aim to offer appointments in one of our clinics that is more local to you, however this might not always be possible. Please let us know if transport is an issue as we might be able to offer some help.

The eating disorder team have bases at the following locations:

Winchester and Test Valley Specialist CAMHS Services:

📍 Avalon House
Chesil Street
Winchester
Hampshire
SO23 0HU

Fareham and Gosport Specialist CAMHS Services:

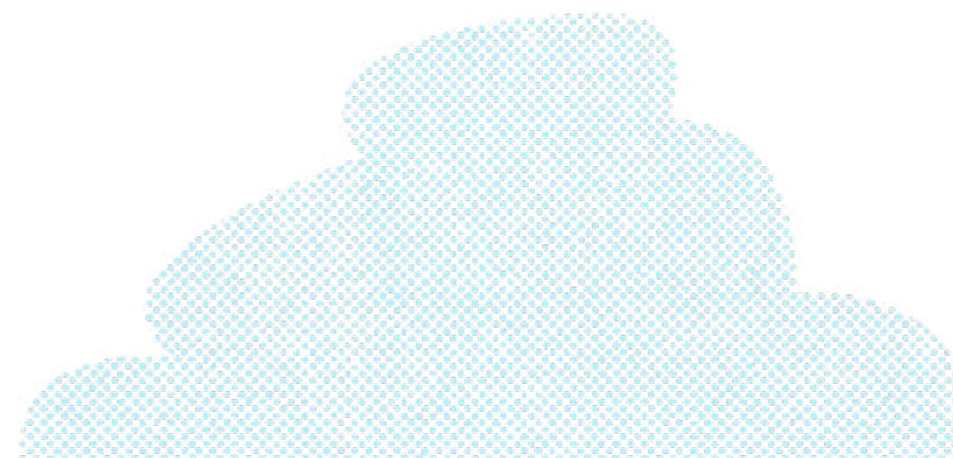
📍 Osborn Centre
Osborn Road
Fareham
Hampshire
PO16 7ES

Basingstoke Specialist CAMHS Services:


📍 Brambly's Drive
Basingstoke
Hampshire
RG21 8UN

New Forest Specialist CAMHS Services:

📍 Ashurst Child and Family Centre
Lyndhurst Road
Ashurst
Southampton
Hampshire
SO40 7AR



CARE PLAN TEMPLATE EXAMPLE:



 Hampshire Child and Adolescent
 Mental Health Services

Young person's name: _____ Date of assessment: _____
 Assessing clinicians: _____

Goal	Area of difficulty related to goal	Intervention/action plan	Person responsible	Evaluation date
What does the young person and/or family hope to achieve?	What's going on?	What are we going to do? How might the strengths and resources within the family be used?	Who is doing what?	By when?

Young person's signature: _____
 Parent/guardian's signature: _____
 Assessing clinician's signature: _____

Copies to: young person and parent/guardian: YES/NO


 Hampshire Child and Adolescent
 Mental Health Services

CRISIS PLAN

Step 1:

- Do healthy things that keep you well
- Notice when you feel well and that you can feel well
- Reflect on previous successes and visualise what you want to achieve
- Watch out for early warning signs/triggers and stressful situations

Step 2:

- If you see early warning signs/triggers and/or are faced with a difficult situation, remember what helps you
- Use strategies that you know can help
- Reflect on previous successes and visualise what you want to achieve
- Get back to doing the things that keep you well

Step 3:

- If things seem to be getting out of control, you can still use strategies that help you
- You can call someone you trust and talk about how you are feeling
- If you have been prescribed medication to help calm you, you can use this by following the instructions on the packet

If you are experiencing a crisis and need to speak to someone immediately you can call the Mental Health Helpline (0800 0309 500) or the HOPELINEUK (0800 068 4141). If you feel the crisis is an emergency where you are worried for yours or someone else's immediate safety, call the Emergency Services on 999, or go to your local A&E.

Please only go to A&E if you are in need of urgent medical attention. If you are feeling distressed or overwhelmed there are alternative sources of support which will better support you and we have provided suggested support in this booklet. If you need to speak with a mental health practitioner you can call 111 (24 hours a day, 7 days a week).

CONFIDENTIALITY, CONSENT AND ROUTINE OUTCOME MEASURES

Confidentiality:

Confidentiality means keeping information about you private. There will be different types of confidentiality and your CAMHS worker will explain and go through this with you.

Consent:

Consent means permission or an agreement for something to happen. It is important that CAMHS understand what you agree to when we are working with you. Your CAMHS worker will explain and go through this with you.

Routine outcome measures:

When you come to CAMHS you will be asked to complete questionnaires about your thoughts, feelings and difficulties. These questionnaires are called outcome measures and they help you, your family and your CAMHS worker check the progress you are making.

Safeguarding concerns:

Sometimes you may tell us something in confidence which indicates you, or someone else may be at risk. If this is the case, we may have a duty to report the concern to another agency. We would normally discuss this concern with you before taking any action. It would be very unusual for us not to inform you first if we needed to provide information to another agency.

MEDICATION EXPLAINED

Not everyone that comes to CAMHS is prescribed medication. Medication can be helpful for some young people depending on what difficulties they are experiencing.

If you have any questions or worries about medication, you can ask your clinician. You might also find useful information and guidance about psychiatric medication on this website:

HeadMeds.org.uk

Medication may be tablets or liquids prescribed by a doctor (or other professionals who are qualified to do so) to help with different difficulties.



SOME QUESTIONS THAT YOU MAY HAVE WONDERED ABOUT, ANSWERED

What CAMHS don't do

We cannot "cure" mental health difficulties or prevent difficulties ever coming back. Lots of things can impact on our mental health, some of which are beyond anyone's control. Instead we work with you to help you learn how to manage your difficulties and in many cases overcoming them is absolutely possible.

There may also be some difficulties or experiences which CAMHS are not able to provide support for. In these cases we will help you access appropriate help from other organisations and services such as drug and alcohol services and bereavement services plus many others.

What can I expect at my first appointment?

At your first appointment we'll start with introductions and outline what will happen during the appointment. Your first appointment may be by telephone or face to face.

- We'll ask you to fill in some questionnaires. These help us to understand your strengths and any difficulties you might be experiencing.
- Your clinician will also talk to you about confidentiality and consent to share information.
- The aim of your first appointment is to find out what your goals are and what you would like to be different.
- By the end of the appointment we will decide together the best way forward in order to help you reach your goals/recovery.

If you have any questions, worries or concerns please speak to your clinician. We're all here to listen and to help, your initial appointment is a chance to discuss what is currently going on for you.

Will you tell the school?

We understand that there are lots of reasons why you might not want information shared with your young person's school. We will want to understand those reasons so that we can make sure you still receive the help and support you might need.

There are some situations when we will need to share information with others. If your young person or someone they know are being harmed or are at risk of harm, we have a duty to protect anyone from harm so we will find a way together to share information in an appropriate way. We will include you in all discussions as much as possible when sharing information is involved.

If you are worried about information being shared please speak to your clinician about this so you can agree a way forward together.

What happens next?

Following your first appointment, if it is agreed that CAMHS can help you a number of things may happen:

- You may be offered a group to attend. We know that for some that groups with other people experiencing similar difficulties are the best support. These will be run by our experienced clinicians.
- You may be offered a further period of assessment and intervention by one of our clinicians. They will contact you to arrange this.

What will CAMHS expect from me?

- You will need to be willing and committed to attending sessions that are offered as well as trying and practising techniques until you find what works well for you.
- You will need to be prepared to work with us in this way so that you have the best chance of achieving your goals/recovery.

Overcoming difficulties also depends on how much an individual would like to change. Often change can be scary and many young people feel they don't have the energy or the motivation to change or try different things. If you have made the step of asking for help and attending an assessment and are committed to making changes, we will work with you to help you achieve your goals/recovery.

How long will I have to come to CAMHS for?

This will depend on many factors including the type of difficulties you are experiencing and your goals. There will be regular reviews of how things are progressing and discussions with you and your family about the care we provide. At CAMHS we aim to empower young people to learn and develop skills to help themselves cope and work towards their goals.

How long do sessions last?

Sessions usually last between 50 minutes and one hour. Some sessions are longer depending on the therapy approach being used. You can use as much or as little of your session time as you want.

What happens if I have stopped coming to CAMHS and need more help?

We know that when people finish their work with us and are discharged (closed) from our service, people can worry that they might not cope. It is important that if you are working with CAMHS that you complete a relapse prevention plan before you finish. It is important to keep this and follow the plan if you are struggling.

You can use the self-help pages on our website to remind yourself of the top tips to help you cope and access extra self-help information and advice. The most important thing to do is to let a parent/carer, teacher or

trusted adult know that you are struggling so that they can support you. Young people can sometimes be re-referred to CAMHS if this is agreed this would be the most helpful thing to do.

What support can you expect or ask for from a school or college?

If you are finding aspects of attending school or college or completing school work difficult, it can be helpful to let someone, like your tutor or head of year know that you are struggling so that they can discuss with you, your family and even your CAMHS team what help and support you need. You only need to share relevant information with them. The support they can offer will vary from person to person depending on what you might be struggling with but there are lots of different possibilities to ensure that you can look after yourself, cope and can still attend school or complete school work. It is important to remember that schools and colleges are used to supporting young people who may be struggling so you shouldn't be worried to ask for help if you need it.

How to explain absence to school prior to CAMHS involvement

If you need to miss school to attend an appointment it is important you let someone at your school know. This is so that your absence can be properly recorded and so that they can offer you support before or after the appointment if needed. CAMHS see thousands of young people every year so schools are used to young people taking time out to attend CAMHS appointments.

It's your decision what you tell your friends; some people are comfortable to share what they are going through and others may not be. If you are not comfortable to share you can say you have a medical or personal appointment to attend or you can just say that you'd prefer not to talk about it. Remember there is no shame in needing to attend a CAMHS appointment; we all need help from time to time and needing help for your mental health is no exception.

WHAT IS THERAPY?

Therapy involves working together with a therapist to find a joint understanding of the difficulties being experienced. A therapist helps young people to develop skills and techniques to manage and overcome these difficulties. Therapy also tries to understand and help young people, their families and support networks to achieve their goals, and make changes that improve their health and wellbeing.

Sometimes therapy is provided individually and sometimes in groups. We offer face to face appointments as well as seeing young people and families via video. We also use an eHealth platform called Minddistrict through which we share tools, resources, diaries and homework to support therapy.

If you are offered therapy, it may be as part of a group with other young people, with your family or individually. The aim of all therapy in CAMHS is to help you understand what thoughts and behaviour are keeping you stuck in anxiety, low mood or other mental health difficulties and to teach you the skills you need to get unstuck and live your life more fully.

Describe something about the first visit

"It's a little bit like going to the doctors. They ask you questions about your symptoms, what it is that you struggle with and then they try and find the best thing to help you."

What went well?

"They made sure I was comfortable with everything. When it came to discussing sensitive topics they asked if I would prefer to be alone to talk about it or if I wanted my mum to stay in the room with me. They tried to make it as comfortable as possible and I never felt like I was being judged for anything."

What didn't go well?

"Honestly I don't think there's anything I can say for this one. There wasn't anything that didn't go well, everything was fine for me."



COMMUNITY CAMHS TEAM LOCATIONS, EMAIL ADDRESSES AND PARKING

Getting to appointments can be an added stress for families. We have provided a list of our team's locations where you might have appointments and given information on the parking that is available nearby.

For any urgent concerns please contact your GP or in the case of emergency please use **999** to call an ambulance or attend your nearest A&E dept. Please only go to A&E if you are in need of urgent medical attention. If you are feeling distressed or overwhelmed there are alternative sources of support which will better support you and we have provided suggested support in this booklet. If you need to speak with a mental health practitioner you can call **111** (24 hours a day, 7 days a week).

The addresses on page 28 were current at the time of print, but you may wish to check the website for any potential changes: [HampshireCamhs.nhs.uk/address-how-to-find-us](https://www.hampshirecamhs.nhs.uk/address-how-to-find-us)

To see what our clinics look like, so that you know what to expect, have a look at our 360 degree tour and our video at: youtu.be/vjWYD-YiM_8

The Digital Team

The Digital Team works with young people and families using a mix of face to face and virtual work. We use an online platform called Minddistrict to help our interactions with young people. This helps us share tools and resources which support therapy and assessments.

We work with young people and families to develop Minddistrict content to make this more relevant and helpful to those that use our service.

Team contact information

Phone number: **0300 304 0207**


Email: HantsCamhsDigital@spft.nhs.uk

The Digital Team works across the whole county, and if we need to see you face to face we will always try to do this in the clinic that is most local to you. We will decide with young people and families the most suitable way of delivering an intervention. This may be completely online, solely face to face, or a mix of the two. Our aim is to use Minddistrict content to support all our work with you, no matter how you interact with your clinician.

Hampshire Parent Carers Network For parent/carers of children and young people with any additional needs
hpcn.org.uk/default.aspx




Winchester and Test Valley Specialist CAMHS Services:

 Avalon House
Chesil Street
Winchester
Hampshire
SO23 0HU

Car parking is not available on site, but there is a multi-storey car park situated behind Avalon House in Chesil Street (£2.80 for up to 4 hours).

Email: Spnt.wtvSpecialistCamhs@nhs.net


Winchester and Test Valley Specialist CAMHS Services:

 Advertiser House
24-32 London Street
Andover
Hampshire
SP10 2PE

There are a small number of visitor spaces available on site, alternatively there is a pay and display car park across the road.

Email: Spnt.wtvSpecialistCamhs@nhs.net

Basingstoke Specialist CAMHS Services:

 Brambly's Drive
Basingstoke
Hampshire
RG21 8UN

Car parking is available on site, but please register your car on the digital device at reception.

Email: BasingstokeCamhsReception@spft.nhs.uk

Fareham and Gosport Specialist CAMHS Services:


 Osborn Centre
Osborn Road
Fareham
Hampshire
PO16 7ES

There is pay & display parking outside in a small car park (about £2.00 for 2 hours) or slightly cheaper in multi-storey car park to the right of the clinic.

Email: Spnt.camhs-OC@nhs.net




Havant Specialist CAMHS Services:

 Oak Park Children's Services,
8 Lavant Drive
Havant
Hampshire
PO9 2AW

Pay and display parking outside clinic but can request a car park permit or park beyond the clinic on the street (drive past clinic, turn right and park on right).

Email: Spnt.havantCamhs@nhs.net


New Forest Specialist CAMHS Services:

 Ashurst Child and Family Centre
Lyndhurst Road
Ashurst
Southampton
Hampshire
SO40 7AR

Parking on-site but please note this can get muddy in winter.

Email: SpntNewForestCamhs@nhs.net

Eastleigh Specialist CAMHS Services:

 The Bridge Centre
The Bridge
2C Newtown Road
Eastleigh
Hampshire
SO50 9DB

There is no parking on site, please check local information for parking and costs.

Email: Spnt.eastleighCamhSteam@nhs.net

Aldershot Specialist CAMHS Services:

 Aldershot Centre for Health
Hospital Hill
Aldershot
Hampshire
GU11 1AY

Pay and display car park on site.

Email: Spnt.aldershot-camhs@nhs.net

WHAT DO I DO IF I HAVE CONCERNS ABOUT CAMHS?

We welcome feedback about our service. If you have concerns about your local CAMHS team please contact the team manager in the first instance.

If you are not able to talk to your local CAMHS then contact the Patient Advice and Liaison Service (PALS) who will be able to offer you advice and support. Their contact details are below:

Email: Pals@spft.nhs.uk

Phone number: **0300 304 2198**

(If the office is not open a confidential message can be left on the answer phone)

Postal address:

**Patient Advice and Liaison Service,
Sussex Partnership NHS Foundation Trust
Swandean
Arundel Road
Worthing
West Sussex
BN13 3EP**



A QUICK GUIDE TO WHAT YOU CAN FIND ON THE HAMPSHIRE CAMHS WEBSITE

The Hampshire CAMHS website HampshireCamhs.nhs.uk has a lot of information and useful resources for young people, parents and carers and professionals who work young people.

'Help I'm In Crisis' button

If you or a young person you know is in crisis, there is a step by step guide to help you keep safe and make a plan to get help.



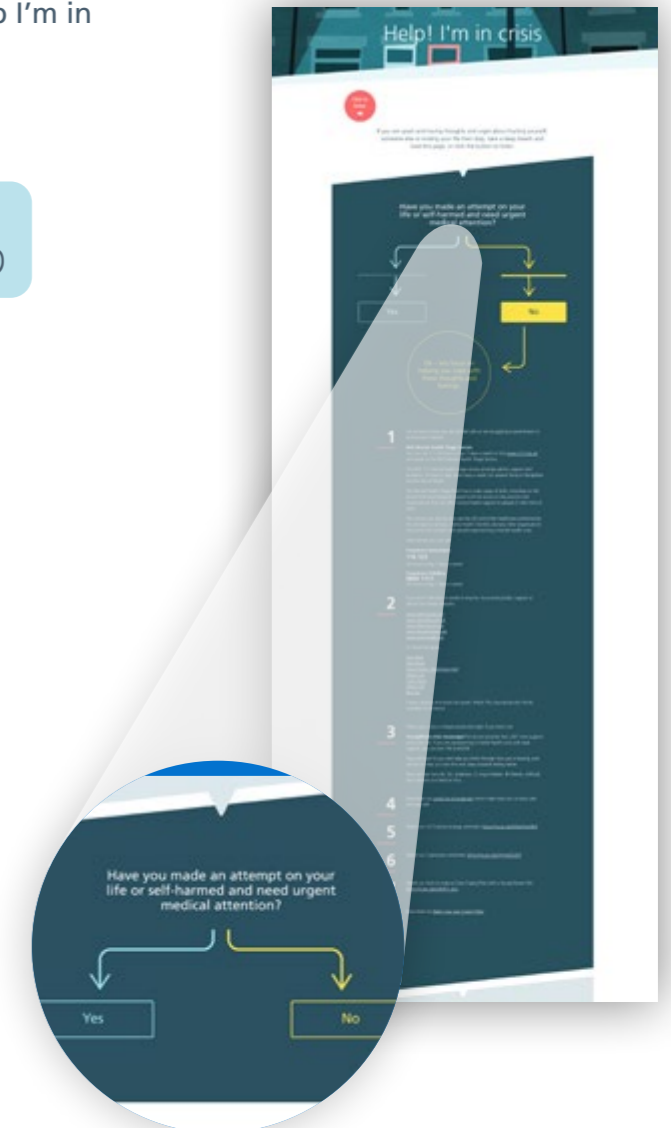
At the top right of every page on the website, there is a "Help I'm in Crisis" button.

CLICK THIS TO GET STARTED

Clicking on this button will take you to a simple decision making flowchart (shown to the right):

Whichever option you select, there will be a step by step guide of how to keep yourself safe and seek help, information and support.

There are helpline numbers, free downloadable apps, a download and animation of coping strategies and other top tips.



Self-help

Click on the relevant topic for:

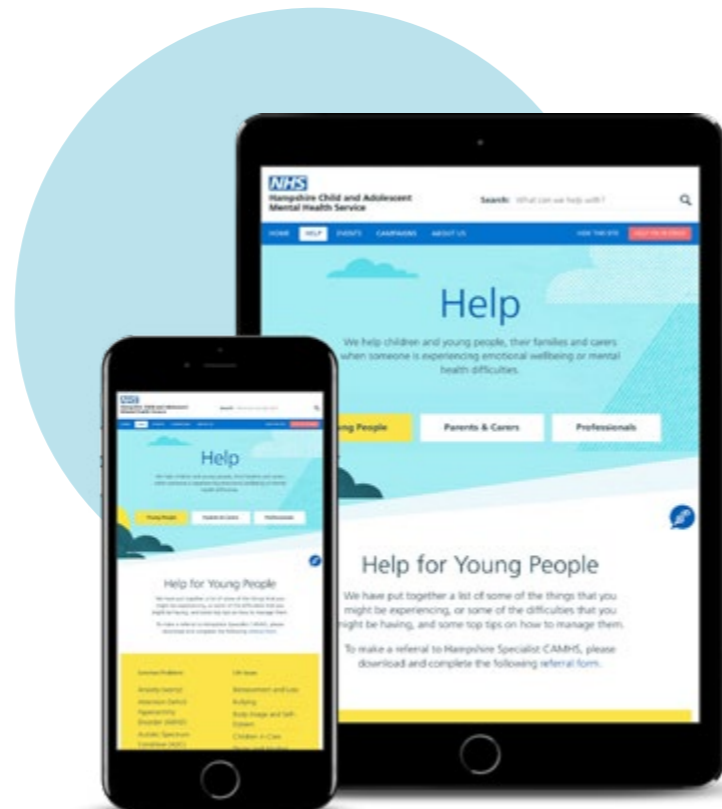
- Information about each topic.
- Top tips on how to manage.
- Links to video clips, animations, podcasts, external websites, apps and helplines.



You can download an information sheet about how to support a young person experiencing a difficulty by clicking on the relevant topic on the parent and carers, and professionals sections of the help pages, some topics also have videos.

Other key features

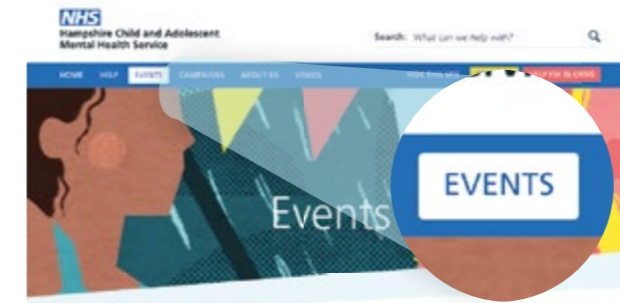
- Frequent Questions and Answers (can be found on the self-help pages). Everything you want to know about CAMHS.
- A **“Hide this site”** button. If you need to exit the site or page you are on quickly, click this button (at the top right of every page) and it will redirect straight to Google. Remember to clear your internet browsing history.
- There is a search bar at the top right of every page. Type in a keyword associated with the information you are trying to find and a list of relevant results will be displayed.
- Links to our Hampshire CAMHS Twitter and Facebook account can be found at the bottom of every page on the site. Click the Twitter and Facebook icons then follow us for regular updates, information and resources.
- The website and all its features are mobile and tablet compatible.



Events

We run a number of inspiring and informative events for young people, parents and carers as well as professionals across Hampshire.

Click on the events tab for information and booking for events.



About us

This section of the site includes details of:

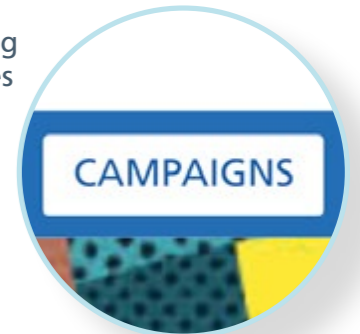
- Who CAMHS are (including a break down of what the different CAMHS staff do).
- Contact details of CAMHS (telephone and email).
- Information about how to make a compliment or a complaint.



Campaigns

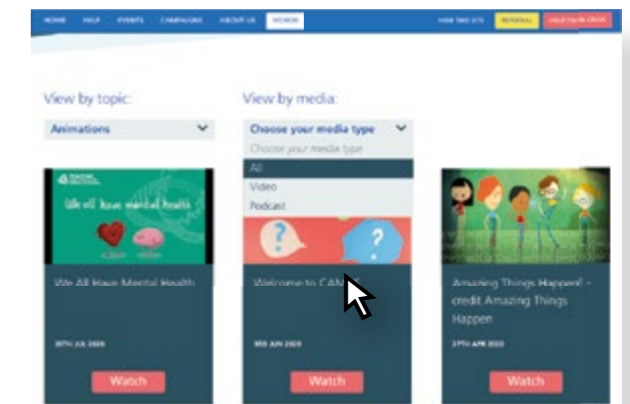
Every year we run a focused and dedicated campaign. In this section of the website you can find out about the current campaign, its aims and the projects you can get involved with.

Information regarding projects and resources from past campaigns are also available.



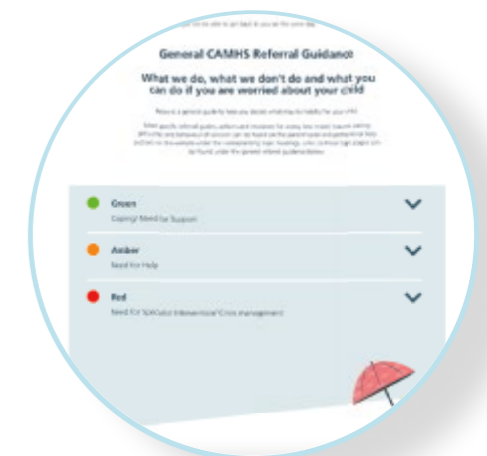
Videos and podcasts

Here you can find a library of videos and podcasts which can be filtered by topic or by media type.



Online referral form

Referrals can be made using the online referral form on the website.



SELF-SOOTHE BOX

When we are feeling anxious, low or distressed we can get caught up in negative thoughts and how bad we are feeling. It can be helpful to have your very own self-soothe box, which you can fill with different things to distract you and help you to feel better in those moments.

The idea with this box is to include things which soothe all five of our senses, helping us to feel better in all sorts of ways and take us out of our head and how we are feeling.

Step 1

Get an empty box from around the house (an old shoe box works well) or you can buy one from a craft shop.

Top tip: Ideally the box will fit under your bed or in a cupboard as a personal thing just for you.

Step 2

Decorate the box inside and out with anything you like - it could be coloured, painted, decorated with wrapping paper, fabric or decoupage. Make something that appeals to you!

Top tip: You can also put some tissue paper on the bottom which can give it a nice comforting feel.

Step 3

Collect items together that are meaningful to you, or you know will help you feel better. Remember these should be soothing for all five senses.

Here are some ideas:

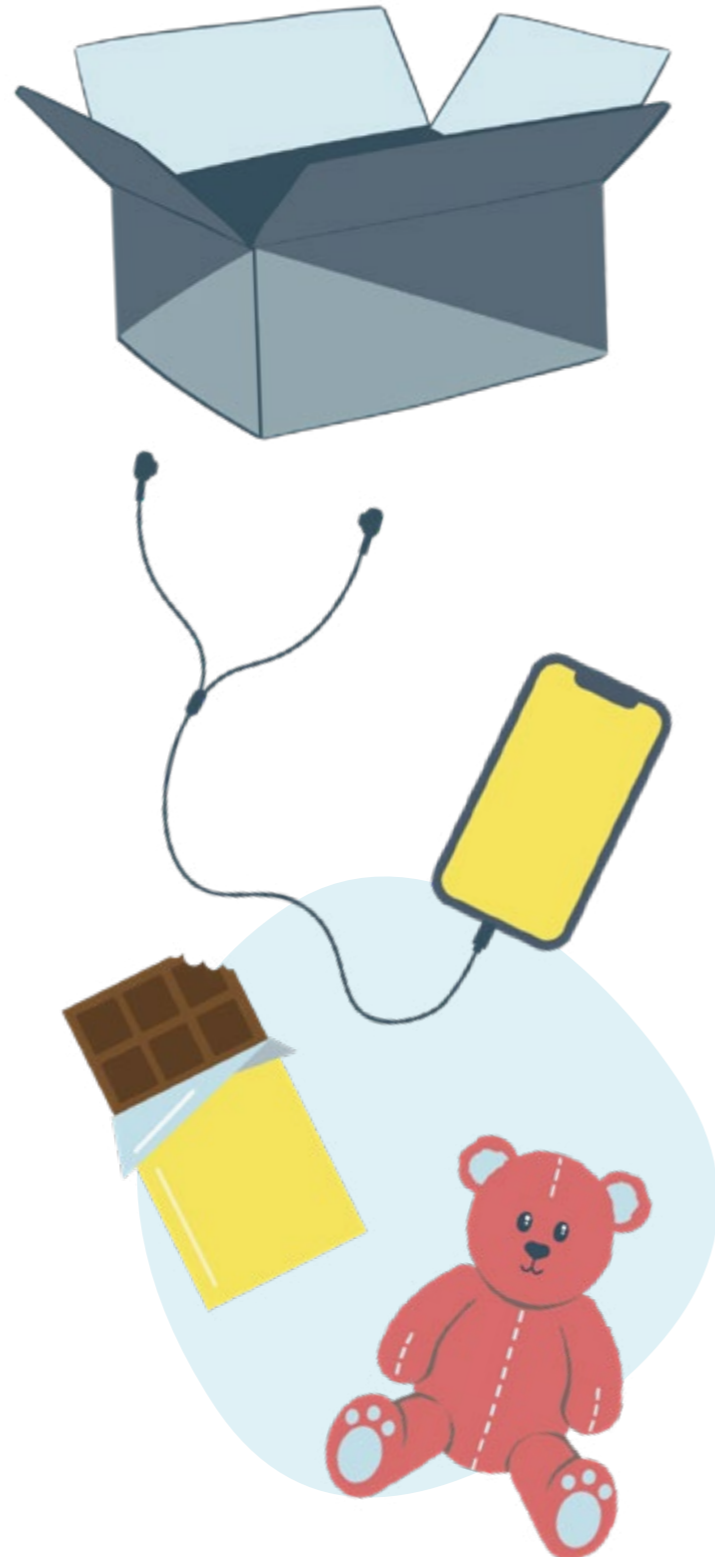
See: Photos of fun memories, snow globe, glitter jar, DVD's of your favourite films or TV shows, a reminder of funny or inspiring YouTube videos.

Hear: Your favourite music, songs that you know lift your mood, recordings of a friend's voice, audio book.

Touch: Bubble wrap, a teddy bear, a pillow, soft woolly socks or blanket, nail varnish.

Smell: Favourite perfume or body spray, candles, a fruity bubble bath or soap.

Taste: Dried fruit or nuts, hot chocolate, sweets, your favourite chocolate.



Top tip: If you can't fit or keep something in the box (e.g. tablet, phone, music, laptop), then perhaps use a reminder of the item, e.g. have a picture of the item or have it written down on a piece of card.

Top tip: Some of these things can do more than one sense at a time, e.g. you can use a nice smelling hand lotion for smell and touch.

Step 4

Here are some other things that you can include to help, as a distraction or to keep you occupied: activity books (colouring, crosswords, wordsearch, sudoku), art and craft materials, notebook or diary and a pen.

Step 5

Try to think of anything else you can include which you know you enjoy or would help when you are struggling.

When you use these items, or if you choose to do something else that works, try to make sure you pay attention to your physical senses: see, hear, smell, taste and touch.

Look around you and notice what you see (colours, shapes, light or shadow, movement), what you hear (nature sounds, sounds in the room, near and far), what you smell or taste (including from the environment around you), and what you can touch right now wherever you are, as well as items from your self-soothe box.

Watch the video for more ideas:
[Youtu.be/OyfgodSSdV4](https://youtu.be/OyfgodSSdV4)



BOOKS THAT HAVE HELPED OTHER PARENTS AND YOUNG PEOPLE

Reasons to Stay Alive

- by Matt Haig

Notes on a Nervous Planet

- by Matt Haig

Shoot the Damn Dog

- by Sally Brampton

Mad Girl

- by Briony Gordon

Anorexia and Other Eating Disorders

- by Eva Musby

Helping your Child with Fears and Worries

- by Cathy Cresswell and Lucy Willetts

Lost Connections

- by Johann Hari

The Art of Being Normal

- by Lisa Williamson

Love Lives Here

- by Amanda Jette Knox

Yes You Are Trans Enough

- by Mia Violet



RESOURCES THAT MAY BE USEFUL

Childline:

A counselling service for children and young people

Website: [ChildLine.org.uk](https://www.childline.org.uk)

Phone number: 0800 11 11



Young Minds:

Youth mental health support service

Website: [YoungMinds.org.uk](https://www.youngminds.org.uk)

Parentline: 0808 802 5544

Available Monday-Friday 9:30am-4:00pm

Samaritans:

Emotional support for anyone in emotional distress or struggling to cope

Website: [samaritans.org](https://www.samaritans.org)

Phone number: 116 123

Email: jo@samaritans.org



A TO Z OF COPING STRATEGIES

Here's a list of 26 ideas, strategies and techniques that might help you if you are feeling worried or stressed.

Not all things work for all people but you won't know until you try. You'll also need to practice and use these.

- A**CTIVITY: Do something that you enjoy!
- B**REATH: Take deep breaths in and long slow breaths out.
- C**REATE: Find creative ways to express yourself, for example paint, draw, dance or sing.
- D**ISTRACT: Keep yourself busy. 
- E**XERCISE: Get moving through physical exercise and sport.
- F**RIENDS AND FAMILY (AND PETS): Spend time with loved ones.
- G**OALS: Break things down into small steps and focus on one thing at a time.
- H**ELPLINE: Call for confidential help, advice and support (see the back of this leaflet).
- I**CE: Cool down, have a shower, lower your temperature to help calm things down.
- J**OIN IN: Do not isolate yourself; connect with those around you.
- K**EEP THINGS SIMPLE: Prioritise what you need to do and let go of the rest.
- L**OOK FOR LESS HARMFUL ALTERNATIVES: What else can you do? Write a list of other options.
- M**USIC: Listen to your favourite tunes.
- N**URTURE AND NOURISH: Look after yourself by eating and drinking.
- O**UTSIDE: Get some fresh air to clear your mind. Go for a walk.
- P**ROBLEM SOLVE: Can challenges or barriers be overcome? Who or what can help you with this?
- Q**UIET TIME: Keep things calm and peaceful around you.
- R**ELAX: Chill out; remind yourself that it won't always be this hard.
- S**UPPORT: Who's around you that you can lean on for more support?
- T**EXT: Contact a mate or someone you trust.
- U**SE YOUR TALENTS AND STRENGTHS: Focus on what you do well and do more of it.
- V**ISUALISE: Imagine a calm or happy place.
- W**RITE IT DOWN: Keep a diary, write a letter or a blog. Get it out of your mind and onto paper.
- X**BOX OR OTHER GUILTY PLEASURES: It's OK to have downtime. 
- Y**OU CAN DO IT: You can cope, you will get through this. Believe in yourself!
- Z**ZZZZZ: Sleep on it. Don't make any sudden decisions.

HAMPSHIRE PARENT CARERS NETWORK (HPCN)

Hampshire Parent Carers Network (HPCN) is an organisation working throughout Hampshire to represent the views of parent carers of children and young people with Special Educational Needs and Disabilities (SEND). We provide Participation Training to parents/ carers who are keen to share their lived experiences, who can then work alongside professionals who provide health, education and social care services, to help shape services across Hampshire.

We are a friendly group of parent carers of 0-25-year-olds who have children and young people with a wide range of special educational needs and disabilities (SEND).

We run various monthly, term time, sessions for parent/carers to come together and share their voice. Open to all parent/carers, no need to book, no diagnosis needed.

Get togethers where parents and carers can meet with like minded others and share experiences, we are often joined by a SENDIASS worker that can offer advice.

Future in Mind sessions have a specific mental health focus for parent/carers who have any worries about their child's mental or emotional wellbeing. We are joined by Clinicians from the Child and Adolescent Mental Health Services (CAMHS).

We also run the following monthly workshops:

Meet the SEN Team is an opportunity to meet representatives of the Hampshire County Council SEN, Health and Social Care Teams with focus on a set topic (for example transport, transitions, complaints).

Parent led engagement events give you the chance to ask questions of Hampshire SEN professionals about education.

SENDIASS* workshops allow you to seek advice and support on a pre-advertised subject such as SEN support, annual reviews and tribunals.

We are always keen to hear from parents and carers who are interested in joining us, either at our events, or to become parent representatives and work with us as we influence the shaping of services which affect our children and young people.

Visit the website:
hpcn.org.uk



* SENDIASS (Special Educational Needs and Disability Information, Advice and Support Service) provide confidential, impartial information, advice and support to parents and carers in relation to children and young people with special educational needs and/or disability (SEND)

PERSONAL COPING PLAN TEMPLATE

When I am coping, this is what life looks like for me:
"Green zone"

The following are usually my early warning signs of not coping:
(when I am starting to struggle) "Amber zone"

The following are usually signs that I'm really struggling/in crisis:
"Red zone"

How other people can support and help me when I am not coping or in crisis:

My short term goals:

My long term goals:

Positive statements to help me keep going:

Other things I need to do to keep me well every day:

The following are my usual triggers for struggling / not coping:

This is my plan of action if early signs of not coping begin to show:

This is my plan of action when I'm in crisis:

A PERSONAL JOURNEY FROM A PARENT WHO HAS EXPERIENCED OUR SERVICE

Having navigated the path of adolescence with Lucy's two elder siblings without too much mishap, I felt a sense of failure as a parent when Lucy became depressed and suicidal over the course of about 2 years. I was also concerned about how the family might be stigmatised if I should go to the 'authorities', or that assumptions might be made in relation to what 'type' of family we might be. Even though I knew this was a very out of date approach, I suppose the prejudices from my own 1970's upbringing have held fast.

After some private counselling, it was clear that Lucy would need both medication and psychotherapy to affect a recovery. They were incredibly dark days, watching Lucy very closely to ensure she would be here the next day. After a few months of medication (including a review to ensure the dosage was correct) Lucy responded to a point where psychotherapy would be effective. This time was hard, but CAMHS were always available to speak to you if required.

When Lucy had completed her short but intensive course of psychotherapy, she was much better and no longer suicidal, but felt that she needed to consolidate what she had learned. It just so happened that the 'Chilled Kids' programme was about to start, and Lucy asked to attend the 12 weeks of weekly afternoon sessions.

However, I didn't expect that once the children had been taken off for their session, the parents were expected to join a parent session. I was very shocked, very indignant and quite resistant at what I saw as a 'stealth' intervention. Usually so open to new experiences, I was surprised at the strength of my reaction. I could have decided not to attend, but what else would I be doing whilst Lucy was attending her session? So I attended.

After a few weeks, I found that, although some of the presentations were of quite a basic level, the guided learning that came as a result was very useful. Comparing and contrasting different strategies with a very small group of other parents, assisted by

the sensitive approach of the professionals, and, using a pre-prepared folder for each family to use, reporting back each week to discuss what had and what had not worked ensured that, for that intensive period, the whole family prioritised strategies for Lucy's recovery, which helped enormously.

If I could improve anything, I would ensure that the families involved were more prepared, perhaps suggesting that the family not to take holidays during such courses, and to reduce any work or other family commitments in those weeks. The course, if you want it to work, is extremely hard work, both for the child, and for their families. But we are now nearly two years down the line in terms of our CAMHS involvement. Lucy is now almost fully recovered. She sleeps through the night and ensures that self-care is embedded into her daily routine. She chooses her friendships more carefully, speaks up when feeling unsafe, and engages

only with people who she feels good to be around. She is more self-reliant, more self-confident, more resilient and is busy studying hard and planning her future – to become a psychiatrist!

"When it gets really bad, it becomes impossible to fix on your own. Engage all the help you can."

When it gets really bad, it becomes impossible to fix on your own. Engage all the help you can. CAMHS really is a life saver. Sometimes, it didn't feel like anything was helping, but, looking back, it was working its magic, little by little. I never thought I'd see the day when I would be ecstatic for the return of normal teenage behaviour, but I am, and I have all the staff at CAMHS to thank for that!

- from a CAMHS experienced parent




Handwriting practice lines on page 44, consisting of 20 horizontal dotted lines.

Handwriting practice lines on page 45, consisting of 20 horizontal dotted lines.

Follow us on social:

 Hampshire CAMHS Innovation and Events

 @HANTS_CAMHS

 our_mh_space

Copyright © 2023 Sussex Partnership NHS Foundation Trust
Produced by the Communications Team.

This document is available in alternative formats upon request, such as large print, electronically or another language. Please call our phone number 0300 304 0664