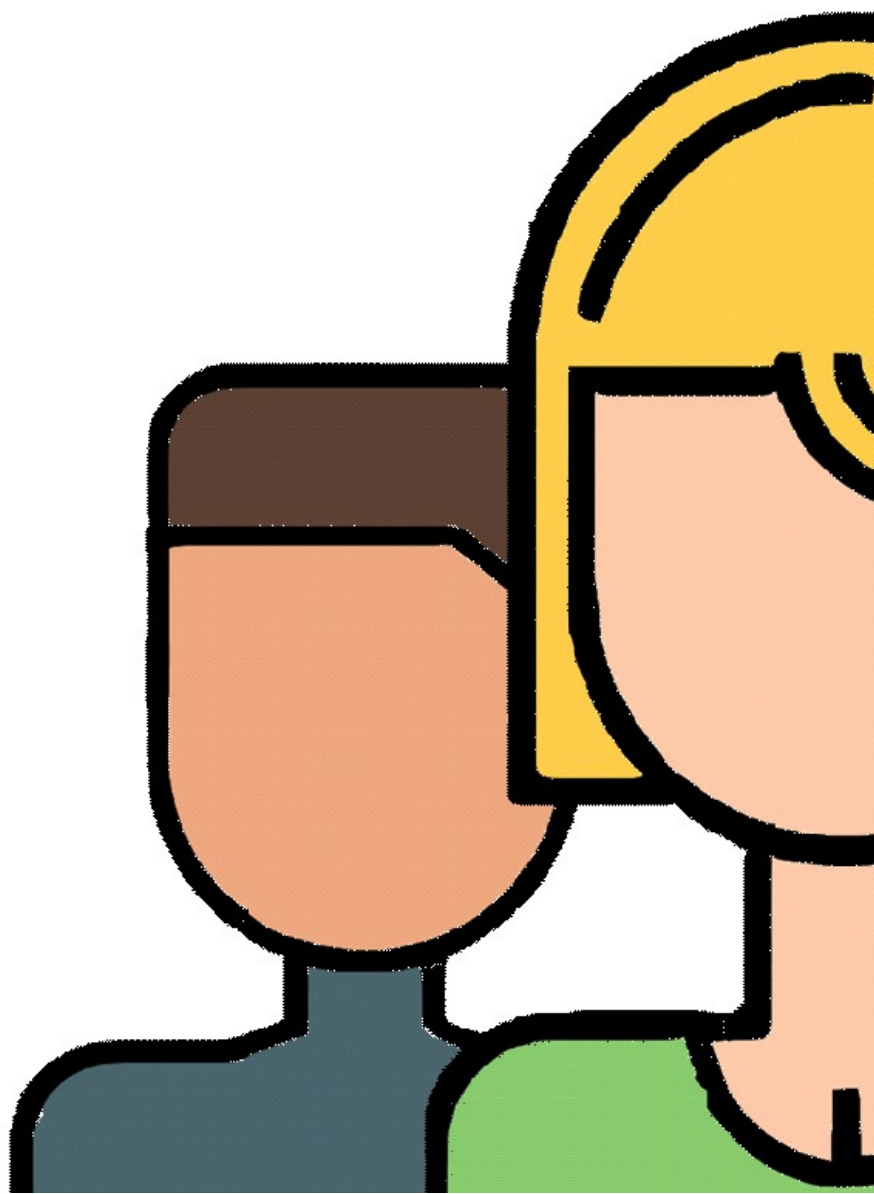


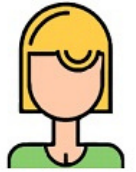
# CAMHS Learning Disability Team

Information about what to expect from our service



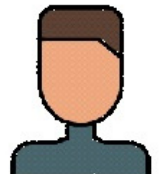
## Who are we?

We are a multi-disciplinary team who are part of Child and Adolescent Mental Health Service (CAMHS), but exclusively work with children who have learning disabilities. Our team consists of learning disability nurses, psychologists, occupational therapists and therapeutic assistants who offer dedicated support to families to help them to understand and manage the difficulties relating to their child's learning disability such as mental health and challenging behaviour.



## What do we do?

Our role is to work together with you to explore your child's strengths and needs and to facilitate information gathering and reflection. The aim of this is to help parents and carers to improve their confidence when it comes to understanding and supporting their child's behaviour, mood and mental health. We also provide consultation to our colleagues in CAMHS working with children with mild to moderate learning disabilities to ensure they have access to specialist support where needed.



## What is a learning disability?

A child with a learning disability may...

Find it harder to learn, understand and retain new skills

Have some difficulty communicating and interacting with other people

Have difficulties with reasoning e.g. may not grasp rules and waiting

Struggle to understand risks and dangers

Display some behaviours such as hitting, kicking and shouting out which you and others may need help to understand





## Your journey with us

A **referral** will be made into our service from a professional that knows your child such e.g. GP, social worker, school

If your child meets the criteria for our service, you will be invited for an **initial assessment**. This is where a member of our team will discuss your child's strengths, difficulties and needs

Following your initial assessment, if we are the right people to offer support to you and your child then your child may be placed on the waiting list for support. We will then **allocate your child's case to one of our workers** who will work with you on the difficulties that you have identified.

If we are not the right people to support you, we will discharge after providing you with a care plan, which may include **signposting** to other services that can offer support.

Once you are allocated to one of our team, they will conduct an **extended assessment**. You will have a big part to play in this process, such as completing behaviour diaries. Following the assessment process your worker will provide a summary of your child's strengths and challenges, set some goals and **plan an intervention**. Again, you play an important role in putting these interventions into practice at home.

You may be offered a **group intervention** with other parents, focusing on things such as behaviours of concern, or sleep.

We will regularly review how well you feel the work is going and what further support you may need going forward. At the end of our work together, we provide you with a **letting go** care plan, that summarises the progress your child has made.

## Where else you can find support

**Sandwell Council Children with Disabilities Team:** Tel: 0121 569 5616

**Challenging Behaviour Foundation:** Information and support for parents regarding challenging behaviour. Tel: 0300 666 0126 E: [support@theCBF.org.uk](mailto:support@theCBF.org.uk)

**Contact (for families with children with disabilities):** Provide excellent advice and support about local and national services available. Tel: 0808 8083555 Web: [www.contact.org.uk](http://www.contact.org.uk)

**Syndrome Without A Name (SWAN):** Advice and support for parents caring for children with genetic conditions without a formal diagnosis. Tel: 020 78310883. Web: <https://www.undiagnosed.org.uk/>

**Cerebra Sleep Support service:** Parents can complete an online referral form with details of specific sleep problems then telephone consultation support can be offered. Tel: 01267 244210 E: [sleep@cerebra.org.uk](mailto:sleep@cerebra.org.uk)

**Sandwell Family Information Service Hub:** Information about the SEND local offer. Web: [fis.sandwell.gov.uk](http://fis.sandwell.gov.uk)

**Black Country Healthcare 24/7 Helpline:** Urgent mental health, learning disability and/or autism support. Tel: 0345 6460827

## How to contact us



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