

## **NURSING - CAMHS**

Carole Law - (Child and Adolescent Mental Health Nurse)

*"I work for CAMHS which stands for child and adolescent mental health. CAMHS works with young people approximately from the age of nought to eighteen. It's something that comes quite naturally to me is to take an interest in people and to understand what's going on for them. I always describe myself, particularly to young children, as a talking nurse and a playing nurse. I work in a community setting but also I go out to people's houses. I go out to people's schools. I'm quite autonomous over my own diary, working hours. I'm also a non medical prescriber which is a new addition to my role and a new addition to nursing really. I can now prescribe medication particularly around the area of attention deficit hyperactivity disorder which people might know as ADHD. It's quite a responsibility because I'm prescribing controlled drugs but I really enjoy doing that role because I can offer young people a whole package of care from assessment through to diagnosis and then I can manage their care."*

Mandy Burton - (Advanced Nurse Specialist)

*"My name is Mandy Burton and my title is advanced nurse specialist. My responsibilities are to provide nursing for children in care. So I offer nursing care around their emotions and their feelings. We usually talk about what's going on for them, their worries, the particular behavioural difficulties that they might have."*

Carole Law - (Child and Adolescent Mental Health Nurse)

*"If I can send somebody away that first time thinking I'm in the right place, there's somebody there that can help me then I think that's a fabulous thing to be able to give somebody."*

Mandy Burton - (Advanced Nurse Specialist)

*"I thought nursing was hospital based, you had a uniform on, that it was all general nursing. I didn't kind of realise you could have nursing which involved people's emotions and behaviours. The important thing for a lot of children is that people promote fun and laughter. If their not producing a stress hormone then actually you can work with them and kind of change some of their behaviours. It's great, I've really enjoyed the last ten years of my career."*

Sonia King - (Clinical Modern Matron (CAMHS))

*"My name's Sonia King I'm the clinical modern matron in the child and adolescent mental health service here in Portsmouth. I have ten staff that I line manage currently and part of that involves doing case management with them to look at the case loads that they have. I also do appraisals so yearly I would look at how they're performing and what things they'd like to develop in. It's really exciting that I've been able to look at the opportunities and things that they're interested in and support them with those developments."*

Mandy Burton - (Advanced Nurse Specialist)

*"If you're more creative/artistic you might want to do some additional two year training to become an art therapist. If you enjoy the therapy, talking to youngsters you might want to do psychotherapy. If you're more of a thinking person and want to come up with strategies, behavioural strategies you might want to do cognitive behavioural therapy. Depending on your personality, your style, your experiences, what you think fits you."*

Sonia King - (Clinical Modern Matron (CAMHS))

*"There are also some people who have skills in management and part of that is about good self awareness and about being able to communicate well with people. Being able to manage queries and complaints that come through from the public. Being able to be objective and clear in your thinking. It's about choice. That you may choose either of those career pathways, it could be management it could be working clinically. But whichever you choose they offer a great deal of opportunity within the CAMHS setting. "*

Carole Law - (Child and Adolescent Mental Health Nurse)

*"This job can lead you in to areas that I think I never imagined that I would do. You never know what difficulty a young person or family is going to bring to you. Some of the difficulties can be tough that you listen to but actually with a good team around you it can be a fantastic job."*