

Supporting children & young people

The UNIFIED ADOLESCENT TEAM

The Psychological Therapy Service for Swanwick Lodge



What to expect from our service

Who we are and what we do

We are a team of nurses, social workers, therapists, psychologists and psychiatrists and we come from the Health Service.

One of us will meet with you soon after you are admitted to Swanwick Lodge and we will go through an 'initial assessment' with you. The assessment is an opportunity for you to tell us about things that are important to you and what you think needs to happen when you leave us. We also talk with your family, carer/ carers and professionals to see if they think you have any needs that we can help with.

During the assessment we will ask you a number of questions to see how you are, if you are sleeping well and eating ok. If you are on medication for ADHD or any other health problems, we have a consultant psychiatrist who can check your medicines and any health concerns with you.

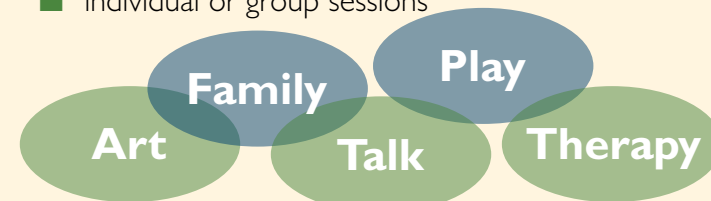
We will also ask you to fill in some questionnaires in order to get a better understanding of how you are and what you might need while you are here in Swanwick Lodge and in the future when you leave.

Why should you work with us?

The UAT have lots of experience in working with children, young people, families, carers and with other professionals. We are friendly and approachable and want to support you in the best way that we can.

We can offer you:

- a confidential chat to explore your individual situation
- an opportunity to speak with your family, carers or professionals to discuss concerns
- individual or group sessions



Using therapy can help to make sense of the past and help you to find ways to a better and brighter future. We do recognise that your feelings are important and you need to speak out about the circumstances you find yourself in.

Although it is completely voluntary, all children are encouraged to meet with the UAT, and by working together we can help you. This can be in order to help you individually, or you can help us to explain to professionals how you are feeling and what you believe needs to change in your life. This will be written up within 28 days of your stay.

Thinking ahead

The UAT work closely with you by listening carefully to what you and your families tell us. We ask everyone who is important in your life to join in the therapy sessions as we think together about the most useful way forward.

If you still need therapy, or ongoing CAMHS support when you leave Swanwick Lodge, we will endeavour to contact workers close to where you will be living, so that this can happen as smoothly as possible.

Within 28 days, we write a report which includes all the good things about you together with any concerns and suggestions about what needs to happen next.

Disclaimer

For legal reasons, confidentiality is limited. This means that some of the things you tell us we have to pass on to others. We will always tell you about this and who it is we are going to speak to - so there is nothing important hidden from the people who are working to help you.

The UNIFIED ADOLESCENT TEAM

The Team at Swanwick Lodge

The UAT provides a highly valued service in Swanwick Lodge that can help with all areas of your life.

We work in partnership with all those involved in your life and we recognise and understand that young people often 'act out', instead of 'speaking out' about their feelings.

We aim to:

- create a safe place to talk
- help young people to look at ways to think more clearly, act differently and feel better about themselves and others
- support young people if they are hurting because they have moved away from their family or carer
- make links with the professionals involved in order to work closely together, gaining a clear understanding of needs and encouraging joint working
- providing consultation to the professionals involved
- make links with services where the child/ young person lives to be sure that they still get support after they leave Swanwick.

Feedback

We are always looking at ways to improve our service to you and we value your feedback.

If you have a complaint or compliment you wish to make you can contact the

Highly Specialist Therapist

Swanwick Lodge
Glen Road, Off Swanwick Lane,
Swanwick
Southampton
Hampshire
SO31 7HD or

The Psychiatrist

The Unified Adolescent Team
Oak Park Children's Services
8, Lavant Drive
Havant
Hampshire
PO9 2AW

