



# Care-Experienced Young People team (CEYP team)

# What is the CEYP Team?

**We would like to welcome you to our Care-Experienced Young People team (CEYP team) and share information on how we can support you.**

We are part of the Child and Adolescent Mental Health Service (CAMHS) and we work with care-experienced young people across Argyll & Bute who may be experiencing worries or difficulties in their lives. We support young people up to 18 years old who are living in residential care, foster care or who have been adopted. We also support carers, families, the local authority and the wider team around the child or young person. A mental health diagnosis is not required to get help from our service.

# Why is there a CEYP Team?

Some children and young people through no fault of their own can find themselves in circumstances that make their lives more challenging. They might have experienced trauma and adversity in childhood. They may have also experienced further stress and difficulties since then that could be impacting on their emotional and physical well-being.

Many children and young people will recover from their experiences by drawing on their own coping skills and support from others. Others will need mental health support but may find it hard to access services. We are keen to ensure that care-experienced young people and their carers can access our support when it is needed. Our team are here, if you need us, with non-judgemental, trauma-informed help and advice.

*We are part of the wider CAMHS team. We can work with our colleagues if needed to give you the best support we can.*



# A young person's perspective

We would like to share one young person's experience with CAMHS as we are aware of how difficult it can be to ask for help. Thank you to the young person who allowed us to share their point of view:

*"I started to self-harm when I was moved to stay with a foster family. I missed my Mum even though it was terrible living there. I hated telling anyone my business so at first I hated going to CAMHS, but, it got easier when I got to know my person who helped me to cope. I still feel anxious and down sometimes but going to CAMHS really helped to sort stuff out"*

## What do we do?

We are a team of therapists trained in different ways. The support offered for each young person can look different. We try to think and plan supports with a young person and their carer(s). Here are some examples of our work:

- We meet with carers and other involved professionals to think about how they can best support a child or young person (we call this consultation).
- We offer training to carers to help them support young people who are experiencing difficulties.
- There are times when children and young people get stuck with memories, thoughts or worries about what has happened to them, or their families, in the past. This can make it hard to trust other people or to feel safe and happy. We can help you to make sense of your situation and how you are feeling. We can help you with the difficulties you are facing.
- Things can get hard between young people and their adoptive parents or carers at different times for lots of reasons. We aim to help to support your relationships and to promote healing from distressing life experiences.

# How can we help?

**We want to help and it would be great to meet you!** The next step would be to contact your GP, school nurse, carer, key worker, teacher, throughcare worker or social worker. Your chosen person can contact us or fill out a referral form that will come to our team. It is important that they have your permission to pass on information about you. Your consent is mandatory. You have the right to refuse consent.

*If you agree to the referral being made to our team, we will then arrange to speak to your social worker/throughcare worker (if you have one) in the first instance. We do this to help support you because we have listened to young people who have said how hard it is to have to 'tell their story' lots of times to new people. All background information we hear will be stored confidentially. We will also offer to meet with you, if appropriate, to hear anything you would like to share with us.*

## **CAMHS CEYP Team**

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