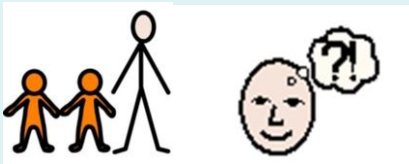


The Child Development Centre in Portsmouth

Information for parents and carers



Key points



The Child Development Centre sees children who have learning disabilities.



We help these children if they have mental health problems as well.

The Child Development Centre sees children and young people in Portsmouth and across south east Hampshire who have global developmental delay with additional psychological needs.

Mental health and emotional problems can be experienced by all children including those with learning disabilities. Some children can't tell us what is wrong but their behaviour might indicate that they are experiencing mental health problems or are perhaps unwell.

Issues relating to mental health include things like:

- anxiety and worries
- feeling low or depressed
- feelings of anger and frustration
- feeling the need to carry out routines or repeat behaviours in certain ways
- a very small number of children might experience more severe mental health problems such as hearing voices.

In our team we offer specialist mental health assessments for children with learning disabilities. Our approaches include the following:

- positive behaviour
- functional analysis
- sensory integration
- sleep assessments
- cognitive assessments
- stepping stones
- positive behaviour management group.

We use a range of therapies that are found across other Child and Adolescent Mental Health Service areas but adapted for the needs of children with learning disabilities and developmental delay, for example Cognitive Behavioural Therapy, bereavement work and narrative approaches..




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about the services we provide.

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the Patient Advice and Liaison (PALS) and Complaints Services on
0800 013 2319 or ***Snhs.solentfeedback@nhs.net***
Alternatively, visit: www.solent.nhs.uk/contact-us

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