



## To refer

Any health or social care professional can call us to discuss a young person. Together we will decide the best course of action for the young person.

We also provide a signposting service to enable professionals to identify the most appropriate service to meet their needs, including access to nationwide FCAMHS teams.

## To make a referral or to discuss a young person with us:

T: 0115 952 9487

E: [FCAMHSEastMidlands@nottshc.nhs.uk](mailto:FCAMHSEastMidlands@nottshc.nhs.uk)

W: [stah.org/FCAMHS](http://stah.org/FCAMHS)

This leaflet is available in other languages and formats on request.

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# East Midlands Community Forensic Child and Adolescent Mental Health Service (FCAMHS)



# Forensic CAMHS

East Midlands Community Forensic Child and Adolescent Mental Health Service (FCAMHS) is a multi-disciplinary service. We provide advice, consultation, specialist assessment and support to services and teams working with young people in the community, who exhibit risky behaviours or who are already in the youth justice system and have or display signs of mental health difficulties.

Our service consists of professionals from Nottinghamshire Healthcare NHS Foundation Trust and the mental health charity St Andrew's Healthcare. Our multi-disciplinary team has diverse and extensive clinical experience of children, young people and adults from criminal justice, secure mental health hospitals, community mental health, social work, learning disability and education settings.

## Our team includes:

- consultant forensic psychologist
- consultant child and adolescent psychiatrist
- clinical nurse specialists
- sexual harm behavioural specialist
- speech and language therapist
- mental health nurses
- social worker

## How we can help

We can offer:

- specialist assessment including risk assessment
- risk management planning
- case formulation
- independent assessments
- treatment package development
- training for professionals
- support transitions in and between services.

We work with children or young people up to 18 years old who live in the East Midlands area, including; Derbyshire, Nottinghamshire (excluding Bassetlaw), Leicestershire, Lincolnshire, Northamptonshire and Milton Keynes.

We do not case hold and we only accept referrals where the young person is actively supported by Child and Adolescent Mental Health Services (CAMHS) or social services.



## How we can support you and your young people

We work in collaboration with you and your team to help the young person:

- reduce risk and risky behaviours
- improve resilience
- learn and apply techniques to stop behaviours before they escalate
- prevent a deterioration in mental health
- engage with mainstream services