



Ealing CAMHS

Mental Health Support Team, MHST+

Learning Disabilities & Autism Practitioners (LDAPS)

We work with children and young people with learning disabilities and/or autism (LDA) and their systems (parents, families, and school staff). We offer early intervention support for mild to moderate mental health needs (low mood, anxiety) and challenging behaviours, using evidence-based approaches adapted to the needs of needs of children and young people with LDA.

We are a schools based service, working with children and young people with LDA and mental health and/or challenging behaviour needs in Ealing MHST primary and secondary schools. Rather than working in specific schools on particular days, we share our time across all Ealing MHST schools. We take a 'whole school approach' to raise awareness and offer psychoeducation about how to support the wellbeing of children and young people with LDA.

Adapted CBT

Cognitive Behavioural Therapy (CBT) is an intervention that supports children and young people who show mild to moderate low mood or anxiety.

- Ages 8+
- Up to 12 sessions with the child/young person or parent/carers

VIG

Video Interaction Guidance (VIG) is a collaborative intervention working with parent/carers or school staff to support attunement within adult-child relationships using recorded interactions and shared reviews.

- Ages 4+
- 3-6 sessions ('cycles') with adult

PBS

Positive Behaviour Support (PBS) is an intervention that supports systems with understanding the 'functions' of challenging behaviours, developing home and school environments that best meet the child's needs, and enabling the child to use their strengths and abilities to communicate their needs in alternative ways to challenging behaviours.

- Ages 4+
- Up to 8 sessions with parents/carers and/or school staff supporting the child

Groups and Workshops

The LDAPS can offer groups and workshops to support children/young people, parents/carers and school staff to raise awareness and develop skills in relation to the wellbeing of children/young people with LDA. Please contact the LDAPS to discuss referral requests for groups and workshops.

Who can you refer?

To ensure that our interventions are as helpful as possible, the LDAPS accept referrals for children and young people who have been given diagnoses of Learning Disabilities and/or Autism or who have been referred for assessments in relation to these diagnoses, such as: Educational Psychology, Child Development Team, Neurodevelopmental Team.

How to refer

The LDAPS work with referrals from Ealing MHST schools. To make a referral please complete the MHST referral form in full and email to ealing.mhst@nhs.net with the subject heading: 'For the attention of MHST+ LDAPS'.

