

## WHO ARE CAYP?

Our team come from a variety of professional backgrounds including social work, child and adolescent psychotherapy, play therapy and clinical and counselling psychology.

## MAKING A REFERRAL

We can be contacted by telephone to discuss infants, children and young people already known to us, or to discuss potential referrals.

The CAYP team welcomes referrals from relevant agencies involved in accommodated young people's care.

## WHAT TO EXPECT

We will acknowledge the outcome of referrals in writing. We may contact you for further information. If the referral is accepted, relevant professionals and foster carers will be invited to an initial referral meeting. This is the start of a process of understanding what is going on for a child, and planning the best support and intervention for the child and those around them.

### Partnership funded by:

- ❖ North Lanarkshire Council
- ❖ South Lanarkshire Council
- ❖ NHS Lanarkshire



### CAMHS Glenshirra

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# CAMHS for Accommodated Young People

Information for Referrers



## WHAT IS CAYP?

CAYP is a specialist mental health service for Looked After and Accommodated Young People, aged 0-18, in Lanarkshire.

The CAYP Team was established in 2004 and is part of the Child and Adolescent Mental Health Service (CAMHS) in NHS Lanarkshire. We provide a service to infants, children and young people accommodated in foster care and children's houses in North and South Lanarkshire.

## AIMS OF THE SERVICE

We aim to promote and enhance the well being of Looked After and Accommodated Young People by:

- ❖ Improving awareness and understanding of mental health and attachment issues of accommodated infants, children and young people
- ❖ Empowering and educating staff and carers to feel more confident about dealing with these issues
- ❖ Offering a direct therapeutic service to young people, carers and staff to support and improve young people's mental health.



## WHAT DO WE DO?

CAYP provides a comprehensive and integrated range of approaches comprising:

- ❖ Training
- ❖ Consultation to carers, social workers and relevant agencies
- ❖ Direct work with infants, children, young people and their carers
- ❖ Group work with care staff



## TRAINING

CAYP provides a comprehensive training programme on the mental health and attachment needs of Looked After and Accommodated Children for foster carers and residential staff.

## CONSULTATION

Our consultations are systemic intervention sessions. Through consultation we offer space for discussion and thinking about concerns for a particular child or young person. Together with key professionals we will explore the issues, concerns and questions you have about each young person.

The aim in consultation, is to think creatively, develop a shared understanding and consider possible approaches to working with an infant, child or young person.

During this process we will agree on any further involvement and interventions, which may include ongoing consultations and/or direct work with a young person or their carers.

## DIRECT WORK

The team may work directly with young people, utilising a range of therapeutic interventions.



## GROUP WORK WITH CARE STAFF

The team offers group work for carers to explore and reflect upon their practice and work with young people in care settings, or to consider focused pieces of work around particular concerns. This may include offering consultation to key-workers or relevant care staff.



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