

# Specialist **Community** Team

## How we can help you

### What do we do?

**We support young people with multiple and/or complex emotional and mental health difficulties.**

We support people whose difficulties:

- Significantly affect their ability to cope, keep themselves or others safe, and impact on their daily lives
- Require the support of multiple services and/or professionals
- Persist despite some form of treatment.

### These difficulties may include:

**Eating disorders:** A range of conditions that affect someone's ideas, habits and responses to food, often with concerns about their weight or appearance.

**Psychosis:** A condition which affects how a person may interpret their experiences, including hallucinations (hearing, seeing, feeling, smelling or tasting things that others think aren't there) and/or delusions (strong beliefs that are unlikely to be true, and may seem irrational to others).

**Tic disorder:** Rapid, repetitive and involuntary movements of a group of muscles. These can be motor (produce movement) and/or vocal (produce sound).

**Suicidal or self-harming behaviours:** When a person thinks about or intentionally hurts themselves, or attempts to end their life.

**Anxiety:** several conditions involving intense feelings of unease, worry or fear about a place, situations or people, which often interferes with daily life.

**Depression:** Experience of low mood, possibly with loss of appetite, sleep problems and psychosocial changes.

**Obsessive Compulsive Disorder (OCD):** Experiencing unwelcome thoughts or images (obsessions), or repetitive behaviours that someone feels they must do (compulsions) to get rid of those feelings.

**Post-Traumatic Stress Disorder (PTSD):** A group of symptoms that can develop after experiencing a disturbing event such as flashbacks and nightmares.

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## What happens when you are referred to us?

You may be referred to the Specialist Community Team after having an initial assessment (either face to face or over the phone) with a clinician from our CYPF Hub, or one of our CAMHS teams.

At your first appointment we will review your current needs and any factors which contribute to your difficulties. We'll ask you about your wishes and goals, and what may be getting in the way of you achieving these. We'll also talk with you about the most effective ways to help you meet these needs and goals.

Your clinician will develop a care plan with you and your parent/carer about the next steps.

## What happens next?

Your care plan may identify actions that you and your family agree to follow and put you in touch with other services or teams who can help with your difficulties.

If appropriate, we will discuss therapeutic approaches and offer one or more of the following talking therapies:

- **Cognitive Behavioural Therapy (CBT):** This looks at how our thoughts, feelings and behaviours link up and the effect they can have on us. It focuses on developing skills to recognise and manage these to improve wellbeing.
- **Psychotherapy:** This helps people to make sense of their difficult feelings and experiences. Psychotherapists pay close attention to what a person may be communicating through their behaviour and/or play. They work closely with young people to find new and healthier ways of managing difficulties.
- **Family therapy:** This explores the importance of relationships with others in our lives, and how they influence how people feel, communicate and act towards each other. It provides a safe space to think about difficult thoughts and feelings and to understand each other's experiences.
- **Generic psychoeducation and psychosocial interventions:** These focus on helping a person to understand the mental health difficulties they may be experiencing, and to develop coping strategies. These may involve the young person's parent/carer.

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## What else might we do?

Sometimes we may recommend medication as well as therapy to help you manage your difficulties. In talking with you and others that know you well, we may identify other difficulties you may be experiencing. We may explore these through further assessment or a referral to another team within CAMHS.

If we are aware of another service which might be able to help you better, we will discuss this with you before making a referral.

## Waiting times and support

There may be a wait until your assessment/treatment begins, but by letting someone know that you are experiencing difficulties, you have already taken a very important step. Please have a look at our website for ideas and resources that may be helpful for you: [www.berkshirehealthcare.nhs.uk/camhs](http://www.berkshirehealthcare.nhs.uk/camhs)

## While waiting to hear from us, you may find these websites helpful and supportive:

- Royal College of Psychiatry: [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)
- Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Reach OUT support for LGBT young people: [www.reachout@reading.gov.uk](mailto:www.reachout@reading.gov.uk)
- Eating disorders: [www.b-eat.co.uk](http://www.b-eat.co.uk)
- Self-harm: [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Anxiety support: [www.nopanic.org.uk](http://www.nopanic.org.uk)
- ADDIS ADHA support: [www.addiss.co.uk](http://www.addiss.co.uk)
- Youth Access: [www.youthaccess.org.uk](http://www.youthaccess.org.uk)

## How to contact us

If you have any questions about your referral or concerns that your difficulties are getting worse, you can call us:

- Bracknell and Wokingham 0118 949 5060
- Slough, Windsor, Ascot and Maidenhead 0300 365 0123
- Reading 0118 207 0930
- West Berkshire (Thatcham) 01635 295555

We do not offer an emergency service. If you feel you need immediate and urgent help, please:

- Contact your GP
- Dial 111 to contact your GP out of hours service Westcall NHS
- Or go to A&E



For general concerns about your referral you can contact our CYPF Hub:

Phone: **0300 365 1234**

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

<https://cypf.berkshirehealthcare.nhs.uk/>

