

# Mindsight Surrey CAMHS

## **Post Order Support Service**

Information for adoptive parents,  
special guardians and practitioners



For a better life

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# Our services for children and young people

Our Post Order Support Service is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

## About us

We are a multi-disciplinary team providing a dedicated service to children and young people aged 0-18 years who are subject to either an adoption or special guardianship order. Children and young people who have been placed in Surrey by another local Authority or an Adoption Agency can access our services after three years of the adoption or special guardianship order having been issued. We also offer support and guidance to adoptive parent(s) and special guardians as well as the professional network that may be supporting them.



Our service promotes stability in families and mental wellbeing to give children and young people the opportunity to reach their potential in adulthood.

Our work is underpinned by evidence and research that helps us to understand how best to meet the often complex needs of children and young people. We also work extensively to understand the impact of developmental trauma and adverse beginnings in a child or young person's life that can affect their ability to make healthy attachments and choices.

## What we do

We offer therapeutic assistance to children, young people, adoptive parents, guardians and the professional networks to reduce distress, increase resilience and attend to mental health problems that can get in the way of a child or young person's ongoing healthy development.

We provide support and practical advice to adoptive parents and special guardians, including therapeutic support groups in secondary trauma, attachment and parenting.



### **The team provides:**

- ▶ Time to think and plan with parents, guardians and multi-agency networks about problematic behaviours and family situations that are having an adverse impact upon children, young people and their families
- ▶ Comprehensive assessments of therapeutic need that address presenting mental health problems and difficulties
- ▶ A range of therapies and support for children, young people and their families
- ▶ Provide specialist advice, consultation and training for professionals, parents and guardians involved in the care of children and young people.

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## What to expect from our service

Once we have received a referral via CAMHS One Stop (see below) our initial response may be to gather additional information by getting in touch with, for example, the adoptive parents. We work collaboratively with our colleagues in Surrey Adoption Services and the Fostering Friends and Family Team, with joint work being commonplace. We often carry out an initial consultation meeting with all key people in attendance to think jointly about what are the difficulties and how best to address these.

We will then write a report summarising the main issues and areas of concern. At this point we will agree what to do next; this could be a therapeutic assessment for the child/young person or additional support for the adoptive parents or guardians. It may be necessary to undertake additional consultations meetings with the network of adults to truly understand roles and take time to think things through carefully as we seek to offer a containing environment that leads to structured planning.

A post order therapeutic assessment involves two clinicians working with the child, young person and their family, leading to a set of recommendations and treatment plan. This may involve a combination of individual and family sessions alongside involving other professionals such as schools.

All treatment plans are subject to review every six to twelve weeks, with consideration given to the thoughts and feelings of the children/young people and their families.



## Helpful links

Mindsight Surrey CAMHS is a partnership involving the following organisations.

### **Xenzone & Kooth**

Online Counselling  
[www.xenzone.com/kooth.html](http://www.xenzone.com/kooth.html)

### **Brain in Hand**

Personalised Online & App based prevention/recovery plans  
[www.braininhand.co.uk](http://www.braininhand.co.uk)

### **Heads Together**

Counselling (East Surrey)  
[www.ymcaeast Surrey.org.uk](http://www.ymcaeast Surrey.org.uk)

### **Relate West Surrey**

Counselling (West Surrey)  
[www.relatewestsurrey.org.uk](http://www.relatewestsurrey.org.uk)

### **Step by Step**

Counselling & Mentoring by students (West Surrey)  
[www.stepbystep.org.uk](http://www.stepbystep.org.uk)

### **Eikon**

Early Intervention support at schools, youth clubs & on the streets, mentoring, 1:1 support, life skills & advocacy (Surrey Heath)  
[www.eikon.org.uk](http://www.eikon.org.uk)

### **Learning Space**

Early Intervention Outreach (East Surrey)  
[www.learningspace.org.uk](http://www.learningspace.org.uk)

### **Barnardo's**

Parenting Programmes for ADHD  
[www.barnardos.org.uk](http://www.barnardos.org.uk)

### **National Autistic Society**

Support Groups, Youth Groups, Activities, Talks & Signposting  
[www.nas.org.uk](http://www.nas.org.uk) or  
[www.nassurreybranch.org](http://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](http://www.catch22.org.uk)

### **The Lifetrain Trust**

Life Skills & Support  
[www.lifetrain.org.uk](http://www.lifetrain.org.uk)

### **Reflex Woking**

Mentoring & Life Skills (Woking)  
[www.reflex-woking.org.uk](http://www.reflex-woking.org.uk)

### **Richmond Fellowship**

Offers Education, Training and Employment opportunities and support  
[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

## In case of a crisis

If you are seeing 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.

# 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 or for advice contact CAMHS One Stop



0300 222 5755



Visit our website here:

[sabp.nhs.uk/mindsightsurreycamhs](http://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](mailto: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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