

Contact Details

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LI-CBT assessments

A parent & carer guide to
Low Intensity – Cognitive Behavioural Therapy
assessments.

Dunstable CAMHS

NHS

East London
NHS Foundation Trust

Mental **H**ealth **S**upport **T**eam

What is an LI-CBT assessment?

An LI-CBT assessment is a session that takes approximately 60 minutes. It helps us to get to know you and your child, what help is needed and to explore how we can help going forward. We like to meet face to face in school or our clinic, or online using a virtual appointment.

Why do you need to do an assessment?

It is important you meet the person who will work with you and provide your treatment. It is also important for us to get to know you both and understand the difficulty so we make sure this treatment is right for you and will meet your child's needs.

What do we discuss in an assessment?

In our session we will make an agenda together to make sure you can talk about anything important to you. We will also add these things to the agenda;

- Confidentiality
- Information that helps us to know your child
- Breaking down the problem by exploring how your child's difficulty affects them in different ways.
- Helping your child to understand the problem using a "problem statement."
- Exploring any risks or concerns you have that may affect your child's safety or someone else's safety.
- Helping you to understand what LI-CBT treatment is best for your child and setting SMART goals to achieve from your treatment.

What treatment would we be offered?

For children aged under 12, we offer parents a "parent-led" intervention as younger children can find it difficult to use strategies and maintain changes by themselves. Research also shows that helping parents to help their children provides more successful outcomes and gives parents confidence in helping their child.

For children aged 12 or over, we will work with them directly and involve parents where we can. We will also consider children who are nearly 12 with parental consent and if this is right for their needs.

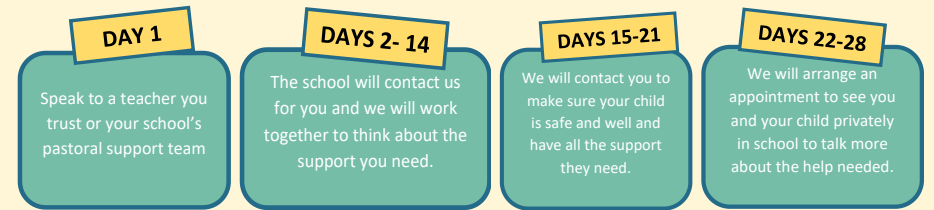
How old do I need to be for an assessment?

We work with children aged between 4-17 and we always welcome parents into the assessment. If your child is over 16, they can be seen alone without parent's permission and are required to ask their consent to share information with parents.

For young people who are over 13 years old but not quite 16yrs, we will always consider their choice but both the school and our team will want to explore this with them carefully. Your child's safety is important to us so we will always explore how we can communicate with parents what they need to know and get your child the help they need.

How does this process work?

Here is a rough timescale of our process. If this takes any longer, we will tell your school and they will let you know.



If we can't help at any of these stages, we will make sure you know why and we let you know who else can.

How can I request this intervention?

We encourage you to speak to your child's school. You can fill in the slip below and hand this to your child's teacher who will pass this onto the relevant person who will speak with you further to make a referral for you.

Name of child:

Name of Parent:

Contact Number:

Intervention: LI-CBT assessment

Date: