

# CAMHS consent: **information** for children and young people

## **Working together with young people, parents and professionals**

### **Consent and your treatment**

**Following the initial assessment with our service, we will agree a treatment plan with you outlining your goals for working with us on the difficulties you are experiencing. We will also explain what kind of support we offer and what you and your parents (or those that are caring for you) may expect from your treatment.**

Your parents and others caring for you will know you well and may have views on how your difficulties have developed and impact on you. Including them in your treatment will enable you to benefit from both their understanding of you and the support they can offer. Other services, such as youth counsellors and your school, may also be involved in supporting you over this time.

Your treatment plan will be reviewed regularly to make sure it is continuing to meet your changing needs during your recovery period.

To make sure that we are working with you and taking your views into consideration we will request that you consent to and sign your care plan. When agreeing your care plan we will discuss with you the part your parents (or carers) will play in your treatment. Usually you will have some opportunity to work individually with your CAMHS worker, as well as some meetings including your parents. We encourage open communication between everyone involved in your care as this will help your recovery.

In all our actions your best interests are our primary consideration. This may require us to share information and work closely with other people involved in supporting you with your difficulties, such as those with a specialist pastoral care role in your school, or counsellors you are working with in other organisations. We will discuss our reasons for doing this with you and seek your views. Gaining your consent to do this is always preferable but on some occasions your welfare, or that of others close to you, will determine to whom we share information. This is because of our safeguarding responsibilities to you.

## Glossary of terms

- **Consent:** The medical definition of consent is often called “Informed consent”. This is the process by which the patient learns about and understands the purpose, benefits, and potential risks of their treatment, and then agrees to receive this treatment.
- **Confidentiality:** Confidentiality means not telling anyone, other than those who should or need to know, what the person receiving help has said to their worker about the problem that they have. It also means not showing anyone (other than those who should or need to know) the notes or computer records.

### How to contact us

If you need to contact us or require further information...

Phone: **0330 365 1234**

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



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