

## Who are we?

Opening Times: Monday – Friday 9am – 16:30pm

CAOT is a specialist service that is part of the NHS Lothian CAMHS. We provide assessment and treatment for children, young people and their families who present with increased risk, where a higher level of support is needed.

The team is made up of professionals from nursing, psychiatry, psychology, family therapy and occupational therapy. We also work with arts therapy, music therapy, speech and language therapy, social work and students.

## Who gets referred to us?

We work with children and young people up to 18 years old who are referred to CAMHS if there are significant concerns about their mental health or wellbeing and when their difficulties are impacting upon their day-to-day life.

Referrals to our team can **only be made internally** by CAMHS teams.

## What happens when we get a referral?

- When we receive a referral, it gets discussed at our daily morning meetings and we discuss whether we are the best team to help support you.
- It is important that you are also happy to work with us, so we will always check that you consent to working with our service.
- Sometimes we may need further information before accepting a referral and we will speak to your case holder for more information.
- If we are going to work with your family, we will contact you to arrange an assessment appointment.

## When we start working together

### *What might happen next*



- Initially we will offer you 6 weeks of assessment and treatment where we will agree a plan together and set goals for intervention.
- We will regularly review these goals together to make sure that we are the right team to help support you.

### *Getting To Know You*



- We will explain what our service offers and how we might be able to support you.
- If you agree, we might speak to other people who know you well, for example a teacher or your family.
- There are different places where we can meet - this could be at CAMHS, at your home or somewhere else in the community

### *Things we might ask*



- What a typical day is like for you.
- What you think is going well and the things you are finding difficult.
- What is important to you.

We will then work together to help you set goals based on the things that are important to you.

**If you need urgent help outside of working hours for your mental health, you should contact NHS24 online or call 111. Additional support and guidance can be found online at [www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-support/mental-health-services-at-nhs-24/](http://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-support/mental-health-services-at-nhs-24/)**



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