

Family Solutions Central Child and Adolescent Mental Health Services

Newsletter 2008

Success

Norfolk Family Solutions have been named a Model of Good Practice in the Department Of Health National Service Framework.

www.dh.gov.uk

Want to find out more about us?

We can arrange for team members to visit your surgery, office, team etc, to give you details of how we work. We also have an open morning once a month for people to visit us. Where possible we can arrange for professionals to shadow a team member.

Please call 01603 224323.

Workshops

We can arrange to do 1 off workshops to groups of parents or professionals on: - Parenting strategies and ideas, bereavement, raising self-esteem, separation and divorce, anger management and understanding child mental health.

Webster Stratton 'Incredible Years' Parenting Programme

We continue to run this popular 12-week programme three times a year. January 2008, April 2008, and September 2008.

We also run this as an evening course once a year, May 2008.

This programme is approved by the National Institute for Clinical Excellence N.I.C.E www.nice.org.uk

Strengthening Families Programme

This is a group for young people aged 11 –14 and their parents/carers. It aims to help parents/carers understand young people and gain confidence in managing their teenager, and helps the young person make better relationships and resist negative influences from outside.

Two programmes will be run in the Central area once a term. For more information please contact Clare Joyce at the Families Unit on 01603 213607.

Art Group

With the Unthank Centre we run 2 Art Groups a year aimed at children aged 8 – 12 who are quiet and withdrawn. Please contact 01603 224323.

Mental Health Promotion

We are happy to support and attend Mental Health Promotion events.

Professional Development Opportunities

Interested in group work??

We can offer a chance for professionals to co-facilitate/shadow a group work programme as part of their professional development.

Coming Soon

Incredible Years facilitator training and Strengthening Families facilitator training. Please call Clare Joyce at the Families Unit on 01603 213607.

Consultation Service

If you have any concerns regarding a child's/young persons mental health, then ring our consultation service.

If you want to know more about services/resources that are available then please call 01603 224323.

Ideas, Comments, Suggestions

We welcome any comments, ideas and suggestions from people working in the area. We are particularly interested in ideas as to how we might develop our service.

Referral Criteria

Typical referrals would be for families where children or young people are:

- Presenting with anxieties or emotional distress that impairs their normal daily functioning, and or causes others to be concerned for their welfare.
- Experiencing family relationship problems that are causing significant emotional distress.
- Experiencing prolonged grief reactions that impair daily functioning.
- Engaging in minor self-harm.
- Becoming increasingly isolated and withdrawn.
- Experiencing significant and prolonged mood change.
- Experiencing mild to moderate fears and using avoidant behaviours.
- Experiencing prolonged disturbed sleep patterns.
- Exhibiting significant changes in eating habits that could threaten their emotional and physical welfare.
- Experiencing impaired functioning at school, due directly to emotional or mental health problems.
- Displaying adverse reactions to major life event changes.
- Having difficulty in coping with issues of separation, loss or significant changes in parental figures.
- Presenting with chronic soiling and wetting problems, assessed to be of a non-organic nature.

If you would like more information about the Family Solutions Team or would like to discuss a referral please contact us.

