

A young woman with long, wavy brown hair is smiling and looking towards the right. The background is a blurred outdoor scene with green grass and a blue sky.

# Specialist Adolescent Mood Disorders Service (SAMS)

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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 in addition to other complex mental health and/or neurodevelopmental disorders.



The Specialist Adolescent Mood Disorders Service (SAMS) 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 due to attachment disorder, complex neurodevelopmental disorders, or special circumstances such as a forensic history and/or looked after child or young person.
- Concerns about a child or young person due to the lack of progress or failure to respond to specific therapeutic interventions, both pharmacological and non pharmacological.
- Other complexities such as family relationship difficulties and/or adult psychiatric disorders in the family.



# We provide

- Assessment and specialist intervention for children and young people with significant mood issues up to the age of 18 years.
- Detailed assessment includes developmental history, genogram and history of presenting issues using the structure of the Washington University in St. Louis Kiddie Schedule for Affective Disorders and Schizophrenia (WASH-U-KSADS) and/or neurocognitive assessment. This informs the need for pharmacological and psychological interventions.
- Specialist consultation clinics are tailored around the needs of the child or young person, this can include face to face consultation with professionals, telephone consultation and/or video liaison.
- Therapeutic and educational advice is provided for young people, families and other multi-agency services such as the local authority.
- Treatment advice 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 Specialist Adolescent Mood Disorders Service (SAMS).



# 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, additional complex mental health or psychiatric disorder(s) and/or complex presentations eg. attachment disorders.

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## Referral process

- The SAMS referral form can be accessed online and details the specific information required by the SAMS team. This should be emailed to the service at **SAMS@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



**David Anderson**  
ST5 Learning Disability  
Psychiatry



**Giorgia Fallon**  
Higher Assistant  
Psychologist



**Clare Oxberry**  
Advanced Occupational  
Therapist



**Kathryn Parker**  
Pathway Coordinator



**Moj Feshki**  
Consultant in Forensic  
Child and Adolescent  
Psychiatry



**Nicola McCabe**  
Higher Assistant  
Psychologist

For further information please contact:

Specialist Adolescent Mood  
Disorders Service (SAMS),  
Walkergate Park,  
Benfield Road, Newcastle upon Tyne,  
NE6 4QD

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