

Mindsight Surrey CAMHS **Behaviour & Neurodevelopment Service (BEN)**

Information for young people,
families, carers and practitioners



For a better life

Our services for children, young people and families

Our Behaviour and Neurodevelopment Service (sometimes referred to as BEN) is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

We provide information, advice, guidance and treatment for children, young people and their families where neurodevelopmental disorders are suspected (pre-diagnosis) and diagnosed.

Our service focuses on disorders such as autistic spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD) and foetal alcohol syndrome, as well as broader behavioural difficulties.

“All our Mindsight Surrey CAMHS partnership staff are very excited about the new opportunities that this service offers us in helping young people and families with complex behavioural, emotional and neurodevelopmental conditions, such as autism. Through joint working across the Surrey networks covering community health, education and social care, we are confident that our service will better support the needs of all families facing a difficult time. We look forward to meeting and working with you.”

Dr Phil Ferreira-Lay

**Clinical Director & Consultant
Child Psychiatrist**

What we do

We work closely with colleagues in health, education and social services to ensure children and young people receive appropriate advice and support. Our team of expert staff provide:

- Assessment and diagnosis for ASD/ADHD and other related difficulties
- Parent/carer advice and guidance sessions
- Parent groups
- Individual care sessions (up to 10)

Treatments offered include psychotherapy, cognitive behavioural therapy, social skills development and medication.

When a young person reaches 18 he or she may move into adult services and we will support the transition.



How we can help you

Our services are provided at a variety of locations to meet the needs of children, young people and families. Some sessions may be offered in the evening or on Saturday mornings at venues that include GP surgeries and schools. We also offer telephone support.

Our team comprises a mix of professions, including specialist nurses, occupational therapists, psychologists and psychiatrists. They work closely with other agencies, such as the National Autistic Society, Brain In Hand and Barnardo's.

Following an initial assessment a child or young person will be given a diagnosis and we will then agree a care plan, which outlines a personal programme of help and support. This may be delivered in a local CAMHS clinic, other venue or family home.

In case of a crisis

If you are looking after or caring for a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week including

Bank Holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

Helpful links

Mindsight Surrey CAMHS is a partnership involving the following organisations.

Xenzone & Kooth

Online Counselling
www.xenzone.com/kooth.html

Brain in Hand

Personalised Online & App based prevention/recovery plans
www.braininhand.co.uk

Heads Together

Counselling (East Surrey)
www.ymcaeast Surrey.org.uk

Relate West Surrey

Counselling (West Surrey)
www.relatewestsurrey.org.uk

Step by Step

Counselling & Mentoring by students (West Surrey)
www.stepbystep.org.uk

Eikon

Early Intervention support at schools, youth clubs & on the streets
www.eikon.org.uk

Learning Space

Early Intervention Outreach (East Surrey)
www.learningspace.org.uk

Barnardo's

Parenting Programmes for ADHD
www.barnardos.org.uk

National Autistic Society

Support Groups, Youth Groups, Activities, Talks & Signposting
www.nas.org.uk or
www.nassurreybranch.org

Surrey Youth Support Service & No Labels

To support vulnerable children

Catch 22

To help people with dual diagnosis in tough situations turn their lives around
www.catch22.org.uk

The Lifetrain Trust

Life Skills & Support
www.lifetrain.org.uk

Reflex Woking

Mentoring & Life Skills (Woking)
www.reflex-woking.org.uk

Windle Valley Youth Project

Mentoring, 1:1 support, Youth Clubs, Life Skills & Advocacy (Surrey Heath)
www.wvyp.org.uk

Richmond Fellowship

Offers Education, Training and Employment opportunities and support
www.richmondfellowship.org.uk

How to access the service and make a referral

We accept referrals from health, social care or education practitioners such as a GP or teacher. This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

Please contact your GP, teacher or social care worker to get a child or young person a referral to our service.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

To make a referral contact CAMHS One Stop



0300 222 5755



Visit our website here:

sabp.nhs.uk/mindsightsurreycamhs



**CAMHS One Stop, 18 Mole Business Park,
Leatherhead, KT22 7AD**

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285

Email: communications@sabp.nhs.uk

Confidentiality and information sharing

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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