This may involve:

* seeing your child in different places, such as school, nursery or respite care
* providing support and advice
* developing approaches that can be used at home, school and other places, where helpful
* working with school, nursery or respite staff

We believe that it is important to work with everyone involved in a joined up way.

**How often will we see you?**

This will depend on the nature of the difficulty and what intervention is required. We may see you every few weeks and in some cases we may work more intensively for a short period of time. This may involve daily contact over a period of weeks in the mornings, evening or at the weekend.

**Who do we share your information with?**

We share information with your GP and the person who asked us to see you/your child. We may ask for your permission to talk to other people who are working with your child, for example, their teacher or a nurse.

Sharing information helps us to work together better and this helps us provide a better service for you/your child.

We only share information that helps in treating you/your child.

**What else do we do?**

We may offer individual direct work with your child or your family, or joint work with other professionals. We also offer consultation sessions for other professionals involved with your child.

**Is it confidential?**

Yes, information is only shared with those who are working with you/your child.  If you want to keep some things to yourself then we can discuss this.

If there are concerns about a child’s safety we have to report these. There are child protection guidelines used by health, social work, education and the police and we have to follow those guidelines.

We may ask if we can use your information for training or research. If we do, we will **always** explain to you how we would like to use it and will ask for your permission first. Where possible, information is made anonymous before it is used for training or research.

Services also collect figures and statistics. This is called audit and evaluation and helps us find out whether a service is working well. This information is made anonymous when it is collected. This means that no one knows who the patients were. Therefore we don’t generally seek permission if we use any of your information in this way.

**What happens if we need help out of hours or at the weekend?**

In an emergency, you should contact your GP (family doctor).



**Information for young people and their families**

Child and Adolescent Mental Health Service (CAMHS)

**Intellectual Disability**

**Service**

**St Roque**

**Astley Ainslie Hospital**

**133 Grange Loan**

**EH9 2HL**

**Te: 0131 537 9589**

Date created: March 2020

Review date: March 2021

**Who are we?**

The Intellectual Disability Service is part of the NHS Lothian Child and Adolescent Mental Health Service (CAMHS) for Edinburgh, East Lothian, Midlothian and West Lothian.

We provide assessment, a range of interventions and access to other CAMHS specialist services. The team is made up of professionals from psychiatry, psychology, nursing, speech and language therapy and occupational therapy.

Trainee clinical associate psychologists, trainee doctoral clinical psychologists, student nurses and specialist registrars in psychiatry also work within the team and are closely supervised.

**Who is referred to us?**

We work with children and young people (0-18 years) who have significant developmental delay or an intellectual disability (with or without autism) and who have mental health or complex behavioural problems.

We also work closely with and support families and carers. As well as an outpatient service, we also offer specialist Early Years and Intensive Treatment Services.

**What is a developmental delay?**

Developmental delay is the term used when a child under 5 years old does not reach their developmental milestones (time periods in which a child should develop a particular skill, e.g. walking) as expected.

If the child has not caught up with these milestones by the age of 5 years old they may be said to have an intellectual disability.

**What is an intellectual disability?**

An intellectual disability is a significant, lifelong condition that affects a person’s development, beginning in childhood. This results in difficulties understanding information, learning new skills and coping independently.

**Who makes the referral?**

GPs (family doctors), community intellectual disability nurses, community child health or other health professionals usually refer young people and their families to our team.

Social workers, educational psychologists, and other professionals and voluntary agencies can make a referral through a health professional, who is likely to be already involved. They need to gain your permission before contacting us.

You can also ask your family doctor or school doctor if you would like your child to be referred to our team.

**What happens when we get a referral?**

Referrals are discussed at our weekly team meeting and further information may be asked for from the person making the referral.

If we agree to take on the referral, we usually ask for further information from other people involved with your family, with your permission.

If we decide that we are not the right people to work with you and your child, we will write to the referrer and to you, telling you this.

We might suggest another agency that may be able to help.

**What happens if we agree to take on the referral?**

We will contact you to arrange an assessment appointment or consultation. This may take place in a clinic setting, school/nursery, family centre or at your home.

Sometimes we find that it is helpful to have more than one member of the team present at your appointment to think about your concerns.

**What will happen at the first appointment?**

We will:

* talk about your concerns and try to make sense of them with you
* try to think about things that might help
* explain what our service offers
* think about whether we are the best service to help you
* come to an agreed plan between us.

We may meet with you more than once to do this.

**What happens next?**

We work closely with families, carers, nurseries, schools, respite care providers, community intellectual disability nurses and other professionals.