



Plymouth Comprehensive Child & Adolescent Mental Health Services (CAMHS)

A Directory of Services

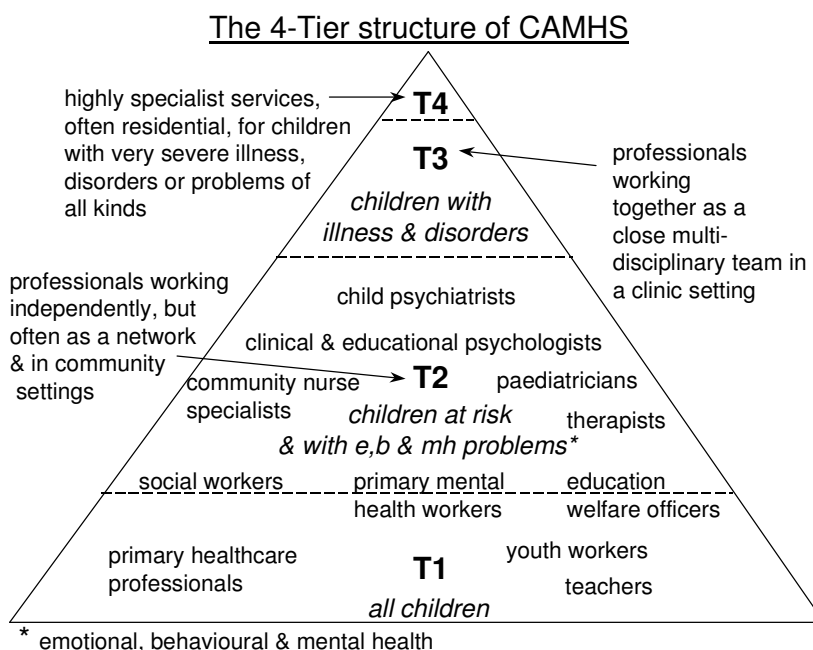
June 2010

Introduction

This Report provides a summary description of all services available to children and young people in Plymouth who have mental health problems. It has been prepared by the Plymouth Children and Young People's Emotional Well-being and Mental Health Partnership. Its aim is to ensure that all services are known to each other and the Report provides contact details for those wishing to discover more about specific services and how they work together within the CAMHS system. For a comprehensive list of all services available in Plymouth you are directed to www.plymouthparentpartnership.org.uk

Services have been categorised using the 4-Tier model for a 'comprehensive' CAMHS system established by the Health Advisory Service's 1995 Report 'Together We Stand'. This is illustrated in Figure 1 below, and each section is preceded by a short description of the role or function of services within each Tier. However, as this is a functional rather than a structural model, some organisations or services do not fit neatly within the categories, or undertake roles at more than one Tier. Where the latter is clearly the case, then they feature more than once in the Report. An example of an integrated targeted and specialist services sits within the description for Mainstream CAMHS.

Figure 1:



Organisations and services appear in alphabetical order within each section. No attempt has been made to classify them by agency (i.e. Health, Local Authority, Voluntary Sector), because so many are now jointly managed and/or funded that such classification is rendered unhelpful. However, reference is made in the description to the nature of the agency or service. Inevitably, this presents a simplified view of the CAMHS system in Plymouth, but may be helpful as an aid to its understanding.

Universal Services (Tier 1)

Tier 1 is the primary or generalist level of service provision for all children, offered by practitioners (usually without specialist mental health qualifications) who work with children across all agencies and in a wide range of settings: in clinics, schools, youth clubs, voluntary projects and in the home. They provide the following functions in relation to the mental health of the children and young people whom they see:

- Interventions which promote mental health and prevent the development of mental health problems
- Identification of children and young people who are at risk of developing mental health problems and referral if appropriate
- Provision of general advice and support to those children and young people
- Identification of mental health problems early in their development and referral as appropriate
- Provision of non-specialist treatment for less severe or self-limiting conditions

In addition to the full range of universal services, the following Tier 1 services are those which are most likely to identify, support and refer children and young people with mental health needs for specialist help:

Adoption Team

The Adoption and Children Act 2002 expects the Local Authority Adoption Agency (and partner agencies) to provide support services to all people (adopted adults and children, birthparent and extended family, adopters and adopters family members) who have been affected by adoption. This support is offered by the Plymouth City Council Adoption Team.

80% of the children placed with adopters have had severe traumatic backgrounds and have come through the care system. Many have complex attachment difficulties and adopters need to develop specialist skills in coping with very challenging and disruptive children. 50% of the children and young people will require CAMHS support.

Age/client group served: 3-adulthood. Adoption has a lifelong impact on children.

Contact:

Anne Osborne	Adoption Agency Manager	Adoption Team Midland House Notte Street Plymouth PL1 2AA	Anne.osborne@plymouth.gov.uk	01752 306800
Mary Reville	Adoption Support Team Manager		Mary.reville@plymouth.gov.uk	01752 306819

Children's Disabilities Team (Children's Integrated Disability Service)

This is a social Care Team which provides initial and core assessments, care planning and interventions for disabled children and young people. It includes Social Workers, Social Work Assistants and Occupational Therapists. The team links to Health Workers, including psychological support, primarily via the Child Development Centre.

Age/client group services: Children and Young People with significant physical, learning or sensory disability, life limiting/ life threatening complex health needs aged 0-18.

Contact:

Kevin Kenna	CDT Manager (Social Work)	Douglass House Douglass Road Efford Plymouth PL3 6NP	kevin.kenna@plymouth.gov.uk	01752 308777
Fran Rae	CDT Manager (OT)	As above	fran.rae@plymouth.gov.uk	01752 308777
Jo Siney	Children's Integrated Disability Service Manager	As above	jo.siney@plymouth.gov.uk	01752 308777

Contact:

Manager- Suze Boot	Early Years Inclusion Service (Inc: Portage and Inclusion Advisory teams) 0-5 yrs	Jan Cutting Healthy living Centre, Scott Business Park	<u>Susanne.boot@plymouth.gov. uk</u>	01752 304239
Co-ordinator- Penny Whitell	Single Point of Contact / Team Around the Child 0- 18yrs	Child Development Centre Scott Business Park	<u>Penny.whitell@Plymouth.gov. uk</u>	01752 439411

Connexions Cornwall and Devon

Connexions provides information, advice and guidance to young people aged 13-19. Its specialist area of work is education, training and employment, but it also provides information about a full range of issues affecting young people (eg, money, housing, health). It identifies needs, making referrals to specialist projects and services, including in the area of health and well being, whilst keeping in regular contact with young people and helping them access educational, employment and volunteering opportunities.

Connexions provides a universal information and guidance service for all 13-19 year olds, but target those who are not engaged in education, employment and training and those who are at risk of not engaging. Teenage parents, young offenders, care leavers, young people with learning difficulties and disabilities are examples of client groups targeted.

Age/client group served: 13-19 but extended to 25th birthday for young people with learning difficulties and disabilities who are making their first transition and where involvement is still needed.

Contact:

Nik Dunn	Local Manager	10-12 Union Street Plymouth PL1 2SR	nik.dunn@connexions-cd.org.uk	01752 207700
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Family Support Service

Plymouth City Council's Social Care Department provides a specialist, comprehensive family support service to families where children are either on the edge of care or are in care, including children subject to a child protection plan. This service provides flexible packages of intervention based on the assessed needs. They undertake direct work with children and young people, parents and the whole family. The majority of the work undertaken is in the family home or in the community. The service offers 12 week evidence based packages of interventions and has a rapid response team at the front end to respond to unplanned situations. There is also a contact team delivering supervised contact to children in care who are subject to care proceedings.

This service also has a family group conferencing team who coordinate family group conferences with families to enable them to formulate their own plans to ensure the safety of their children and young people. This is a nationally recognised model with national standards of practice.

Age/client group served: 0-18 years

Contact;

Karen Rodda	Manager	Ringmore Way Family support Team 41 Ringmore Way, West Park Plymouth	Karen.rodde@plymouth.gov.uk	01752 351070
Jill Snell	Manager	Rapid Response Team Ballard house, West Hoe Road Plymouth	Jill.snell@plymouth.gov.uk	01752 307285
Diane Hobbs	Manager	North Plymouth Family Support Team 3 Crownhill Road Crownhill, Plymouth, PL6 5AG	Diane.hobbs@plymouth.gov.uk	01752 787800

Jill Snell	Manager	Supervised Contact Team Ballard house, West Hoe Road Plymouth	Jill.snell@plymouth.gov.uk	01752 307285
Mabel Arnill	Manager	Family Group Conference Team Floor 2 Midland House, Notte St Plymouth	mabel.arnill@plymouth.gov.uk	01752 306196

Health Visiting Service

Health Visitors are provided by the Plymouth (Teaching) Primary Care Trust and offer care to all young families. They are involved in the care of many children with behavioural problems, and children in need or at risk, provide early interventions and are developing expertise in infant mental health. In addition health visitors play an important role in the identification of post-natal depression that can impact on the mental health of children and young people

Age/client group served: families with young children, especially those requiring additional support with health needs

Contact:

Ea Russell	Head of 0-19 Service	Wycliffe Surgery Cattedown Primary Care Centre 8 Cattedown Road Plymouth PL4 0BZ	ea.russell@plymouth.nhs.uk	01752 434500
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Healthy Schools Programme

The aims of the Healthy Schools Programme are to support children and young people in developing healthy behaviours, to help raise pupil achievement, to help reduce health inequalities and to help promote social inclusion. The NHSP is funded by the Department of Education and Skills and the Department of Health, with a regional and local network.

Age/client group served: all children of school age

Contact:

Alison Rowntree	Healthy Schools Co-ordinator	Dept for Lifelong Learning Windsor House Tavistock Road Plymouth PL6 5UF	alison.rowntree@plymouth.gov.uk	01752 307032 07766 367324
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Looked After Children's services

Children who are taken into care are known to have high rates of mental health problems and require a range of specialised services and supports. Plymouth City Council has two responsible Service Managers and also provides specialist mental health services via the Children in Care CAMHS Team.

Age/client group served: Looked after children and young people until they leave care with responsibilities for care leavers to age 25

Contact:

Mary Brimson	Head of Service	Midland House, Notte Street, Plymouth PL1 2EJ	mary.brimson@plymouth.gov.uk	01752 306820
Tony Marchese	Service Manager			01752 306883

Plymouth and District Racial Equality Council

This organisation is accountable to the Commission for Racial Equality and receives funding from the Children's Fund towards their work with children aged 5-13 years. It provides support to individuals, families and communities who are the victims of racial discrimination. It offers a range of opportunities, activities, events and projects to members, who can attend regular meetings. There is a senior project worker with mental health training, working with young people on issues of identity, self-esteem and empowerment.

Age/client group served: all ages

Contact:

Sue Stratton	Director	3 rd Floor, Prideaux Court Palace Street Plymouth PL1 2AY	enquiries@plymouthrec.org	01752 224555
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Plymouth House, Westcountry Housing Association

Plymouth House is a 44-place supported housing project open 24 hours a day, 365 days a year which functions as a stepping stone to independence for those with mental health issues and/or substance misuse, learning difficulties and other support needs. All residents start in shared accommodation, then manage own flat prior to independence and are offered floating support for a minimum of 3 months when moving on. Plymouth House has 2 mother and baby units and they take referrals from both the authorities and mothers themselves. Mothers can stay for up to one year with their babies.

Age/client group served: mainly 18-40, but 10% of beds are used for under 18 year olds.

Contact:

Wendy Clift	Project Manager	9-13 Lockyer Street, Plymouth, PL1 2QQ	wendy.clift@westcountryha.org.uk	01752 660321
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School Nursing Service

School nurses provide a range of interventions in school settings. They act as a general health resource, undertake individual work with children and families, offer health promotion activities and are becoming increasingly skilled in primary mental health and make referrals into specialist services.

Age/client group served: school age children - starting to leaving

Contact:

Ea Russell	Head of 0-19 Service	Wycliffe Surgery Cattedown Primary Care Centre 8 Cattedown Road Plymouth PL4 0BZ	ea.russell@plymouth.nhs.uk	01752 434500
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Special Schools and Pupil Referral Units

Special Schools and Pupil Referral Units provide educational facilities for children and young people with a range of problems and difficulties which makes it hard for them to learn in mainstream settings. Many have mental health and conduct problems and require specialist support from CAMHS.

Courtlands School: special community school for children aged 4-12.

Contact:

Mr L Earnshaw	Headteacher	Widely Lane, Crownhill Plymouth PL6 5JS	courtlands.school@plymouth.gov.uk	01752 776848
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Downham Special School: special community school for children aged 3-16.

Contact:

Mr M Loveman	Headteacher	Horn Lane, Plymstock Plymouth PL9 9BR	downham.school@plymouth.gov.uk	01752 403214
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Brook Green: special community secondary school for children aged 11-16.

Contact:

Mr C Edwards	Headteacher	Bodmin Road, Whitleigh Plymouth PL5 4DZ	hillside.school@plymouth.gov.uk	01752 773875
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Longcause Community Special School: community special school for children aged 5-17.

Contact:

Mrs A Thorne	Headteacher	Longcause, St Maurice Plympton Plymouth, PL7 1JB	Longcause.school@plymouth.gov.uk	01752 336881
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Mannamead Tutorial Unit: Pupil referral unit for 5-18 year olds.

Contact:

Mr Winterton	P	Acting Headteacher	The Mannamead Centre, 15 Eggbuckland Road Mannamead, Plymouth PL3 5HF	Paul.winterton@plymouth.gov.uk	01752 306269
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Martin's Gate Pupil Referral Unit: for 16-18 year olds.

Contact:

Mr P Tracey		Acting Headteacher	Bretonside, Plymouth PL4 0AT		01752 229351/267962
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Mill Ford School: community special school for children aged 3-19.

Contact:

Alan Reid		Headteacher	Rochford Crescent, Ernesettle Plymouth PL5 2PY	Millford.school@plymouth.gov.uk	01752 300270
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Mount Tamar School: community special school for children aged 5-16.

Contact:

Mr B J Jones		Headteacher	Row Lane, Higher St, Budeaux Plymouth PL5 2EF	mount.tamar.school@plymouth.gov.uk	01752 365128
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Plymouth Tuition Service - Young Parents Centre: Pupil referral unit for young mothers aged 14-16.

Contact:

Ms L Salway		Headteacher	Lancaster Gardens, Whitleigh Plymouth PL5 4AA		01752 237697
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Plymouth Hospital School: community special school for children aged 3-16.

Contact:

Mrs J Jones		Headteacher	Floor 12, Derriford Hospital Plymouth PL6 8DH		01752 792476
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Woodlands School: community special school for children aged 2-17

Contact:

Andrea Hemmens	Headteacher	Woodlands School Wood View Learning Community Lancaster Gardens Whiteleigh Plymouth PL5 4AA	Woodlands.school@plymouth.gov.uk	01752 300101
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Wolsdon Street School: Independent special school for children aged 13-16.

Contact:

Mr J Greenfield	Headteacher	Wolsdon Street Plymouth PL1 5EH		01752 550479
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Victim Support Devon (VSD)

VSD is a voluntary organisation which offers emotional and practical support to victims of crime.

Age/client group served: 16+ age group, plus under 16s with parental consent.

Contact:

Heather Welch	Plymouth Community Service Manager	Oak Place Devon Square Newton Abbott TQ12 2EX	heather.welch@victimsupport.org.uk	01626 357586
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Young Carers

Support for young people who are carers is offered via the Guild of Voluntary Service

Contact:

Maggie Payne		Fun and Freedom Club, Guild of Voluntary Service, Ernest English House, Buckwell Street, Plymouth PL1 2DA		01752 201766
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The Zone

The Zone is a holistic voluntary sector charity. It is a street-based open access organisation that works with young people aged 13-25. The Zone has a range of services available to young people. Currently these include an early intervention service for young people experiencing first episode psychosis, an early intervention service for emerging personality disorder, a counselling service, a comprehensive sexual health service, emergency housing needs assessments for 16 and 17 year olds, child and youth advocacy, personal development programmes, group work, an asylum seekers and refugee project and training for The Zone volunteers accredited by the Open College Network.

Age/client group served: young people with a range of complex needs, mainly 13-25

Contact:

Ruth Marriott	Chief Executive	14-16 Union Street Derry's Cross Plymouth PL1 2SR	Ruth.Marriott@thezoneplymouth.co.uk	01752 206626
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Targeted Services (Tier 2)

Tier 2 is the level of provision that meets the needs of children who have mental health problems, usually of a moderate nature which may be treated by a single mental health practitioner with the appropriate skills, often on a short-term basis, in a variety of settings. Tier 2 practitioners may work independently, within a team that is focused on the needs of a particular group of young people but not exclusively on their mental health needs (e.g. Youth Offending Team) or in conjunction with a specialist CAMHS team that also undertakes Tier 3 work. Tier 2 professionals may form networks for professional support, peer supervision and service development.

They provide the following functions:

- Training and consultation to workers at Tier 1 in any setting
- Advice in individual cases, support for groups and joint casework with Tier 1 workers as appropriate
- Assessment and referral to Tier 3 where necessary
- Short-term treatment of moderate, less complex mental health problems
- Interventions with and outreach to hard-to-engage families

The following services are available within Plymouth at Tier 2:

Harbour Young People's Service

Specialist Substance Misuse Service providing specialist interventions to Under 18 year olds who are experiencing harm due to their own substance misuse. Commissioned by Plymouth City Council Children's Services

Age/client group served: young people aged 18 and under with problematic substance use

Contact:

Shirley Sinclair	Manager	Hyde Park House Mutley Plymouth PL4 6LF.	shirley.sinclair@harbour.nhs.uk	01752 314262 07977410447
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Changing Families Project

Supports children and young people through the emotional turmoil created when family structure changes through divorce or other reasons. Through storytelling, drama and other media children and young people are encouraged to express their emotions and feelings in a safe and supportive environment. The project is run in schools with pupils currently referred by the schools involved or volunteer and self refer.

Contact:

Nina Wroe	Changing Families Project	Brownsell Farm Ashburton Devon TQ13 7EZ	nina.wroe@tesco.net	01364 653485
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Plymouth Psychology Service

The Psychology Service is a statutory service that employs educational psychologists to deliver a diverse range of services. A majority of service time is allocated to educational settings (both school and early years) with an emphasis on prevention and early intervention in order to identify and address barriers to learning. Significant amounts of time are also allocated to vulnerable children, specialisms and strategic work.

The key functions of the service are:

- To support teachers and parents/carers in meeting the emotional, developmental, educational and psychological needs of children and young people through consultation, training, intervention and assessment over time
- Assisting schools and early years settings in the development, review and evaluation of policies and systems
- Providing support for localities, communities and school collaborative.
- Supporting, leading and participating in strategic developments within the Local Authority through advice on the psychological implications of strategic initiatives and complex system changes

Age/client group served: Educational Psychologists use psychology to promote wellbeing, development and educational progress of children and young people aged 0-19 years

Contact:

Allan Fuller	Principal Educational Psychologist	The Mannamead Centre 15 Eggbuckland Road Plymouth PL3 5HF	allan.fuller@plymouth.gov.uk	01752 224962
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Behaviour Support Team

The Behaviour Support Team is part of the City Council's Department for Children's Services. It is a trans-disciplinary team which includes a Senior Educational Psychologist, Senior Practitioners for Families (social workers), Specialist Behaviour Support Workers, Behaviour Support Teachers and an Administrator. The Team works with children, parents and schools to find practical ways of increasing positive behaviour and offers a wide range of resources and activities which can be accessed through primary schools or by contacting the Team direct.

Age/client group served: primary schools, pupils, parents and families.

Contact:

Colin Moore	Senior Educational Psychologist	Weston Mill School, Ferndale Road, Camels Head, Plymouth PL2 2EL	Behaviour.support@plymouth.gov.uk	01752 362777
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Family Matters

Exploring better ways of getting on together

FM started as a pilot project in April 2001, funded by the newly formed Waterfront Locality Commissioning Group (Plymouth TPCT) and Health Action Zone. Its aim is to deliver family therapy from a primary care or community base and offer a respectful, collaborative, responsive and local service for families requesting help at an **earlier** phase of problem development than pre-existing secondary services. Communities with higher social deprivation scores are particularly targeted by its catchment. The focus is upon the interaction between people in a family system and so offers a different approach to the more commonly found interventions aimed at individuals.

The original six therapists, working in pairs based in St Judes and Keyham, still run three clinics weekly generating nine family appointments per week. The therapists all bring considerable experience from their core professions of Counselling, Health Visiting, Social Work and General Practice. Liaison is encouraged, with periodic letters sent and progress is evaluated by the use of the Family Environment Scale (Moos & Moos).

FM receives over 100 referrals a year and in 2005 acquired charitable status from the Charity Commission in order to grow as a Voluntary and Community Sector organisation, in terms of service expansion and research activity. New contracts with Plymouth City Council Families Project (Families Intervention Project) and Broadreach (drug and alcohol services) have been secured – see Time4Change entry.

NOTE: We do NOT need to see everybody in the family for this work to be effective.

Age/client group served: All ages. Typically, clients are families with children from 4 to 18 years of age and we do see individuals alone with relationship difficulties. Self-referrals and health and social care practitioner or community worker referrals are welcomed using a dedicated referral form available from the office or on-line at:

www.familymatters-plymouth.co.uk

Exclusions would include active and severe mental health problems or Child Protection and domestic abuse concerns under investigation.

Contact:

Penny Quarm	Clinical Co-ordinator	46-48 Devonport Road Stoke Plymouth PL3 4DF	familymatters.plymouth@ virgin.net	01752 606826
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Jeremiah's Journey

Jeremiah's Journey is a local self funded charity that offers information and support to children and their families who have experienced or are anticipating the death of someone special. The service is offered to families living in Plymouth and the immediate surrounding area. The main part of the support for bereaved children and their families is offered as a short term group programme. Individual support and information can also be offered.

Age/client group served: Group work for Children 5 to 18 years and their parents or carers. Information and support offered to children 0 to 18 years and their parents or carers.

Contact:

Joanne Anning	Coordinator	The Mustard Tree Macmillan Centre Level 3, Derriford Hospital Plymouth PL6 8HG	info@ jeremiahsjourney.org.uk	01752 763666
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North Plymouth Playschemes Outreach Project

Working in Ernesettle, Whiteleigh and Honicknowle the outreach workers support children and young people at risk of social exclusion. With the young person and their families the workers draw up a support plan to help the young people through issues that are causing them problems. Specialist support groups are set up to help clusters of children with similar issues.

Contact:

Nicola Jewell	North Plymouth Play Schemes	Four Woods Children Centre 415 Crownhill Road West Park Plymouth PL5 2LN	theoutreachproject@hotmail.co.uk	01752 366948
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Relate

Relate is a voluntary organisation which provides counselling for individuals and couples and sexual therapy services. It also has an education and training service and provides services for community groups and young people.

It works with children and young people at various venues across the city. The needs of the young people are varied, from issues with families, school, self-esteem, self confidence and more.

Age/client group served: 10-19 years.

Contact:

Sue Hirons	Centre Manager	3, Blenheim Road Plymouth PL4 8LJ	relateplymouth@googlemail.com	01752 213131
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Plymouth Excellence Cluster

The Excellence Cluster offers a raft of provision to schools in the North West and South West of the city which includes Learning Mentors, Counsellors, Therapists and a Multi Agency Support Team (MAST). MAST has Educational Psychologists, Family Therapists, a Primary Mental Health Worker and representation from the police and the Educational Welfare Service. In March 2009 members of the Behaviour Support Team joined the MAST team as part of a locality based integrated provision for the west of the city. This service aims to provide a range of specialised support to individual pupils and their families broadly focused on barriers to learning. All members of the service work peripatetically and respond to needs identified by the school using a standardised audit tool. All members of the team are able to offer a short response time to requests for involvement or intervention.

The Excellence Cluster has been asked to lead on the development of locality based integrated teams for children and families across the city based on the MAST model with the South East team operational from Jan 2010. The expansion will be based on a collaborative model with schools working together to offer a joined up service to remove barriers to learning and encourage positive mental health and engagement with school and learning.

Contact:

Lisa Hartley	Co-Director	Pounds House 162 Outland Road Plymouth PL2 3PX	lisa.hartley@plymouth.gov.uk or Christine.hindmarsh@plymouth.gov.uk	01752 558033
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The Zone – Your Space

‘Your Space’ is a generic counseling service based at The Zone providing early intervention for young people experiencing emotional distress. We offer up to 10 sessions of individual counseling with the aim of increasing self awareness, self acceptance and self direction. Counseling does not involve giving advice or directing young people to take a particular course of action; we work with young people to reach their own conclusions about their situation, leading to improved self esteem and autonomy.

Age/client group served: young people aged 13-25 who would like to explore anything that is troubling them e.g. bullying, abuse, sexuality, stress/anxiety, and anger etc– anything that is causing emotional distress.

Contact:

Kim Cooper	Project Lead	14-16 Union Street Derry’s Cross Plymouth PL1 2SR	Kim.cooper@thezoneplymouth.co.uk	01752 206626
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Time4Change (T4C)

supporting relationships affected by drugs or alcohol

Based at Ocean Quay, Richmond Walk, Stonehouse this project began in July 2006 as a collaboration between Family Matters (FM) (see earlier entry) and Broadreach House’s new day service, via charitable funding – originally European Social Fund. This innovative collaboration brought together the existing skills of a community based family therapy service with the one-stop-shop approach of a purpose built day service, offering a crèche, dinning room, gym, training facilities in computing, music, volunteering and other areas. Referrals involve both service users in treatment for drink or drug problems and their affected family members. This latter group have often been excluded by treatment services and offered very little in the way of support. A particular effort is made to engage families who may have never discussed family problems outside of the home before and who may struggle with issues of shame and guilt. Patience and the use of Adfam publications have assisted in establishing good therapeutic links. We also link with a self-help support group called Families Count Too.

Over 70 families have accessed family therapy in the first two years of opening, with a variety of presentations ranging from fathers trying to reconnect with their children, to couples raising a family together, to reunited families following rehab, to grandparents raising their grandchildren with their own child in active drug using. Sometimes the relational difficulties are specifically to do with substance misuse, but often they relate to the usual family issues of child or young person transitions or adjustment to adverse life circumstances. Audiovisual recording equipment

is available and has proved very useful in rebuilding bridges between family members who have lost trust after years of lies and deceit associated with chaotic using.

Liaison is encouraged (especially with Social Services and other treatment providers), with periodic letters sent and co-working with other Broadreach staff, such as the Parenting Worker, has enhanced outcomes very positively. Evaluation of progress is monitored by the Family Environment Scale (Moos & Moos) and accredited 'stress' and 'hopefulness for recovery' scales.

Age/client group served:

NOTE: We do NOT need to see everybody in the family for this work to be effective.

All ages. Family groupings or individuals alone, who have been affected by drugs or alcohol, are seen to explore relationship difficulties. Self-referrals and drug & alcohol practitioner referrals are welcomed using a dedicated referral form available from the office or on-line at:

www.familymatters-plymouth.co.uk

Exclusions would include active and severe mental health problems; unstable substance misuse or Child Protection and domestic abuse concerns under investigation.

Contact:

Charlie Lowe/ Fiona Miller	Family Therapists	46-48 Devonport Road Stoke Plymouth PL3 4DF	charlie.lowe@nhs.net	01752 606826
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Twelve's Company – Children and Young People's Service

The Children and Young People's Service offers free Art Therapy to those who have experienced: sexual assault/abuse, physical/emotional abuse and neglect (inc. domestic violence and parental substance misuse). The sessions can be held at the Twelve's Company's studio or through its outreach service.

Twelve's Company is the lead agency for Plymouth's Sexual Assault Referral Centre (SARC).

Age/client group served: 5 – 21 years

Contact:

Peter Baker/ Naoko Takematsu	Art Psychotherapists	Twelve's Company Metropolitan House 37 The Millfields Plymouth PL1 3JB	peter@twelvescompany.co.uk naoko@twelvescompany.co.uk	01752 220400
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Targeted Mental Health Work in Schools (TAMHS) Team, Comprehensive CAMHS, NHS Plymouth

The TAMHS Team is a collaboration between NHS Plymouth and Plymouth City Council and is funded by DSCF until March 2011 to offer training; professional consultation/support and short term targeted interventions for children and young people aged 5-13 within identified TAMHS schools across the city. Consultation and training is offered to those that work with children and young people as well as interventions being offered to children and young people in order to improve emotional well-being and mental health. Based at Sweetpeas Children's Centre, the

team is made up of a Team Manager, Primary Mental Health Workers and Senior Educational Psychologist.

Age/client group served: 5-13

Contact:

Fred Kemp		Sweetpeas Children Centre, Brandeth Road Plymouth	Fred.kemp@plymouth.nhs.uk	01752 434617
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Devonport Self Referral Services

The Devonport Self Referral Team is funded by Devonport Regeneration Community Partnership until March 2011 to offer training, consultation and short term interventions for children and young people aged 0-5 and 14-25 who are living in or using services in Devonport. Consultation and training is offered to those that work with children and young people as well as interventions being offered to children and young people in order to improve emotional well-being and mental health. 'Transition to adult services' is an important consideration within this service which is why we have close working relationships. Based at Welcome Hall and Green Ark Children's Centre, Devonport, the team is made up of Primary Mental Health Workers who have access to other professionals within Comprehensive CAMHS if required.

Age/client group served: 0-5 and 14-25

Contact:

Cindy Willcocks	Devonport Self referral team 14-25/Head of Service, Comprehensive CAMHS	Welcome Hall 4, Fore Street Devonport Plymouth teaching Primary Care Trust Devon PL1 4DN	cindy.willcocks@plymouth.nhs.uk	07827859056 01752 434304
Emma Baker	Junior Primary Mental Health Worker, Devonport Self referral team, 0-5	Green Ark Children's Centre/CAMHS Early Years Team, Tamarfolk Children Centre	Emma.baker@plymouth.nhs.uk	07901103068 01752 434615

Youth Offending Team

The Youth Offending Team is a multi-agency team that has responsibility for working with young people who become involved with the Police and the Courts, both before and after sentencing. The manager of the team reports directly to the Director of Social Services. Mental health input to the team is provided by Mainstream CAMHS in the form of a Clinical Nurse Specialist. YOT-based assessments are accepted by the full Mainstream CAMHS for access to further assessment and intervention if required. Approximately 30% of the young people are assessed as having a mental health need. Youth Offending Team: The work of the Youth Inclusion Support Panel (preventative work with 5-13yrs) is funded by Children's Fund.

Age/client group served: 10–17 years plus limited preventative input with 5-17 year olds. Target group are young offenders or those at risk of offending.

Contact:

Antony Ashton	Clinical Nurse Specialist	Third Floor, Midland House Notte Street Plymouth PL1 2EJ	Antony.Ashton@plymouth.gov.uk	01752 306999 07795542861
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Specialist (Tier 3)

This includes the specialist level of service for more severe, complex or persistent disorders which require the skills or expertise of a number of professionals working together. The following functions are undertaken at this level:

- Assessment and treatment of mental health disorders
- Assessment and referral to Tier 4
- Specialist expertise for particular conditions or age groups e.g. infant mental health, ADHD, eating disorders, psychosis
- Transition to adult mental health services

The following services are available within Plymouth at Tier 3:

Icebreak Team

Icebreak is an early intervention service for young people with emerging personality disorder. Like Insight, it is managed as part of The Zone but has links to both CAMHS and adult mental health services.

Age/client group served: 16-25

Contact:

Ruth Marriott	Chief Executive	14-16 Union Street Derry's Cross Plymouth PL1 2SR	Ruth.Marriott@thezoneplymouth.co.uk	01752 206626
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Insight Team

The Insight Team works with young people aged 14 – 35 who are experiencing first episode psychosis. It is managed as part of The Zone but has links to both CAMHS and adult mental health services.

Age/client group served: 16-25

Contact:

Ruth Marriott	Chief Executive	14-16 Union Street Derry's Cross Plymouth PL1 2SR	Ruth.Marriott@thezoneplymouth.co.uk	01752 206626
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Mainstream Child and Adolescent Mental Health Services Provided by NHS Plymouth

The Mainstream Child and Adolescent Mental Health Service is an **integration of those health based targeted (tier 2) and specialist (Tier 3) services** into a needs led mainstream provision.

The service is provided by NHS Plymouth and provides a range of services in partnership with other agencies to meet the identified Mental Health needs of Young People aged 0-18 in Plymouth. The components of the service are:

(please see above for those teams also provided by NHS Plymouth)

CAMHS Early Years Team, NHS Plymouth

The CAMHS Early Years Team offers training, professional consultation and interventions on both a short term and long term basis for infants/children aged 0-5 and their parents/carers. Interventions are offered in order to improve emotional well-being and mental health, improve relationships and strengthen attachments. Based at Tamarfolk Children's Centre, the team consists of a Clinical Team Manager, Primary Mental Health Workers, Child Psychotherapist, Clinical Psychologist and Senior Educational Psychologist.

Age/client group served: 0-5

Contact:

Jayne Blood	Clinical Team Manager, CAMHS Early Years Team	Tamar Folk Victoria Rd Primary School Trelawney Avenue St Budeaux Plymouth PL5 1RH	Jayne.blood@plymouth.nhs.uk	01752 434615
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The Plymouth Multi-Disciplinary Team

This team offers multi-disciplinary assessment and treatment for Children and Young People with moderate to severe mental health problems. A range of skills and therapeutic approaches are available and Primary Mental Health Workers provide advice, consultation and training to professionals throughout the city.

The team is able to offer brief intervention as well as longer team work for the more complex needs. An advice line is available so professionals can seek advice relating to a CAMHS concern.

The majority of services are offered into local settings.

Age/Client Group Served 5 – 18 years old

Contact:

Helen Ferguson	Clinical Team Manager	Erme House Mount Gould Hospital Plymouth PL4 7QD	helen.ferguson@plymouth.nhs.uk	01752 431601
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Advice Line: 01752 431613

Available: Monday, Wednesday & Friday 12:00 to 1:30pm

CAMHS Severe Learning Disability Team

This small and specialist team offers advice, training, assessment and intervention for Young People with severe learning disabilities that have mental health needs. The multi-disciplinary team offers a range of support including behavioural advice and art therapy. It links very closely with the specialist education provision in Plymouth to provide a multi-agency response to families.

Age 0 – 18 years old

Contact:

Lorraine Lish	Clinical Team Manager	The Terraces Mount Gould Hospital Plymouth PL4 7QD	lorraine.lish@plymouth.nhs.uk	01752 435065
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CAMHS Children in Care Team

The Team works with Young People in Plymouth who are in care and who also have mental health needs. Advice, training, assessment and therapeutic intervention can be offered by the multi-disciplinary team to both the Young Person and their Carers and Professionals. The team is based alongside the Plymouth Children and Families Fostering and Adoption Services to facilitate joint working.

Age 0 – 18 years old

Contact:

Alison Williams/ Sue Drake	Team Managers	Children in Care Teams Midland House Notte Street Plymouth PL1 2SP	sue.drake@plymouth.gov.uk	01752 434562
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Teams within Mainstream CAMHS that provide Specialist (tier 3) input only are:

CAMHS Outreach Team

This Multi-Disciplinary Team has been established to respond to urgent and complex Mental Health needs of Young People.

It provides assessment and intervention to young people presenting at serious risk to themselves and/or others either in hospital settings or in the community. The team will work to stabilise the situation and will mostly work in the community and People's homes. The team also focuses on preventing Young People needing CAMHS residential care and supporting Young People to return from such care into the community.

Age/Client Group Served 5 – 18 years old

Contact:

Cindy Willcocks	Clinical Head of Service	Young People Centre Upper Unit Mount Gould Hospital Plymouth PL4 7QD	Cindy.willcocks@plymouth.nhs.uk	01752 434302
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Tier 4

Tier 4 Services are part of the continuum of care for clients and families. They are essentially tertiary services such as day units, highly specialised outpatient teams, and inpatient units for older children and adolescents who are severely mentally ill or at suicidal risk.

Tasks undertaken in Tier 4 include:

- The assessment, treatment and management of children, adolescents and their families whose mental health problems and disorders cannot be managed in Tier 3 because of their complexity, risk, persistence and interference with social functioning and normal development, consequently requiring very specialised skills.
- Provision of interventions that require such a level of skill.
- Provision of services that would not be cost effective in every locality because of sporadic demands for them in smaller populations
- Provide support to staff working in Tiers 1, 2 and 3, where they are engaged in complex cases that might otherwise require management in Tier 4.

The following services are available to Plymouth at Tier 4:

Private and Independent In-patient Care

A number of children and young people with the most complex problems, for which no provision is available within Plymouth, are cared for in private or independent sector placements with a variety of providers across the country.

Forensic Provision

There are no facilities for secure forensic care in the South-West of England. Currently placements are purchased from the private sector if required for a young person from Plymouth.

Adolescent In-patient Service (Cotehele Unit)

The Adolescent In-patient Service provided by Plymouth Hospitals Trust (PHT) at Mount Gould Hospital offers highly specialised assessment and treatment for young people with severe mental health problems from across the Peninsula. A range of specialist skills and therapeutic approaches are available. There are plans for its expansion and development on a new site.

Age/client group served: 12-18

Contact:

Ian Gee	Modern Matron	Cotehele Unit Mount Gould Hospital Mt. Gould Plymouth PL4 7QD	Ian.gee@plymouth.nhs.uk	01752 272340
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The Children's Day Unit

This day unit service provides an assessment and therapeutic service to Young People with complex mental health needs that may include ADHD and Autism. It is able to provide day programmes which include an education provision that addresses the needs of the Young People as well as supporting the carers.

It has multi-disciplinary staff including teaching staff.

The day unit is able to undertake in depth assessment to inform the planning and treatment process for these children. Please note that this service will remodel in September 2010 but that contact details for the new service, remain as below.

Age 5 – 12 years old

Contact:

Colin Terry	Unit Manager	The Terraces Mount Gould Hospital Plymouth PL4 7QD	colin.terry@plymouth.nhs.uk	01752 435084
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