



HULL CAMHS CHILDREN LOOKED AFTER TEAM

Welcome to our guide on the
Hull CAMHS Children Looked
After Team, designed for carers
and professionals to get to
know our service better.



**Caring, Learning
& Growing Together**



Hull CAMHS Children Looked After

What the team does

Our CAMHS Children Looked After (CLA) team support children and young people who are under the care of Hull Local Authority. We provide a safe and caring service to support emotional well-being, relationships, and the stability of children and young people experiencing attachment difficulties and developmental trauma.

Referrals are completed by social workers. We aim to contact social workers within 12 weeks of the referral, to arrange to meet with them and discuss the referral.

Who are we?

Our team is made up of many different clinicians, including advanced practitioners, psychologists, and creative therapists.

People we work with

We work with people:

- Below the age of 18;
- Living in foster care, residential care, or a connected carer placement (placement with a family member or friend);
- Under the care of Hull Local Authority.

People we do not work with

We currently do not work with:

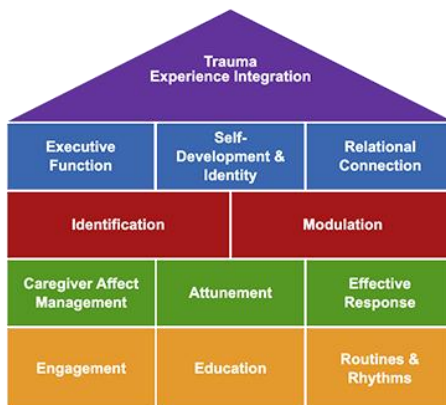
- Adoptive children
- Children cared for on a Special Guardianship Order (SGO)

- Children who have returned to the care of their parents on a Care order

Who else may we work with?

Our team works with the ARC Framework, which involves considering who is best placed to make a change for the child and what area of need the child or young person has. This can include working with:

- Foster carers, families, residential teams, social workers, education, health professionals, as well as directly with children and young people.



ARC Model - When focussed on addressing the lower levels of this framework, we often work with the system around the young person

Hull CAMHS Children Looked After

What happens when we accept a referral?

Once a referral is accepted and before we start working together, we will meet with the people involved in caring for the young person such as foster carers and social workers.

We will work to make sense of the current thoughts, feelings and concerns of the adults caring for the young person and explore how we may be able to offer help as a service. We will develop a care plan together so that it is clear how we intend to support you.

What will working together look like?

Sessions may include:

- Direct work with children and young people
- Joint work with the young person and their carer
- Indirect work with carers and professionals

Depending on the clinician, sessions may include:

- Being creative, talking, or playing, to best help the young person explore emotive material.

Sessions tend to last for around one hour.

Sessions with carers

'Carer only' sessions can sometimes be part of a broader intervention to lead to the child or young person becoming involved in the therapy either with the carer, or on their own. For some children, the most appropriate intervention may be to work just with the carer.



Within a carer only session, the emphasis is often on the relationship between yourself as carer(s) and the child, considering the application of therapeutic parenting approaches, and how the child's individual needs might require specific responses from you to have their needs best met.

Our sessions are not intended to replace the support that you receive from your fostering social worker or from training, instead supplementing and focusing on the needs of a particular child .

Consultation Clinics

The Hull CLA team offer weekly consultation clinics via Microsoft Teams. These consultations are available for social workers to discuss concerns/queries relating to a young person and their emotional wellbeing. In these clinics, we may explore whether a referral to Hull CLA is appropriate, or signpost to other services. It is not mandatory for a consultation to have taken place before a social worker can refer into the team. Social workers can book into a consultation clinic slot via our website. Please note, carers are not able to join consultation clinics, but they are able to provide information for the social worker to bring to the clinic.



CONTACT US

After a while: we hope you will feel like you know us well and feel comfortable

Children Looked After Team

Walker Street Centre

Hull HU3 2HE



hnf-tr.camhslookedafterchildren@nhs.net



01482 692878



CAMHS Crisis: 01482 259400 - Anyone can access the CAMHS crisis team – even if you have no existing referral into a CAMHS team.



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This document is available in alternative formats on request. Email hnf-tr.communications@nhs.net or call 01482 301700