

We welcome any comments you may have on the services we provide and consider this to be a valuable source of information and use it to help us provide the very best possible service.

You can contact SED on:

Tel: 0300 555 0535 (Freephone from a BT Landline) or 01384 325014

Fax: 01384 324567

Email: SED@dwmh.nhs.uk

Address: SED, Second Floor, Trafalgar House, 47-49 King Street, Dudley, West Midlands. DY2 8PS

Contact us :

Looked After and Adopted Children's Support Services

Dudley CAMHS

The Elms Health Centre

Slade Road

Halesowen

West Midlands. B63 2UR

Tel: 01384 324689



**LOOKED AFTER AND ADOPTED
CHILDREN SUPPORT SERVICE**

**Support for those caring for Looked After and
Adopted Children**

Worried about a child?
Feeling Stuck?

Tearing your hair out?

Needing a space to think?

What is the Looked After and Adopted Children Support Service?

This is a service which offers support from a multi-disciplinary team to those caring for or providing services for Looked After and Adopted Children e.g. foster carers, adoptive parents, residential child care workers, social workers, family centre workers or education professionals. It offers the opportunity to think about the young person in an independent space away from other pressures in order to understand the problems and consider ways forward. It recognises and values the important work that carers do in a wide variety of contexts.

What types of worries does the Service deal with?

We often become involved when carers, parents or other professionals feel “stuck” or when there are difficulties in problem solving. We may help to think about the meaning of a young person’s behaviour and how to manage this, or we might think about how to help a young person experiencing transitional problems, such as moving home or school. Whatever the concern, we offer a space to think about it and the possible impact it is having on the young person and those involved in their life.

When is the service available?

Appointments are available on Thursday afternoons. They usually last between one and one and a half hours.

Who are we?

We are a multi-disciplinary team from CAMHS (Child & Adolescent Mental Health Services), which includes representatives from Social Services, Child Psychiatry, Clinical Psychology, Child Psychotherapy, Occupational Therapy and Nursing. There will always be at least two, but preferably three people from different disciplines, who will come together to think about a young person who is causing concern.

How does it work?

Our hope is that together we will be able to explore feelings and try to understand the young person, carers or parents, so that people will feel more confident about continuing with the task of caring for vulnerable looked after or adopted children. We aim to support those around the young person so that they can facilitate the young person’s ability to manage and cope.

Do children come to the session?

No - this is not designed as a space for young people and is separate from the CAMHS referral process. The focus of these sessions is to support the already valuable and often therapeutic work of the carers/parents and others involved with the young person.

What happens afterwards?

We plan how to continue offering support and often provide review appointments.

How are sessions arranged?

Carers and parents can call us directly to request an appointment, as well as other professionals involved in a young person’s care. Please telephone the number on the back of this leaflet if you would like to arrange an appointment. If no one is able to answer your call, please let a brief message, giving us details of the young person you would like to think about and how we can contact you. We will endeavour to reply within a week to confirm a date.

We Provide:

A service for anyone involved with supporting Looked After or Adopted Children.

Help with understanding the difficulties of these young people.

Time and space to think about the young person causing concern and the impact they have on the lives of those around them.

An opportunity to explore options and strategies for dealing with the situation

Encouragement and support for the therapeutic work of carers/parents

How do I give feedback about the service?

If you have a concern, please feel free to speak with a member of the team in the first instance if you wish. Alternatively, the Service Experience Desk (SED) is the central point of contact for all concerns and enquiries, whether these are formal or informal, complaints, compliments or suggestions.