

# **CAMHS Learning Disability Team**

**Berkshire Healthcare NHS Foundation Trust is launching a new Child and Adolescent Mental Health Service (CAMHS), the CAMHS Learning Disability Team.**

The CAMHS Learning Disability Team is specialist mental health services to children and young people who have a moderate or severe learning disability and a significant or suspected mental health need.

This service is specifically for children with a moderate or severe learning disability, as we know that these children are experiencing significant inequalities in accessing mental health support and require a more specialist mental health service to meet their needs.



**The service will be accepting referrals from 29th January 2024.**

# Accessing the Service

## The service will accept referrals for children and young people who are:

- Aged 5 – 17 years old and have a diagnosed moderate or severe learning disability (or a significant impairment of intellectual and social adaptive functioning indicative of a moderate or severe learning disability)
- Registered with a GP in Berkshire (Bracknell, Royal Borough of Windsor & Maidenhead, Slough, Wokingham, Reading and West Berkshire)
- And are experiencing:
  - A significant emotional, mental health need
  - Significant behaviours that challenge associated with a mental health need



## The service will not accept referrals for children and young people who have:

- No evidence of a learning disability
- Specific learning difficulties such as dyslexia
- A diagnosis of autism or any other neurodevelopmental disorder but no evidence of a learning disability
- A mild learning disability (for individuals who have a mild learning disability, mental health assessment and intervention would be offered through mainstream services)
- Challenging behaviours where there is no evidence these are connected to a mental health disorder or emotional distress

# How Can We Help?

We aim to work with children, young people, and their families to develop an understanding of each child's mental health needs and experience.

We can offer assessment and intervention to children and young people experiencing symptoms of mental health conditions such as depression, anxiety disorders, trauma and psychosis.

We understand that children and young people who have a learning disability may communicate their distress and emotional experiences in many different ways. We also offer support to children who may be expressing their emotional distress and mental health through changes in their behaviour. E.g. aggression to others (sometimes described as challenging behaviour).



We will offer a comprehensive assessment that will include talking to the young person, their family and other important people in their life (e.g. carers, teachers, other health professionals).

After an assessment, we will recommend what support we think might be helpful and develop a plan with the young person and their family about the best way to work together. Our recommendations may include psychological support, medication, behaviour support and signposting to other support services.

We will also offer:

- consultation, training and support to families, education services, children's social care and other agencies to enhance their skills and competencies to meet the needs of young people with mental health conditions and learning disabilities.
- Support during transition to adult mental health services as appropriate.



## Referral Process

- We accept referrals from professionals, as well as parents and carers and young people themselves.
- Referrals can be made via the Berkshire Healthcare NHS Trust Children, Young People and Families Referral Service webpage: <https://cypf.berkshirehealthcare.nhs.uk/referrals/>
- The team will review the referral and identify if it is appropriate for the CAMHS Learning Disability Team.

# Who is in the CAMHS Learning Disability Team?

- Senior Clinical Psychologist/Team Lead
- Consultant Psychiatrist
- Learning Disability Nurses
- Behaviour Specialist
- Assistant Psychologist
- Administrator

## Location

The team's central office base is Erlegh House in Reading. We will offer appointments at locations across Berkshire.



**Erlegh House, University of Reading,  
Earley Gate, Whiteknights Road,  
Reading, RG6 6BZ**



## Contact

We hope we have answered your questions, but if you have further queries, please contact:

The CAMHS Learning Disability Team

**Call: 01189 046660**

**Email: [CAMHSLearningDisabilityTeam@berkshire.nhs.uk](mailto:CAMHSLearningDisabilityTeam@berkshire.nhs.uk)**

