



Information for
referrers

Introducing...



Bromley Child
and Adolescent
Mental Health
Services (CAMHS)
and
Bromley Y
Counselling Service

Oxleas NHS Foundation Trust

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www.CamhsCares.nhs.uk

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improving lives

Oxleas **NHS**
NHS Foundation Trust

Introducing CAMHS

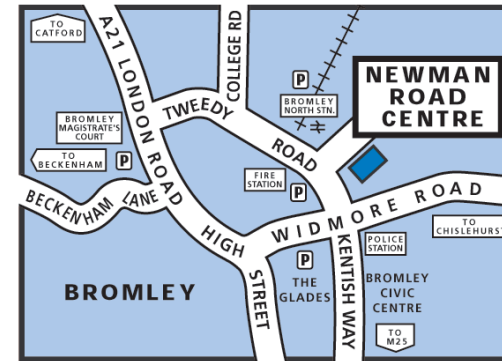
Bromley Child and Adolescent Mental Health Services (CAMHS) and Bromley Y Counselling Service provide mental health services to children and their families living in the borough of Bromley. There are four tiers of service:

- **Tier 1** – Primary or direct contact services, for example general practitioners (GPs), health visitors or school nurses.
- **Tier 2** – Services offered by individual specialist child and adolescent professionals who are skilled in managing behavioural, psychological and mental health problems.
- **Tier 3** – Services offered by specialist child and adolescent teams dealing with more complex difficulties or those involving a number of different agencies.
- **Tier 4** – Highly specialised services, for example inpatient psychiatric care.

In addition **Bromley Y** – is an independent, charitable organisation, offering confidential counselling for young people aged 11-23, experiencing difficulties.

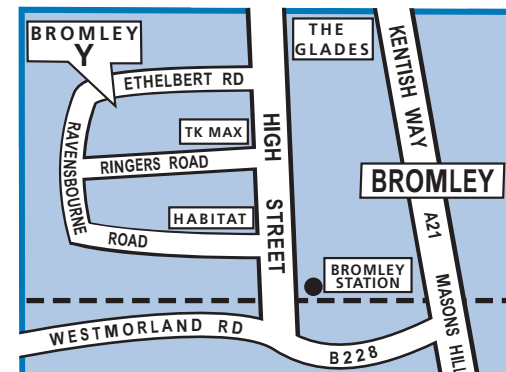
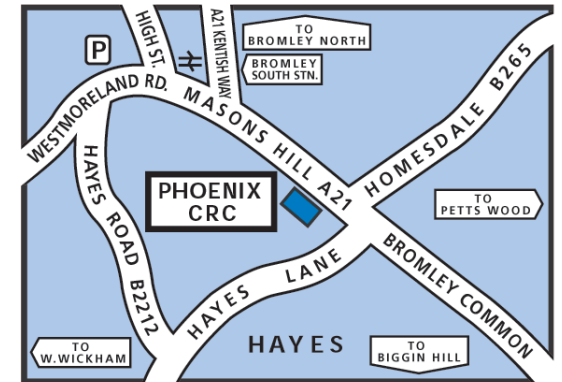
Staff in each organisation work closely together and a child, young person or family may receive a number of different services. The CAMHS partnership works closely together so that any inappropriate referrals are promptly redirected to the correct service. This leaflet gives information about Tiers 2 and 3, and Bromley Y, as these are the services to which you are most likely to refer.

How to find us



Bromley CAMHS Tier 3
2 Newman Road
Bromley
Kent BR1 1RJ
Tel: 020 8315 4430

Bromley CAMHS Tier 2
Phoenix Children's
Resource Centre
40 Masons Hill
Bromley BR2 9JG
Tel: 020 8466 9988



Bromley Y
17 Ethelbert Road
Bromley
Kent BR1 1JA
Tel: 020 8464 9033

Enquiries

Further information or advice can be obtained from:

CAMHS Tier 2

Tel: 020 8466 9988

CAMHS Tier2Referral@bromleypct.nhs.uk

CAMHS Tier 3

Tel: 020 8315 4430

www.CamhsCares.nhs.uk

Bromley Y

Tel: 020 8464 9033

www.bromley-y.org.uk

Your opinion matters

We welcome your views on the services we provide. If you would like to comment or make a complaint, please speak to your contact professional within the service or ask to speak to:

the Clinical Lead (CAMHS Tier 2)

or the Service Manager (CAMHS Tier 3)

or the Director (Bromley Y)

What we do

Each service provides an assessment and treatment service for children and young people with mental health, emotional and behavioural management problems. We also offer advice and consultation to other services who work with children, young people and their families.

Referrals

A child or adolescent can be referred to any service by any professional, for example a:

- Community health professional
- Community worker
- GP/doctor
- Social worker
- Voluntary organisation worker.

Where a teacher or other educational professional wishes to refer a child or young person they must first refer the request to the core panel, who will decide if the referral is appropriate.

The Tier 2 service will also consider referrals from parents and carers.

Bromley Y will accept referrals from professionals, parents, carers and young people themselves.

Following referral

What happens following referral?

At Tier 2 and Tier 3 we offer an assessment to determine the child or young person's needs and how and by whom these will be best met. This usually lasts an hour or more.

If the assessment shows that we are the most appropriate team to work with the child or young person, we will put a plan together.

This might include:

- Behaviour management
- Family therapy
- Group work
- Medication
- Psychodynamic therapy
- Psychological intervention (eg. cognitive behavioural therapy)
- Referral to a more specialist mental health team (out or inpatient).

The treatment plan will be reviewed regularly to ensure it continues to meet the child or young person's needs.

Bromley Y predominantly offers one to one counselling, but also offers social skills groups, art therapy, drama therapy, parents' support group and family therapy. We do not provide initial assessments. However, we offer ongoing sessions as soon as possible.

What staff will the child or young person see?

The Tier 2 and Tier 3 teams have a range of mental health professionals including:

- Clinical nursing staff
- Child psychiatrists
- Clinical psychologists
- Child psychotherapists
- Family therapists
- Primary mental health workers
- Social workers

Bromley Y staff:

- Art therapists
- Drama therapist
- Family therapists
- Qualified counsellors
- Trainees
- Volunteers