

Anxiety Disorders Treatment Service for children and young people video transcript

0:00:00.800,0:00:07.120

We are the CAMHS Anxiety Disorders Treatment Service, sometimes known as ADT. We provide

0:00:07.120,0:00:12.080

specialist assessments and support for young people with anxiety related difficulties such

0:00:12.080,0:00:18.480

as social anxiety, obsessive compulsive disorder, panic disorder, separation anxiety, and tick disorders.

0:00:18.480,0:00:25.760

We work with many young people who have or are awaiting a diagnosis of autism and or ADHD

0:00:25.760,0:00:37.120

and are experienced in adapting evidence-based treatments to meet each young person's individual needs. We also work closely with schools and local services to ensure a joined up support.

0:00:37.120,0:00:42.000

As well as one-to-one therapy, we offer treatment groups for social anxiety and obsessive compulsive

0:00:42.000,0:00:48.160

disorder and a range of online workshops and group programs, including some for parents.

0:00:48.160,0:00:52.720

Appointments are mainly held at our early house clinic in Reading, but we can also hold

0:00:52.720,0:00:57.920

appointments via online video calls at our other
CAMHS clinics across Berkshire or occasionally in

0:00:57.920,0:01:03.520

schools or at home. We are not able to offer medication as a standalone treatment. If we

0:01:03.520,0:01:08.000

believe that medication may be beneficial, we will discuss this as part of your young person's

0:01:08.000,0:01:14.240

treatment plan. To access our service, your young person will need to be referred by their school
GP

0:01:14.240,0:01:19.520

or another healthcare professional. We currently do not accept self-referrals unless the young
person

0:01:19.520,0:01:25.840

is over 16 years old. We review the information in the referral to ensure your service is the right

0:01:25.840,0:01:30.800

fit for your young person's needs. And then we may offer an assessment or a place on an online

0:01:30.800,0:01:36.400

workshop to learn more about anxiety and available support options. You can find more
information

0:01:36.400,0:01:42.640

about the CAMHS anxiety disorders treatment service and what we offer on our web page.