**Summary of the CAMHS role**

Camhs clinicians at the Lighthouse are responsible for assessment and intervention (work) with children and young people (CYP) with learning disabilities where there are identified mental health or emotional needs. They are one part of the multi-disciplinary health, well-being and advocacy team. They can work directly with CYPs, but may also working jointly or indirectly with colleagues, through exchanging skills and resources to engage families. They are committed also to supporting colleagues in the community who may well have already established positive relationships with families, but are keen to hold in mind a trauma or sexual abuse framework in support of their work.

1. Assessment and formulation (shared understanding):
   1. Comprehensive assessments as part of the initial assessment team and engagement in the idea of for future work.
   2. Meet with the referred person/family/ teacher/ network to offer more in-depth exploring of the issues and then create a formulation (shared understanding) to lead to recommendations for work.
   3. Work with the CYP, parents or carers, teaching staff and/or professional network.
2. Interventions
   1. One to one work with CYP
   2. One to one work with parents/carers
   3. Parent psychoeducation course
   4. Self-harm group for young people
   5. Liaison with local CAMHS services when there is significant identified self-harm and risk (including suicidality)
   6. Work with core groups or local teams to consider what might be helpful next steps for families if direct work is not indicated.

*N.B. The CAMHS team do not offer direct work when another agency is already offering therapy. However, they might work with part of the family (parent, sibling) if that is indicated in the assessment – or teachers if appropriate.*

*N.B. The CAMHS team will not begin to engage a family when they know there is already significant mental health risk without liaising first with local CAMHS. They do not offer intensive assessment or therapeutic work when someone is very unwell or when there is no ‘network of concern’ to support that work.*

1. Consultation and training
   1. Offer consultation or training to peers and colleagues within the team or within local services (CAMHS/CSC/Schools/Police) to share formulations/ideas and consider different psychological approaches to containing children and young people.
   2. Informed by Nice Guidelines around trauma, but are mindful that the complexity of family situations presenting at the Lighthouse has not easily lent itself to approaches developed for single trauma work (such as trauma focused CBT).
2. VRI (video recorded interviewing)
   1. Psychologists within the CAMHS team have completed training with the Metropolitan Police Service in ABE interviewing of vulnerable witnesses
   2. Pscyhologists lead VRIs (ABE interviews) with the officer in the case
3. Joint case work and supervision of trainee psychologist at the Lighthouse