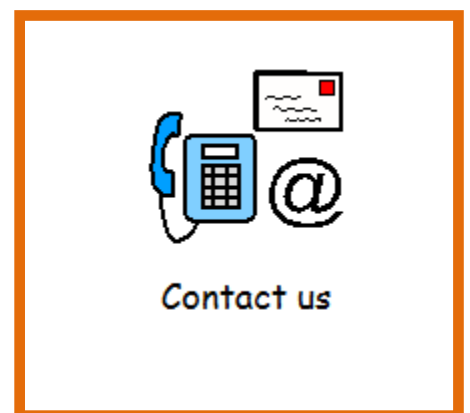
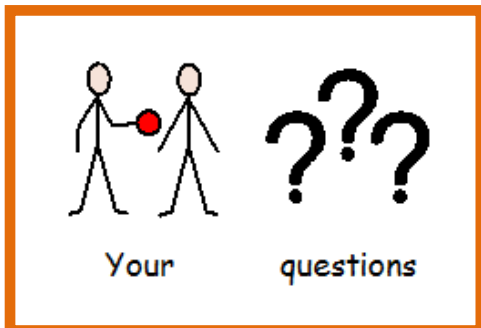
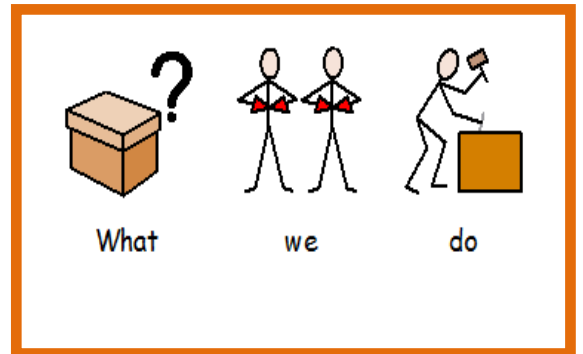
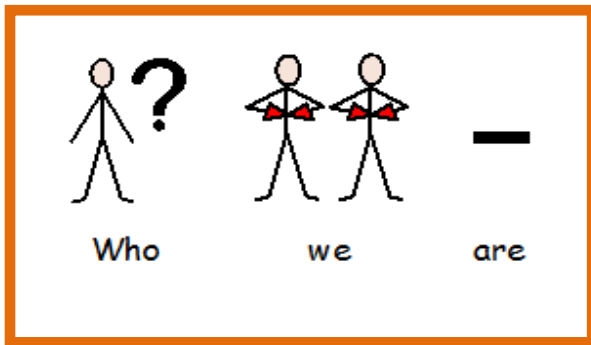
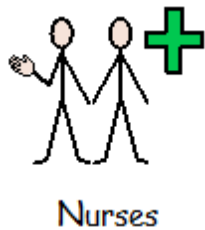
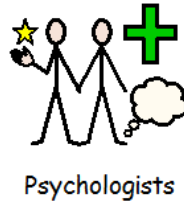
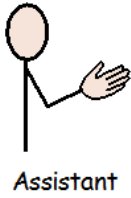
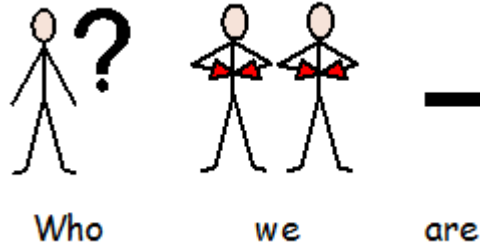


Starfish- LD Child Adolescent Mental Health Service (CAMHS)

Parent/carers/and young person's page



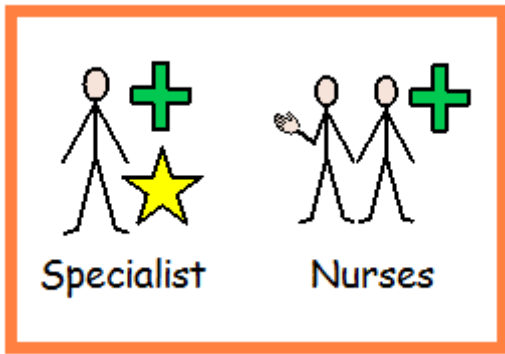


The Starfish Child and Adolescent Mental Health Service is for children and young people with a diagnosed learning disability. It is a countywide service offered across West, North, Central, South and East Norfolk.

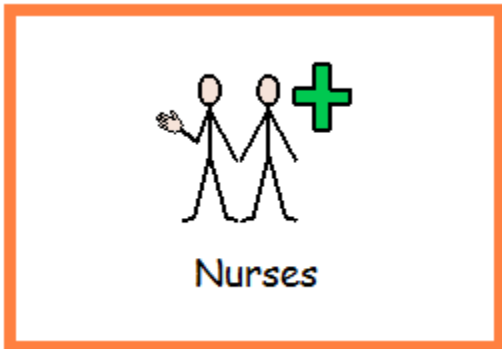
Starfish LD CAMHS Team is made up of Specialist Learning Disability nurses, Clinical Psychologists, Systemic Family Therapist, Assistant Psychologists and Family Support Workers. We will work with you from 5- 18 years of age with support from parents/carers.

The Team

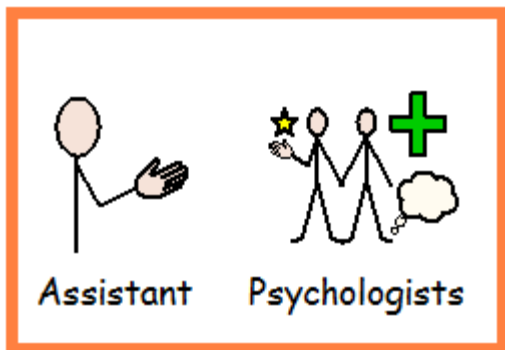
 <p>Clinical Lead</p>	<p><u>Clinical Lead:</u> I am the clinical lead of the Starfish I oversee the work being completed by the whole of the team.</p>
 <p>Administrator</p>	<p><u>Administrator:</u> I am the person who answers the phone calls, types letters and organises the team.</p>
 <p>Clinical Psychologists</p>	<p><u>Clinical Psychologist:</u> We are doctors who can help you when things get really difficult. We can help find out why you feel or behave in certain ways and help you to find a different way to express your feelings or solve problems.</p>
 <p>Family Therapist</p>	<p><u>Family Therapist:</u> I am a Systemic Family Therapist I will try help your family talk to each other and resolve and problems.</p>



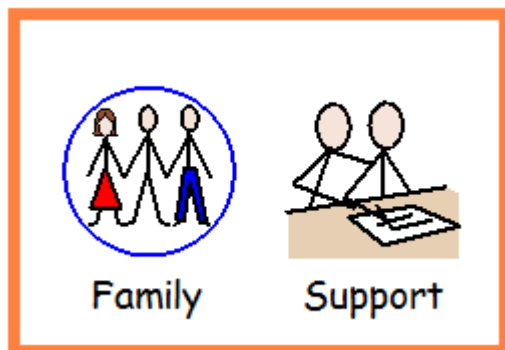
Specialist Nurses: We are the Specialist Learning Disability Nurse who may come and work with you or your parents at home or school if you are finding things difficult.



Nurses: We are the Learning Disability Nurses, who may come and work with you or your parents at home or school if you are finding things difficult.



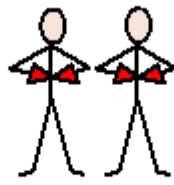
Assistant Psychologists: We work alongside the Clinical Psychologists so will help you to express your feelings or help solve problems.



Family Support: We will support you at home or school and help you to learn new skills to support you.



What



we



do

We can support you in many different ways:



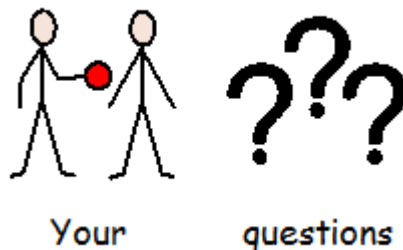
Our first step would be to meet your parents to gather information on how we can best help you. You can be at this meeting too, which will help us even more. We will then arrange to either visit you at home, school or somewhere where you feel happy and safe to talk.

Whilst we are working with you we may also have to speak to other people such as your teachers or social workers but this is to help you. Sometimes we

also may need to see your parents/guardians on their own to help them too, but this is nothing to worry about.

**Do we need to mention that people may refer them to us??*

Link 3:



Here we have answered some simple questions for you:

How do you know about me?

Someone, whether your parents/guardian or teacher would have contacted us letting us know that you may need some help.

You can also contact us yourself if you feel you would like some support but feel nervous about speaking to your parents/guardians.

Who will I see?

You will see someone from the starfish team but it may be a Psychologist, Assistant psychologist, Family Therapist, Specialist Nurse or a Family Support Worker. Depending on what you need help with will depend on who you see, but don't worry everyone from the team is lovely and will do their best to help you.

Where will you see me?

Our first meeting may have to be where we work (at a hospital), you will have to bring your parent/guardian along. This is so we get all the right information to help you. After the first visit we may see just you in school or at home but we will always let you know.

What will happen when I meet you?

When you first meet someone from starfish you will be able to talk about your worries or just have a little chat so we can get to know you. We may ask you questions that you don't want to answer and this is ok.

How many times will you see me?

We will set a plan and see you regularly. This may be every week, every other week or even monthly. We will always keep you informed of when and how often we need to see you.

What if I am nervous about meeting you?

Being nervous is very normal but we are here to help you and will do our best to make you feel comfortable.

Will you tell anyone what I have said?

Everything you tell us is kept confidential (between us) however we may have to speak to other adults such as your parents/guardians or other professionals if we feel you are at risk of harm or you need extra support. We will always tell you if we need to speak to other adults.

Why do you need to meet my parents?

We will need to meet your parents to make sure we get all the right information and to also tell them ways they can help you at home.



Contact us

If you would like to speak to someone from the Starfish Team please contact us. You can do this in a few ways:



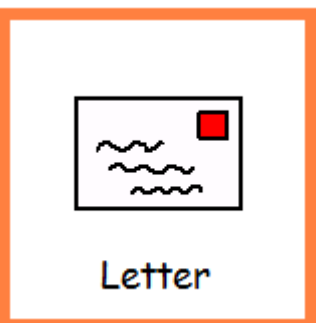
Clinical Lead Anne Goodrich: **01603 272319**

Administrator Lisa Hart: **01553 668514**

Consultation Line: **01603 272290**



Email: Starfish@nchc.nhs.uk



Starfish Administrator

Starfish LD CAMHS Central, East and West

St. James

Extons Road

King's Lynn

Norfolk

PE30 5NU



More



help

Here you can find some services we work with and other helpful information:

Hall School	http://www.hallschoolnorfolk.co.uk/
Harford Manor School	http://www.harfordmanor.norfolk.sch.uk/
Parkside School	http://www.parkside.norfolk.sch.uk/
Sidestrand Hall School	http://sidestrandhall.org.uk/
Fred Nicholson School-	http://www.frednicholson.norfolk.sch.uk
Clare School	http://www.clareschool.co.uk
Sheringham Woodfields	http://sheringhamwoodfields.co.uk
Chapel Road School	http://www.chapelroad.org.uk
John Grant School	http://www.johngrant.norfolk.sch.uk/
Churchill Park School	http://www.churchillpark.norfolk.sch.uk
Meadowgate Academy	http://www.meadowgate.eschools.co.uk
Trust Norfolk-SEN -	http://www.trustnorfolksen.co.uk/
NANSA -	http://www.nansa.org.uk/
Attention Autism -	http://ginadavies.co.uk/
Norfolk Music Hub -	http://norfolkmusichub.org.uk/
PECS -	http://www.pecs-unitedkingdom.com/
Signalong -	http://www.signalong.org.uk/
Active Norfolk -	http://www.activenorfolk.org/
Autism Anglia -	http://www.autism-anglia.org.uk/
Internet safety -	http://www.childnet.com/young-people/primary
Fun Learning -	http://www.kidsmart.org.uk/
	http://www.mathplayground.com/