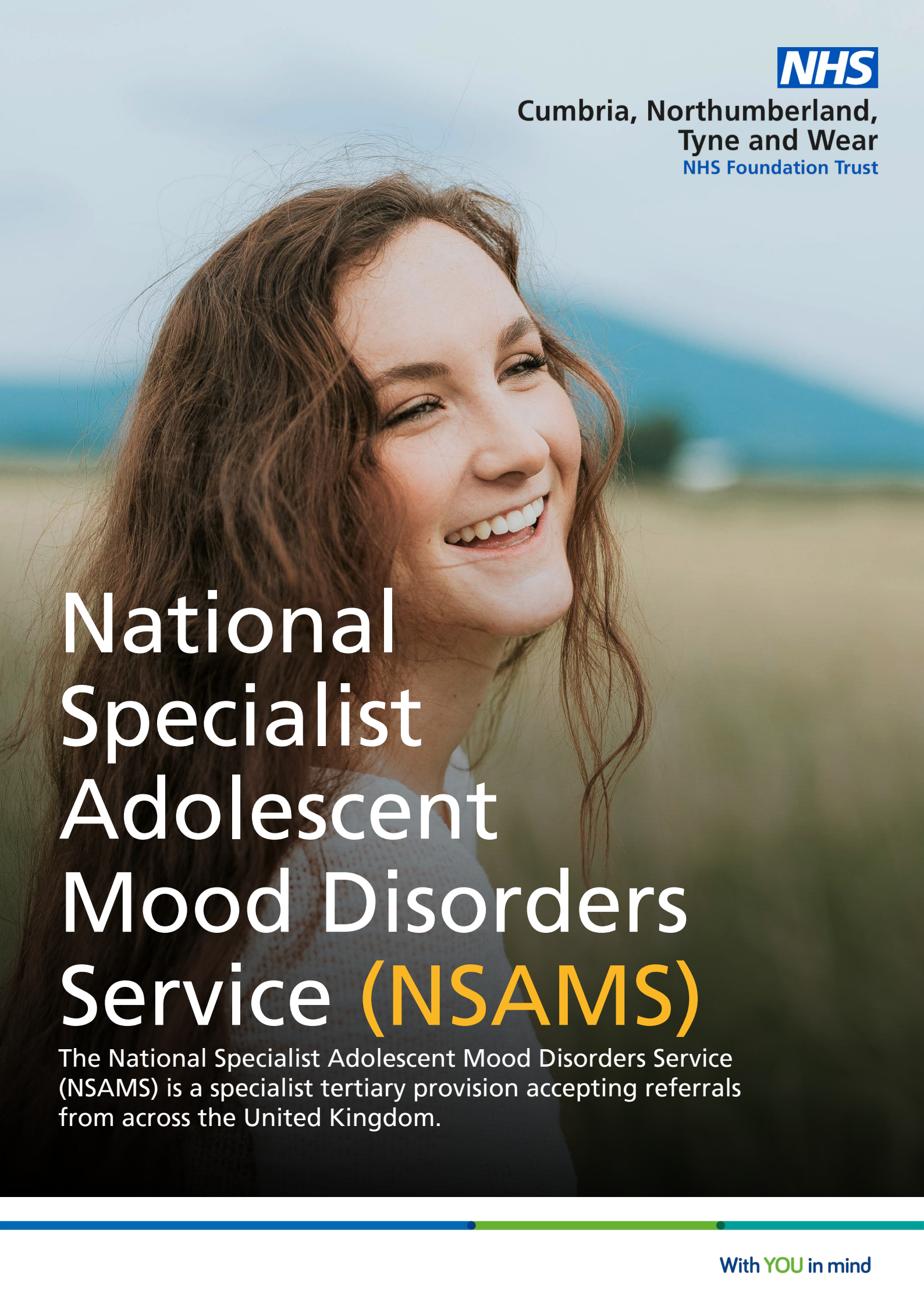


A young woman with long, wavy brown hair is smiling and looking off to the side. She is wearing a light-colored, textured sweater. The background is a soft-focus outdoor scene with green grass and a blue sky.

National Specialist Adolescent Mood Disorders Service (NSAMS)

The National Specialist Adolescent Mood Disorders Service (NSAMS) is a specialist tertiary provision accepting referrals from across the United Kingdom.

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NSAMS is part of Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust.

The multidisciplinary team work in collaboration with local services, providing second opinions for children and young people who have significant mood issues, for example difficult to treat unipolar depression and bipolar disorder, in addition to other complex mental health and/or neurodevelopmental disorders.

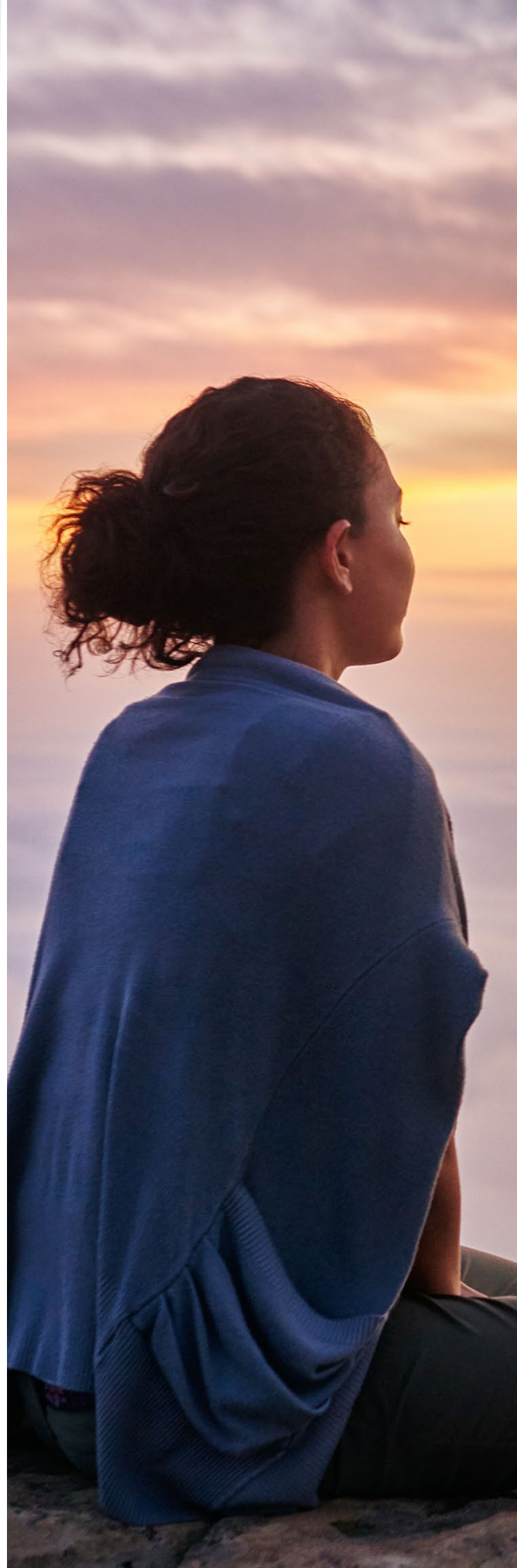


Walkergate Park, Newcastle upon Tyne

The National Specialist Adolescent Mood Disorders Service (NSAMS) formerly known as Adolescent Bipolar Service (ABS) is based at Walkergate Park, Newcastle upon Tyne and is delivered on an outpatient and/or outreach basis.

We explore

- Uncertainty about a mood disorder because of complex presentations in children and young people. Impacting factors may be trauma, neurodevelopmental disorders and other co-occurring mental health difficulties
- Concerns about a child or young person response to therapeutic interventions

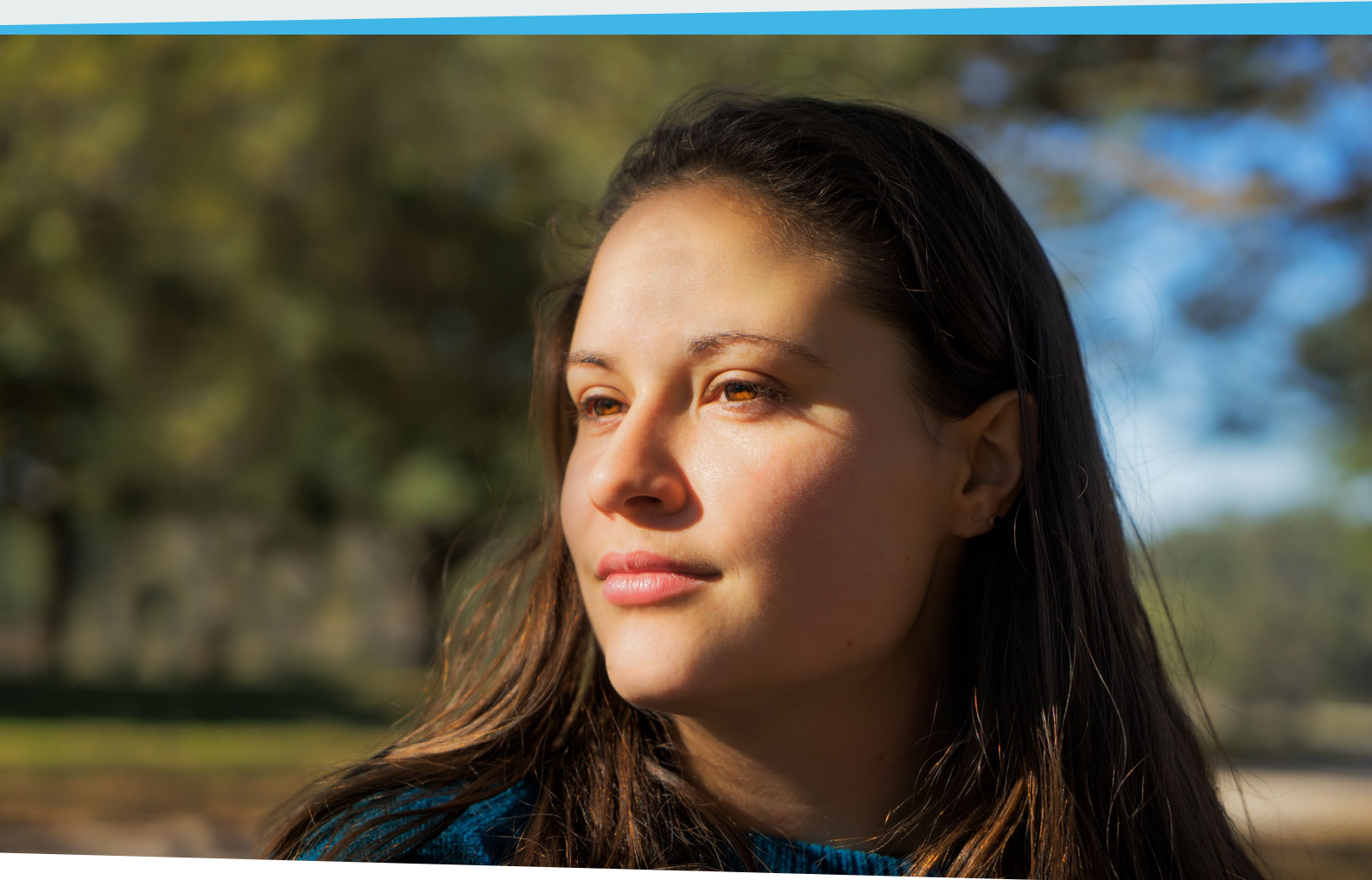


We provide

- Detailed assessments include developmental history, genogram and history of presenting issues using structure tools such as WASH-U-KSADS and cognitive assessments. Additionally, we can assess for neurodevelopmental conditions if these are required to answer the primary clinical question.
- An individualised formulation and, where appropriate, diagnosis which will then inform biopsychosocial recommendations.
- Specialist consultation clinics are offered to professionals who are working with children and young people with significant mood issues. These can be accessed face to face, or online.
- Treatment advice can go beyond NICE or BAP guidelines. Detailed assessments include developmental history, genogram and history of presenting issues using structure tools such as WASH-U-KSADS and cognitive assessments. Additionally, we can assess for neurodevelopmental conditions if these are required to answer the primary clinical question.
- An individualised formulation and, where appropriate, diagnosis which will then inform biopsychosocial recommendations.
- Specialist consultation clinics are offered to professionals who are working with children and young people with significant mood issues. These can be accessed face to face, or online.
- Treatment advice can go beyond NICE or BAP guidelines.

Who can refer

- Referrals are accepted from clinicians working in Child and Adolescent Mental Health Services (CAMHS) supported by a consultant psychiatrist and / or clinical psychologist involved in the child or young person's care, after a first line assessment has been completed.
- All referrals will be considered on a case by case basis determined by the needs and risks the young person is presenting with.
- It is essential that a care coordinator/lead professional is identified, along with a local psychiatrist/clinical psychologist who will retain overall clinical responsibility for the case, throughout the period of involvement from the National Specialist Adolescent Mood Disorders Service (NSAMS).



Who to refer

Children and young people under 18 years open to either NHS or private healthcare providers where there is:

- Significant mood issues impacting on their everyday functioning.
- Uncertainty about diagnosis of mood disorder, for example difficult to treat unipolar depression and bipolar disorder, additional complex mental health or psychiatric disorder(s) and/or complex presentations eg. attachment disorders.

Referral process

- The NSAMS referral form can be accessed online and details the specific information required by the NSAMS team. This should be emailed to the service at nsams@cntw.nhs.uk
- Funding arrangements will be sourced by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust in accordance with the relevant CCG.



Meet the multidisciplinary team



Dr Aditya Sharma
Consultant Child and
Adolescent Psychiatrist
and Team Lead



Barry Morgan
Team Coordinator



Dr Emma Honey
Consultant Clinical
Psychologist



Dr Tess Rajan
Higher Trainee in
Child and Adolescent
Psychiatry



Dr Barbara Salas
Academic Clinical Fellow
in Psychiatry



Sally Laycock
Higher Assistant
Psychologist



Amie Stoves
Higher Assistant
Psychologist



Clare Oxberry
Advanced Occupational
Therapist



Kathryn Parker
Medical Assistant

For further information please contact:

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Walkergate Park,
Benfield Road, Newcastle upon Tyne,
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