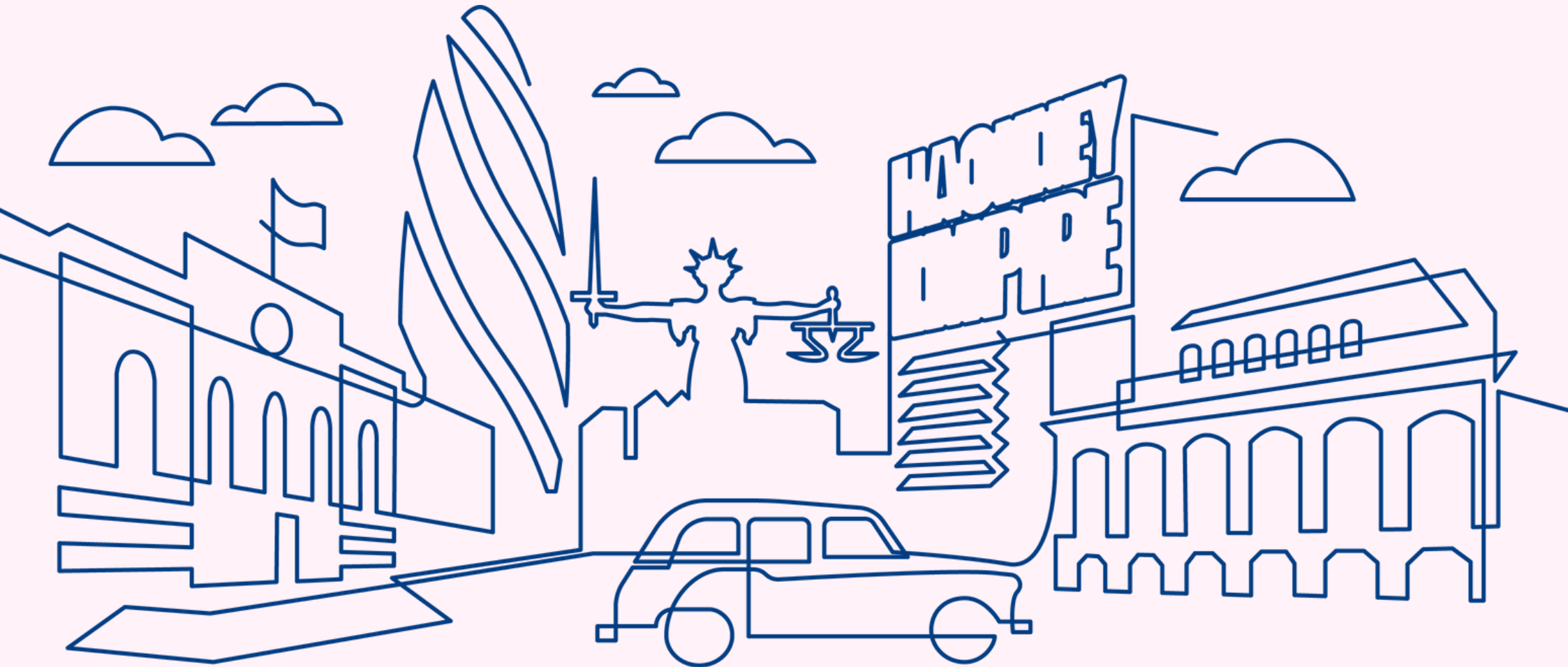


**City & Hackney Specialist CAMHS
Neurodevelopmental Team
Welcome Leaflet
Bionic Reading Version**



What are neurodevelopmental conditions?

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

The types of neurodevelopmental conditions that we treat are:

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

Children with neurodevelopmental conditions 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.

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

I have an initial assessment, what should I expect?

An initial assessment is a generic assessment to determine if further specialist assessment is needed within the Neurodevelopmental Team. Young people and their family 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 family are experiencing and how long this has been going on for.

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(s) with the Neurodevelopmental Team.

Who is in the Neurodevelopmental Team?

- Child & Adolescent Psychotherapist
- Clinical Psychologist & Assistant Psychologists
- Consultant Child & Adolescent Psychiatrists
- Family Therapist & Trainee Family Therapists
- Junior Doctors
- Nurse Prescribers
- Lead Administrator
- Occupational Therapist
- Specialist CAMHS Practitioners
- Specialist Nurses



I've been invited to an ADOS, what should I expect?

The Autism Diagnosis Observation Schedule (ADOS) 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.

What does your service provide?

We offer:

- Assessment of young people with a suspected neurodevelopmental condition
- Education about neurodevelopmental conditions
- Interventions that support young people diagnosed with neurodevelopmental conditions and their families

Interventions include:

- care co-ordination
- cognitive behavioural therapy
- systemic family therapy
- parenting interventions
- psychotherapeutic interventions and groups
- pharmacotherapy (medication)
- occupational therapy

We also work with the wider network around young people and families. They include: education, primary care (GPs), paediatricians, social care and other relevant professionals or carers

I've been invited to a Qb, what should I expect?

The Quantitative Behaviour (Qb) 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.



We care
We respect
We are inclusive

What happens after?

Sometimes **other assessments** may be needed in order to make a **diagnosis**. This may include a **school observation**, **cognitive testing** or **speech and language assessment**. Sometimes we may need a **review** by a **paediatrician** (a children's doctor) if we need to rule out **physical health problems** causing or contributing to **difficulties** experienced by the **young person**.

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

What happens if a diagnosis is provided?

If an **autism diagnosis** is provided, you will be offered a place in our **PEGASUS groups**. There is one group for **children and young people** and one for **parents**. If an **ADHD diagnosis** is provided, **parents** will be offered a place on the **8 week parenting programme**.

These groups provide **information about the neurodevelopmental diagnosis** provided, how it may affect a **young person and their family**. The **sessions** will provide a **range of strategies and approaches** that are helpful.

If there are **still difficulties** following these **strategies**, our **clinicians** can offer **psychotherapeutic interventions**, **occupational therapy** or **psychiatric assessments**. We can also help families to access **other sources of support** (for example, **specialist groups** such as **non-violent resistance** or **referrals for Speech and Language Therapy** or other **specialist services**).

What is your missed appointments policy?

Sometimes you may not be able to **physically attend a face-to-face appointment**, but would still like **contact with your clinician**. If this is the case, **please contact your clinician** to arrange a **virtual or telephone appointment** instead.

Due to the **demand of our service**, two **consecutive missed appointments** without **prior cancelling** usually results in **being discharged**. Following **discharge**, if any **further input** from the **Neurodevelopmental Team** is required we would **welcome a re-referral**.

We understand that **sometimes you might not be able to make an appointment**. In order to **cancel an appointment**, **please contact us** using the **phone number** or **email address** on the back of this leaflet.

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Scan the QR code to visit our website