

Therapeutic mental health services

Information for professionals, referrers and carers.

What is Orb8?

Orb8 provides therapeutic mental health, wellbeing and related health services for children, young people and young adults (CYPYA).

Orb8 specialise in working with children, young people or young adults who either cannot get a service from other agencies, or have not found this helpful or do not want to attend standard services.

We have a wide range of professional associates working with us such as psychotherapists, psychiatrists, nurses, speech therapists, psychologists, and social workers.

We are different in that we will visit CYPYA where they are based and try very hard to understand issues from their point of view. We always work with carers and professional adults in a child or young person's life. We provide expert and in-depth opinions, assessments and interventions.

Who do we work with?

We help children, young people and young adults who may be termed traumatised, hard to reach and marginalised and who have complex presentations and behaviours which may be difficult to manage or understand.

Orb8 works with children, young people and young adults aged 0 to 25 years. We work with individuals, families and groups. We think it is very important to work with carers, and professional adults so they can do their best to support and care for children, and young adults they are working with.

The children and young people we work with may have had lots of other services involved, they may be in care, in special education, been in trouble with the police, or been involved with mental health services.

What do we do?

We provide child centric, comprehensive and expert assessments, consultation and direct work with complex and traumatised CYPYA.

We also offer a wide range of developmental and support services for agencies and staff working with such CYPYA.

We can offer ongoing work with a CYPYA their carers or professional adults to help things work better and help the young person feel better. This help might be with family, carers, in a group or on their own. It can include a wide range of approaches such as therapy, psycho-educations, psycho-social interventions and creative methodologies. Whatever we offer will be with referrers, carers and CYPYA knowledge and agreement.

Professional processes

We do not accept self or parental referrals. We suggest any professional wishing to refer calls us to discuss what they need and how we can help. If agreed we will then require a written referral and risk assessment.

We require consent from someone with parental responsibility if the young person is under 16 years old. We will also need the CYPYA agreement and will work with you to facilitate this. We would always want to involve carers and professionals in our assessments and interventions with young people's agreement.

We only provide intervention based upon our assessment. We have a regular system of review and oversight.

Orb8 is a business; we not receive any public or charitable funding. We will discuss funding with you as part of the referral process.

Your views

We really want to hear what those using Orb8 services think about our provision and workers and have a robust process to secure regular feedback from CYPYA.

We similarly encourage professionals, referrers and carers to offer feedback in writing or by ringing or speaking to us.

If you are not happy with our service or worker please do tell us. We have a complaints process which can be found on the website. We take any concerns very seriously and will listen very hard to what is said and to work out how to deal with any issues raised.

We also like to hear about what you like about us or our workers and always encourage compliments as well.

We are available Monday to Friday 9am to 6pm.

Email: admin@orb8.org Telephone: 07800 970 049 Or find out more at www.orb8.org