



# Neuropsychiatry Clinic

## Introduction

**This service aims to address emotional, behavioural and mental health problems in children and young adults with disabilities. The clinic specialises in mental health problems following acquired brain injury.**

Mental health problems in young disabled people vary according to age. In the younger age group, this might include sleep difficulties, hyperactive behaviour or temper tantrums. In the older age group, problems with depression, anxiety and other mood disturbances will predominate. Across all age groups, self harming behaviours can present themselves. Likewise, psychosomatic disorders and feeding / eating problems. Following acquired brain injury, Organic Personality change may be the most obvious mental health issue.

## About the clinic

### Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral).

### Why choose to come to a Neuropsychiatric Clinic?

- To discuss mental health issues with a team experienced in assessing and managing problems in the context of physical health and disability.
- To explore issues in context to your development, your family, education, social and cultural views.
- To receive a sensitive and confidential consultation.

### Who can refer me to the clinic?

Referrals can be made to this service by your paediatrician, GP, or Child and Mental Health Service professional.

### Urgent referrals

In some cases an urgent referral is required e.g. when a child is at risk due to self-harming or a child develops unmanageable behaviour or serious emotional problems.

### How often are the clinics?

The clinics runs 2 – 3 times a week.

## About the appointment

### How long is the appointment?

The initial appointment time is usually 1 ½ hours. Subsequent appointments usually last for 1 hour.

### Who will I meet?

- Consultant Child and Adolescent Psychiatrist
- Specialist in Behaviour & Psychological therapies
- Colleagues from other disciplines may be invited as appropriate but this will be discussed with you

### Where will the appointment be?

In a room at Chailey Clinical Services. When you arrive our receptionist will check that we have your correct details and show you where to wait for your appointment.

### What will happen during the appointment?

We will discuss with you any letters or reports you have brought with you or agreed that we could obtain prior to your appointment. School reports or information from your educational psychologist can often help to inform us of your needs. We will then carry out a detailed assessment of your emotional / behavioural problems, your developmental and medical history and full background details of your education and family. All of this will be considered alongside your main neuro-disability and / or medication.

A formulation is drawn up and a management plan devised and discussed with you. We realise that you may have questions and we will try to answer these. Parents and partners are encouraged to attend the assessment together. If acceptable to you and your family, extended family members / friends and / or professionals from other services or disciplines, are also welcome to attend.



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### What will happen during the appointment?

Sometimes we will ask you to do some psychometric tests as part of your initial assessment or at a follow up appointment. This may mean that you, your family or your teacher will be asked to fill in a questionnaire giving us details of your strengths and difficulties.

Following the initial assessment, a number of follow-up sessions may be set up. These may be as frequent as weekly or perhaps monthly, according to your needs. During these sessions, a number of practical and psychological issues will be considered and worked through using pragmatic, (e.g. play and behavioural strategy) and psychodynamic principles. Confidentiality is maintained at all times.

Usually follow-up appointments are made to see you with or without your family. Also, individual family members might be seen without you. Other follow-up sessions may take the form of a meeting of the core group of professionals involved in your care. The venue may be at Chailey Clinical Services or at your school. You and your family will be advised of all interventions and it is expected that you or your family would not necessarily wish to be present every time. The psychiatrist may prescribe medication, for example, to improve mood, reduce anxiety, etc, as an adjunct to therapies outlined above.

### What will happen after the clinic?

A report will be sent to you and copies to other professionals involved within three weeks of the appointment documenting the discussions and decisions. A copy will also be sent to your referrer and G.P. and any one else you would like it to go to.

### Discharge

Usually it becomes clear when emotional / behavioural problems have improved. At this stage the sessions will be terminated. Each circumstance is different, but it is ensured that you will have support from your family, carers and other staff.

If further difficulties arise for you then the psychiatrist would require a new referral.

## We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the clinic secretary on:

 **Phone:**  
01825 722112

 **Fax:**  
01825 724719

 **Email:** [sc-tr.enquirieschcs@nhs.net](mailto:sc-tr.enquirieschcs@nhs.net)

**Or visit our website:**  
[www.sussexcommunity.nhs.uk/chailey](http://www.sussexcommunity.nhs.uk/chailey)