Local Offer:
Child and Adolescent Mental Health Service Learning Disability/Family Intensive Support Service (CAMHS LA/FISS)

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What does your service do?
CAMHS-LD/FISS offer a number of choices for working in partnership with families and children, including parent and carer groups, home based work and working with other services who know your child.

Parent/carer groups
- All about you: building on resilience and well-being
- Positive behaviour support: understanding and managing your child’s behaviour

Working together with people who know your child
- Parent consultation sessions (PCS)
- Multi agency meetings

Home based work
Gaining a detailed understanding of your child’s emotional, behavioural and communication needs and supporting you with these.
The service aims to develop a shared understanding of behaviours that cause concern. We may do this by:

- visiting you at home over a period of time to listen to your concerns, as well as talking with others involved with your child, to gain an all-round understanding of their needs.
- collecting detailed information by observing your child, recording information over time to find any patterns in behaviour, and using other tools such as questionnaires.

**Goal-setting**

Once this shared understanding has been reached, much of the CAMHS-LD/FISS work focuses on setting goals with you and others to meet your child’s needs. Together we begin to develop a way of working with the aim of helping you and others to cope.

**Where is it located, and what areas does it cover?**

The CAMHS LD/FISS office is based in Hailsham, East Sussex. We are a community service and cover all of East Sussex. Our address is:

Highmore
Western Road
Hailsham
BN27 3DY

**Who does your service provide for?**

CAMHS-LD/FISS is a service for children and young people with moderate to severe learning disabilities / severe global developmental delay, together with emotional, communication and behavioural problems and their families. We work with children from birth up to the age of 19 who have the most complex needs. If your child is under 5 years old, we receive referrals for you to work with us from your key worker.

We are a multi-disciplinary team that includes a team leader, consultant child and adolescent psychiatrist, a clinical nurse specialist, clinical psychologists, speech and language therapists, family support workers and administrators.

We cannot provide a service to children with mild learning disabilities or Attention Deficit Hyperactivity Disorder (ADHD). Neither do we work with a family where a service is already being provided by the Child and Adolescent Mental Health Service (CAMHS), unless agreed together as a co-ordinated package of care.

The team provides training and/or consultancy to other professionals in areas related to SEND.

**How can I start using the service?**

You can contact us directly about using the service, or ask a professional to refer your child to us. If you would like to refer your child or a family you are working with, please contact the team by telephone, fax or in writing. If your child is under 5 years old, we receive referrals from your early years key worker.
How are decisions made about who can use your service?
We often need information to help us make a decision about whether our service is the right one for your child. These decisions are made on the level of learning disability your child has. We therefore request consent from you to contact other people, such as school, or the key worker working with your child, in order to gain additional information. All referrals are discussed within our referrals team.

You and the person who referred your child will be contacted with the outcome of any discussion. If we are unable to provide a service, we will write to you and the person who made the referral to give our reasons and have a discussion about alternative services or help wherever possible.

How do you communicate with service users and how are they involved in decision making/planning?
We aim to work in partnership with you to provide high quality services and help meet the needs of children and young people with moderate to severe learning disabilities. Working in partnership means that:

- We will try and understand each other and work towards the same aims
- We respect one another’s ideas and views
- We discuss ideas and negotiate working towards the same goals
- We agree how long we work together

Working with you, we focus on improving the child’s communication and quality of life, so that unwanted behaviours such as self-injury or withdrawn behaviour can be reduced.

Sometimes we work directly with your child in order to gain their views and/or feelings or help them to understand a situation. Our overall aim is to increase the opportunities for your child to participate fully in family life as well as activities outside the home. We do our best to be flexible, creative and respectful in the way we work with all those involved with your child.

Is your service fully accessible?
Most of our work is in the community, but there are times when children and families may come to our office in Highmore which is wheelchair accessible and has disabled changing and toilet facilities. Please be aware that there is no hearing loop system at Highmore.

What training are the staff supporting children and young people with SEND had or are having?
All members of the team have specialist training in their own profession.
All team members have completed a 10 week “Family Partnership Model” course.

The Family Partnership Model includes the Helping Process. The Helping Process is a simple series of steps. It begins with the development of a relationship between you and the helper, while exploring the problems of concern in order to gain a clear understanding of them.

On this basis goals can be set and strategies planned. The next steps are to help you put the strategies in place, review how they are going and how you are managing. Then at a good point, we will end our work together.
The diagram below shows this model more clearly and it is discussed with you at our first meeting.

**The Family Partnership Model**
**The Helping Process**

(Hilton Davis and Crispin Day. The Centre for Parent and Child Support, Munro Centre, Guys Hospital, London)

Who can I contact for further information?
If you believe your child has a moderate to severe learning disability / severe global developmental delay, together with emotional, communication and behavioural problems, you are welcome to refer your child to our service. We may need to gather more information from your child’s school so that we can decide whether or not our service is right for your child. We aim to reach the decision within four weeks from when we received the referral.

Please call our office on **01323 446061** if you wish to speak to somebody about your child.

Marian Williams  
Team Leader

Sarah Wedge  
Lead Clinical Psychologist

Corinne Davies  
Lead Speech and Language Therapist

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Disclaimer
This offer is accurate now, but services are regularly reviewed and could change. All information will be updated as soon as possible to reflect any new service offer.

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Feedback
This offer is intended to give you clear, accurate and accessible information. If you would like to comment on the content of the offer or make suggestions to improve the information, please email localoffer@eastsussex.gov.uk

Find out more about support for children and young people with special needs and disabilities: www.eastsussex.gov.uk/localoffer