

Bright Ideas

for PROFESSIONALS

Helping you get the best out of CAMHS

Confidentiality

REMEMBER WE TALKED ABOUT CONFIDENTIALITY, AND WHEN I MIGHT HAVE TO SHARE SOMETHING YOU TOLD ME?



YOU'VE DONE THE RIGHT THING TALKING TO ME ABOUT THIS. LET'S TALK ABOUT WHO NEEDS TO KNOW ABOUT THIS, HOW WE TELL THEM AND WHAT HAPPENS NEXT?



TALK TO ME ABOUT CONFIDENTIALITY AND IF YOU THINK SOMEONE NEEDS TO KNOW SOMETHING I TELL YOU.

LET ME KNOW WHO YOU ARE TALKING TO ABOUT ME SO I AM PREPARED FOR IT.

KEEP ME INFORMED ABOUT THE NEXT STEPS.



Relationship

HI, I'M SAM. SHALL I TELL YOU A BIT ABOUT MYSELF AND WHAT I DO?



WELL, I LOVE NEIGHBOURS SO MUCH I HAVE IT ON SERIES RECORD!



IT MAY HELP TO FIND OUT ABOUT ME, I AM MORE THAN JUST MY PROBLEMS.

HELP ME TO FEEL MORE COMFORTABLE WITH YOU, MAYBE WE HAVE THINGS IN COMMON?

TALK TO ME ABOUT WHY I'M HERE, I MAY NOT KNOW OR UNDERSTAND.

Reassurance

...AND THEN THERE'S THIS... AND OF COURSE THAT... AND THIS... OH AND THEN THAT MEANS THIS IS LIKE.....



WOW! IT REALLY SOUNDS LIKE YOU HAVE A LOT GOING ON AT THE MOMENT? NO WONDER YOU ARE CONFUSED, I WOULD BE TOO.



THERE WILL BE GOOD DAYS AND BAD DAYS WHEN I AM IN CAMHS, IT MAY HELP ME TO EXPLAIN THAT THERAPY MIGHT FEEL REALLY HARD SOMETIMES AND THAT IS OK.

LET ME KNOW HOW I FEEL IS OK AND IT DOESN'T MAKE ME A BAD PERSON.



Expectations

THIS PERSON IS GOING TO FIX ME AND MY FAMILY AND MAKE EVERYTHING BETTER AND I WILL NEVER FEEL SAD AGAIN!



LET'S THINK ABOUT WHAT YOU MIGHT LIKE TO GET OUT OF COMING HERE AND HOW WE MIGHT KNOW THIS IS WORKING FOR YOU.



I MAY HAVE UNREALISTIC EXPECTATIONS ABOUT WHAT I HOPE TO GET OUT OF CAMHS. TALK TO ME ABOUT WHAT THESE ARE AND HOW WE CAN SET ACHIEVABLE GOALS TOGETHER.

HELP ME TO UNDERSTAND HOW I MIGHT KNOW WHEN I ACHIEVE MY GOALS.



Individuality

HOW WILL THEY UNDERSTAND THE REAL ME?



IT'S KIND OF STRAIGHT AND GREEN...



IT SOUNDS A BIT LIKE ASPARAGUS

YEAH, IT IS!



I MIGHT APPEAR LIKE LOTS OF OTHER YOUNG PEOPLE YOU HAVE SEEN. UNDER THE SURFACE I HAVE DIFFERENT THOUGHTS, FEELINGS AND NEEDS.

CAN YOU MAKE A THERAPY THAT FITS ME, RATHER THAN FIT ME INTO A THERAPY?

CHECK OUT WITH ME THAT YOU HAVE UNDERSTOOD WHAT I AM SAYING.



Choices?

WOULD IT BE EASIER FOR YOU TO DRAW THAT OR WRITE IT DOWN RATHER THAN SAYING IT?



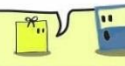
AND WOULD IT BE HELPFUL TO HAVE AN APPOINTMENT AFTER SCHOOL NEXT WEEK AS YOU HAVE EXAMS?



ASK ME WHAT IS THE BEST WAY TO TELL YOU MY DIFFICULTIES.

GIVE ME OPTIONS LIKE WRITING OR DRAWING.

LET ME KNOW ABOUT OTHER CHOICES I HAVE LIKE WHEN, WHERE AND WHO I SEE AND WHAT TO DO IF I AM NOT HAPPY WITH ANY OF THESE.



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Written and created by young people's Bristol & South Gloucestershire CAMHS Forum