

### Group Work:

Group work delivers evidence based interventions alongside other parents:

- Parenting Groups
- Siblings groups
- Complex Communication Assessment Group (under 5's)
- Next Steps (Newly diagnosed ASD group for under 5's)
- Parent ASD coffee mornings
- CAMHS café drop ins
- Teen Troubles
- Early Bird/Early Bird+/Cygnet (ASD parent groups)

Group work offers a chance to meet other people in a similar situation and is an opportunity to learn specific skills that can be helpful and tailored to individuals for current and future emotional behavioural presentations.

### Mental Health pathways:

Some children and young people experience disabilities affecting their development as well as mental health. The CAMHS team can assess and treat both aspects of difficulty as well as:

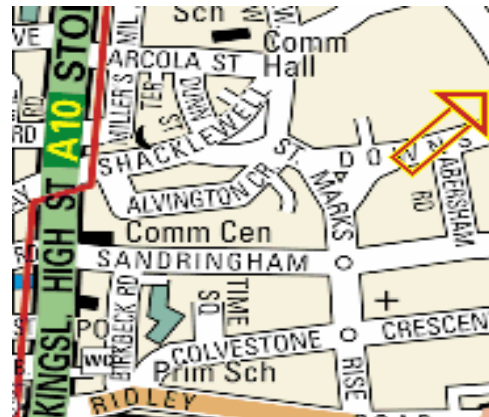
- Dual Diagnosis e.g. ASD and ADHD
- Psycho-pharmacological intervention (medication)
- State of mind assessment
- Trauma and attachment and working in NICU
- Family therapy team
- Emotional response to diagnosis

### Play Specialist & Toy Library:

The Play Specialist takes referrals for short-term individual work to develop a child's skills through play, and to develop their range of interests. She runs the **toy library**, which is a free service to users of the Ark.

### Key staff:

Susan Crocker, Consultant Clinical Psychologist and Joint Head of Community CAMHS  
Dr Janine Michelotti, Lead Clinical Psychologist/Team Leader  
Dr Mosun Dorgu, Consultant Child and Adolescent Psychiatrist



Community CAMHS, Homerton University Hospital

Children's Services, Diagnostics and Outpatients Division

In partnership with

East London Foundation NHS Trust

## CAMHS DISABILITY SERVICE



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Homerton University Hospital   
NHS Foundation Trust

## CAMHS Disability Service

This is a specialist tier 3 NHS Child and Adolescent Mental Health service (CAMHS) for children with disabilities and mental health/emotional problems. Much of our work is with children with significant learning disabilities and/or ASD.

The service includes a team of clinical psychologists, consultant psychiatrist, play specialist, systemic family therapist, child psychotherapist, and administrator.

We are open 9am - 5pm weekdays based at the Hackney Ark.

### Pathways and Multi-agency partnership working

This integrated service is provided in partnership with Specialist CAMHS, ELFT (East London Foundation Trust). CAMHS Disability is part of Homerton's Community CAMHS Service along with First Steps (short term intervention).

It is important that the CAMHS Disability service works in partnership with other CAMHS services. We are part of **One City and Hackney CAMHS Alliance**. This helps with following evidenced pathways and protocol, and making good use of the skills that we have by working together to support all families.

Referrers will be advised as to the most appropriate CAMHS service within the Partnership

- Children 0-19 with a G.P. in Hackney & the City of London
- Mental health/emotional needs and enduring disability
- The disability assessed as moderate to profound defined by attendance at Special School, EHC Plan, functional or cognitive assessment
- Disability is permanent and enduring, requiring a multi-disciplinary specialist approach (MDT) to treatment
- In the case of Autistic Spectrum Disorder (ASD), there is also a *primary* moderate to profound learning disability present
- Under the medical/therapy teams (MDT) at Hackney Ark

### Exclusion criteria:

- Children with typical development, or Mild Learning Disabilities
- Higher functioning Children with ASD over age 5 are seen by the SCAC clinic at the Ark
- Children living within abuse or who are not in a safe, stable environment
- Children without a GP in Hackney

### Who can refer and waiting times

Any professional who knows the child and family. Parents can self-refer. We see all families by 5 weeks from receipt of referral.

Consent from parents/carers must be given. Referrals for group work will be given the next available place.

### Clinical Psychology pathways:

Part of the work of the psychology team is to see families at joint neuro-developmental clinic appointments with a Community Paediatrician. Together we think about the child's needs e.g. skills, behaviour, emotions and development within in the context of a family in order to plan treatment/diagnostic pathways.

In the context of autism and/or disability, we may be asked to understand why a child/young person is:

- Behaving in a particular way
- Having difficulties learning
- Finding it hard to play and join in
- Having difficulties with communication and interaction
- Finding skills learning hard e.g. sleep, toilet training, feeding

### Diagnosis and intervention for neuro-developmental disorders:

Assessment of skills may take a while. This is important so that we can work in partnership with all involved and see skills across time and settings. Sometimes families need time to understand why their child's development is not the same as other

CAMHS Disability clinicians work alongside medical/therapy colleagues, to provide specialist assessments and treatment for specific disorders e.g. ASD, ADHD, in accordance with NICE guidelines.

children, or to think about diagnosis, and the impact of this on the whole family.