



Coventry intervention: Managing anxiety for children with ASD and ADHD

At the moment, this is available for those people with a COVENTRY GP ONLY. You cannot self-refer for this intervention. Please discuss the possibility of a referral with a professional and they can make a referral to our services using our usual referral forms, requesting this intervention.

We provide a parents/carer group on managing anxiety in children with a diagnosis of ASD. If you are concerned that your child is struggling with anxiety and this is impacting on their home and school life, we can offer you strategies and advice to enable you to support your child to manage this.

What you will learn

The group aims to:

- Understand anxiety and what causes anxiety;
- Learn and identify strategies to help you to support your child;
- Learn about the Cognitive Behavioural Therapy approach to support your child;
- Understand and learn about your child's sensory needs;
- Learn relaxation techniques;
- Learn about ways of supporting yourselves as parents/carers.

How the sessions will be delivered

The sessions are interactive and material is delivered via presentation, hand-outs, discussions and sharing of problems and strategies. We invite 10 parents/carers to the sessions but generally we have between four - eight attendees. Although we encourage discussion around your child's difficulties with managing their anxiety we only encourage discussion that you are comfortable with sharing.

Who will lead the workshop?

One of the clinicians below will run the group:

Penny Thompson, Speech and Language Therapist - Penny qualified in Speech and Language Pathology and Therapeutics in 1988. She has worked in paediatrics for 27 years and has worked in special education, community, hospital and clinic setting. Penny has also worked with pre-school children with special needs and in a primary school with special provision. She completed the Advanced Certificate in Special Education (children/autism) at the University of Birmingham in 2004. She has delivered lectures to nursing students and post-qualification nurses at Coventry University on ASD and language and mental health. Penny joined CAMHS in 2002, and has been part of the autism team since then.

Penny is responsible for Autism assessments, ADOS assessments, communication interventions, as well as jointly running the parent ASD/anxiety group.

Shamsah Afzal, Occupational Therapist - Sham Afzal is a qualified Occupational Therapist and Research enthusiast (currently reviewing a particular intervention for children and young people with bilateral integration difficulties, to enable them to engage in everyday occupations, in collaboration with the local university). Sham has worked with children and young people with many conditions, including neurodevelopmental problems, for over 10 years, as a nursery nurse and as an occupational therapy assistant. Sham joined the team in 2014, following her qualification as an Occupational Therapist.

Training for excellence in the NHS

Sometimes we will also have trainees and students observing us in the sessions so they can learn about our work and develop their skills. This is a very important part of their training but if you or the young person would prefer not to have them in a session, please let us know when you arrive for the appointment.

Practical arrangements

Due to commissioning arrangements this intervention is available for those with a COVENTRY GP ONLY. When you arrive for your session, please check in at our reception desk and a member of the team will meet you there.

Childcare

Unfortunately we are unable to offer any childcare provision.

How to book

After your referral is accepted, you will be invited to book onto this intervention by calling our admin team on 024 7696 1226.

Neurodevelopmental Service
024 7696 1226