

## Child and Adolescent Mental Health Services Guernsey Team



States of Guernsey  
Children and Family  
Community Services

### CONSULTANT PSYCHIATRISTS

*Consultant Psychiatrists are doctors who are specially trained to work with children and young people with mental health problems. They identify the problem and may prescribe medicines for you if necessary.*



#### **Dr Penny Thompson (Consultant Child and Adolescent Psychiatrist)**

Hi, my name is Dr Penny Thompson; I am a Consultant Child and Adolescent Psychiatrist. I have been working in Guernsey since 1993. Before that, I was a consultant at the Park Hospital for Children in Oxford. I initially trained as a paediatrician and then trained in psychiatry at The Maudsley Hospital, London. I am a CBT therapist with a special interest in eating disorders.

#### **Dr Gisa Matthies (Consultant Child and Adolescent Psychiatrist)**

I am a Consultant in Child and Adolescent Psychiatry and joined the Guernsey Child and Adolescent Mental Health Service in May 2016, where I mainly work in the outreach team.

Whilst I qualified from Medical School in Germany in 1997, I have lived and worked as a Psychiatrist in the South West of England since 1999. During my time in the UK, I qualified as a Family Therapist from Exeter University (2006) and have maintained my professional registration in this area. I like to use this in my work as a CAMHS consultant.



## CLINICAL PSYCHOLOGISTS

*Clinical psychologists are people who are trained to help children and young people understand the links between their thoughts, feelings and behaviour. They may suggest things for you to try to help you cope with difficult feelings.*



### **Dr James Murray (Consultant Clinical Psychologist)**

I am the head of profession for psychology. My clinical work is in CAMHS. I have a special interest in CBT and eating disorders, and offer CBT training and supervision to a number of other staff. One of my responsibilities is liaising with the looked after children service, and being that team's first point of contact with mental health services. I also sit on the complex needs panel (which provides clinical and financial governance for child off-island placements).



### **Nigel Humphrey (Clinical Psychologist)**

I am a Clinical Psychologist and lead the CAMHS Outreach team which is responsible for crisis intervention and working with young people in the community. I trained in South Africa and Zimbabwe and went to Rhodes University. I am passionate about helping young people find pathways to recovery and overcome obstacles. I work within a solution-focused framework and cognitive behavioural framework depending on the need. I am trained in trauma therapy (EMDR) and neurodevelopmental assessments. I also work

with our dialectical behaviour therapists to run a group for young people and parents who have difficulty with overwhelming emotions, distress tolerance and self-harm.

### **Dr Ben Newell (Clinical Psychologist)**

I am a Clinical Psychologist who trained at Exeter University in Clinical and Community Psychology. I have worked predominately in inpatient and community CAMHS teams, but have also spent time in psychological and neuropsychological services for older people and people with acquired cognitive impairment (typically stroke).

On top of generic mental health work in CAMHS, my current role involves particular areas of specialism. I have experience in the delivery of parenting interventions and I am actively involved in the provision and supervision of the Incredible Years parenting



programme, as well individual interventions with parents. This has expanded to a wider provision of a pilot programme for parents of teenagers with emotional and behavioural problems in partnership with other agencies. I also take a lead role in the CAMHS neurodevelopmental/ADHD clinic where young people are seen with problems such as ADHD, Tic disorder and some social communication and behaviour difficulties. I am a member of multi-agency steering groups for school anxiety and ADHD. I consult to the agencies schools engagement service (ASET), as well as Le Voies and Le Murier schools.

Therapeutically, I predominantly draw from systemic (family system) approaches and Cognitive Behaviour Therapy (CBT). I also have an interest in Narrative Therapy approaches having completed further training in this area and will often work with individuals and families to help separate themselves from the effects and dominance of problems in their lives, to become more identified with strengths and preferred ways of being that are more in keeping with their personal values. I am trained in Interpersonal Psychotherapy for Adolescents and I am nearing the end of my accreditation process. Through this I offer a sensitive but active treatment choice for adolescents with moderate to severe depression that promotes recovery through maximise their interpersonal skills and ability to get their needs met within existing and new relationships. I have also undertaken further training in emotional regulation techniques, as well as CBT for ADHD in teenagers as part of the development psychological approaches within the ADHD service.

## SOCIAL WORKERS

*Social workers often have a dual training in one or more models of practice, besides their social work profession; they are also qualified family therapists psychotherapists or play therapists. Their guiding principle is to work holistically, promoting empowerment, equality and social justice for individuals and their families to enhance their wellbeing. Their work includes helping families and individuals with many aspects of their lives, including wellbeing, school, family and general lifestyle.*

### Nicky Pledger (Social Worker)

My name is Nicky and I am the CAMHS Social Worker. I have been working with Guernsey CAMHS since Aug 2012 following the completion of an MSc in Counselling Psychology in 2011. I qualified with an MA in Social Work in 2006 and have worked in various front line Child Protection Teams in the UK since. I have experience of working with clients with Eating Disorders in a community setting and play therapy within a Primary School setting throughout 2011. My role in CAMHS is split between the generic and outreach service. I have a special interest in working with families and you might see me working alongside the family therapy team or visiting families at home. I trained in Dialectical Behavioural Therapy (DBT) in 2014 and lead this treatment approach within the Outreach Service. In 2016 I trained in Non-Violence Resistance that is a systemic approach to support parents of children with violent and controlling behaviour.



## CLINICAL NURSE PRACTITIONERS

*Clinical nurse practitioners are trained nurses who have a special interest in your thoughts and feelings. They can also help cope with the physical effects of mental health problems.*



**Sarah Mead (Lead Nurse/Family Therapist)**

Hi, my name is Sarah Mead and I have a dual role as the Lead Nurse and Family Therapist within the team. I have been working in Guernsey CAMHS since 1998. My special interest is in Systemic Family Therapy and I completed my MSc at the Institute of Family therapy in London having previously completed nurse training at the University of Portsmouth. I also enjoyed DBT training and especially appreciate being part of our weekly team consult meeting which helps us think about how we work with those young people at highest risk of harm to themselves. I also value working with our partnership agencies and my systemic colleagues based in adult mental health.

### **Jess Storey (Clinical Nurse Practitioner)**

My name is Jess and I am a Nurse Practitioner with the CAMHS Outreach Team. I studied for a degree in Mental Health Nursing through the University of East Anglia, which I completed in 2012. Since then, I have worked in adult and older adult mental health inpatient settings, including Albecq and Divette ward, prior to moving to CAMHS in October 2013. My particular interests are around the benefits of exercise on emotional wellbeing and believe in a holistic approach, working with each person as an individual. I work with children and young people on an individual basis along with involvement with the Eating disorder Team.



### **Claire Doonan (Clinical Nurse Practitioner)**

My name is Claire Doonan. I work within the Outreach team at CAMHS. I have lived and worked in Guernsey since 2011, and joined CAMHS Outreach in 2012. My main areas of work include the use of Dialectical Behavioural Therapy (DBT) and Eye Movement Desensitisation and Reprocessing (EMDR). DBT supports young people to make positive changes to coping strategies they may use for managing their mood. EMDR offers young people who have experienced trauma new ways to move forward from these experiences with less distress. In using these therapeutic approaches, I hope that young people improve their overall wellbeing and levels of functioning.





### **Tony Collins (Clinical Nurse Specialist)**

My name is Tony Collins and I have worked as a Clinical Nurse Practitioner within the Outreach Team since September 2015. My previous CAMHS experience has, until now, been in the UK. I have worked with young people who have been diagnosed with psychiatric disorders such as psychosis or OCD, or who are vulnerable and at risk of self-harm, low mood or have had suicidal thoughts or plans. I have also worked in a team supporting young people and families experiencing difficulties with diet and eating and also in an ADHD Clinic. I enjoy working with young people and families both individually and in a group setting.

### **Alison Van Heerden (Clinical Nurse Practitioner)**

Hi, my name is Alison and I am a clinical nurse practitioner within the CAMHS generic team and also work within the ADHD clinic. I started working with CAMHS in September 2017. I qualified as a mental health nurse in 2002 and have worked in various settings. These settings include adult acute mental health services, substance misuse, forensics and liaison psychiatry.



### **David Watson (Clinical Nurse Practitioner)**

Hi, my name is David and I am a clinical nurse Practitioner within the CAMHS outreach service. I qualified as a Mental Health Nurse from the University of the West of Scotland in September 2015 then shortly after moved to Guernsey. Since being on the island, I worked on the old Albecq ward and the new Crevichon ward within adult mental health services. With helping young people through their early lives, I moved during the summer of 2017 to CAMHS to progress my career. My background in adult mental health service is working with individuals using a holistic approach to better their recovery journey. I have recently undertaken my Dialectical Behavioural Therapy training (DBT), which has always been an interest of mine and has provided me with a new way to help young people and their family members. Whilst I'm not at work I enjoy exploring the historical places on the island and walking along the beaches.



### Claire Hennessy

I'm Claire Hennessy and I am an Art Psychotherapist and Systemic Practitioner working in the Outreach Team. I have worked alongside Children and their families in London and Devon for over 17 years before returning to Guernsey. I've worked with Looked after and Adopted Children and their carers and have completed additional training in Trauma, Mentalization and Dyadic Psychotherapy. I am interested in offering children and Young people ways to understand themselves through using art materials. I believe these can also enable young people to communicate the thoughts and feelings that can often feel overwhelming and can be too difficult to put into words. I am very interested in relationships and I've completed further training in Family Therapy and with our Family therapists each week in clinic.



### PSYCHOLOGICAL WELLBEING PRACTITIONERS

*Psychological wellbeing practitioners are people who are trained to provide short-term, low-intensity interventions based on Cognitive Behavioural Therapy (CBT) principles for depression and anxiety disorders, and work with people early in their journey of mental health issues.*

### Halina Gleeson and Taryn Hutchinson (Psychological Wellbeing Practitioners)



Hi I'm Halina Gleeson (left) and I'm Taryn Hutchinson (right). We're Psychological Wellbeing Practitioners in the generic team. Halina started working at CAMHS in 2013 and Taryn started 2014. We mostly work with adolescents offering short term interventions such as low intensity Cognitive Behavioural Therapy programmes for low mood and skills based sessions which aim to help clients learn distress tolerance, emotion regulation, mindfulness and interpersonal effectiveness skills. We also offer a guided self-help programme for OCD which we work through with parents and/or adolescents, and a guided self-help programme to the parents of children with anxiety. Although we

mostly work with adolescents, we do also offer relaxation sessions and skills based sessions to younger clients.

### ASSISTANT PSYCHOLOGISTS

*Assistant Psychologists work with qualified psychologists. They help to support patients through some of their difficulties in a variety of ways under the supervision of a clinical psychologist.*

#### Nicola Fuller

Hi, my name is Nicola and I am an Assistant Psychologist working within the generic CAMHS team. I completed both my undergraduate degree in psychology and my master's degree in Clinical Psychology and Mental Health at the University of Sussex. I work closely with the psychologists in the team, helping and supporting them with various tasks. Part of my role in CAMHS is to work within the Neurodevelopmental Team, where I go into schools to observe children as part of an ADHD assessment. I also see young people for relaxation sessions for anxiety.



### ADMIN TEAM



*(from left to right)*

**Kelsey Brache** – Receptionist/ Administration Assistant

**Tracy Lock** – Outreach PA/ Typist and Administration Assistant

**Heather Ferbrache** – PA/Office Administrator

**Cheryl Farnham** – PA/ Administration Assistant

## THE REFERRAL PROCESS

You are normally referred to CAMHS through school nurse or GP. CAMHS will first send out a letter to you to inform you that the referral has been accepted and asking you to contact the service to arrange a first appointment. You will also receive a questionnaire and an information form to fill out and send back to us.

On calling, you will speak to a member of the administration team who will find a convenient slot for an initial choice appointment. First appointments are usually called "choice appointments". These appointments will last approximately 1 to 1 ½ hours. The aim of the first appointment is not only to discuss what is wrong, but to talk and think about things that are going well and things that might help you feel better.

When you come along to your first appointment, you will meet one or two members of the CAMHS team to go through an initial assessment and you may be asked to fill in a couple of questionnaires so we can get to know you and your situation as best we can and what is making you feel the way you do. This will help them to work out how best to help you and your family by discussing with the team who will be best to support you. You will then be contacted either by telephone or through a letter to invite you for further sessions with someone in the team.

Most of the time, it's really important that your family or carers come with you to your first appointment. However sometimes you might want to be seen on your own or with a social worker or school nurse. If this is the case, please let a member of the CAMHS team know or tell the person who referred you to CAMHS.

## WHAT TO EXPECT

At Mignot House, there is a whole team of people who have special training in the way children think and feel and are experts in helping children and their families/carers to solve their problems and make them feel happier. They also support teachers, youth workers and people working with young people by offering them support and training on how to spot mental health difficulties. They help any child or young person to feel better if they think they have troubles with their feelings or the way they act if their Doctor agrees.

CAMHS offers different types of help for children, which often include parents/carers and sometimes the whole family! Sometimes you might want to sit and talk, other times you might play games or draw pictures. To understand how you think and learn you might be asked to answer some questions or be given some puzzles to solve. All these types of help will be explained to you at your first appointment. If at any time you don't like the ideas that people might have for you then you need to tell a team member and or your parent/carer. These appointments will carry on until you and your team member agree that you do not need them anymore.

## JARGON BUSTER

Term	What does it mean?
Advocate	Giving a child or young person support to have their say.
AMS	Adult Mental Health Service.
Assessment	The first meeting with CAMHS where the team listen to you and decide the best way to help.
Attachment	The emotional link between a baby and their parent/caregiver which helps to develop behaviours that a baby displays to get and stay close to the caregiver. This forms the basis for future relationships with peers and adults outside the family.
CAMHS	Child and Adolescent Mental Health Service: promotes emotional wellbeing and delivers preventative services and treatment to children and young people with mental health problems
CAMHS Community Nurse	A Nurse with additional knowledge of mental health who works with school age children who may have mental health difficulties in school, in the family home or in the community.
CAMHS Social Worker	A social worker with additional mental health training and experience who is interested in how a family works and how this affects a child or young person growing up. They work with the child and their family to help keep them safe and to keep the family together.
Carer	A carer is anybody who looks after a family member, partner or friend who needs help because of their illness, frailty or disability. All the care they give is unpaid.
CBT	Cognitive behavioural therapy (CBT) is a type of therapy that aims to help you manage your problems by changing how you think and act.
Child and Adolescent psychiatrist	A doctor who specially trained to work with children and young people with mental health problems. They identify the problem and may prescribe medicines for the child or young person if necessary.
Clinic	The building where a CAMHS consultation or treatment sessions would usually take place.
Clinical nurse specialist	A trained nurse who has a special interest in your thoughts and feelings. They can also help you cope with the physical effects of mental health problems.
Clinical psychologist	People who are trained to help children and young people understand the links between their thoughts, feeling and behaviour. They may suggest things to try help you cope with difficult feelings. They may use games and puzzles to help find out what the child or young person is best at, to help them at school and home.
Confidentiality	This is about how personal or sensitive information is treated and respected: There are rules about sharing information and people should only be told what they need to know about a child or young person so that they can be helped appropriately and kept safe.

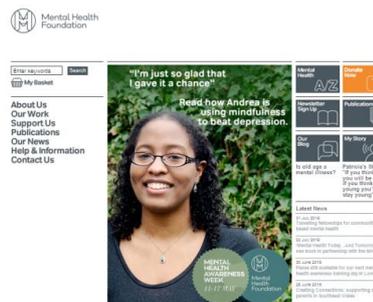
Consent	This means saying yes to something that affects you. Informed consent means that you fully understand what you are agreeing to.
Consultation	This describes a system for CAMHS to provide information, advice, guidance and strategies to other professionals such as school staff and teachers.
Counsellor	Professionals who help you explore feelings about your life so that you can reflect about what is happening and find different ways of doing things.
Data protection	The Data Protection Act (1998) is a law that was developed to give protection and lay down rules about how data about people can be used. It covers information or data stored in a computer or an organised paper filing system about living people.
Discharge	When you officially leave CAMHS.
Early intervention	A way of picking up the early signs of a problem so that help, support or intervention can be given before the problem gets worse.
Family therapist	A professional who works with the whole family. They help families to think about changes they can make so everyone gets on better.
Information sensitivity	This is about control of information or knowledge that might result in loss of an advantage that one service may have over another if it was shared (or disclosed) with others.
Intervention	Medicine (usually tablets) given to you by a doctor (usually a psychiatrist at first, may be your family doctor later) to help you to feel better or more in control of your feelings. There should be careful discussion with you and your parents/carers before medication is prescribed (given) and you should ask if you do not understand the pros and cons of taking the medication.
Learning disabilities	If someone has a learning disability, it means that they may find it more difficult to learn, understand and communicate. Learning disabilities are not a 'mental illness' but can be caused by many illnesses or problems before or during birth, or that develop during childhood or as the result of an illness.
Multi-disciplinary team	A team of health and social care staff. It includes professionals such as nurses, doctors, social workers, psychologists and other workers.
Outcomes	In social care, an 'outcome' refers to an aim or objective you would like to achieve or need to happen. Outcomes can also be used to describe what should happen as a result of a service being delivered to a child or young person. These can be used to see if a service is being effective and making a difference to the young person's life or experience.
Outputs	Outputs are all the detailed services and tangible products delivered by a service. Output indicators are used to measure to what extent an organisation (or service) has delivered your services and what activities have been involved in doing this.

Play therapy	Helps children understand muddled feelings and upsetting events that they haven't had the chance to sort out properly. Rather than having to explain what it is troubling them, children use play to communicate.
Primary Mental Health Workers	Specialist mental health professionals who mostly work by offering advice and support to people supporting children and young people with mild to moderate mental health difficulties, like teachers. They can visit children and young people at their home, go to meetings at the child's school or another community venue like a youth club.
Psychotherapist	Professionals who offer longer and more in depth therapy to work through your feelings and what may be behind them.
Referral	This describes the way that someone you know (maybe a teacher, school nurse, social worker or GP) contacts CAMHS if they are worried about a child or young person, and then set up an appointment. This usually means they will write a letter to CAMHS explaining the reasons why they think it would be helpful for CAMHS to offer you an appointment.
Service user	Someone who uses mental health services, or has done so in the past. Also sometimes referred to as clients or patients.
Signposting	Pointing people in the direction of information that they should find useful.
Social worker	A professional who works with individual people and families to help improve their lives by arranging to put in place the things they need. This includes helping to protect adults and children from harm or abuse, and supporting people to live independently. Social workers support people and help them find the services they need. They may have a role as a care manager, arranging care for service users. Many are employed by councils in children's or adult social care teams.
Talking therapy/treatment	A general term for treatments which involve talking in individual or group sessions with a trained mental health professional.
Voluntary Organisations	Organisations which are independent of the Government and local council's organisations. Their job is to the benefit the people they serve, not to make a profit. The people who work for voluntary organisations are not necessarily volunteers- many will be paid for the work they do.
Wellbeing	Being in a position where you have good physical and mental health, control over your day-to-day life, good relationships, enough money, and the opportunity to take part in the activities that interest you.

## USEFUL WEBSITES

### [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Gives information about mental health conditions and where you can get help.



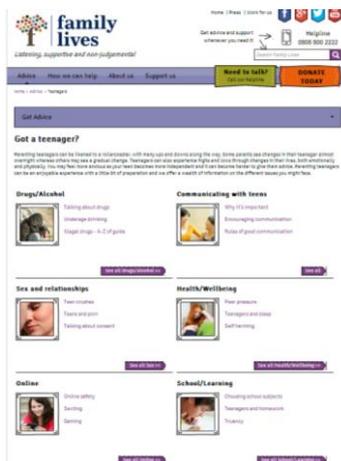
### [www.youthaccess.org.uk](http://www.youthaccess.org.uk)

The national membership organisation for young people's information, advice, counselling and support services.



### [www.familyline.org.uk](http://www.familyline.org.uk)

Family Helpline Free Confidential Support - Help in dealing with life's ups and downs. Call 0808 800 5678 (9am-5pm weekdays).



### [www.familylives.org.uk/advice/teenagers](http://www.familylives.org.uk/advice/teenagers)

Provides information and forums for parents to use to talk to others and get advice.

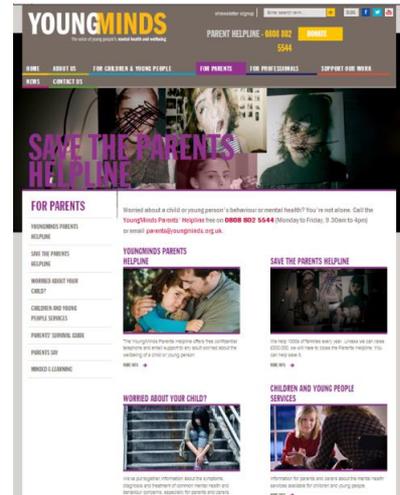
### <http://www.guernseymind.org.gg/>

Guernsey Mind campaigns extensively locally to improve services for mental health. They have lots of useful advice for individuals seeking help for themselves and others as well as employers. They also have a section of other useful websites and local services.



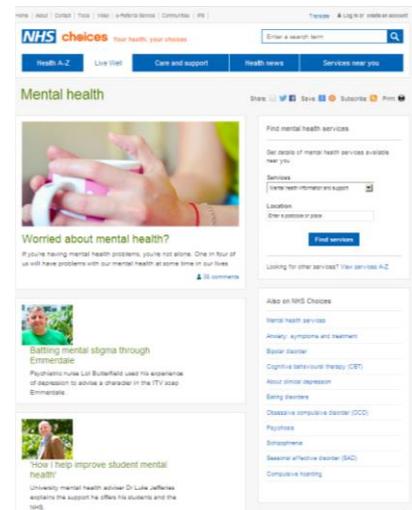
## [www.youngminds.org.uk/for\\_parents/](http://www.youngminds.org.uk/for_parents/)

This website has a range of topics children could have trouble with and gives information about each with a link to find out how you can get help for them.



## [www.nhs.uk](http://www.nhs.uk)

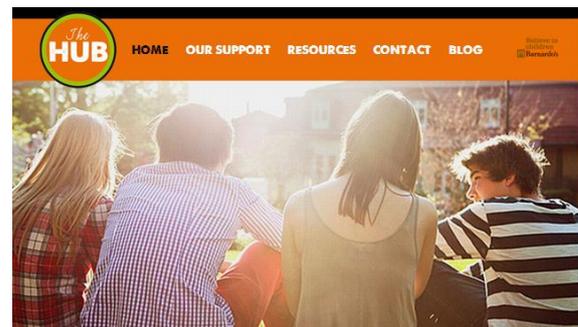
This website covers a wide range of mental health conditions, describing the symptoms and causes for different conditions. It gives information on the medications that may help and what you can do to support someone going through mental health difficulties.



## <http://thehub.gg/>

The HUB is a home to a number of different support services in Guernsey for children, young people and their families where you can access up to date information and advice about mental health difficulties.

Text 07781 122959 or call 01481 724421.



## FREE HELP AND ADVICE FOR YOUNG PEOPLE

All of The HUB's services are available to anyone under 18 years old. Anyone can refer a young person to The HUB. Most young people get in touch with us themselves. Get in touch by text, phone or email to find out what support we can offer you.