

Additional places you can signpost families too:



Challenging Behaviour Foundation: Providing information and support around managing challenging behaviour. website at: <https://www.challengingbehaviour.org.uk/>



Hampshire Sendiass impartial Special Educational Needs and Disability Information, Advice and Support in Hampshire for more information please look at their website on: [https:// www.hampshiresendiass.co.uk/](https://www.hampshiresendiass.co.uk/)



Hampshire CAMHS website Has lots of self help advice on different mental health presentations. For more information: <https://hampshirecamhs.nhs.uk/>



Autism Hampshire provides information and advice to parents and children with a diagnosis or waiting for an Autism assessment. More information can be found on their website www.AutismHampshire.org.uk or they can be contacted on 02380 766162

CONTACT DETAILS



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Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

Hampshire CAMHS Specialist Learning Disability and Autism (LD/A) Team



An Information Leaflet for Professionals

Service provided by Hampshire & Isle of Wight Healthcare NHS Foundation Trust

Who are we:

The CAMHS LD/A team is a community-based service, offering specialist assessment to young people, aged between 0 to 18 years, who has a recognised moderate to severe learning disability. We offer support to young people and their families/carers, who are experiencing significant mental health and or behaviours that challenge, that have received universal services and now require specialist assessment and intervention. Presenting needs may include: low mood, anxiety, behaviours that present significant challenges, trauma/PTSD, emotional regulation with risk of harm to self or others and neurodevelopment disorders - such as ADHD.

Our Multi-Disciplinary Team works across Hampshire and includes:

- Learning Disability Nurses
- Occupational Therapist
- Speech and Language Therapist
- Psychology
- Administrator

Young person's Journey:

Referral- All referrals are made through our website: <https://hampshirecamhs.nhs.uk/referral/>. You will also find more information about our referral criteria. Referrals are screened to ensure we have adequate information to help decide on what would be the most helpful next steps for a young person, this may include signposting to other services or offering an assessment with CAMHS.

CAMHS Assessment- Referrals for young people that meet CAMHS criteria we will complete an assessment with the parent/carer and the child/young person's network (e.g. school/social worker). The child/young person will be included within a person-centered approach. We will discuss the young person's history, presenting needs and goals for CAMHS input.

The information is discussed within the multi-disciplinary team to agree the care plan and next steps regarding CAMHS assessment and/or intervention pathways or whether other services may best to meet the presenting needs of a young person.

Intervention- We aim to involve families, network and children/young people within care plans

Please note: There may be a waitlist for some of our interventions. We review this regularly and encourage parents/ carers/professionals to contact our team in the interim to provide any updates. We have a Duty system, that is available during our core working hours, where we can respond to any concerns or queries.

How we can help:

We will work with young people, parents/ carers, schools, health professionals and social care to offer individual advice and strategies to support- this might include:

- Undertaking further holistic and specialist assessments, to consider psychological, emotional, and behavioural health highlighting any physical health issues which may be affecting mental health and wellbeing.
- Offering a Positive Behaviour Support Group for parents/carers, focusing on understanding behaviour in the context of learning disability and supporting parents to develop individual plans for supporting behaviours that challenge.
- Assessment and treatment for mental health and associated behavioural presentation, which may include Cognitive Behaviour Therapy (CBT), behaviour activation, anxiety management techniques, specialist assessment for ADHD, emotional regulation approaches for managing risky behaviour.
- Specific consultation, advice and/or direct input from Occupational Therapy and Speech and Language Therapy.
- Joint working with Community CAMHS colleagues to access specific professions which are not currently available within the LD/A team (e.g. Psychiatry, psychotherapies)
- Offering consultation and advice to Community CAMHS colleagues for Autistic young people who do not have a Learning Disability, where there is significant complexity (e.g. Challenging Behaviour).

The LD/A Team work closely with young people and their network to coordinate a multi-agency approach. Our goal is to promote better mental health and improve future outcomes for the young people we work with. We do this whilst aiming to be person centered, flexible, creative, and respectful in the way we work.

Please do contact us if you want to discuss any potential new referral.