

Initial Assessments

Although we cannot see you face-to-face at moment, Bromley Y practitioners are committed to providing the same high standard of support. To help us best meet your needs, we want to make sure you have a clear understanding of what to expect from your assessment.

What is an assessment?



You will meet with one of our Wellbeing Practitioners for up to one hour to explore any particular difficulties you are experiencing and think together about how these are impacting you.

The information you tell us during the assessment allows us to consider what form of support would be most appropriate for you.

In most cases, the assessment takes place directly with the young person, but for younger children or where particularly relevant, we may also ask to carry out the assessment with a parent/carer.



What will we talk about?



Specific topics will depend on the reasons for your referral, but assessments generally cover the following topics:

- ★ Ensure understanding of confidentiality and information sharing
- ★ The difficulties you would like support with including examples of how these impact you
- ★ Family and school/employment life
- ★ General wellbeing (sleep, diet, etc)
- ★ What's going well for you at the moment e.g. hobbies/interests, friendship groups
- ★ Relevant medical/early development history and any previous forms of support
- ★ Risk assessment
- ★ Your goals and hopes for support



Assessments are confidential: this means we will not share anything you tell us without your permission. Any information that makes us believe you or someone else may be at risk of harm is not confidential: we need to share this to help keep you safe.

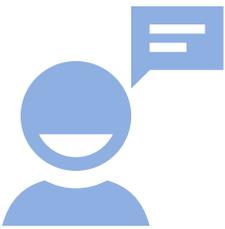
What happens with my information?



- ★ All of your information and data is stored on our secure database. There are strict controls in place to restrict who can see your records which are protected under law by the Data Protection Act (2018).
- ★ Information may be shared with other professionals if necessary as part of your care.
- ★ We share data with NHS Digital to contribute to national statistics. This data is anonymous - all names are removed.
- ★ If you do not want your information to be stored and shared in these ways, you will not be able to access our service.

What we ask of you

- ★ Please be as open and honest with us as you can: the more we know, the better equipped we are to help you. We understand it can be awkward at first to tell someone you have just met about your life, but our practitioners will do their best to put you at ease.



- ★ If you have been asked to complete any questionnaires, please do these as soon as possible. This information helps us find the right support for you.
- ★ If you cannot make the appointment or will be late, please let us know as soon as possible. Not attending without giving us notice might lead to you being put back on the waiting list.

What happens next?

All of the information you have provided from your referral, questionnaires and assessment will be brought together and looked at by senior members of our team. They will carefully consider what form of support would be best for you. This could be through one of our practitioners, a workshop/group, or another service.



Our waitlist times change throughout the year, so it is often difficult to give an estimate of when support will start. During this period, we recommend exploring the [Advice and Self Help](#) section of our website for information and resources to help you look after your wellbeing.

Click [here](#) if you would like more information about the Referral-Assessment-Treatment journey.

If you have a query, would like an update or wish to make a complaint, contact our Referrals Hub: 02037708848 or info@bromleyy.org