

### What we offer:

An assessment and treatment service for children/young people suffering from mild/moderate and severe emotional/psychological disorders that incorporates support to their carers /families, including those who suffer from a learning disability. Our aim is that all children and young people reach their fullest social, personal potential and positive state of mental wellbeing.

We aim to provide a safe and non-judgemental atmosphere for children /young people and their carers who are referred to us.

### Why is a child/young person referred?

A referred child or young person may have an emotional difficulty, which has not been effectively alleviated by other universal services, like help in school, GP, school nursing, counselling or it is severely affecting their day to day living. We receive referrals for help with a wide range of emotional, behavioural and psychological symptoms.

### What happens?

We will invite you to call us and arrange a first appointment. We always like to meet with the referred child/young person at the first meeting, unless we discuss with you otherwise.

We will send you some questionnaires and a form asking for your permission to collect information from other agencies if relevant. Please complete them and send them

back to us or bring them to the first appointment. The information from these forms will help us to understand the concerns more and add to our assessment.

### What happens at the first appointment?

First appointments (we call these Choice Appointments) usually last between 1-1½ hours. We aim to get a good understanding of the current difficulties, how they have developed over time and what you would like to achieve from coming.

We normally want to meet with children /young people and parents/carers at this appointment and may agree with you to see people separately, as well as or together, as we want to understand the difficulties from everybody's point of view. You may be a young person accessing our help without a parent/carer; we will not automatically consult with parents/carers if you have requested that we do not. However it may be helpful to bring along someone you trust to help you feel more comfortable.

### After the first appointment?

Sometimes one appointment is enough to enable a young person or family/household to cope better or even overcome their concerns/difficulties, but more often we offer follow up appointments. These are usually 45-60 minutes long.

You will plan how we can best help with the therapist who meets with you. This might involve offering you:

- Some self-help materials.
- A referral to a more appropriate service.
- Further follow up appointments.
- In some cases we find it useful to arrange meetings with other professionals involved. We ask your permission first. These meetings enable us to work together with you and other professionals to help deliver what you/your child needs.

### How to prepare yourself or a referred child/young person?

You might be nervous or anxious about coming to the first appointment. That's normal. People might feel they are going to be told off, or they are going to be told they are bad (or even worse: 'mad'). None of these are going to happen.

If you are a parent/carer it might be helpful to explain to your child/young person that it is about helping you as parents develop ways to help them. You know your child best, so we would encourage you to try and create a calm and relaxing atmosphere around attending for initial and subsequent sessions.

### Interagency working and confidentiality

If there are other professionals involved it is very helpful for us to share information with them. All information is shared on a “need to know” basis. This is why we ask for your consent to share information.

We will not share information without your consent **unless** we are concerned that a child or young person is at serious physical or emotional risk. If we have such concerns we have a professional duty to share information in the child or young person’s best interest.



### The Torbay CAMHS Team:

- ✓ Service Manager
- ✓ Practice Manager – Complex Cases
- ✓ Team Leader – Primary Mental Health Workers (PMHW)
- ✓ Primary Mental Health Workers (PMHW)
- ✓ Community Psychiatric Nurses (CPN)
- ✓ Child and Adolescent Psychotherapist
- ✓ Occupational Therapist
- ✓ Family Therapists
- ✓ Child and Adolescent Consultant Psychiatrists
- ✓ Clinical Psychologists
- ✓ Social Worker Mental Health Practitioners
- ✓ Learning Disability (LD)/CAMHS Nurse
- ✓ Advanced Practitioner Perinatal and Infant Mental Health
- ✓ Referrals Co-ordinator

### Website:

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

Torbay and South Devon **NHS**  
NHS Foundation Trust



**PATIENT  
INFORMATION**

## Torbay Child and Adolescent Mental Health Service

(Torbay CAMHS)



**The Annexe  
187 Newton Road  
Torquay  
TQ2 7BA  
(01803) 655692**

Open: 8am – 6pm

*This leaflet will give you some information about  
our service, what we offer and how we work.  
Please take the time to read it.*

**Age range: 0 to 18**