

Referral process

Referrals to the team should be made via our referral form which can be obtained by contacting the number below. Referrals are discussed at the weekly team meeting and if accepted a decision will be made with regard to the most appropriate member of the team to carry out an initial assessment. Referrals can be made by professionals supporting the child / young person, or by a GP or Paediatrician following a medical review. We aim to complete an initial assessment within 11 weeks of accepting the referral.

Child and Adolescent Mental Health Service



Learning Disability Team

Patient Experience Team

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Experience Team on 0800 0131 223.

or you can email pals.ppi@sept.nhs.uk

This leaflet can be produced in large print, audio cassette, Braille and other languages on request.



SEPT regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

Child and Adolescent Mental Health Service - Learning Disability Team,
Family Consultation Clinic,
24 Grove Place,
Bedford,
MK40 3JJ

Telephone Number: 01234 310800

Monday to Friday 9:00 - 16:30

Who are we?

The child and adolescent mental health service – learning disability team is a specialist community team covering Bedfordshire and Luton. We provide a service to children and young people up to 18 years of age who have learning disability (IQ of below 70) and have associated behaviours that challenge* and/or moderate to severe mental health problems.

The team consists of a Consultant Neuropsychiatrist, Clinical Psychologists and Community Nurses.

We aim to:

- To prevent breakdown in families, education and care provision.
- To reduce the need for children who have learning disability and associated behaviours that challenge and/or moderate to severe mental health problems to be placed outside their local community and network of services
- To refer to other services if required.
- To work in partnership with families/ carers by:
 - developing interventions that will work best for them;
 - provide clearly written information;
 - obtain consent to share information;
 - where possible, meet families within their local community e.g. at home, school.

What is our role?

We work in partnership with the child, family, carers and other professionals to:

- Assess the presenting difficulties which may include behaviours that challenge, sleep difficulties, low mood, anxiety and obsessive behaviours.
- Provide appropriate interventions. This may include behaviour support plans, sleep programmes, psychological therapies and / or medication.
- Offer advice, support and information.
- Where appropriate, we work closely with other services such as; education, social Services, voluntary agencies, school nurses, paediatricians and therapists. We continue to support and monitor until case closure.

How do we work?

Within 11 weeks of the referral being accepted, we will offer an initial assessment appointment. Following the assessment, a recommendation will be made to refer onto a more appropriate service, or a treatment plan will be agreed to gather further information. This may include:

- Liaising with relevant carers and professionals, with permission
- Observing the child in various settings, and completing appropriate recording charts
- Completing other relevant assessments.

A care plan, sleep programme, behaviour support plan or therapy plan will then be developed with the family or carer, and any other relevant people. The frequency of our contact will be determined and review dates are arranged.

More than one member of the team may work with the individual at one time.

We regularly review our support and will close the file when appropriate. However we will accept re-referrals when required.

Families using the service will be asked to participate in our ongoing collection of data.
