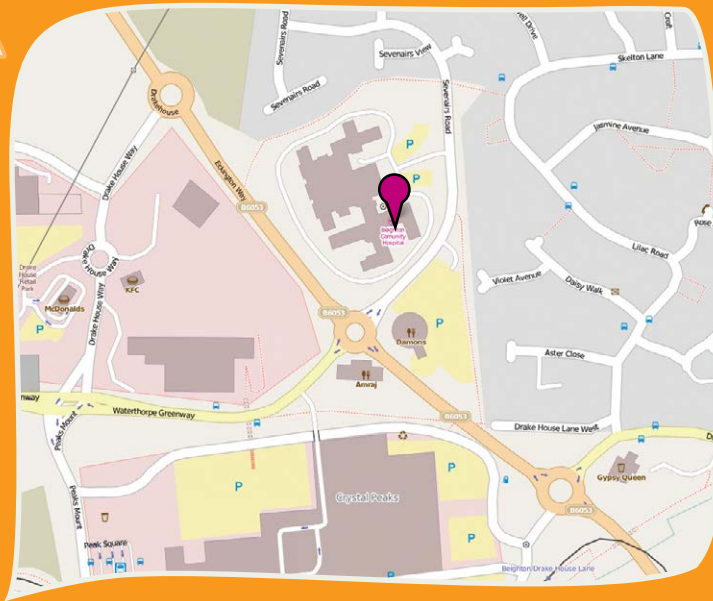


HOW DO WE GET TO AMBER LODGE?



We are based at the Becton Centre for Children and Young People which is very close to Crystal Peaks shopping centre. There is limited parking available in the Becton Centre car park, and some on-street parking available nearby.



BUS ROUTES

28, 27, 27a, 30, 30a, 42, 44, 55, 120, 121, 122, 123, 252, 253, 271, X52



TRAMS

Beighton/Drakehouse Lane stop on the Blue line.

For more information on any of these questions, please visit our website:

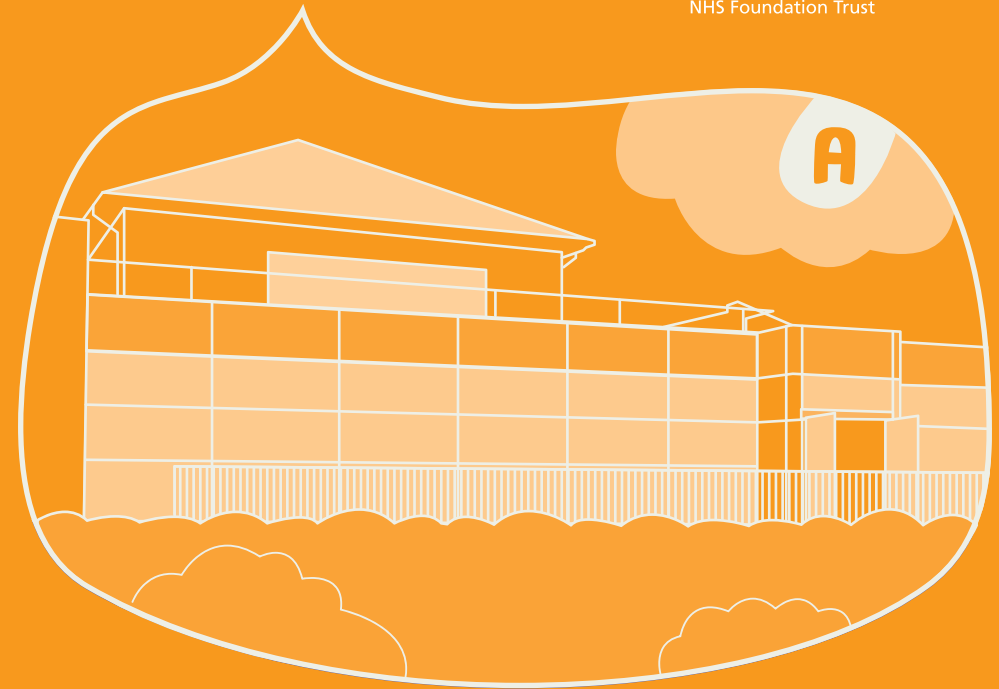
www.sheffieldchildrens.nhs.uk/our-services/camhs

The Becton Centre for Children and Young People
Sevenaers Road
Sheffield S20 1NZ

Telephone: 0114 305 3106

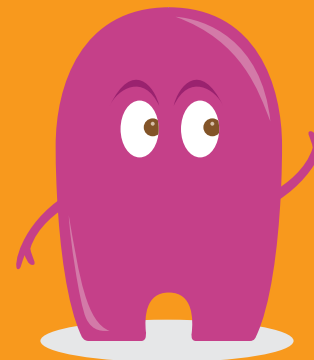


www.epicfriends.co.uk



AMBER LODGE CAMHS

Child and Adolescent
Mental Health services





WHAT IS AMBER LODGE?

Amber Lodge is a service that works with young people aged 5 to 11 years old who are experiencing complex problems with emotions or behaviour. Children and families are seen at home on an intensive outreach/inreach basis, at school, and at Amber Lodge and we have a day unit open 5 days a week. There are places for 8 young people to attend the day unit between 1 and 3 days a week depending on what is needed.

WHY HAVE I BEEN REFERRED TO AMBER LODGE?

Children are referred to Amber Lodge because their feelings and behaviour are making life really difficult for them and are a worry to other people, and the Community CAMHS teams think you and your family need more intensive assessment and help than they can provide.

WHAT DIFFICULTIES CAN WE HELP WITH?

We are expert at assessing, containing and helping children who are struggling to manage their day to day lives. We help children who are anxious, sad, worried, angry and confused. They may have particular developmental difficulties which make life difficult (like ADHD and ASD) and they may have had stressful times within their family and at school. We try to understand all these things and help everyone else understand. Then we can all work together to help, so that life is not so difficult.

WHO COULD YOU MEET IF YOU COME HERE?



FAMILY THERAPIST

MENTAL HEALTH NURSES

CHILD PSYCHOTHERAPIST

TEACHERS

PSYCHIATRISTS

PSYCHOLOGISTS

ART THERAPIST

OCCUPATIONAL THERAPIST



DAY UNIT PRACTICALITIES

The day is from 10.00 – 3.00. You will be brought by taxi – there is always a driver and an escort and you will get to know them well.

Many children like to bring something from home – that is fine but we will keep your things safe in the nurses office while you are here. Do bring a coat and shoes you can play out in!

We provide lunch with lots of choices.

We have four basic rules about being respectful to people and property.

WHAT WILL I DO WHILE I AM HERE?

The Day Unit is structured a bit like a school day with playtimes and lunchtimes. We provide an individualised programme in which you will have:

- Some time in the classroom with teachers (www.bectonschoolsheffield.net)
- Individual sessions which may be a specific type of therapy to suit you
- Therapeutic groups
- Families are involved in therapeutic lunches, joint activities and multi-family meetings

For all children, we visit you at home, we work with parents, we meet with families and we visit your school. You may also come to Amber Lodge for individual therapy.

HOW DO I GET INVOLVED IN AMBER LODGE AND WHAT HAPPENS NEXT?

- If your community CAMHS workers think you have serious and complex difficulties which need further assessment and help they can refer you to Amber Lodge. The Primary Inclusion Service can also ask us to help particular children.
- If we think we can help appropriately we will spend time with you, your family and your school to think about your goals and making a plan of how to help. This helps us to be sure we are all really working together.
- We will decide together about whether the day unit would be helpful for you, how many days it should be, and when you can start. We also decide how we can help the family as a whole and how we will communicate with your school.
- We will review our plan regularly with everyone involved and discuss the next steps needed to help you. We try hard to arrange meetings and appointments to suit you and your family.