

# CO&TS

## CAMHS Outreach and Therapies Service



Information for parents and carers



## Patient Advice and Liaison Service (PALS)

PALS provides confidential non-medical advice about local NHS services.  
Monday to Friday 8.30am–4.30pm.  
Email: [pals@nhsleeds.nhs.uk](mailto:pals@nhsleeds.nhs.uk)  
Call free on 0800 0525 270

We can make this information available in Braille, large print, audio or other languages. We can also provide interpreters for languages or signing at your appointment. Please contact us to find out more.

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

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## Contact us

CO&TS  
Little Woodhouse Hall  
18 Clarendon Road  
Leeds LS2 9NT

0113 305 7200  
Office hours: Monday–Friday, 9am–5pm

If you experience difficulties outside these hours please contact your GP or NHS Direct 0845 4647

## Help us get it right

If you have any complaints, concerns, comments or compliments please let us know. We learn from all comments we receive and use the information to improve our services.

If you have a concern, please speak to any member of CO&TS staff. If you would rather talk to someone outside the service, you can contact PALS.



# What is CO&TS?

CO&TS works with children, young people and their families who need more support from the Leeds Child and Adolescent Mental Health Service. The child or young person will be experiencing difficulties that are causing significant disruption to their lives, for example in school, socially or with relationships or with family.

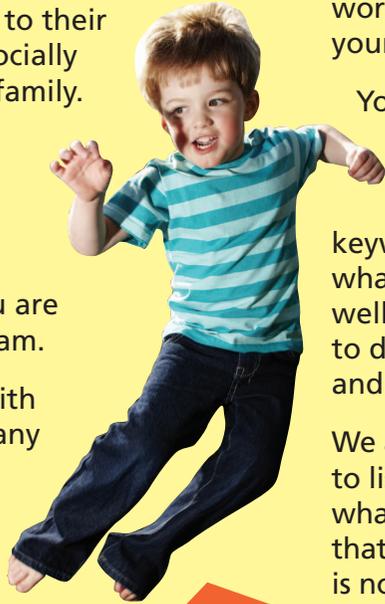
## The team

Your son or daughter and you are important members of the team.

We will also work together with your CAMHS caseholder and any other people who help you and your son or daughter. This might include school, paediatrics, youth or social care workers. CO&TS has a dedicated team that includes mental health nurses, therapeutic social worker, occupational therapists, psychologist, psychiatrists, art therapist, drama therapist and education learning mentors.

One of the CO&TS team will be your son or daughter's keyworker and will take responsibility for planning care and communicating to you and everyone in your team.

Everyone involved will work together to support your child or young person. Together the team is able to make positive steps to improve things.



# What do we do?

What we do depends on each child or young person's needs.

Your CAMHS caseholder will have spoken to you about involving CO&TS and how we can work with your child or young person and your family to achieve their goals.

Your caseholder will also speak with you about their continuing involvement in your child or young person's care. Each child or young person has a CO&TS keyworker to meet with them and listen to what help they need and what is working well in their life. They may also meet with you to discuss your child or young person's care and goals.

We always aim to work with the whole family to listen and find out what help they need and what is working well in their life. We recognise that sometimes for some older teenagers this is not always possible or helpful.

Your keyworker will talk about where and when it is best to see your son or daughter. This may be at home, school, CO&TS building or somewhere else close to home.

Your child or young person will agree with their keyworker how their goals will be met.

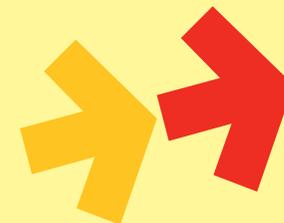
This may include working with your son or daughter or you individually, attending a group, or working with your family altogether.

Your keyworker will ask you and your child or young person some questions. They will listen to what you say and together you will work out what is important. We will put together

a plan with you about what support you would find helpful. Older children may feel able to discuss their situation on their own with their keyworker.

We listen to what children, young people and their families have to say about their experiences and what they would like CO&TS to help them achieve.

CO&TS will have regular planning meetings with your son or daughter, you, and other people who help, to review your goals and listen to your views.



## Therapies programme

Leeds CAMHS offers a wide range of therapeutic groups. Your keyworker may talk about a group which they feel might be helpful.

