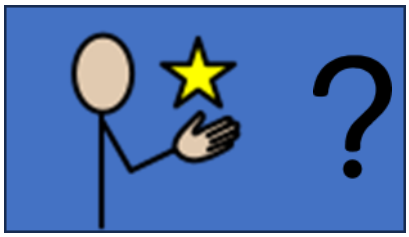
Community Team for Learning Disabilities

Psychiatry

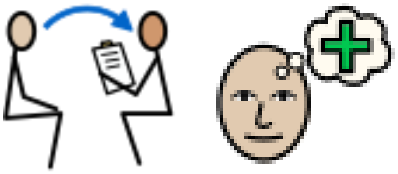
Introducing Our Service

What can clients expect from our service?

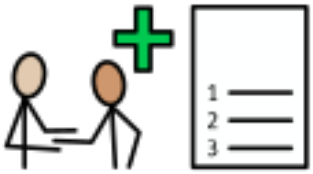
Psychiatrists are medical doctors specialising in mental health.



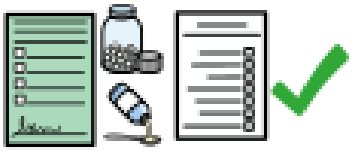
What things can we help you with?



Assessment and diagnosis of mental health conditions.

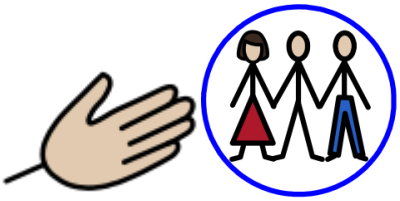


Treatment planning.

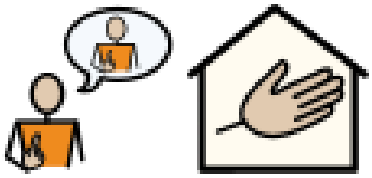


Prescribing and monitoring of medication.

Completing reviews, monitoring mental health and any medications prescribed

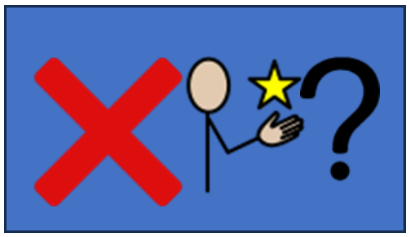


Support for families and cares to understand and support mental health.

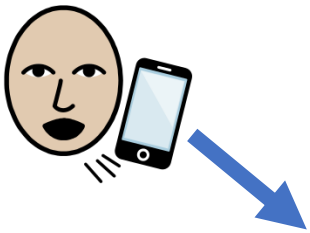


Signposting to other services and resources.

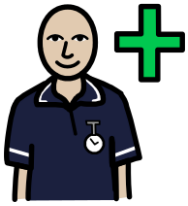
We work together with other proffessionals in the Community Team for Learning Disabilities to help you.



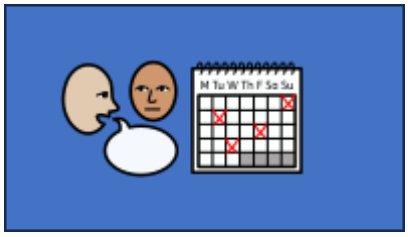
What things can't we help you with?



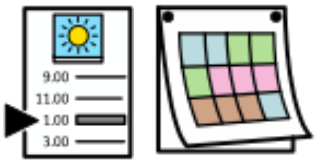
For support with day-to-day issues or your mental health you should speak to your Learning Disability Nurse who will speak with psychiatry.



Everyone who has a psychiatrist always also has a Learning Disability Nurse.

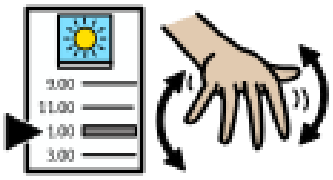


<u>How often will we be in contact?</u>



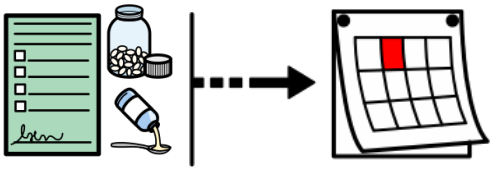
If your referral is accepted, you'll be booked in for a review at the soonest available appointment.

This could be in up to a few months' time during busy times.



The frequency of contacts can vary.

You may need more appointments at first to set up your plan.



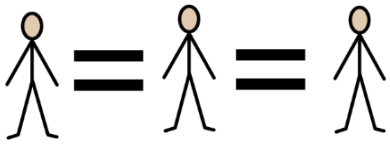
Once your plan is in place, appointments may be less often.

Usually once every 3 to 6 months.

Frequently asked questions

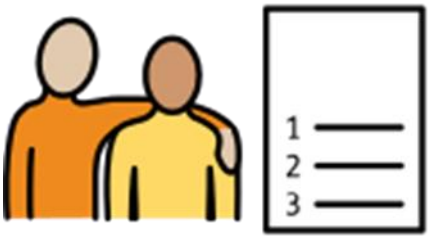
How do you assess and diagnose learning disabilities in your patients?

You will have a few different assessments with different professionals, and we will talk to you and your family/carers.

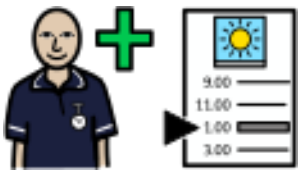


Does everybody get the same treatment from psychiatry?

No.



All visits are person centred. This means we work with you to decide on goals and make a plan for your care.



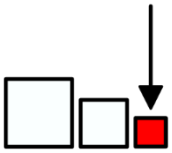
Do you need a learning disabilities nurse to have a psychiatry appointment?

Yes.

Do you liaise with my GP and pharmacy?

Yes, with your consent.

Could I be detained under the Mental Health Act (1983).



This does not happen frequently.

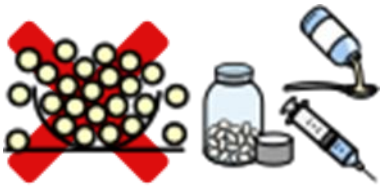
A person would only be admitted if it was safest for them and other people.

You can find more information here:

https://www.engage.england.nhs.uk/consultation/serv-specs-adult-med-low-secure-mh-services/supporting_documents/adultlowsecureeasyread.pdf

Where do psychiatrists complete visits?

Visits are normally at Townend Court, Hull, or by Teams on computer.



Do you run STOMP (Stopping over medication of people with a learning disability, autism and or both) clinic?

This clinic is currently suspended – we are not sure when and if it will restart.

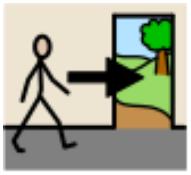
Do psychiatrist oversee care on inpatient unit at Townend Court, Hull?

Yes.

Do the Community Team for Learning Disabilities do dementia assessment?

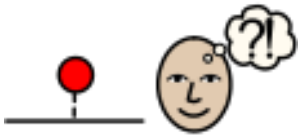
If you are worried about your memory and think it might be dementia, we offer specialised dementia assessment and support.

Speak to your Learning Disability Nurse if you already have one or make a referral to the team to ask if assessment might be needed.



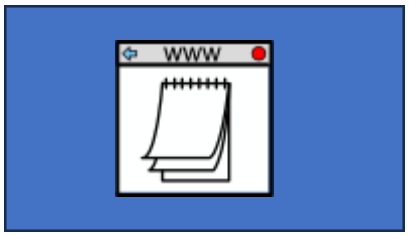
Do you discharge?

Yes. We discharge from any clinic when a person has been stable for enough time.



Do you see people with mild LD?

This depends upon a person's needs.



Useful websites

Information about mental health in people with Learning Disabilities:

https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/health/mental-health

Royal College of Psychiatrists (rcpsych.ac.uk)