

City & Hackney



Alliance

# DIRECTORY

# CAMHS ALLIANCE DIRECTORY

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# CAMHS ALLIANCE TRANSFORMATION PROJECT

## Who we are:

City and Hackney is committed to whole system seamless working throughout our local service offer. This is why the multi-agency **CAMHS Alliance** was created in April 2015. The Alliance facilitates better partnership working and ensures we deliver integrated pathways that can effectively reach more children, young people, families, schools and the wider community.

The Alliance delivers change through the CAMHS Alliance Transformation Programme (Plan). During **Phase One** of the plan (2015-2017) an improvement programme was set around ten themes identified as key priorities during consultation with local children and young people, families, local voluntary sector organisations and local statutory sector services.

In September 2017 we started **Phase Two** which aims to build on the original plan using the information and outcomes produced by the original transformation programme. A key element of this second phase of the CAMHS Transformation is the review and redesign of existing service deliver and the application of new and innovative ways of working.

As part of the Phase Two initiative, the CCG commissioned the CAMHS Alliance to map existing CAMHS pathways and develop pilots to support service redesign in mid-2017/18. The key pathways the Alliance are addressing are:

- Interfaces with Schools
- Parenting
- Transition points in children's life (e.g. Y6 - Y7, from CAMHS to adult services)
- Crisis

The Alliance is formed by **different teams and partners** that work across City & Hackney and deal with a range of issues, of diverse severity and with specific groups of population.

**In the next pages you can find a description of each of the services that are part of the Alliance, what they do and who is eligible to access them, as well as how to refer a young person who might need their services.**

# FIRST STEPS

## What we do:

First steps is a service for children, young people and their families who have mild to moderate mental health problems. The service includes:

- early access to a mental health service for mild to moderate psychological problems
- a range of individual and group interventions
- parenting support
- mental health promotion and teaching, training and consultation to frontline professionals working with children and young people
- development of projects which support and empower parents and community groups
- referral onto tier 3 specialist CAMHS if required.

## Who is eligible?

We work with children and adolescents:

- Aged **0-18** years
- With mild to moderate mental health difficulties
- With a GP in City & Hackney
- Where the legally responsible parent/guardian has given consent for referral
- Who have psychological difficulties which are likely to be helped by a short-term psychological intervention

*\* First Steps are unable to accept referrals for families who are currently open to Children's Social Care*

## Contact information:

 020 7683 4611       9am - 5pm Monday to Friday

 Hackney Ark, Downs Park Road, London E8 2FP

 [huh-tr.FirstSteps@nhs.net](mailto:huh-tr.FirstSteps@nhs.net)

## How to refer to our service:

Self-referrals from young people, parents and families are accepted.

Please call **020 7683 4611** between 9.00am – 5pm.

Professionals supporting families such as GP, School Staff or Family Support Practitioner can refer using the Referral Form available via the website

[www.cityandhackneycamhs.org.uk/professionals/first-steps/first-steps-how-to-refer/](http://www.cityandhackneycamhs.org.uk/professionals/first-steps/first-steps-how-to-refer/)

# CAMHS DISABILITY

## What we do:

Specialist Child and Adolescent Mental Health service (CAMHS) for children with disabilities and emotional/behavioural and mental health concerns. We work with children and young people with significant learning disabilities and /or ASD. We also accept referrals where there are other types of moderate to profound disability (e.g. physical disability).

Our work includes assessment, diagnosis, psycho-pharmacological intervention, therapeutic/behavioural support and intervention, group work (parenting groups, siblings groups, ASD support...), and play specialist.

## Who is eligible?

- children **0-19** years old with a GP in Hackney or the City of London
- dual difficulties: mental health/emotional needs and disability
- disability assessed as moderate to profound defined by attendance at Special School or functional assessment, and where the disability requires specialist support as part of assessment and treatment
- disability is permanent and enduring, requiring a multi disciplinary approach to treatment e.g. learning disability, speech and language disorder, social communication disorder or physical disability
- Autistic Spectrum Disorder (ASD) if there is also a moderate/profound primary learning disability
- under the medical/therapy teams at Hackney Ark for MDT care planning.

## Contact information:



020 7014 7071



9am - 5pm Monday to Friday



Hackney Ark, Downs Park Road, London E8 2FP

## How to refer to our service:

Any professional who knows the child and family can make referrals.

[www.cityandhackneycamhs.org.uk/professionals/referral-guide/](http://www.cityandhackneycamhs.org.uk/professionals/referral-guide/)

Parents already known to the Ark can self refer. Consent from parents/carers must always be given.

We are part of Multi-Agency Referrals meetings (MARs).

We see all families within 5 weeks of receipt of referral.

# SPECIALIST CAMHS

## What we do:

Specialist CAMHS offers assessment and help to children, young people and their families with significant emotional, behavioural and mental health difficulties. We work with children and young people who:

- have symptoms of a serious mental health disorder or difficulty
- are unable to live a normal life and /or be with other people because of the way they are thinking and feeling about themselves or other people
- are experiencing serious risks to their emotional and psychological wellbeing and development
- have significant mental health problem AND other complex issues affecting the family such as child protection issues, violence, illness, possibility of needing to be looked after.

## Who is eligible?

To be able to use this service:

- the suspected mental health difficulties must be urgent, persistent, complex, or severe
- the child or young person must be registered with a Hackney or City of London GP

## Contact information:



020 3222 5600



9am - 5pm Monday to Friday



Children and Young People Centre, 15 Homerton Row, E9 6ED , London



elt-tr.cityandhackneycamhs@nhs.net

## How to refer to our service:

Referrals can be made by a professional supporting the young person such as GP, Family Support Practitioner, Health Visitor, School Staff or Social Worker. Please complete the referral form on the website [www.cityandhackneycamhs.org.uk/professionals/referral-guide/](http://www.cityandhackneycamhs.org.uk/professionals/referral-guide/)

Young people who are 16 years or over and have already accessed our service within the last year can self-refer to our service on **020 3222 5600**.

**CITY&HACKNEY CAMHS:  
A QUICK REFERRALGUIDE**

**Health**  
GPs paediatricians  
nurses other health  
professionals

**Education**  
Teachers/support  
staff  
discuss with  
SENCO/EP/Head  
Teacher

Mild mental health,  
emotional or  
behavioural concerns  
– likely to respond to  
6 sessions of early  
psychological  
intervention

**First Steps**  
**Hackney Community College**  
1st Floor, Defoe Building  
50 Hoxton Street  
London N1 6LP  
Tel: 020 7683 4611  
Fax: 020 7014 7251  
Email: [huh-tr.FirstSteps@nhs.net](mailto:huh-tr.FirstSteps@nhs.net)

Professionals can refer a  
child/young person to First Steps  
by returning a referral form via fax,  
post or secure email.

Parents and young people can also  
self-refer by calling the service.

Mental health,  
emotional or  
behavioural concerns  
associated with  
moderate-severe  
learning difficulty or  
disability

**CAMHS Disability Team**  
**Hackney Ark**  
Downs Park Road  
London E8 2HY  
Tel: 020 7014 7000  
Fax: 020 7014 7001

Professionals can refer a  
child/young person to CAMHS  
Disability by returning a referral  
form via fax, post or through the  
CAMHS Consultation Forum.

Parents already known to the  
service can call to self-refer.

More serious mental  
health, emotional or  
behaviour difficulties,  
or where  
multi-disciplinary  
assessment/intervention  
is needed

**Specialist CAMHS**  
15 Homerton Row  
London E9 6ED  
Tel: 020 3222 5600  
Fax: 020 3222 5792  
Email:  
[elt-tr.cityandhackneycamhs@nhs.net](mailto:elt-tr.cityandhackneycamhs@nhs.net)

Professionals can refer a  
child/young person to Specialist  
CAMHS by returning a referral  
form via fax, post or secure email.

Young people aged 16yrs+ can  
self-refer by calling the service.

# CHILDREN & FAMILIES CLINICAL SERVICE

## What we do:

The Children and Families Clinical Service works with children and young people and their parents and carers who are receiving support from Children's Social Care, Young Hackney, the Family Support Service and the Youth Offending Team.


The team of health and education professionals offer a full range of CAMHS services including specialist clinical assessments and individual, family and group therapy and are part of the CAMHS Alliance. They support children and young people and their families who: have mental health needs, are experiencing issues and stressors, are struggling with emotional and behavioural issues, and/or where there are child protection concerns.


## Who is eligible?

The Clinical Service is unique in its accessibility and integration with other services for children and young people provided by the Local Authority. The clinical team works with children and families who are receiving support from the local authority services such as:

- Children's Social Care
- Young Hackney
- Youth Justice (YOT) and
- Family Support

## Contact information:

 020 8356 5000 (Mon-Fri 9am-5pm) / 020 8356 2710 (Emergency Out of Hours)

 Hackney Service Centre, 1 Hillman Street, London, E8 1DY

 [ClinicalTeam@hackney.gov.uk](mailto:ClinicalTeam@hackney.gov.uk)

## How to refer to our service:

Referral can be made informally via clinical consultation/discussion. Referrals are from professionals working within Children and Families Services.

Health colleagues can flag up concerns/recommendations for a referral by emailing:

**[ClinicalTeam@hackney.gov.uk](mailto:ClinicalTeam@hackney.gov.uk)**



# OFF CENTRE

## What we do:

Off Centre is a counselling, therapy, advocacy, advice and psychosocial service for young people aged between **11 and 25** who live, work or study in Hackney. Our services are free, confidential and aimed at helping Hackney's young people to have greater control over their lives. We help people with all kinds of emotional and practical issues including:

- sexuality
- bereavement
- violence
- depression
- accommodation
- college
- stress
- abuse
- family breakdown
- self-harm
- anger
- neglect
- identity and more.

## Who is eligible?

Off Centre is a service for young people aged 11 to 25 who live, work or study in the London Borough of Hackney. We accept referrals for counselling, psychotherapy and art psychotherapy, as well as offering advice, information and guidance. We also run an LGBTQI group called Indigo. We accept contacts from young people directly, and referrals from professionals.

## Contact information:



020 8986 4016



Mon, Tues, Thurs, Fri; 10am - 6pm / Wed; 12pm - 6pm / Sat; 11:30am - 1:30pm



Unit 7, The Textile Building, 2a Belsham Street, London, E9 6NG



[www.offcentre.org.uk](http://www.offcentre.org.uk)

## How to refer to our service:

If you are a young person then contact us directly (phone, email or enquiry form on our website) or drop-in and speak with one of the team.

If you are a professional you can make a referral for a young person with their consent following the process detailed in [www.offcentre.org.uk/referrals](http://www.offcentre.org.uk/referrals)

# FAMILY ACTION

## What we do:

Family Action is a national charity that transforms lives by providing **practical, emotional and financial support** to those who are experiencing poverty, disadvantage and social isolation across the country. Our work supports families when they face complex needs and challenges -including domestic abuse, substance misuse and mental health issues – and it ranges from intensive family support, specialist therapeutic work, conflict management and relationship support, and advice and wellbeing services.

## Who is eligible?

**Hackney Wellfamily Plus Service** is funded by City and Hackney CCG and covers all GP practices across six consortia groups. This service offers holistic assessments, advice, information, emotional and practical support for people aged **16+**. The service is here to enable individuals, couples and families to manage their mental health by preventing deterioration. To access the service you have to:

- Be more than 16 years old (that includes parents of younger children who can be referred)
- Have a Hackney GP

We also offer free **Parent Support courses** (Parents as Partners) for parents with at least one child under the age of 11 who want to resolve issues that might be affecting their children's wellbeing.

## Contact information:



020 7249 8109



[www.family-action.org.uk](http://www.family-action.org.uk)



24 Angel Gate, City Road, London, EC1V 2PT



[hackneywellfamilyplus@family-action.org.uk](mailto:hackneywellfamilyplus@family-action.org.uk)

## How to refer to our service:

Young people and their families can refer themselves booking an appointment at their GP practice. Professionals can also refer children and families filling the referral form or signposting them to their GP.

For more information about the Parents as Partners Programme, including information on up-coming groups, and how to refer or self-refer to the service please contact us at:  
[parentsaspartners@family-action.org.uk](mailto:parentsaspartners@family-action.org.uk) - 020 7254 6251

Please visit our website for more information about how to access each of our services in your local area.

# YOUNG HACKNEY

## What we do:

Young Hackney offers early help and prevention services for children and young people aged **6–19**, or up to **25** years if a young person has a special education need and/or disability.

We provide a broad range of individual support that always considers family and peers, within home, school, and community settings including at our youth hubs. Young Hackney positively and pro-actively engage young people, and establish helpful relationships with trusted adults to support the achievement of positive outcomes.

We run universal services such as youth, sports, play and citizenship activities, combined with offering individual help for those children and young people who need additional support, such as:

- Those at risk of exclusion from school or young people not in education, training or employment
- Young people who offend, are at risk of offending or who are victims or perpetrators of violence
- Young people who are at risk of sexual or other types of exploitation
- Young people expressing concerning sexual attitudes or displaying harmful sexual behavior
- Those young people who are experiencing physical or emotional health and wellbeing difficulties
- Young people who need support to develop healthy friendships or peer relationships
- Young people with additional needs or have caring responsibilities
- Young people who have experienced or been impacted by inequality and/ or discrimination

Young Hackney also offers specialist **substance misuse services** for young people aged 6-25 years and has a dedicated Health and Well-being team offering high quality PSHE and health interventions.

## Contact information:



020 8356 7404



9am - 9pm Monday to Friday



[www.younghackney.org](http://www.younghackney.org) / [www.hackney.gov.uk/young-hackney](http://www.hackney.gov.uk/young-hackney)



[info@hackney.gov.uk](mailto:info@hackney.gov.uk)

## How to refer to our service:

There is no wrong way to access support. Young people can visit their local Young Hackney youth hubs to get involved in activities, or access support. There are four hubs in the Borough (The Edge, Forest Road, Concorde and Stoke Newington) you can find information about each Youth Hub on our website.

If you have a question about the service, contact us by phone, email or visit us in one of our hubs. You can also send us your question through the 'Ask us anything' contact form on our website.

Professionals can make a referral for a young person by emailing: [cyppp@hackney.gov.uk](mailto:cyppp@hackney.gov.uk)



# CAMHS Alliance Directory

## **First Steps**

Early Intervention and  
Community Psychology Service  
Hackney ARK  
Downs Park Road,  
London, E8 2FP  
Tel: 020 7683 4611  
Fax: 020 7014 7251

## **CAMHS Disability**

Hackney ARK  
Downs Park Road,  
London, E8 2FP  
Tel: 0207 014 7071  
Fax: 0207 014 7239

## **Specialist CAMHS**

Homerton Row Team  
Children & Young People's Centre  
15 Homerton Row  
London, E9 6ED  
Tel: 020 3222 5600  
Fax: 020 3222 5792