

# Child and Adolescent Mental Health Services

## Choice Appointment

Appointment information for young people, parents and carers



You have been referred to Child and Adolescent Mental Health Services (CAMHS) and an appointment has been made for you or your child to be seen at our Choice clinic.

### **What is a Choice Appointment?**

The Choice Appointment is our term for the first contact a child or young person has with CAMHS. The aims of this appointment are to:

- Try to get a shared understanding of your concerns
- Identify the supports and strategies that are helpful currently and clarify your hopes for change
- Identify the choices for future actions.

Ultimately the Choice Appointment is about working together to make an informed decision about what is needed to help you either within our service or in a different service.

### **How long is the Choice Appointment?**

Choice Appointments usually last for one hour.

Sometimes we may agree that one appointment is not long enough to understand what help you need. If this happens you may be invited to a further Choice Appointment.

When you come to your appointment, please bring any information that you think would be helpful for us to know, including information about support and strategies that you find useful.

### **Where will my Choice Appointment be?**

Your Choice Appointment may take place on the telephone, by video-call or in person at one of our Outpatient Clinics.

This information will be in your appointment letter. Please read your appointment letter carefully.

### **What happens if I cannot attend my Choice Appointment?**

Please telephone us as soon as you can and another appointment will be offered to you. You can find the telephone number for the appointments officer on your appointment letter.

## What happens if I do not attend my Choice Appointment?

If you do not attend your Choice Appointment without letting us know, we do not usually offer another appointment.

We will write to you to let you know that you have been removed from our waiting list. We will also let your GP and the person who referred you know.

## What happens after my Choice Appointment?

If after discussion, it is agreed that further input from CAMHS is needed to help you to work on your goals, then you will be added to our assessment and treatment waiting list.

If we identify together that a service outside of CAMHS is a better fit for you, we will (with your permission) refer you on to that service.

We may also agree that no further input from CAMHS is needed. We will share self-help ideas, resources, and information if it is agreed that no further help from CAMHS is needed at this time.

We will write a summary of the Choice Appointment and send this to you. We will also send a copy of this summary letter to your GP and the person who referred you.

If you attend school then, with your permission, we will send information to your school so that they can use this information to plan and provide support as needed.

## Privacy and your Choice Appointment

In order to care for you and provide the right support to help you, we sometimes need to share some of your information with those around you and other services. This will usually be discussed with you first.

If you say something that suggests concerns about your safety or the safety of someone else, we have to pass this information on.

Most young people find it helpful to have their parents or carers involved in both the initial assessment and any ongoing treatment with CAMHS. If you want to know more about how we use your personal information, we have another leaflet available on our website which explains confidentiality further.

[services.nhslothian.scot/camhs/Pages/Referral-Information.aspx](https://services.nhslothian.scot/camhs/Pages/Referral-Information.aspx)

## Useful resources

Our website has lots of useful information on community resources as well as online resources.

[services.nhslothian.scot/camhs/Resources/Pages/default.aspx](https://services.nhslothian.scot/camhs/Resources/Pages/default.aspx)

