

# CONTACT US

Opening hours: 9am-5pm Monday to Friday  
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**NEURODEVELOPMENTAL  
TEAM  
CITY & HACKNEY CAMHS**

# WHAT IS A NEURODEVELOPMENTAL DISORDER?



Neurodevelopmental disorders are conditions that affect how your brain functions. They range from minor limitations allowing those affected to live fairly normal lives, to disorders that require lifelong care.

The types of neurodevelopment conditions that we treat are:

- Autism Spectrum Disorder (ASD)
- Attention Deficit and Hyperactivity Disorder
- Tic disorder and Tourette Syndrome

Please note that if your child has an intellectual disability, they will be seen by our partner service, the CAMHS Disability Team.

# WHO IS IN OUR TEAM?



**Cate Manning**  
Consultant Child and Adolescent Psychiatrist  
ADHD Pathway Lead

## **Trainee Clinical Psychologists | Trainee Family Therapists | Assistant Psychologists (APs)**

Our trainees and APs work as an important part of the multidisciplinary team (a group of CAMHS specialists that work together to diagnose a child's mental health needs).

Under the supervision of a qualified Clinical Psychologist or Family Therapist, they can be involved in each stage of the child and family's journey .

## **Lead Administrator**

Our experienced administrator is a core member of our staff, providing organisational and secretarial support to this large and busy team.

## WHO IS IN OUR TEAM?

**Jolene John**  
**Consultant Child and**  
**Adolescent Psychiatrist**  
**Autism Pathway Lead**



### **Specialist CAMHS Practitioner**

Our specialist CAMHS practitioners help in the assessment and management of emotional, behavioural and mental health problems. They come from a range of backgrounds such as Social Work, Occupational Therapy and Youth Work.

### **Child Psychotherapist**

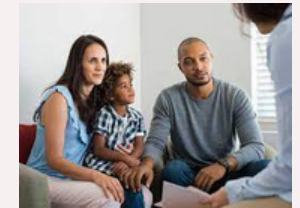
Our child psychotherapists are therapists who work with children and young people to deal with their emotional and mental health problems. They have training in a range of therapies, including: Cognitive Behavioural Therapy (CBT) Psychodynamic Psychotherapy Dance and Movement Psychotherapy

## HOW TO REFER TO OUR SERVICE



If you think your child may have a neurodevelopment disorder, speak to your GP or the SENCO (Special Education Needs Coordinator) at their school and they can make a referral to City and Hackney CAMHS.

## WHAT DO WE OFFER?



- Assessment of young people with a suspected disorder
- Education about these disorders for young people and their families
- Working with schools to help understand and advise on helpful strategies

# TREATMENT



Treatments offered include:

- Behavioural interventions
- Systemic family therapy
- Cognitive behavioural therapy
- Parenting interventions
- Long term psychotherapy
- Group based psychotherapeutic interventions
- e.g. art and movement therapy group
- Pharmacotherapy (medication)

We also work with the wider network around families and young people. They will include;

**education, primary care (GPs), paediatricians, social care and any other relevant professionals or carers.**

# WHO IS IN OUR TEAM?

## **Nurse Prescribers**

Our nurse prescribers are CAMHS specialist nurses who have additional expertise and training in prescribing medication.

## **Child and Adolescent Psychiatrists**

Child and adolescent psychiatrists are medical doctors who specialise in mental health and how the brain works. They assess and treat disorders in children and young people.

## **Family Therapists**

Our family therapists aim to help families move towards goals they identify for themselves. This usually means finding new ways of working together, identifying strengths and thinking about communication and relationships

## IF YOUR CHILD HAS A NEURODEVELOPMENT DISORDER AND ANOTHER MENTAL HEALTH PROBLEM



Children with neurodevelopmental disorders can also develop other mental health problems such as depression, anxiety or obsessive compulsive disorder (OCD). These can be treated by our CAMHS team. The treatment that is offered will be tailored to your child's needs

## WHO IS IN OUR TEAM?

**Lorraine Dick**  
Specialist Nurse Prescriber  
Clinical Team Lead



### Specialist Nurses

Our nurses have specialist training, knowledge and experience in the assessment and treatment of both children and young people

## WHAT TO EXPECT FROM YOUR ASSESSMENT



### Before we meet you face-to-face

If you are being referred to our service for an assessment, we will send your family and school some questionnaires.

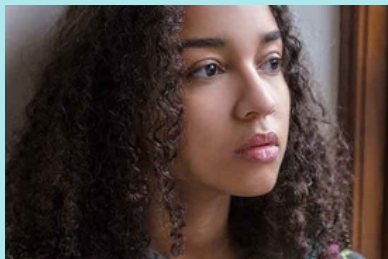
These need to be completed and return to the clinic before the first meeting. These give us important information which will speed up the assessment process

### Initial assessment appointment

Parents and young people are seen together for a mental health assessment with a clinician from our CAMHS team.

This will take place either by video or in person at our clinic in Hackney. You will be asked what challenges you and your child are experiencing and how long this has been going on for.

## WHAT TO EXPECT FROM YOUR ASSESSMENT



The appointment also provides an opportunity for a clinician to meet and observe you and your child. After the initial assessment a decision will be made whether to refer the case to the Neurodevelopmental team for a diagnosis. This will usually involve a further appointment with the Neurodevelopmental team.

Sometimes some other assessments may be needed, such as:

### **School observation**

Before a conclusion is reached about a diagnosis we may carry out a school visit in order to observe your child in a more familiar environment.

## AUTISM



If there are still remaining difficulties after trying these strategies, our clinicians can offer behavioural interventions, such as psychological therapy or a psychiatric assessment if needed. We can also help families to access other sources of support, which may include specialist groups such as NVR (non-violent resistance), or referrals for Occupational Therapy, Speech and Language Therapy or other specialist services.

Healios for ADHD and Autism post diagnosis support For parents and young people who are not able to, or prefer not to access our support groups, we can provide an online therapy service called Healios which offers 1:1 virtual appointments, including outside of working hours.



# AUTISM



# AUTISM DIAGNOSIS OBSERVATION SCHEDULE



If your child is diagnosed with an autistic spectrum disorder (ASD), you will be offered a place in our Pegasus groups. There is one group for children and young people and one for parents.

These groups provide information about what autism is, how it might affect your child, and the impact of the diagnosis on the whole family. The sessions will provide a range of strategies and approaches that are helpful.

For adolescents with ASD we run a programme called “Mind the Gap” specifically tailored to this age group.

## **Autism Diagnosis Observation Schedule (ADOS)**

This is an assessment for children and young people that uses a range of activities to assess social communication skills.

For children it includes games, looking at books, cartoons and pictures. For young people it is more conversation-based, although there are also activities and tasks.

The assessment takes about an hour, and we will ask permission to video the session so that sections of it could be reviewed if necessary.

## Qb TEST



Qb test (Quantitative Behaviour test ) The Qb test is carried out on a computer which provides information to help us assess for ADHD

The test uses age and gender matched comparisons to assess a child's ability to concentrate, their movement and impulsivity. This test can be helpful in ADHD assessments where there is diagnostic uncertainty

## FURTHER ASSESSMENTS



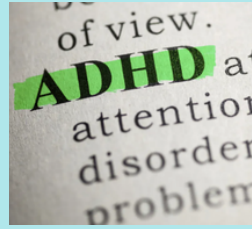
Sometimes we may need further information in order to make a diagnosis. This may include cognitive testing, speech and language assessment.

Sometimes we may need a review by a paediatrician (a specialist children's doctor) if we need to rule out physical health problems causing or contributing to your child's difficulties

After the assessment, you will receive a Neurodevelopmental Assessment Report. This includes information and advice for you, your child and their school, including details of other services that may be helpful.



# ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)



Also - educating those around the young person about their strengths and needs e.g. parent, teachers and anyone else involved, so they have realistic and fair expectations of them.

But really, it just means anything that does not involve the child themselves having to change, have therapy, or take medication. Instead those around them adapting their approach, their expectations or the environment to make it suitable for the young person.

For moderate, to severe ADHD, where environmental modifications are not sufficient, medication may be helpful. The risks and benefits of medication can be discussed in detail with one of the prescribers on the team.

# ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)



If your child is diagnosed with ADHD, parents will be offered a place on the 8 week parenting programme, run by the team. This course covers:

- Information about Diagnosis of ADHD and Treatment options
- Understanding Behaviours associated with ADHD  
Social Learning Theory
- Behaviour Management Strategies for Children and Young People with ADHD
- Strategies for reducing stress
- Medication for ADHD
- Medication for sleep Management

