

City & Hackney



Alliance

# DIRECTORY

# CAMHS ALLIANCE DIRECTORY

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# CAMHS ALLIANCE TRANSFORMATION PROJECT

## Who we are:

City and Hackney is committed to whole system seamless working throughout our local service offer. This is why the multi-agency **CAMHS Alliance** was created in April 2015. The Alliance facilitates better partnership working and ensures we deliver integrated pathways that can effectively reach more children, young people, families, schools and the wider community.

The Alliance delivers change through the CAMHS Alliance Transformation Programme (Plan). During **Phase One** of the plan (2015-2017) an improvement programme was set around ten themes identified as key priorities during consultation with local children and young people, families, local voluntary sector organisations and local statutory sector services.

**Phase two** (2017-2019) and **three** (2019-2021) represent an overarching whole-system strategy to improve mental health and wellbeing outcomes for children and young people, focusing in key areas such as schools, transitions, crisis, families, communities, digital improvements,,,,, representing additional investment of £1.2M in to children"s mental health.

The Alliance is formed by **different teams and partners** that work across City & Hackney and deal with a range of issues, of diverse severity and with specific groups of population.

**In the next pages you can find a description of each of the services that are part of the Alliance, what they do and who is eligible to access them, as well as how to refer a young person who might need their services.**

# FIRST STEPS

## What we do:

First steps is a service for children, young people and their families who have mild to moderate mental health problems. The service includes:

- early access to a mental health service for mild to moderate psychological problems
- a range of individual and group interventions
- evidence based parent group interventions
- mental health promotion and teaching, training and consultation to frontline professionals working with children and young people
- development of projects which support and empower parents and community groups
- referral onto tier 3 specialist CAMHS if required.

## Who is eligible?

We work with children and adolescents:

- Aged **0-18** years
- With mild to moderate mental health difficulties
- With a GP in City & Hackney
- Where the legally responsible parent/guardian has given consent for referral
- Who have psychological difficulties which are likely to be helped by a short-term psychological intervention

*\* First Steps are unable to accept referrals for families who are currently open to Children's Social Care*

## Contact information:



020 7014 7135



9am - 5pm Monday to Friday



Hackney Ark, Downs Park Road, London E8 2FP



[huh-tr.FirstSteps@nhs.net](mailto:huh-tr.FirstSteps@nhs.net)

## How to refer to our service:

Self-referrals from young people, parents and families are accepted.

Please call **020 7014 7135** between 9.00am – 5pm.

Professionals supporting families such as GP, School Staff or Family Support Practitioner can refer using the Referral Form available via the website

[www.cityandhackneycamhs.org.uk/professionals/first-steps/first-steps-how-to-refer](http://www.cityandhackneycamhs.org.uk/professionals/first-steps/first-steps-how-to-refer)

# CAMHS DISABILITY

## What we do:

Specialist Child and Adolescent Mental Health Service (CAMHS) for children with disabilities and emotional/behavioural and mental health concerns. We work with children and young people with significant learning disabilities / Intellectual disabilities and/or ASD. We also accept referrals where there are other types of moderate to profound disability (e.g. physical disability). Our work includes assessment, diagnosis, psycho-pharmacological intervention, therapeutic/behavioural support and intervention, group work (parenting groups, siblings groups, ASD support...), and play specialist.

## Who is eligible?

- children **0-19** years old with a GP in Hackney or the City of London
- dual difficulties: mental health/emotional needs and disability
- disability assessed as moderate to profound defined by attendance at Special School or functional assessment, and where the disability requires specialist support as part of assessment and treatment
- disability is permanent and enduring, requiring a multi disciplinary approach to treatment e.g. learning disability, speech and language disorder, social communication disorder or physical disability
- Autistic Spectrum Disorder (ASD) if there is also a moderate/profound primary learning disability
- under the medical/therapy teams at Hackney Ark for MDT care planning.

## Contact information:

 020 7014 7071       9am - 5pm Monday to Friday

 Hackney Ark, Downs Park Road, London E8 2FP

## How to refer to our service:

Any professional who knows the child and family can make referrals using the Referral Form available via the website [www.cityandhackneycamhs.org.uk/professionals/referral-guide/](http://www.cityandhackneycamhs.org.uk/professionals/referral-guide/)

Parents already known to the Ark can self refer. Consent from parents/carers must always be given.

We are part of Multi-Agency Referrals meetings (MARs).

We see all families within 5 weeks of receipt of referral.

# SPECIALIST CAMHS

## What we do:

Specialist CAMHS offers assessment and treatment for children, young people (0-18 years) and their families who have moderate to severe emotional, behavioural and/or mental health difficulties. We work with children and young people who:

- are experiencing symptoms of a moderate to severe mental health disorder or difficulty
- are unable to engage fully in everyday activities and /or relate well with other people because of the way they are thinking and feeling about themselves or other people
- are experiencing serious risks to their emotional and psychological wellbeing development
- their difficulties are affected by complex factors and require multi-disciplinary support such as a combination of individual/group/family psychological therapy and medical treatment.

Specialist CAMHS will work with the child, young person, parent/carer and family, as well as other services that may be supporting them.

## Who is eligible?

To be able to access this service:

- the mental health difficulties must be urgent, persistent, complex or moderate to severe
- the child or young person must be registered with a Hackney or City of London GP
- the legally responsible parent/guardian has given consent for referral and/or the young person is over 16 years old and has consented.

## Contact information:

 020 3222 5600       9am - 5pm Monday to Friday

 Children and Young People Centre, 15 Homerton Row, E9 6ED , London

 [elt-tr.cityandhackneycamhs@nhs.net](mailto:elt-tr.cityandhackneycamhs@nhs.net)

## How to refer to our service:

Referrals can be made by a professional supporting the young person such as GP, Family Support Practitioner, Health Visitor, School Staff or Social Worker. Please complete the referral form on the website [www.cityandhackneycamhs.org.uk/professionals/referral-guide/](http://www.cityandhackneycamhs.org.uk/professionals/referral-guide/)

Parents/Carers or young people who are 16 years or over and have already accessed our service within the last year can self-refer to our service for a review on **020 3222 5600**.

# CHILDREN & FAMILIES CLINICAL SERVICE

## What we do:

The Children and Families Clinical Service works with children and young people and their parents and carers who are receiving support from Children's Social Care, Young Hackney, the Family Support Service and the Youth Offending Team.

The team of health and education professionals offer a full range of CAMHS services including specialist clinical assessments and individual, family and group therapy and are part of the CAMHS Alliance. They support children and young people and their families who: have mental health needs, are experiencing issues and stressors, are struggling with emotional and behavioural issues, and/or where there are child protection concerns.

## Who is eligible?

The Clinical Service is unique in its accessibility and integration with other services for children and young people provided by the Local Authority. The clinical team works with children and families who are receiving support from the local authority services such as:

- Children's Social Care
- Young Hackney
- Youth Justice (YOT) and
- Family Support

## Contact information:

 020 8356 5000 (Mon-Fri 9am-5pm) / 020 8356 2710 (Emergency Out of Hours)

 Hackney Service Centre, 1 Hillman Street, London, E8 1DY

 [ClinicalTeam@hackney.gov.uk](mailto:ClinicalTeam@hackney.gov.uk)

## How to refer to our service:

Referral can be made informally via clinical consultation/discussion. Referrals are from professionals working within Children and Families Services.

Health colleagues can flag up concerns/recommendations for a referral by emailing:

**[ClinicalTeam@hackney.gov.uk](mailto:ClinicalTeam@hackney.gov.uk)**

# OFF CENTRE

## What we do:

Off Centre is a Hackney based counselling, therapy, advice and psychosocial service for young people aged between 11 and 25 years old. Our services are free, confidential and aimed at supporting Hackney's young people to have greater control over their lives. We support people with all kinds of emotional and practical issues including:

- sexuality
- bereavement
- violence
- neglect
- stress
- abuse
- family breakdown
- self-harm
- depression
- accommodation
- education
- anger
- identity
- and more...

## Who is eligible?

Young people need to be registered with a City and Hackney GP and be the following ages for the different elements of the service:

**Therapeutic Service** (For young people aged 16 – 25):

- One to one counselling, psychotherapy and art therapy
- Therapeutic art making group

**Psychosocial Service** (For young people aged 11 – 25):

- Advice and information (11-25)
- Therapeutic Drop in (11-25)
- Project Indigo (LGBTQ+ group for 13-25)

## Contact information:



020 8986 4016



Mon, Tues, Fri; 10am - 6pm / Wed; 12pm - 6pm / Thur: 10am-8pm



Unit 7, The Textile Building, 2a Belsham Street, London, E9 6NG



[www.offcentre.org.uk](http://www.offcentre.org.uk)

## How to refer to our service:

If you are a young person then contact us directly (phone, email or enquiry form on our website) or drop-in and speak with one of the team.

If you are a professional you can make a referral for a young person with their consent following the process detailed in [www.offcentre.org.uk/referrals](http://www.offcentre.org.uk/referrals)

# FAMILY ACTION

## What we do:

Family Action is a national charity that transforms lives by providing **practical, emotional and financial support** to those who are experiencing poverty, disadvantage and social isolation across the country. Our work supports families when they face complex needs and challenges -including domestic abuse, substance misuse and mental health issues – and it ranges from intensive family support, specialist therapeutic work, conflict management and relationship support, and advice and wellbeing services.

## Who is eligible?

**Hackney Wellfamily Plus Service** is funded by City and Hackney CCG and covers all GP practices across six consortia groups. This service offers holistic assessments, advice, information, emotional and practical support for people aged **16+**. The service is here to enable individuals, couples and families to manage their mental health by preventing deterioration. To access the service you have to:

- Be more than 16 years old (that includes parents of younger children who can be referred)
- Have a Hackney GP

We also offer free **Parent Support courses** (Parents as Partners) for parents with at least one child under the age of 11 who want to resolve issues that might be affecting their children's wellbeing.

## Contact information:



020 3846 6777



[www.family-action.org.uk](http://www.family-action.org.uk)



Unit 7, The Textile Building, 2a Belsham Street, London, E9 6NG



[hackneywellfamilyplus@family-action.org.uk](mailto:hackneywellfamilyplus@family-action.org.uk)

## How to refer to our service:

Young people and their families can refer themselves booking an appointment at their GP practice. Professionals can also refer children and families filling the referral form or signposting them to their GP.

For more information about the Parents as Partners Programme, including information on up-coming groups, and how to refer or self-refer to the service please contact us at:  
[parentsaspartners@family-action.org.uk](mailto:parentsaspartners@family-action.org.uk) - 020 7254 6251

Please visit our website for more information about how to access each of our services in your local area.

# YOUNG HACKNEY

## What we do:

Young Hackney offers early help and prevention services for children and young people aged **6–19**, or up to **25** years if a young person has a special education need and/or disability.

We provide a broad range of individual support that always considers family and peers, within home, school, and community settings including at our youth hubs. Young Hackney positively and pro-actively engage young people, and establish helpful relationships with trusted adults to support the achievement of positive outcomes.

We run universal services such as youth, sports, play and citizenship activities, combined with offering individual help for those children and young people who need additional support, such as:

- Those at risk of exclusion from school or young people not in education, training or employment
- Young people who offend, are at risk of offending or who are victims or perpetrators of violence
- Young people who are at risk of sexual or other types of exploitation
- Young people expressing concerning sexual attitudes or displaying harmful sexual behavior
- Those young people who are experiencing physical or emotional health and wellbeing difficulties
- Young people who need support to develop healthy friendships or peer relationships
- Young people with additional needs or have caring responsibilities
- Young people who have experienced or been impacted by inequality and/ or discrimination

Young Hackney also offers specialist **substance misuse services** for young people aged 6-25 years and has a dedicated Health and Well-being team offering high quality PSHE and health interventions.

## Contact information:



020 8356 7404



9am - 9pm Monday to Friday



[www.younghackney.org](http://www.younghackney.org) / [www.hackney.gov.uk/young-hackney](http://www.hackney.gov.uk/young-hackney)



[info@hackney.gov.uk](mailto:info@hackney.gov.uk)

## How to refer to our service:

There is no wrong way to access support. Young people can visit their local Young Hackney youth hubs to get involved in activities, or access support. There are four hubs in the Borough (The Edge, Forest Road, Concorde and Stoke Newington) you can find information about each Youth Hub on our website.

If you have a question about the service, contact us by phone, email or visit us in one of our hubs. You can also send us your question through the 'Ask us anything' contact form on our website.

Professionals can make a referral for a young person by emailing: [cyppp@hackney.gov.uk](mailto:cyppp@hackney.gov.uk)



# CAMHS EXTENDED CRISIS SERVICE

## What we do:

CAMHS offer an Extended Crisis Service that provides access to support in hospital accident and emergency department at three major hospital sites – Royal London, Homerton University and Newham University Hospital.

The CAMHS Extended Crisis teams aim to provide the right care, in the right place, at the right time to promote safety and recovery from crisis.

If you are under 18 and you are experiencing a mental health crisis, which can include the following:

at risk of immediate and significant self-harm

feeling emotionally or psychologically distressed

having thoughts of suicide

struggling to manage an immediate outburst that puts you or others at risk

...and you need to speak to a qualified mental health professional, we now have Extended CAMHS teams based at three major hospital sites.

To see a member of our team, attend the A & E department at Royal London, Homerton University or Newham University Hospital.

You can also call our City & Hackney Crisis Line 24h a day and speak to a professional (**0208 432 8020**)

## Contact information:

 Monday to Friday 11am – 11pm      Weekends and bank holidays 10am – 2.30pm.

 A & E department at Royal London, Homerton University or Newham University Hospital.

 City of London & Hackney 24 hours mental health crisis line : **0208 432 8020**

## How to refer to our service:

Self-refer by attending the A&E department of Royal London, Homerton University and Newham University Hospital within 11am and 11pm on weekdays and 10am to 2:30pm on weekends to be seen by a member of the CAMHS Extended Crisis Service.

# CAMHS Alliance Directory

## **First Steps**

Early Intervention and  
Community Psychology Service  
Hackney ARK  
Downs Park Road,  
London, E8 2FP  
Tel: 020 7014 7135  
Fax: 020 7014 7251

## **CAMHS Disability**

Hackney ARK  
Downs Park Road,  
London, E8 2FP  
Tel: 0207 014 7071  
Fax: 0207 014 7239

## **Specialist CAMHS**

Homerton Row Team  
Children & Young People's Centre  
15 Homerton Row  
London, E9 6ED  
Tel: 020 3222 5600  
Fax: 020 3222 5792