

BRIEF THERAPEUTIC 1-1 SUPPORT AND GROUP WORK FOR CHILDREN AND YOUNG PEOPLE

The team offer 1-1 support, targeted support groups, training and consultation. The team are mainly based at the Bridge, however they work in schools and other community spaces. .

Delivery of group based courses are bespoke to need. They cover topics such as Anxiety, ADHD, Emotional Regulation, Wellbeing, Sleep Hygiene, Mellow for young people and many more.

Some of the available programmes for Parents are:

- New Forest Parenting Programme for ADHD
- Strength Based Parenting,
- Mindfulness for Parents
- Parent and Child Decider Skills
- A Time To Pause
- The Nurture Programme
- Mellow Caring for Young People
- Nature Based Therapeutic Sessions
- NVR Group programme
- And many more available!

CONTACT US!

01534 445030

hsscams@health.gov.je
www.gov.je/health/mental

OUR SERVICES

The Early Intervention team provides brief, 6-12 week targeted interventions. These include, but are not limited to:

- ★ Therapeutic 1-1 support
- ★ Group work for parents and young people
- ★ Mental Health Education and Training For Public & Professionals
- ★ Targeted / Bespoke Interventions
- ★ Advice for colleagues working with children and young people
- ★ Early Years Attachment work
- ★ Consultation to schools and wider agencies
- ★ Wider community and strategic projects
- ★ Creative therapies
- ★ Neurodiverse pathway support



CAMHS EARLY INTERVENTION SERVICE



CAMHS EARLY INTERVENTION

The Early Intervention Service was launched in September 2022 to support children and young people with mild to moderate mental health issues.

The team is currently made up of a skilled mix of mental health practitioners including Nurses, Allied Health Professionals and Social Workers. We also have Family Support workers within the team also



CAMHS Early Intervention service aims to promote better mental health through a psycho educational and therapeutic service.

The Early Intervention service has input to a number of multi-agency initiatives, and works alongside various agencies in order to create a holistic service. The service has been designed from feedback from the Anna Freud report, The CYP survey and the Inclusion review as well as input from families and children.

CONTACT US!

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W: [CAMHS webpage](#)

REFERRALS

Referrals are placed with the Children and Family hub. These are then triaged through to the appropriate service within CAMHS. Referrals are subject to different Priorities.

If a referral is accepted for the Early Intervention Service. The Family will be contacted and an assessment booked within 36 days. A routine Mental Health Assessment will be offered with an EI Camhs Mental Health practitioner.

After the assessment a plan will be made to best support the child, young person and/or family.

THERAPEUTIC MODALITIES

CAMHS EI Practitioners use evidence based therapeutically informed interventions such

as:

CBT – Cognitive Behavioural Therapy

CFT – Compassion Focused Therapy

DBT – Dialectical Behaviour Therapy

SFT – Solution Focused Approach

ACT – Acceptance and Commitment Therapy

PT– Play Therapy

Sometimes a practitioner may use a blended model of therapeutic support to ensure bespoke needs are met.

MORE INFORMATION

Please scan the QR codes below to be taken to the appropriate literature



WHAT SUPPORT SERVICES ARE AVAILABLE ?



FIND OUT MORE ABOUT CAMHS EI



CAMHS FAMILY SUPPORT WORKER OFFERING