

Brandon Centre Systemic Integrative Treatment (BC SIT)

Information for Parents/Carers

Overcoming behavioural difficulties,
achieving lasting change

The logo for Brandon Centre is a white, rounded, irregular shape with a small notch on the left side. It contains the text "Brandon Centre" in a bold, dark blue font, with "Here for Young People" in a smaller, dark blue font below it.

**Brandon
Centre**
Here for Young People

What is BC SIT?

BC SIT (Brandon Centre Systemic Integrative Treatment) is an intensive therapeutic service for families with an eight- to 16-year-old child who has behavioural difficulties that may put her or him at risk of out-of-home placement, such as going into care. Behaviours include school refusal, regularly running away from home, violence, substance misuse, offending, harmful sexual behaviour and severe oppositional behaviour, for example being persistently hostile, disobedient, defiant, irritable, angry and argumentative. The treatment involves a BC SIT therapist working with a family for up to one year.

How can we access BC SIT?

A professional will refer you to the BC SIT team, for example a Social Worker or a Child and Adolescent Mental Health Services (CAMHS) professional. The BC SIT team supervisor will then arrange to visit your family at home to learn about your child's problems and assess whether this treatment is suitable. If it is suitable, your family is allocated a BC SIT therapist who works with you and your family for up to 12 months.

What does the treatment involve?

There are two phases of treatment. The first phase is intensive. The therapist will visit you at home two to three times a week, at times that are convenient for you, for four to six months. This may be increased to seven to eight months for young people whose main problem is behaving in a sexually harmful way. The therapist will work with you to understand the causes of your child's problems, and to identify and make changes in your child's behaviour that you and your family wish to achieve. An on-call telephone service is available 24-hours-a-day and seven-days-a-week should you need guidance out of hours. BC SIT uses treatments recommended by the National Institute for Health and Care Excellence (NICE) for behavioural problems in children and young people. They include behavioural interventions, family therapy and cognitive behavioural therapy (CBT). The therapist will help you to make positive changes in your child's behaviour through guidance, specific steps to achieve these changes and support to overcome difficulties that may occur. The therapist will also help prepare you to anticipate and manage future problems, and so reduce the risk of them getting worse. The second phase of BC SIT is less intensive and can, if required, continue for the remainder of the year. This phase includes booster sessions to sustain positive change, attending professional meetings about your child and advising on the need for extra support.

What about sharing information & confidentiality?

When your family is referred for BC SIT, the BC SIT team is expected to keep the referrer informed about the progress of treatment. The BC SIT team always tries to balance sharing information with confidentiality. The BC SIT therapist is obliged to inform the referrer if the therapist:

- is told that there is a serious intention to harm a specific person; or
- learns that an under 16-year-old is at risk of harm.

Wherever possible, the therapist will always inform your family if they need to share such information with others, unless to do so may put you, your child or others at greater risk. More information about information sharing and data protection can be found in the Brandon Centre Patient Guide.

I have more questions, who may I contact?

Ellie Brookhouse, BC SIT Service Lead, and *Dean Charlery*, BC SIT Service Coordinator, are available for questions and can be contacted at:

Tel: **020 7267 4792**
Email: **familyservice@brandoncentre.org.uk**

Contact details:

Brandon Centre
26 Prince of Wales Road
London
NW5 3LG

Tel: 020 7267 4792

Email: familyservice@brandoncentre.org.uk

Web: www.brandoncentre.org.uk



Travel Directions:

Train

Kentish Town West or Kentish Town.

Underground

Nearest tube is Kentish Town. Chalk Farm and Camden tube stations are a 15-minute walk.

Buses

C2, 134, 214 to Kentish Town Road.

46, 393 to Prince of Wales Road.

24 to Malden Road.