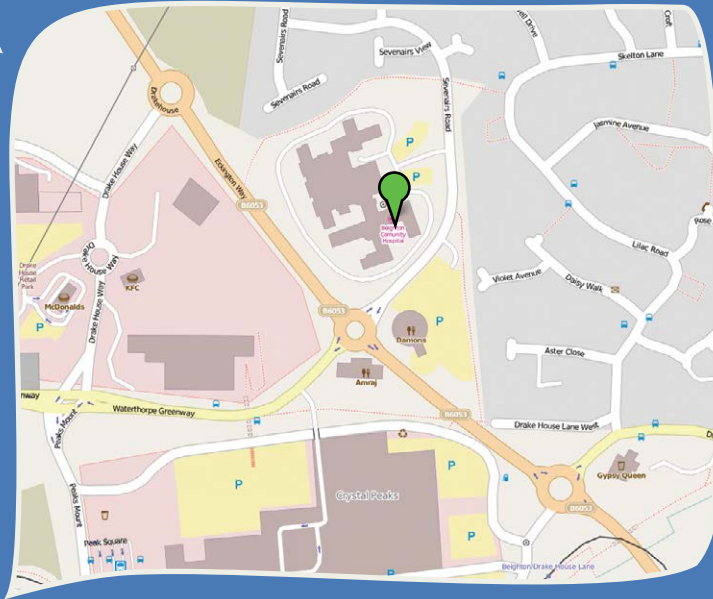




## HOW DO WE GET TO SAPPHIRE LODGE?



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:

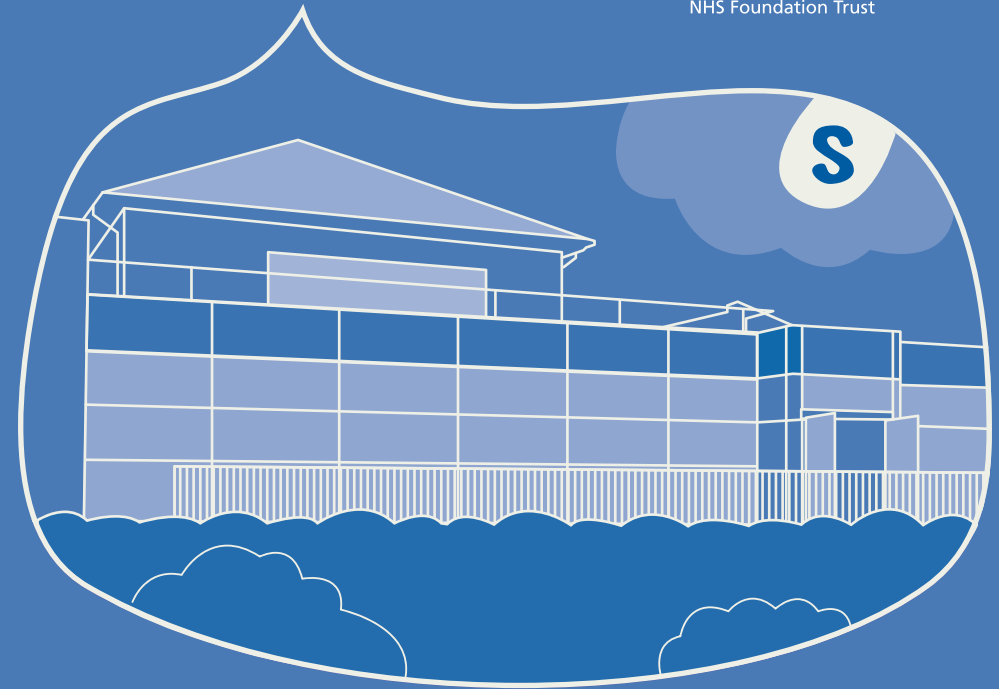
[www.sheffieldchildrens.nhs.uk/our-services/camhs](http://www.sheffieldchildrens.nhs.uk/our-services/camhs)

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

Telephone: 0114 305 3106

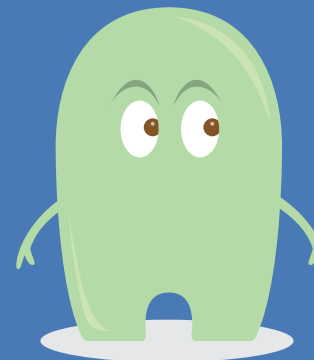


[www.epicfriends.co.uk](http://www.epicfriends.co.uk)



# SAPPHIRE LODGE CAMHS

Child and Adolescent  
Mental Health services





## WHAT IS SAPPHIRE LODGE?

Sapphire lodge is a unit that looks after young people aged 14-18 years old who are experiencing problems with emotions, behaviour or relationships. There are places for 14 residents and people can stay 7 nights a week. Sometimes young people just visit us on a daily basis – there are 5 spaces for day attenders.

## WHO COULD YOU MEET IF YOU COME HERE?

MENTAL HEALTH NURSES

PSYCHOLOGISTS

DIETICIAN

FAMILY THERAPIST

PSYCHIATRISTS

SOCIAL WORKER

DRAMA THERAPIST

SUPPORT WORKERS

TEACHERS

OCCUPATIONAL THERAPIST

PSYCHOTHERAPIST

## WHEN ARE VISITING TIMES?

### WHO?

Parents/Carers/  
Friends and other  
family members

### DAY?

Mon/ Tues/ Weds/  
Thurs evenings

### TIME FROM?

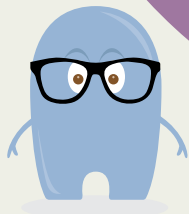
4pm -9pm

## HOW LONG WILL I BE HERE?

Length of stay can vary depending on how much help you need. This will be discussed and reviewed throughout your time here.

## MY MINI TEAM?

Whilst you stay with us you will have a designated group of people who will make up your mini team, and they will support you throughout your stay with us.



## HOW DO I BECOME A RESIDENT OR DAY ATTENDER AND WHAT HAPPENS NEXT?

- **Assessment Meeting** Parents/carers, young people and referrer invited to an assessment meeting which is an opportunity to meet to share information ask questions and plan goals of admission. Here we decide whether admission to Sapphire Lodge is appropriate.
- **Admission process** You and your parents/carer and the people who are usually going to be part of your team meet to check we've got the right information about you and start planning your care.
- **Initial Assessment Period** All young people attend initially for an assessment period, where we begin to get to know each other and start working on the goals we agreed on in assessment.
- **Assessment review** This is every 4 weeks. Everyone involved with your care will try and attend this meeting and reports about your time here will be written from these reviews. We will also review your goals and plan for the future including thinking about support you will need after discharge.

## WHAT WILL I DO WHILE I AM HERE?



- School – Becton School
- Being together meeting
- [www.bectonschoolsheffield.net](http://www.bectonschoolsheffield.net)
- Family therapy
- Young people's business meeting
- Therapy groups
- Individual sessions

Activities will be planned during school holidays

## WHAT DIFFICULTIES CAN WE HELP WITH?

LOW MOOD AND DEPRESSION

OCD

EMOTIONAL WELLBEING AND POSITIVE MENTAL HEALTH

SCHIZOPHRENIA AND PSYCHOSIS

SELF-HARM

EATING DIFFICULTIES