

Working together with young people and their families

Our CAMHS is a 'trauma informed care service' ensuring that everything we do is driven by an understanding of how trauma affects the whole person; physically, mentally and socially. Our expert multi-disciplinary CAMHS team work in partnership with our young people and their families making sure they get the right treatment at the right time.



Transforming lives together

Who we care for

At Smyth House we care for young people aged 13 to 18 with complex mental health problems, severe emotional and behavioural difficulties, intellectual disabilities, mental illness and autistic spectrum disorders. Located centrally in Northampton, Smyth House provides bespoke programmes of care and treatment delivered by a comprehensive on-site multi-disciplinary team (MDT). St Andrew's College, rated 'Good' by Ofsted and 'Outstanding' in behaviours and attitudes (August 2021), is embedded in the service on the top floor of Smyth House.



Our Therapies

Our trauma treatment model means providing the right treatment at the right time and this involves many different members of the MDT working with people to explore their needs and what might help them, our therapies include:

- ✓ Psychology
- ✓ Occupational therapy
- ✓ Vocational rehabilitation
- ✓ Sensory interventions
- ✓ Dialectical Behavioural Therapy
- ✓ Creative therapies
- ✓ Physiotherapy
- ✓ Sport and exercise therapy
- ✓ Speech and language therapy
- ✓ Behavioural Family Therapy



"With grateful thanks and appreciation for all the support you gave to our daughter whilst she was at FitzRoy. We were amazed that she achieved three GCSEs and was very engaged in education – in no small part due to all your efforts and encouragement."
- parent.

Insight into Creative Therapies

Within Smyth there are dedicated Technical Instructors (TIs) that specialise in creative therapies; visual arts and music, who work alongside occupational therapy using the arts to enhance health and wellbeing. They engage with individuals and groups, both on wards and in Smyth's designated creative therapy spaces to support young people to achieve their creative and therapeutic goals. These offer a medium of self-expression, an opportunity to explore current interests and develop previous leisure interests or learn new ones.



Our CAMHS Dialectical Behavioural Therapy Programme

Our CAMHS deliver a full Dialectical Behavioural Therapy (DBT) programme specifically developed for young people aged 13-18. Our approach includes;

Individual therapy – these are one-to-one sessions with a DBT therapist and are focused around achieving a person's agreed goals and solving problems that get in their way such as self-harming, aggression or substance misuse.

Skills training in groups – based around five modules that are taught on a rolling programme to include:



Distress tolerance – how to deal with crisis without having to rely on self-harm or other distressing behaviours



Interpersonal effectiveness – learning to say 'no' to other people whilst maintaining self-respect and important relationships



Emotion regulation – skills to enable people to deal with intense and painful emotional states



Mindfulness – focusing on living life in the present, rather than being distracted by worries about the past or the future



Walking the Middle Path – teaching 'dialectics', validation and behavioural therapy so that young people can successfully navigate relationships with care givers.

Research* led by the CAMHS team at St Andrew's found that; following patients engagement in the DBT skills training cycle there were statistically significant decreases in the frequency of aggressive and deliberate self-harming behaviours and there was a significant improvement in symptomatic and behavioural impairment.

* Hancock-Johnson, E., Staniforth, C., Pomroy, L. and Breen, K. (2019) "Adolescent inpatient completers of dialectical behaviour therapy" *Journal of Forensic Practice*. Article no 638072



DBT skills coaching

DBT skills coaching is available to help our young people practice and use their skills between sessions so they can apply them to their day-to-day lives.

DBT family skills training is also available to help family members learn the skills too.

We know that the breadth of our DBT programme has a real impact on young people's ability to handle crisis – here's what they say:

"The repetition of the modules in the skills training sessions meant that even though I was fighting it and sometimes wanted to self-harm, I was constantly being reminded of alternative ways to deal with difficult situations".

"Although I found DBT skills almost impossible to use when I was very low and distressed, I now use DBT skills every day without even thinking about it. It can be life changing and I feel I can cope with my emotions so much better now than in the past, without resorting to self-harm".

"Looking back, I feel that with DBT, an enormous burden has been taken off my shoulders and I was able to accept my past, and become more concerned with enjoying the moment and looking to the future. I also felt more confident and able to manage social situations without feeling ashamed or inadequate".

Trauma informed model of care (TIC)

We believe that young people should have a choice about their treatment and that they should be fully informed of their options. Wherever possible, families should also be involved in their child's treatment.

Working with our young people we use a treatment model that recognises that trauma has an impact on the whole person therefore there needs to be a staged approach that builds on safety and regulation first. Our approach is directed by an understanding of how exposure to trauma affects people's neurological, biological, psychological and social development.

TIC places emphasis on an individual's safety, choice and control, and means working in partnership with that person and their family whilst ensuring that staff are aware and sensitive to the needs of our young people.



St Andrew's College

Embedded within the service and integral to the work we do with our young people is St Andrew's CAMHS College, a designated learning environment situated within the CAMHS building. Equipped with a range of facilities including music studios, library, art room and science lab, the College team are able to offer a full curriculum reflective of a mainstream educational setting.

The College works closely with the CAMHS clinical teams and their approach is aligned with the services' Trauma Informed Care treatment model.

Meet Cheryl Smith, Head Teacher of our CAMHS College:



"The College offers a really broad curriculum, which we call Activ8, and this provides our young people with the opportunity to study qualifications and skill development in a range of subjects including; Maths, English, Science, Art, ICT, Expressive Arts, PE, everything you would do in a mainstream setting, and within this context we build an individual programme for each young person based on their needs and what they want to get out of their education."



Our latest Ofsted report issued in 2021 rated the College as 'Good' overall and 'Outstanding' for behaviours and attitudes.

"To be awarded 'Outstanding' in behaviour and attitudes, considering the type of service we are, is a huge achievement. It demonstrates how hard we work to support our learners, ensuring they feel safe and respected. The relationships between our staff and students is very strong and this compassion and support is key to our trauma informed approach."

How our CAMHS College team is supporting primary and secondary schools

Being able to support schools and share our expertise in the field of young people's mental health is important to St Andrew's as a charity, and so we've devised our LightBulb Mental Wellness for Schools Programme.

"Our LightBulb programme provides schools with an opportunity to build a culture of mental health support for their students. It's a real responsibility for us to make sure we're using our skills to help schools in the community to pick up on problems early on and support their young people."



To find out more about the LightBulb programme visit stah.org/education/light-bulb

St Andrew's School Mental Wellness Programme

Vocational excellence

Our award-winning vocational services are at the heart of each patient's recovery plan. With a broad range of courses, work-environments and skills-based opportunities to choose from, patients can develop real-world experiences which help to build confidence and resilience. Services on campus are extensive, and we also partner closely with community services and educational institutions such as the University of Northampton.

Outcomes focused care

We utilise a range of established assessment and treatment tools to monitor and evolve the Care Treatment Plans of people in our care. We combine a structured approach towards positive risk-taking with:

- Beck Youth inventories II
- Child and Young person Resilience Measure
- UCLA PTSD screen
- Strengths and Difficulties Questionnaire
- Difficulties in Emotional Regulation Scale
- WhoQol
- HoNOSCA (done in ward round)
- CGAS



How to make a referral into our CAMHS:

Please call: freephone 0800 434 6690

Or email: admissions@standrew.co.uk