

## FOI 0143 2024 Response

Under the Freedom of Information Act, I would like to request the following information:

### **Background information:**

- Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's, and Autism West Midlands work together to provide emotional wellbeing and mental health services for children and young people in Solihull within our Child and Adolescent Mental Health Service (Solar).

Solar is a secondary care service which accepts referrals from children, young people, and parents/carers themselves, alongside referrals from professionals.

Solar provides multi-disciplinary assessment and treatment of children and young people with mental health or severe emotional and behavioural difficulties. The service currently accepts children and young people, until their 18th birthday, who are residents in the borough of Solihull, go to school or college in the Solihull area, or have a Solihull GP.

Please note, that for information on children and young people in receipt of CAMHS services in Birmingham, please redirect your request to Forward Thinking Birmingham Service which is hosted by Birmingham Women's and Children's Trust.

- 1. Could BSMHFT CAMHS provide evidence-based psychological therapy for developmental trauma and attachment, which could be adapted to meet the needs of an autistic child?**

Solar provides psychological interventions, which include Talking Therapies including EMDR (Eye Movement Desensitisation and Reprocessing), psychodynamic, psychotherapy and creative therapies, such as Art Psychotherapy.

The adaptations to meet the needs of an Autistic child or young person would be individualised depending on the needs of the person.

- 2. Could BSMHFT CAMHS provide Dyadic Developmental Psychotherapy which could be adapted to meet the needs of an autistic child, including incorporating techniques from Theraplay, to support development of sensory integration?**

Solar does not provide Dyadic Developmental Psychotherapy or Therapy.

- 3. What are the current waiting times for such therapy?**

Not applicable as Solar does not provide Dyadic Developmental Psychotherapy or Therapy.

- 4. Could BSMHFT CAMHS provide at least 24 sessions of Dyadic Developmental Psychotherapy and if not what are the maximum amount of sessions BSMHFT CAMHS could provide to a child?**

Not applicable as Solar does not provide Dyadic Developmental Psychotherapy or Therapy.

**5. Does BSMHFT CAMHS have therapists who are trained to work therapeutically with autistic children and are able to adapt therapy to meet the needs of an autistic child?**

Solar has a number of therapists who are trained to work therapeutically and are able to adapt therapy to meet the needs of an Autistic child.

Additionally the team have consultation with Autism West Midlands for additional support and guidance.