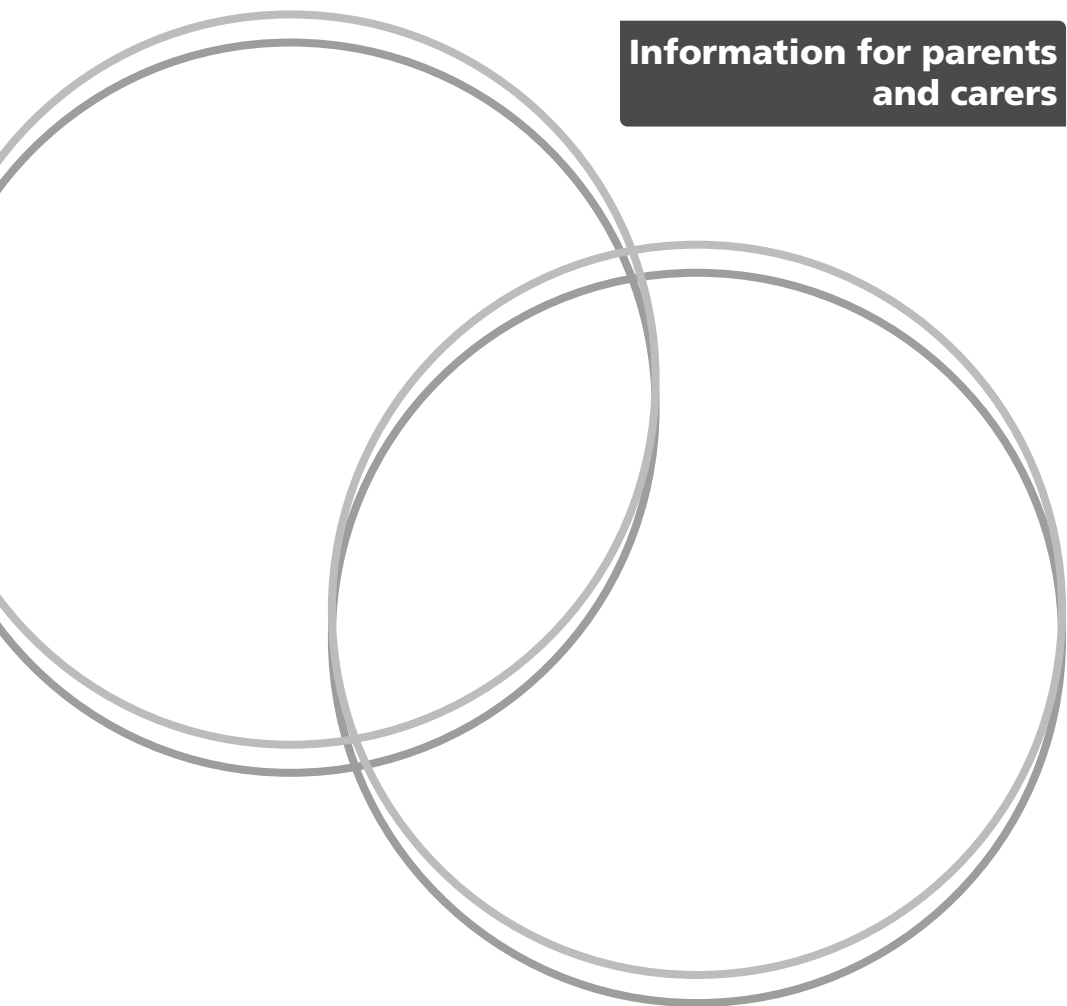


Clinical psychology support for children and young people with diabetes

**Information for parents
and carers**



What is a clinical psychologist?

Clinical psychologists have specialist knowledge in child development and emotional and behavioural difficulties in children and young people.

The clinical psychologists who are part of the diabetes team at the hospital are here to help children, young people and their families where the child or young person has diabetes and is experiencing emotional or behavioural difficulties. You may see one of the clinical psychologist's during your routine diabetes clinic appointments.

Who are the clinical psychologists in the Children's Diabetes Team?

Dr Mary Owen: Senior Clinical Psychologist

Mary has worked in the Children's Diabetes Team in Oxford since 2018 and has also worked with a number of other diabetes teams at different hospitals in the region. Mary works Mondays, Wednesdays and Thursdays.

Dr Camilla Holden: Senior Clinical Psychologist

Camilla joined the Children's Diabetes Team in 2018 and also works in a number of other paediatric specialities in the hospital. Camilla works in the diabetes team on a Thursday and Friday.

What can we help with?

We help children, young people and their families living with diabetes with all sorts of difficulties, such as:

- Coping with worries about treatment
- Supporting families to live with and look after diabetes
- Living with uncertainty
- Strong emotions, such as anxiety, sadness, fear or anger
- Fear of needles (child and/or parent)
- Worries about the impact of diabetes on daily life
- Dealing with feelings related to diabetes, like feeling different
- Worries about school related to diabetes
- How diabetes affects family relationships, including managing conflict
- Difficulties sticking to daily diabetes care
- Parental anxieties or fear

Living with diabetes can be challenging, but it shouldn't stop your child from enjoying daily life and doing the things they want to do. We can help with this.

How do I see the clinical psychologist?

If you would like an appointment please discuss this with a member of the Children's Diabetes Team and they can refer you. Or you and your child can ask the clinical psychologist to see you when you come to clinic. Children and parents can be seen separately or together. We always try to offer the young person the opportunity to talk on their own.

How to the clinical psychologists work?

What we provide to children and their families depends on their level of need. We tend to follow a tiered framework demonstrated below:

Level 1:

For the majority of families we may meet in clinic and provide general support and information, including self-help strategies for common problems.

Level 2:

A smaller number of people may need additional help targeted at specific difficulties. This may be through telephone consultations, brief one off sessions in person or via-video call, with regular follow up in the diabetes clinic.

Level 3:

Some families may be experiencing high levels of difficulty and need more in-depth help, such as 4-6 sessions of psychological therapy. Our service draws on a number of different therapies including Solution-Focussed Therapy, Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT). In some cases we also need to refer onto other services such as your local Child and Adolescent Mental Health Service (CAMHS) or social care. We may also liaise with other professionals to provide joined-up care.

What to say to your child or young person about the appointment?

This depends on your child or young person's age, development and understanding. You may choose to say they are going to see someone who might be able to help you as a family with some of the things that are difficult at the moment. It may be helpful to explain the appointment will only involve talking and no medical treatment.

What about confidentiality?

- You and your child/young person do not have to answer questions that you do not feel comfortable with.
- The clinical psychologist will tell the doctors that they are seeing you or your young person but the details of what is discussed can be kept confidential.
- There may be some information that it would be useful to share with the wider family or the Children's Diabetes Team. We will always discuss this with you and your young person first.
- If we became worried that your young person or anyone in the family is at risk of harm, then we are legally bound to contact the relevant agencies. We always try to discuss this with you first if this is required.

What if you can't make your appointment?

Unfortunately we often have a waiting list so please let us know if you cannot make the appointment and would like to rearrange. Also, if things are better and you no longer need the appointment, please let us know.

How to contact us

If you or your child/ young person has already been referred to us and you have any questions about the diabetes clinical psychology team you can contact us on:

Email: **cpm@ouh.nhs.uk**

Tel: **01865 223 195**

Referrals from professionals

If you are a professional and would like to make a referral, please contact Children's Psychological Medicine on

Email: **cpm@ouh.nhs.uk** or

Tel: **01865 223 195**

Address: **Children's Psychological Medicine,**
LG1 Children's Hospital
John Radcliffe Hospital
Oxford, OX3 9DU

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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