

# ABOUT THE BISHOP HARVEY FAMILY SERVICE

Catholic Children's Society (Westminster)  
Crusade of Rescue



## Swift and easy access to tier 3 expertise

The Bishop Harvey Family Service (BHFS) was established in 1994 and offers to help children, adolescents and families who are experiencing behavioural and emotional difficulties. BHFS is staffed by:

- A Consultant Child and Adolescent Psychotherapist
- 2 Child and Adolescent Psychotherapists and
- A Clinical Counsellor

The team is supported by a Consultant Child and Adolescent Psychiatrist, while the Society's Deputy Chief Executive is available for consultation on social work issues.

BHFS provides outreach services to schools and currently has three such projects in primary schools as well as offering a consultancy service to teachers, health visitors, social workers and other professionals. **Our services are confidential, non-denominational and available to all, irrespective of race or creed.**

Referrals may be initiated by a professional such as GP, Health Visitor, Head of Year, and parents are expected to contact the service themselves. A therapist takes the referral from the parent by telephone. Subsequently, families are usually offered a short-term intervention of 5-10 sessions, generally at fortnightly intervals, based on a model developed from the principles and ideas that underpin psychoanalytic psychotherapy.

The process of trying to understand the meaning of particular behaviour, as well as what lies behind the difficulties, is often extremely helpful in moving things forward. This approach, seen as both assessment and treatment, in many cases, can enable significant change to take place. Some long term work is also undertaken. However, as the bulk of our caseload comprise brief interventions, often **THERE IS NO WAITING LIST.**

BHFS prides itself in offering a responsive service that is user-friendly, easy to access and specifically tailored to the individual needs of the particular client, professional or organisation.

Families tend to experience us as less impersonal and more approachable than larger institutions. This is particularly advantageous for some clients who find it hard to access mental health services. Some clients can often have difficulties that are deep seated and require longer term work than we are able to offer.

In such instances we undertake a 'holding' piece of work which prepares the client for further input, thus facilitating referral on to a more appropriate agency. Having had a good experience at BHFS, these clients are more likely to successfully transfer and engage in longer term work elsewhere. In addition, the BHFS team is always available for consultation to potential referrers or professionals wishing to discuss and issues or concerns arising from their involvement with particular children, adolescents or families. This can be done on the telephone or face-to-face.

Families are asked to make a contribution toward the cost of sessions if they are able to do so. Financial constraint is never an obstacle to a client being offered a brief intervention if the BHFS team considers it to be clinically appropriate. Statutory services referring children and families may 'spot purchase' services for them. We are happy to discuss the provision of larger packages of services, as appropriate.

**For further enquiries or discussion please contact Patsy Ryz, Consultant Child and Adolescent Psychotherapist and Service Coordinator.**

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