



Alder Hey Children's

NHS Foundation Trust

Single Point of Access

FRESH CAMHS Building,

Alder Hey Hospital, (retained estate)

Alder Road, Liverpool L12 2AP

www.alderhey.nhs.uk www.freshcamhs.org

Tel: CAMHS Reception: DPA

Our Ref: SPAC/jm/ DPA

Date Dictd: 12/04/2019

Date Typed: 12/04/2019

Dr Mohammed
Roe Lane Surgery
172 Roe Lane
Southport
Merseyside
PR9 7PN

Secretary: Direct Dia: DPA

Fax: DPA

Child and Adolescent Mental Health Service
Facebook: FRESH CAMHS & FRESH Plus Group
Twitter: @FreshCAMHS & @FreshPlusGroup

Dear Dr Mohammed

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Thank you for your referral of Axel to the Single Point of Access Team (Alder Hey CAMHS).

We looked carefully at the referral you sent and we have discussed the information within our Consultant led MDT Triage Referral Meeting.

We feel it would be more appropriate for Axel to access support from Parenting 2000.

Parenting 2000 provide therapeutic support to children and young people including counselling support, family therapy, support with anxiety and stress, bullying and harassment, domestic abuse and bereavement support.

Parenting 2000 accept self-referrals and can be contacted on the numbers listed below:

Crosby Centre Telephone: DPA

Litherland Centre Telephone: DPA

Southport Office Telephone: DPA

Further information can be accessed at www.parenting2000.org.uk.

We will therefore not be accepting the referral to Alder CAMHS at this time.

Yours sincerely

Electronically checked and signed

Duty Clinician
Single Point of Access Duty Team & Consultant Psychiatrist

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB



Alder Hey Children's

NHS Foundation Trust

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FRESH CAMHS Building,

Alder Hey Hospital, (retained estate)

Alder Road, Liverpool L12 2AP

www.alderhey.nhs.uk www.freshcamhs.org

Tel: CAMHS Reception DPA

Our Ref: SPAC/jm/ DPA

Date Dictd: 12/10/2019

Date Typed: 12/10/2019

Mr D Cregeen
Teacher
Range High School
Stapleton Road
Formby
Merseyside
L37 2YN

Secretary: Direct Dia DPA
Fax: DPA

Child and Adolescent Mental Health Service
Facebook: FRESH CAMHS & FRESH Plus Group
Twitter: @FreshCAMHS & @FreshPlusGroup

Dear Mr Cregeen

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Thank you for your referral of Axel to Alder Hey CAMHS. We looked carefully at the referral you sent and we have discussed the information provided within our Consultant Led MDT Triage Meeting.

In light of the information provided within your referral we would like to suggest Targeted Youth Prevention Team who works with young people to promote young peoples', personal and social development, enable them to be safer, have less opportunity for negative behaviour and enable them to have a role, influence and place in their communities and society. Further information can be found at <https://www.sefton.gov.uk/schools-learning/targeted-youth-prevention.aspx>

We would also like to suggest that the family liaise with school and ask what support they can put in place.

Axel's file will now be closed to our service.

Yours sincerely

Electronically checked and signed

Duty Clinician
Single Point of Access Duty Team & Consultant Psychiatrist

Copy to:

Dr EE Arnold
Roe Lane Surgery
172 Roe Lane
Southport
Merseyside
PR9 7PN

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: [DPA]

Our Ref: SM/td/ [DPA]

Date Dictd: 14/02/2020
Date Typed: 14/02/2020

Anna Jameson
Duty and Assessment Team
Children's Social Care Central Lancashire
Farlie, Birch Green
Skelmersdale
WN8 6RG

Child and Adolescent Mental Health Service

Dear Ms Jameson

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. [DPA]
NHS No. [DPA]

Axel is a 14 year old male who presents with Autistic Spectrum Condition (ASC) traits. Axel is currently on the ASC pathway and is awaiting assessment for diagnosis. Axel's current convictions seem to be in line with ASC ridged thinking and lack of empathy.

Communication:

When I have met with Axel he will speak in a very clear mono tone within basic phrases and singular sentences. Axel can use language oddly and misinterpret what people around him are saying. Axel has been reported to repeat words and phrases which he has heard and not necessarily understand but also repeatedly talk about things he is passionate about. Axel frequently misinterprets jokes and sarcasm and he can easily take these seriously. Axel also does not make eye contact.

Axel is a very polite young man and is eager to please. He can easily loose concentration and therefore his thought track in conversations. This becomes more apparent when there is more than one person in a conversation. Axel can misunderstand simple instructions, body language and facial expressions and therefore this is reflected in his own body language and facial expressions.

Axel's lack of empathy and understanding in relation to his conviction of assault is comorbid with ASC. Axel had expressed on several occasions that the young person he was looking for had verbally abused him in the past and that he felt victimised and bullied by him. Although this does not make what Axel did right in attacking the other young man, it would explain Axel's frustration in the context of having a 'meltdown'. Axel was unable to hold his emotions any longer and could only see attacking the young person as a solution.

Social Skills:

Axel enjoys his own company. He is very adept with computers and was recently bought a modified specification PC for gaming. Axel chose the parameters for his PC and designed the specifications. When I asked Axel about his computer being seized by the police, he showed

no attachment or emotion to this being taken away, even though he had only had it for a few weeks. If we take into consideration young boys Axel's age, without the consideration of a neurodevelopmental difficulty, most would find losing their computer privileges hard. Most teenagers Axel's age would be quite upset and be able to verbalise this. Axel did not. Axel had no emotion at all and he did not question if his PC would be returned.

Axel has been reported to not seek out social interactions with others. However when he has sought out interactions in the past it has resulted in intense, smothering relationships which fail quite quickly. Axel also prefers to be in charge and struggles with turn taking and playing team games.

Daily Living:

Axel likes routine. He struggles when this changes without warning. Axel is a lot more content when in education as he understands the social etiquette of education. With regards to Axel having ASC, over reaction, aggressiveness and becoming over emotional is also a trait. This could also be a possibility as to why when he could not find the person he was looking for he lashed out at the other young man.

I have met Axel on several occasions and feel that he is aware of his behaviour and the consequences of this. However, I also feel that Axel's behaviour is down to the possibility of having ASC. I feel that the possibility of Axel having ASC needs to be taken into account with regards to convictions and sentencing. From my meetings with Axel and his parents, he has not presented with any mental health concerns and I have not witnessed any safeguarding issues which could result in harm coming to anyone within the family home.

Axel is a bright young man who has a good insight into computers with potential to learn to understand the world around him. I feel that with time Axel will learn to understand his emotions and regulate them within situational contexts.

If you require any more information please do not hesitate to contact me.

Yours sincerely

Skott Morgan
CAMHS Practitioner

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
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Liverpool
L22 0PJ
Tel: DPA

Our Ref: SM/sm/ DPA

Date Dictd: 07/05/2020
Date Typed: 07/05/2020

Child and Adolescent Mental Health Service

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

I am just writing to let you know that your previous practitioner is not currently working with Sefton CAMHS so we have reallocated you a new case manager to carry on your care plan.

You have been allocated: Sam Coppard, Assistant Clinical Lead.

Sam has just started with us and is looking forward to catching up with you over the next couple of weeks. Our primary way of contact at the moment is by phone or email so if you think your details might be out of date can you please call to update.

In the meantime if you want to speak to a member of our duty team please call DPA

DPA

Our colleagues at Crisis Care can respond to urgent queries on 0151 293 3577 or 08081 963 550 (Freephone). They are available 24 hours a day, 7 days a week.

Sefton has also commissioned KOOOTH which is an online therapy resource that many young people find helpful to use and may be of use to you.

I am sorry if there have been delays in contacting you due to staff changes and the COVID 19 pandemic. Please do not hesitate to contact me if you would like to share any feedback.

I hope this letter finds you well and I hope that you can reach your goals with Sam.

Best wishes

Yours sincerely

Dictated but not signed

Dr VICKY KILLEN
CLINICAL PSYCHOLOGIST / SERVICE LEAD

Copy to:

Dr EE Arnold
Roe Lane Surgery
172 Roe Lane
Southport
Merseyside
PR9 7PN



Alder Hey Children's
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Sefton CAMHS
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Tel: DPA

Our Ref: LR/kd/ DPA

Date Dictd: 02/07/2021
Date Typed: 02/07/2021

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Diagnoses:

- Autism Spectrum Condition- recently diagnosed by the ASD Pathway
- Anxiety Disorder with avoidance behaviours

I offered a telephone consultation for Axel in my new patient clinic on the 1st of July.
I initially spoke with Axel's mother Latisha and then with Axel.

I was informed that Axel has been struggling with chronic anxiety, since primary school and that this has now become quite entrenched. Axel's anxiety is impacting on his daily living and is also affecting his overall functioning.

Axel was able to eloquently describe physiological symptoms of anxiety when social demands were placed on him such as dizziness, palpitations, sweating and he resorts to avoidance of activities as a result.

Axel does not have symptoms of depression.

Axel described to me that he spends most of his time at home in his bedroom where he finds himself to be safe. He said that he does not have any friends.

Axel appeared keen to consider medication to treat his anxiety and that this will also enable him to make use of therapeutic work from CAMHS.

I have discussed the benefits of a Beta blocker- Propranolol on the Flight Fight reaction that one experiences from anxiety and that Propranolol will help reduce the physiological effects of anxiety and thereby help him to deal with anxiety better.

I spoke with Axel's mother again and explained the rationale for treatment with Propranolol- Axels' mother wondered about addictive and dependence on medication- I explained that

This patient interaction took place during the Covid-19 pandemic.

Propranolol is not a psychotropic agent and can be discontinued gradually at any time without major withdrawal effects. She consented.

I have sent a prescription for:

- Propranolol tablets 10 mg bd for 60 days

I have also sent a leaflet on Propranolol.

I will review Axel's response to Propranolol and his progress in a few week' time.

Yours sincerely

Dictated but not signed by

DR LAKSHMI RAMASUBRAMANIAN

CONSULTANT CHILD AND ADOLESCENT PSYCHIATRIST

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
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Tel: DPA

Our Ref: AS/kd/ DPA

Date Dictd: 29/09/2021
Date Typed: 29/09/2021

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
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Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Axel attended clinic along with his mum on 15/09/21.

Case manager Samantha Steed was also present during the consultation.

Background information:

Axel has a diagnosis of ASD. He has been experiencing anxiety symptoms since past 12-18 months.

Presenting complaints:

1. Anxiety about leaving house since past 12-18 months.
2. Difficulties in social interactions and anxiety in social situations since past 12 months.

History of presenting complaints:

Axel tells me he started experiencing worries about leaving his house since September 2019.

This was related to Axel being bullied at his old school 'Range high' which is a mainstream school. Due to this he was noted to attend school carrying a knife in his bag which led to his permanent exclusion from the school. There was no history of Axel being physically aggressive towards anyone at school.

He then joined special needs school Acorn since November 2019.

Axel reports missing his friends at his old school. He reports enjoying playing football with his school friends in the past which he has not been able to do since change of his school.

This patient interaction took place during the Covid-19 pandemic.

He attended online school during the lockdown. He has not felt going out to the park or speaking to his friend since past 12 months.

In the past he has also enjoyed bike riding and watching television, which he has not been able to do.

He also reports feeling anxious going out in public and interacting with new people. He finds it embarrassing to eat outside.

He reports feeling 'nervous' about social situations. When nervous, he feels he is salivating more and his hands and legs shake.

He reported feeling angry when he becomes hungry.

On trying to explore the triggers for anger outbursts, Axel reported difficult interpersonal relationship with his family, especially his dad. He mentioned his dad did not cook food of his choice because of which he is put off from eating meals.

He also does not interact much with his older brother. Reports 'ok' relationship with mum.

He tells me that frequent arguments with his dad can make him feel sad in his mood.

He reports his mood as 'nervous and angry'.

His appetite is poor. He has disturbed sleep due to reversed sleep pattern.

He reports feeling hopeless due to his anxiety symptoms and wants help with it.

He does not express thoughts of hurting himself or others.

Past psychiatric history:

Axel has a diagnosis of ASD.

He was prescribed Propranolol for anxiety symptoms which he reports taking regularly.

Past medical history:

Not significant. Previously prescribed iron and vit D.

Drug history:

Denies drinking alcohol or using illicit substances.

Personal history:

Axel lives at home with mum, dad and older brother 17 years old.

Attends Acorn school and is currently in year 11.

Observation in the clinic:

Axel is a 15 years old boy of Afro Caribbean, thin built, casually dressed with reasonable personal hygiene. Initially reluctant to engage, which improved later. Axel did not give an eye contact.

There was no evidence of agitation or psychomotor retardation.

There was no evidence of responding to unseen stimuli.

His speech was normal in rate and volume, his tone was low. He spoke coherently with good articulation.

This patient interaction took place during the Covid-19 pandemic.

He reported his mood as 'nervous and angry'.

There was no evidence of formal thought disorder or perceptual abnormalities.

Did not express thoughts of hurting himself or others.

His cognitions were grossly intact, and he was insightful of his difficulties.

Impression:

Axel is a 15 years old boy with a diagnosis of autism. He has been experiencing anxiety symptoms leading to inability to leave his home or attend school. His difficult interpersonal relationship with family member especially dad is negatively impacting his mood.

These symptoms are also affecting his daily functioning and his sleep and appetite.

Diagnosis:

ASD with moderate degree of social anxiety

Management Plan:

I have discussed with Axel and mum regarding the role of medications and also psychological support in treating anxiety symptoms.

Also explained the role of psychosocial stressors/ triggers in maintaining these symptoms.

I have prescribed Sertraline 25mg OD for 3 weeks, increased to 50mg for 1 week.

Explained the side effects and benefits of medications. Also explained the need for follow up to monitor the side effect and response to medications.

I have also given information leaflet on Sertraline.

He will continue to take propranolol as prescribed.

Axel to continue engaging with case manager Samantha Steed.

A follow up appointment will be arranged in four weeks

Yours sincerely

Dictated but not signed by
Dr Aesha Aseri
ST4 to Dr Katrin Russell

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
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Tel: DPA

Our Ref: LR/sk DPA

Date Dictd: 13/10/2021
Date Typed: 19/10/2021

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Further to the very detailed assessment letter from Dr Aseri, I am writing to inform you that I offered a follow up appointment for Axel on the 13th of October 2021. This was a virtual appointment.

I was able to speak with Alphonse, Axel's father and also Axel.

Alphonse expressed that he still does not fully understand why Axel would not return to education and told me that Axel was at home at the time of the appointment.

Axel felt that Sertraline has not made much difference to how he is feeling. Axel was initially on 25 mg mane and has been on 50 mg for just 1 week. We acknowledged that it is very early days with Sertraline therapy and that he is not on a therapeutic dose.

Axel said that he has not been out of the house and that he has not been to school.

Axel did not report any thoughts of self-harm and wished to continue Sertraline. I have suggested;

1. Sertraline to be increased to 75 mg mane
2. I have spoken with Mr Rudakubana to update him.
3. Axel is no longer on Propranolol tablets.

This patient interaction took place during the Covid-19 pandemic.

I will offer a follow up appointment in a few weeks time.

Yours sincerely

Dictated but not signed by

DR LAKSHMI RAMASUBRAMANIAN
CONSULTANT CHILD AND ADOLESCENT PSYCHIATRIST

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/sk/ DPA

Date Dictd: 01/12/2021
Date Typed: 01/12/2021

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged with one of our keyworkers, **Michelle Warner**, on:

Date: Tuesday 14th December 2021
Time: 4.30pm
Location: Home Visit

Should this date or time be unsuitable, please contact our offices on the telephone number shown above.

Yours sincerely

Dictated but not signed by
Sefton CAMHS Team

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
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L22 0PJ
Tel: DPA

Our Ref: SCT/sk/ DPA

Date Dictd: 14/12/2021
Date Typed: 14/12/2021

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged with one of our keyworkers, **Michelle Warner**, on:

Date: Tuesday 11th January 2022
Time: 4.30pm
Location: Home Visit

Should this date or time be unsuitable, please contact our offices on the telephone number shown above.

Yours sincerely

Dictated but not signed by
Sefton CAMHS Team

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ

Tel: DPA

Our Ref: MW/sk/ DPA

Date Dictd: 28/03/2022
Date Typed: 29/03/2022

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

As we discussed in our last session on 15th March 2022, you stated that you would like to finish your work with me as you had met your goal of leaving the house more and were no longer wanting to work on your goal of being able to eat in McDonalds. In keeping with your wishes, you are now closed to Keywork.

If things change in the future and you feel you would benefit from a Keywork intervention alongside your work with your case manager, they can always refer you again to Keywork.

It was a pleasure to work with you Axel and it was encouraging to hear in our last session how much you enjoyed Presfield. I am glad that you are looking forward to being able to study more subjects there and I hope they will encourage your passion for international politics.

Thank you for working so hard in our sessions and I wish you all the best for the future.

Yours sincerely

Dictated but not signed by

Michelle Warner
CAMHS Key Worker / Systemic Practitioner

Copy to:

This patient interaction took place during the Covid-19 pandemic.

Ms S Steed
Mental Health Practitioner
Alder Hey Children's NHS Foundation Trust

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
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L22 0PJ

Our Ref: LR/kd/ DPA

Date Dictd: 07/04/2022
Date Typed: 07/04/2022

Tel: DPA

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

I am writing to inform you that I have been offering regular follow up appointments for Axel to review his mental state and response to Sertraline. The appointments have included a mixture of telephone and video calls.

Unfortunately, all the appointments have been made telephonically as Axel had very clearly stated that he will not join video calls.

During the last few months, it has become clearer that Axel does not need specific help to go out. We offered specific work from a Keyworker from Sefton CAMHS with whom Axel engaged well initially, but during the last few weeks, he has stated that he no longer wishes to work with her as he does not need any help to go out.

Axel's school attendance has also been patchy, this does not appear to be due to anxiety of leaving home.

During the latest appointment with Axel on the 7th of April, Axel informed me that he is able to go out if he chooses to and that he does not experience any anxiety symptoms. I explored about low mood symptoms, and he denied having any. Axel has always reported that he does not experience any symptoms of low mood or thoughts of self-harm.

So, I wondered about the role of medication- SSRI medications with Axel. He agreed that he does not need them, but he has anxiety about talking to people. I informed him that the more he exposes himself to people and situations, he will be able to talk to people and that since there is no evidence of social anxiety or Generalised Anxiety Disorder, SSRI medications would not be indicated for him.

Axel wanted to try a different SSRI medication and I have strictly advised him against it for the above reasons.

This patient interaction took place during the Covid-19 pandemic.

We agreed that a slightly higher dose of Sertraline 100 mg will be tried for 2 months, and should Axel not benefit from it, we will be able to conclude that medication is not the right approach for Axel and it will be stopped. I will then be discharging Axel from my care as Axel does not present with any evidence of a mental health disorder.

Yours sincerely,

Dictated but not signed by

DR LAKSHMI RAMASUBRAMANIAN
CONSULTANT CHILD AND ADOLESCENT PSYCHIATRIST

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
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PR9 8SB

Ms S Steed
Mental Health Practitioner
Alder Hey Children's NHS Foundation Trust

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2nd Floor, Burlington House
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Tel: DPA

Our Ref: LR/kd/ DPA

Date Dictd: 13/05/2022
Date Typed: 13/05/2022

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

I am writing to update you on the treatment plan for Axel.

I received a call from Mr Rudakubana, Father of Axel to inform me that since Axel stopped his medication Sertraline without medical advice, he has been displaying anger and some challenging behaviour. Axel is also reported to refuse to engage with school.

Mr Rudakubana felt that this could be attributed to Axel stopping his medication.

I have advised as follows:

- Axel to restart Sertraline at 50 mg dosage for 1 week and thereafter increase to 75 mg mane.
- Axel to take Sertraline in the morning after food
- Mr Rudakubana to monitor and supervise Axel's medication and Axel to not be given access to all his medication like he used to.

Yours sincerely,

Dictated but not signed by
DR LAKSHMI RAMASUBRAMANIAN
CONSULTANT CHILD AND ADOLESCENT PSYCHIATRIST

Copy to:

This patient interaction took place during the Covid-19 pandemic.

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
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PR9 8SB

Ms S Steed
Mental Health Practitioner
Alder Hey Children's NHS Foundation Trust

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
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L22 0PJ

Our Ref: LR/kd: DPA

Date Dictd: 25/05/2022
Date Typed: 25/05/2022

Tel: DPA

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
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Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

I am writing to update you on the treatment plan for Axel.

I met with Axel and his father Mr Alphonse at Burlington House on the 23rd of May 2022. We were joined by Samantha Steed, Case Manager.

Since my last clinic letter to you, Axel has stopped taking Sertraline yet again. He felt that Sertraline was causing his heartburn. We explored this in detail.

Axel does not have regular eating habits. Due to his poor sleep pattern and as he does not go out or to school, he often misses breakfast. We were informed that he has cereal or toast made by his mother on some days. Axel does not have a fixed meal time and eats McDonalds at least on 3 days a week and does not eat cooked dinner made by his mother as he says he does not like it.

In addition, on the day he experienced heart burn, he took sertraline in empty stomach and in a lying posture in bed. We discussed how all these could cause acid reflux and contribute to heart burn.

We also discussed about Axel's main concern- salivating excessively and tummy rumbling. Axel and his father Alphonse told us that Axel has never drooled but perceives that he has to swallow saliva in his mouth whenever he feels anxious. This does not happen at home. It only happens in situations when he has to speak to people such as school. Axel says that sometimes he does not have any saliva to swallow but he does the swallowing movements. Following this, he says that his tummy makes rumbling noises. Axel is very conscious of people noticing this. I explained how swallowing can stimulate reflex movements in the tummy and acid production and reassured him that none of us have heard any rumbling noises.

This patient interaction took place during the Covid-19 pandemic.

Axel denied any low mood or risks to self or others.

Axel was also interested in how alcohol can help- we offered psychoeducation on how self-medicating with alcohol could be dangerous and explained the adverse effects of misuse of alcohol.

Axel has not taken Sertraline for a while. He agreed to restart Sertraline. I suggested that he starts 50 mg and after 1 week this could be increased to 75 mg.

There were significant concerns around an adult monitoring his medication. Unfortunately, Axel wants to take it himself and there is no consistent adult monitoring it due to work related commitments. So for Axel's safety, we suggested that Alphonse only gives Axel 1 strip of Sertraline at a time and locks away the rest. This was agreed.

Physical Health

This appears to be an area of significant concern. Axel appears to have lost weight. His weight today was 45.4 kgs and his height was 172 cms. Axel has nutritional deficiencies and has been referred to the dietician who has prescribed shakes and enriched drinks, but he has not been drinking it. He has Vitamin D deficiency.

Mr Alphonse was unclear about the follow up arrangements with the dietician and we urged him to follow this up.

Plan

Axel to restart Sertraline at 50 mg dosage for a week and then increase to 75 mg mane
Mr Alphonse and Axel have consented to a professionals meeting with School to discuss next steps for Axel re facilitating school attendance.

Axel happy to attend school tomorrow and this has been facilitated with school.

Axel is awaiting CBT and Family Therapy from CAMHS.

Yours sincerely,

Dictated but not signed by

DR LAKSHMI RAMASUBRAMANIAN

CONSULTANT CHILD AND ADOLESCENT PSYCHIATRIST

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

This patient interaction took place during the Covid-19 pandemic.

Ms S Steed
Mental Health Practitioner
Alder Hey Children's NHS Foundation Trust

C Smith
Presfield Special School
Preston New Road
Churchtown
Southport
PR9 8PA

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/md/ DPA

Date Dictd: 01/06/2022
Date Typed: 01/06/2022

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

A **Family Therapy** appointment has been arranged for you as follows:

Date: Tuesday 28th June 2022
Time: 11.00am
Clinician: Sam Coppard
Venue: Southport Centre for Health and Wellbeing, Hoghton St, Southport

If this appointment is unsuitable, please contact the office on the above number to rearrange.

Yours sincerely

Dictated but not signed by
Sefton CAMHS Team

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: LR/sk/ DPA

Date Dictd: 23/06/2022
Date Typed: 30/06/2022

Dr F Verhoeff
Consultant General Paediatrician
Alder Hey Children's NHS Foundation Trust

Child and Adolescent Mental Health Service

Dear Dr Verhoeff

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Diagnoses

Autism Spectrum Condition
Anxiety Disorder
Avoidant behaviours
School Refusal

I would like to refer 15-year-old Axel to you for your expert opinion on his physical health.

Axel has been known to the ASD team and to CAMHS for over 2 years and presents with significant avoidant behaviours and anxiety. Axel's avoidant and selective eating is impacting on his physical health and on his nutritional needs.

Axel has responded well to Sertraline 75 mg mane although his compliance remains patchy. Axel's eating is described as very restricted and limited. He does not wake up in the mornings and so does not have his breakfast as he should. He eats part of what he is given- such as toast or eggs and misses breakfast on the other days as he is asleep. Axel refuses to eat cooked food made by his family and eats McDonalds or Nando's food on at least 3 days a week. He has been noted to have become very controlling of his food more recently.

We noted a significant deterioration in his physical health presentation during a face-to-face appointment on the 23rd of May 2022 and referred him to his GP for blood tests.

We carried out his height and weight the parameters were as follows:

BMI of 77.7% - Moderate High Risk on Junior MARSIPAN (Weight: 45.5kg, Height: 172cm).
The blood pressure recorded at the GP surgery the next day was 93/64 mm of Hg.

This patient interaction took place during the Covid-19 pandemic.

We requested the following blood tests:

FBC, U&E's, TFT's, LFT's, Glucose, ESR, Bone Profile, magnesium and phosphate levels and Coeliac screen, vitamin D levels and lipids.

Due to very restricted eating behaviour, Axel has previously been referred to the community dietician as he was noted to have Vitamin D and other vitamin deficiencies and was prescribed enriched drinks and multi vitamin supplements. Axel has refused to have the enriched shakes.

The ECG and blood tests on the 24th of May were reported to be within normal limits.

We consulted with Dr Rob Woodhouse, EDYS, following this and were informed that Axel should be referred to you for further work up and for your advice.

I would be very happy to share other information from my clinic letters if needed.

I would very grateful if Axel could be seen at the earliest in your clinic.

Yours sincerely

Dictated but not signed by

DR LAKSHMI RAMASUBRAMANIAN
CONSULTANT CHILD AND ADOLESCENT PSYCHIATRIST

Copy to:

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: AM/kd: DPA

Date Dictd: 02/09/2022
Date Typed: 02/09/2022

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

I write to update you as regards Axel's care from a psychiatric point of view since taking over as his psychiatrist here at Sefton CAMHS back in July from my colleague, consultant child and adolescent psychiatrist Dr Lakshmi Ramasubramanian.

As you will no doubt be already aware of the relevant details of Axel's background history, I will not recapitulate those details here.

Suffice to say, the essential problem latterly has evidently related to concerns around Axel's weight and restricted eating, coupled with his significant reluctance to engage with professionals – part of his reluctance more broadly over the last couple of years to leave the house, and to tend to spend long periods of time in his bedroom.

Prior to my seeing Axel just recently, Dr Ramasubramanian's last weighing of Axel back on 23rd May was 45.4kg; since then, Axel's willingness to engage with professionals had evidently been particularly poor and so there were understandable concerns that if in the meantime his restricted eating had worsened, putting his weight on a downward trajectory, he may obviously be at risk of becoming quite unwell.

There was thus a clear need for a face-to-face medical review of Axel, something that he himself initially remained reluctant to participate in: He cancelled his first scheduled appointment with me on 19th July; when I then carried out a home visit on 28th July, he had evidently retired to his room just prior to my arrival, and refused to come out or to allow me to come in.

Still, it was possible to spend some time getting a good and complete update from Axel's parents, who were very helpful, and provided some reassurance that there had been somewhat of an uptick in Axel's eating since May, in line evidently with his reported latter ***This patient interaction took place during the Covid-19 pandemic.***

embrace of the idea that healthy eating for him at present means eating considerably more than previously.

With the assistance of a one-off dose of diazepam 5mg stat that I was happy to prescribe for the occasion, I was able to arrange to see him for a face-to-face appointment at the Southport Centre for Health and Wellbeing ("The Hub") the following Monday 1st August.

At that appointment I was much reassured both to see Axel looking physically stable as well as registering an objectively improved weight of 48.4kg – which obviously bore out his parents' reporting of his improved food intake over recent months.

It was also encouraging to experience Axel engaging really well with the session, and demonstrating acute stability in his mental state in this way, his longstanding quite reduced comfort zone notwithstanding.

We discussed the option of a further trial with an alternative SSRI medication, namely fluoxetine, given that he felt that sertraline had not really suited him when he tried this previously; moreover, for the same reasons I felt it was probably best to proceed quite cautiously in terms of starting dose.

SUMMARY OF CAMHS MEDICATION FOLLOWING THIS REVIEW – MONDAY 1ST AUGUST

- Fluoxetine 4mg (i.e. 1ml of fluoxetine liquid of concentration 4mg/ml) od, mane (newly commenced)

Today, 1st September, I spoke over the phone with Axel's dad Alphonse, and am delighted to report that he spoke of a visible improvement in Axel's presentation since starting the fluoxetine, namely in terms of being more willing now to talk, and thereby evidently to talk through his problems with his parents.

Moreover, Axel was reportedly keeping up with his increased and thereby healthier food intake. I am aware that Axel has an upcoming paediatric appointment on 8th September with my colleague, Dr Elaine Weir; I am grateful to Alphonse for reminding me of this.

I have arranged to review Axel's progress again over the phone in three months' time, on Thursday 1st December, at 11:30am.

In the meantime, if you have any further queries regarding Axel's care, please do not hesitate to contact me.

Yours sincerely,

Dictated but not signed by
Dr Anthony Molyneux
Consultant Child & Adolescent Psychiatrist

Copy to:

This patient interaction took place during the Covid-19 pandemic.

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Dr S Coppard
Senior Practitioner, FRESH CAMHS
Alder Hey Children's NHS Foundation Trust

Dr E Weir
Consultant Paediatrician
Alder Hey Children's NHS Foundation Trust

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: TD/td: DPA

Date Dictd: 08/09/2022
Date Typed: 08/09/2022

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

A new partnership appointment has been booked for you with Kate Morris on

Date: Monday 19th September 2022
Time: 10.45am
Venue: Southport Centre for Health and Wellbeing, Houghton Street, Southport

If this is not convenient, please contact us on the above number

Yours sincerely

Dictated but not signed
SUPPORT SECRETARY
SEFTON SPECIALIST CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: TD/td: DPA

Date Dictd: 14/09/2022
Date Typed: 14/09/2022

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

Your 1st partnership appointment with Kate Morris has been rearranged to:

Monday 26th September 2022 @ 12.00pm

The appointment will take place at The Southport Centre for Health and Wellbeing, Hoghton Street, Southport

Yours sincerely

Dictated but not signed
SUPPORT SECRETARY
SEFTON SPECIALIST CAMHS

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: TD/td/ DPA

Date Dictd: 21/10/2022
Date Typed: 21/10/2022

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been booked for you with Kate Morris on:

7th November 2022 @ 4.00pm

The appointment will take place at The Centre for Health and Wellbeing, Hoghton Street, Southport.

If this is not convenient please contact us on the above number

Yours sincerely

Dictated but not signed
SUPPORT SECRETARY
SEFTON SPECIALIST CAMHS

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/md, DPA

Date Dictd: 08/11/2022
Date Typed: 08/11/2022

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An Appointment has been arranged for you as follows:

Date: Monday 28th November 2022
Time: 4.00pm
Clinician: Kate Morris
Venue: Southport Centre for Health and Wellbeing, Hoghton St, Southport

If this appointment is unsuitable, please contact the office on the above number to rearrange.

Yours sincerely

Dictated but not signed by
Sefton CAMHS

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SM/sm/ DPA

Date Dictd: 16/12/2022
Date Typed: 16/12/2022

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you with Dr Anthony Molyneux, Consultant Child and Adolescent Psychiatrist on:

Date: Thursday 29th December 2022
Time: 16:00
Venue: Southport Centre for Health and Wellbeing

If for any reason you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed

PSYCHIATRY PCO

This patient interaction took place during the Covid-19 pandemic.



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk DPA

Date Dictd: 11/01/2023
Date Typed: 11/01/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Dr Anthony Molyneux on:

Date: Monday 6th February 2023
Time: 3:30pm
Venue: Southport Centre for Health

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: AM/kk/ DPA

Date Dictd: 09/01/2023
Date Typed: 11/01/2023

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

It was great to catch up with Axel in our Southport Hub clinic recently, on 29th December.

The first thing to say is that Axel looked healthier again than when I saw him last time, which was great to see.

Axel expressed that he had not found the fluoxetine medication I started for him at the beginning of August particularly helpful, and so had stopped taking it some time ago.

On the other hand, Axel did say that he would like to try sertraline again. He did try this previously when he was under the care from a psychiatry point of view of my colleague, consultant child and adolescent psychiatrist Dr Lakshmi Ramasubramanian, although as he was taking it off and on, he does not feel that he gave the medication a fair trial at that time.

Therefore, I was happy this time to discuss a re-titration of sertraline for Axel. My proposed plan, to which Axel gave informed consent, was as follows:

CAMHS MEDICATION PLAN

- Sertraline liquid 25mg (i.e. 2.5ml of concentration 50mg/5ml) for the first week, followed by 50mg (i.e. 5ml of concentration 50mg/5ml) for the second week, followed by 75mg (i.e. 7.5ml of concentration 50mg/5ml) thereafter
- [Fluoxetine formally STOPPED now]

I have arranged to review Axel's progress, again at the Southport Centre for Health and Wellbeing ("the Hub"), on Monday 6th February 2023, at 3:30pm.

In the meantime, if you have any further queries regarding Axel's care, please do not hesitate to contact me.

Kind regards

Yours sincerely

Dictated but not signed

Dr Anthony Molyneux
Consultant Child & Adolescent Psychiatrist

Copy to:

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Kate Morris
CAMHS Case Manager



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: TD/td: DPA

Date Dictd: 24/01/2023
Date Typed: 24/01/2023

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

A video appointment has been booked for you with Sam Coppard on:

Tuesday 21st February 2023 @ 12.45pm

You can access this appointment by using the below link:

<https://nhs.vc/alderhey/camhs>

If this is not convenient please contact us on the above number

Yours sincerely

Dictated but not signed
SUPPORT SECRETARY
SEFTON SPECIALIST CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/ar: DPA

Date Dictd: 13/02/2023
Date Typed: 13/02/2023

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

We are writing to inform you that unfortunately Kate Morris your case manager is not available and will not be offering any appointments at present.

If you need to speak with one of our duty clinicians, please ring the above telephone number of the clinic and your details will be given to the duty person of the day, who will in turn call you back. You can also access our Crisis Care Team 24 hours a day in cases of emergencies. The number for this service is: **0151 293 3577 or 08081 963550**

As soon as Kate is available again she will contact you with a further date for your next appointment.

We are sorry for any inconvenience this may cause.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk: DPA

Date Dictd: 15/02/2023
Date Typed: 16/02/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Dr Anthony Molyneux on:

Date: Monday 27th February 2023
Time: 5 pm
Venue: Southport Centre for Health

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: AM/kk/ DPA

Date Dictd: 06/02/2023
Date Typed: 24/02/2023

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

As always, it was a pleasure to speak to Axel's dad, Alphonse, over the phone today as part of Axel's scheduled medication review with me.

In actual fact, I had anticipated to see Axel face-to-face here at the Southport Centre for Health and Wellbeing, although we received a message shortly prior to the appointment indicating that seemingly that Axel was either refusing and/or was considered not well enough to attend today.

Therefore, as I say, the review of necessity had to be carried out over the phone.

From what Alphonse told me when I spoke to him, seemingly Axel had been weighed back on 28th December just gone by the dietician and seemingly subsequently reacted to the weight reading of 60.4kg by reducing his food intake significantly over the weeks following the appointment, such that since then he has evidently only been thought to have been eating around a third to a half as much in terms of food volume.

Alphonse did not have a more up-to-date weight reading for Axel since then, although estimated his weight from looking at Axel as being around 58kg.

Alphonse also described Axel as low in mood latterly and once again reluctant to emerge from his bedroom.

As regards Axel's medication, Alphonse reported that Axel had indicated himself to be experiencing some side effects from the sertraline medication, namely a sense of numbness in the tongue.

Alphonse was of the opinion that Axel was continuing to take the sertraline medication at the 7.5ml (75mg) OD dose, although acknowledged that Axel was being left to his own devices in terms of taking the medication, evidently for fear of riling him due to too close a level of scrutiny.

During the call Alphonse evidently went up to Axel's room and tried to involve Axel himself in the call, although seemingly Axel flat refused this.

All in all, it would appear that Axel's overall presentation has reverted to the situation – psychologically speaking – that pertained when I first met him some 6 or 7 months ago.

In terms of a sense of how Axel has been on the sertraline medication as compared with when he was on the fluoxetine medication and also compared against when he was no medication at all, Alphonse gave the opinion that seemingly Axel had been at his best when he was on no medication; I would not disagree with this at all. Alphonse described how on the fluoxetine Axel had been somewhat over-talkative; conversely on the sertraline he has evidently been quite argumentative from what Alphonse described.

Therefore I would be happy for the sertraline medication to be weaned down and stopped, and so have advised Alphonse to reduce the sertraline dose down to 5ml (50mg) once a day for the first 7 days, followed by a further reduction down to 2.5ml (25mg) OD for the following 7 days, before stopping.

SUMMARY OF CAMHS MEDICATION FOLLOWING THIS REVIEW:

- Sertraline liquid reducing course as above; 50mg i.e. 5ml of sertraline liquid (concentration 50mg/5ml) OD for the first 7 days, followed by 2.5ml (25mg) OD for the following 7 days, before stopping

I am rather concerned about Axel's presentation as described by Alphonse today, and so have arranged a further face-to-face appointment for 3 weeks' time, on Monday 27th February at 5pm here at the Southport Centre for Health and Wellbeing; as I have done previously, I have indicated to Alphonse that if Axel refuses to attend for this I will attend for a home visit shortly after.

I think given the above it is important that Axel is weighed once again, and sooner rather than later. I am unsure whether Axel has any upcoming dietetic appointments, although if so that would be the ideal setting for a timely weight measurement; failing that then if you yourselves could weigh him that would be great – the thing to do here would be for Alphonse to contact yourselves with a view to arranging an appointment with you to get this done.

In the meantime, if you have any further queries regarding Axel's care please do not hesitate to contact me.

Kind regards

Yours sincerely

Electronically checked and authorised by Dr A Molyneux

Dr A Molyneux
Consultant Child & Adolescent Psychiatrist

Copy to:

The Parent/Guardian of
Mr Axel Muganwa Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Kate Morris
Case Manager
Sefton CAMHS

Community Dietician
Southport Centre for Health & Wellbeing
44-46 Houghton Street
Southport
Merseyside
PR9 0PQ

Dr S Coppard
Senior Practitioner, FRESH CAMHS
Alder Hey Children's NHS Foundation Trust



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk/ DPA

Date Dictd: 02/03/2023
Date Typed: 02/03/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Dr Anthony Molyneux on:

Date: Monday 27th March 2023
Time: 5:30 pm
Venue: Southport Centre for Health and Wellbeing

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool

Our Ref: AM/kk/ DPA

Date Dictd: 28/02/2023
Date Typed: 09/03/2023

J.22.0P.1
Tel: DPA

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

It was good to see Axel and his dad, Alphonse, in clinic at the Southport Centre for Health and Wellbeing yesterday.

To be honest, it seemed as though Axel and Alphonse were at loggerheads quite a bit about their respective ideas of how helpful the sertraline medication was for Axel during his time on it.

You will no doubt recall that at my most recent telephone review appointment, during which I spoke to Alphonse alone, there was a strong sense from him that the sertraline had been unhelpful for Axel and so we planned to wean down and stop it.

This time, with Axel himself being present for the appointment face-to-face, he himself was adamant that the sertraline had been helpful for him, although on the other hand he was also asking about whether he could try other medications such as a monoamine oxidase inhibitor (MAO-I) or a serotonin and noradrenaline reuptake inhibitor (SNRI) – neither of which option would be available to prescribe in CAMHS for reasons of safety etc in the younger age group.

On balance, and although Alphonse reiterated his legitimate and understandable concerns around the prescribing of sertraline, given that Axel is 16 and is telling us that sertraline was helpful for him as regards his anxiety during his time on the medication, I think we have to take Axel at his word and give him another chance on the medication, particularly given how, pharmacologically speaking, we can expect that it would be helpful in terms of motivation as well as dampening anxiety symptoms in view of the need for Axel to integrate with the education process and so on.

Indeed, Axel is to be commended I think for demonstrating a will to get his life back moving in this way, and so, as I say, I do think that we need to give him a chance with the sertraline medication.

I am pleased to report that, all things considered, Alphonse was ultimately amenable to hearing Axel's position also.

Therefore, through discussion, we came up with a consensus plan to commence a re-titration of sertraline medication as below.

SUMMARY OF CAMHS MEDICATION FOLLOWING THIS REVIEW, MONDAY 27TH FEBRUARY:

- Sertraline liquid 25mg (2.5ml of concentration 50mg per 5ml) OD for the first 7 days, followed by 50mg (i.e. 5ml) OD for the next 7 days, followed by 75mg (7.5ml) OD thereafter.

Looking at Axel this time I did not feel that he looked unhealthily thin and indeed I would probably describe him as healthily slim; I see that Axel's case manager, my colleague Kate Morris, is due to see him for a face-to-face appointment at Burlington House later this week; I intend to ask Kate to check his weight when she sees him.

I myself have arranged to see Axel again in clinic to review his progress, again at the Southport Centre for Health and Wellbeing, in 4 weeks' time, on Monday 27th March 2023, at 5:30pm.

In the meantime, if you have any further queries regarding Axel's care, please do not hesitate to contact me.

STOP PRESS – UPDATE, FRIDAY 10TH MARCH 2023

Between the time of this letter being typed and it being returned to me for authorisation prior to posting out, I was contacted by Alphonse by phone on the afternoon of Friday 10th March.

Alphonse relayed to me that Axel was asking whether the sertraline medication could be changed to tablet form, as Axel was reporting altered sensation on his tongue with the liquid preparation.

When I asked Alphonse where Axel was up to with the retitration that we had agreed last time, Alphonse understandably indicated that he was unclear about this seeing as Axel was managing his own medication and refusing for his dad (or his mum, evidently) to have any involvement with it; moreover, Alphonse indicated that his impression was that Axel's pattern of compliance with the medication had been inconsistent; when Alphonse attempted to clarify the matter with Axel whilst on the phone to me, he was unable to do so as Axel evidently remained under his blanket in his bedroom, indicating that he did not wish to speak to me.

In view of the above, through discussion Alphonse and I both agreed that the safest way to proceed would be to commence the retitration again from scratch, though of course this time with sertraline in tablet form:

SUMMARY OF CAMHS MEDICATION FOLLOWING THIS AD HOC REVIEW, FRIDAY 10TH MARCH:

- Sertraline (tablet form) 25mg od for the first 7 days, followed by 50mg od for the next 7 days, followed by 75mg od thereafter.

As above, I will see Axel again, by way of a face-to-face appointment at the Southport Centre for Health and Wellbeing, on Monday 27th March 2023, at 5:30pm.

In the meantime, if you have any further queries regarding Axel's care, please do not hesitate to contact me.

Kind regards

Yours sincerely

Electronically checked and authorised by Dr A Molyneux

Dr A Molyneux
Consultant Child & Adolescent Psychiatrist

Copy to:

The Parent/Guardian of
Mr Axel Muganwa Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Kate Morris
Case Manager
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/ar/ DPA

Date Dictd: 30/03/2023
Date Typed: 30/03/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Samuel Coppard on:

Date: Tuesday 25th April 2023
Time: 12.45pm
Venue: Southport Centre for Health and Wellbeing

If you are unable to attend this appointment, please contact the team on the above telephone number

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk: DPA

Date Dictd: 12/04/2023
Date Typed: 12/04/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Dr Anthony Molyneux on:

Date: Monday 15th May 2023
Time: 3:30 pm
Venue: Southport Centre for Health and Wellbeing

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SM/sm DPA

Date Dictd: 23/05/2023
Date Typed: 23/05/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you with Dr Anthony Molyneux, Consultant Child and Adolescent Psychiatrist on:

Date: Monday 3rd July 2023
Time: 15:30
Venue: Burlington House

If for any reason you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed

PSYCHIATRY PCO



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk/ DPA

Date Dictd: 26/05/2023
Date Typed: 26/05/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Kate Morris on:

Date: Tuesday 13th June 2023
Time: 2:30 pm
Venue: Southport Centre for Health and Wellbeing

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk: DPA

Date Dictd: 05/07/2023
Date Typed: 05/07/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Mr Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Dr Anthony Molyneux on:

Date: Monday 7th August 2023
Time: 3:30 pm
Venue: HOME ADDRESS

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/md DPA

Date Dictd: 16/08/2023
Date Typed: 16/08/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you as follows:

Date: Tuesday 29th August 2023
Time: 1.00pm
Clinician: Kate Morris
Venue: Southport Centre for Health and Wellbeing

If this appointment is unsuitable, please contact the office on the above number to rearrange.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SM/sm DPA

Date Dictd: 18/08/2023
Date Typed: 18/08/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you with Dr Molyneux, Consultant Child and Adolescent Psychiatrist on:

Date: Monday 18th September 2023
Time: 14:00
Venue: Southport Centre for Health and Wellbeing

If for any reason you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed

PSYCHIATRY PCO



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/kk/ DPA

Date Dictd: 08/09/2023
Date Typed: 08/09/2023

The Parent/Guardian of
Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Parent/Guardian of Axel Rudakubana

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

A Family Therapy appointment has been arranged for parents to meet with Katie Williams and Joan Bolger on:

Date: Tuesday 12th September 2023
Time: 12:45 pm
Venue: MICROSOFT TEAMS

Join on your computer or mobile app

Meeting ID: I&S
Passcode: I&S

If you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SM/sm/ DPA

Date Dictd: 19/09/2023
Date Typed: 19/09/2023

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

An appointment has been arranged for you to meet with Dr Anthony Molyneux, Consultant Child and Adolescent Psychiatrist on:

Date: Monday 25th September 2023
Time: 17:00
Venue: Southport Centre for Health and Wellbeing

If for any reason you are unable to attend this appointment, please contact the team on the above telephone number.

Yours sincerely

Dictated but not signed

SARAH MAGUIRE
PSYCHIATRY PCO



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: SCT/md/ DPA

Date Dictd: 26/02/2024
Date Typed: 26/02/2024

Mr Axel Rudakubana
10 Old School Close
Banks
Southport
Lancashire
PR9 8SB

Child and Adolescent Mental Health Service

Dear Axel,

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

A **video** appointment has been arranged for you as follows:

Date: Tuesday 23rd April 2024
Time: 12.45pm
Clinician: Sam Coppard

Please access the link below up to 15 minutes prior to your appointment time.

<https://nhs.vc/alderhey/camhs>

If this appointment is unsuitable, please contact the office on the above number to rearrange.

Yours sincerely

Dictated but not signed by
Sefton CAMHS



Alder Hey Children's
NHS Foundation Trust
Sefton CAMHS
2nd Floor, Burlington House
Crosby Road North
Liverpool
L22 0PJ
Tel: DPA

Our Ref: AM/kk: DPA

Date Dictd: 16/04/2024
Date Typed: 17/04/2024

Dr EE Arnold
Christiana Hartley M/prac
5 Curzon Road
Southport
Merseyside
PR8 6PL

Child and Adolescent Mental Health Service

Dear Dr Arnold

Axel RUDAKUBANA
10 Old School Close
Banks, Southport PR9 8SB

D.O.B. 07/08/2006
Hospital No. DPA
NHS No. DPA

I write to inform you of the discharge from CAMHS psychiatry for Axel, whom I understand remains open to my colleague, outgoing Sefton CAMHS ACL/family therapist, Sam Coppard, although I understand the therapy will shortly be concluding in due course.

Axel has been on my psychiatry caseload for the last couple of years, although it is certainly fair to say that engagement with Axel himself has been very challenging and indeed Axel's parents have been the family members who have been much more open to engaging with family therapy input as I say.

Sertraline medication has been tried for Axel in the past, as I am sure you will recall, although lack of consistency in taking this medication led to a situation whereby I didn't feel it could continue to be safely prescribed until or unless Axel himself engaged in a consistent manner with follow-up appointments, which of course he did not, as I say.

On the other hand, Axel has responded well to melatonin medication and with this being a much safer and uncomplicated medication to prescribe I do not see any reason why this cannot continue, although there would be an expectation of 6-12-monthly follow-up appointments going forward if he wished to continue on the medication (see below).

Many thanks then for taking over prescribing and monitoring responsibilities in accordance with local guidelines on transition of medication to GPs following discharge from CAMHS for the over 16-year-old population.

In terms of the melatonin, I would have no objection with you continuing to issue repeat prescriptions for this going forward, if you were happy to do so.

My general advice would be that there does not appear to be any evidence to show any problem with long term prescribing of melatonin, although common sense would indicate that notwithstanding its very safe side-effect profile it is probably in general not a good idea for somebody to stay on any medication for years and years on end, unless absolutely necessary.

These days melatonin prescribers tend to recommend periodic "melatonin holidays" – brief periods of time off the melatonin every so often. This tends to lend itself well of course to the fact that melatonin tends to be prescribed on a PRN basis anyway, rather than regularly.

Therefore, my general advice would be that Axel tries to aim towards a situation whereby he comes off the melatonin as soon as he feels able to do so; on the other hand, as I say, it does appear to be very safe in terms of its side-effect profile.

In terms of regular monitoring and review of melatonin this only needs to be done once every 6-12 months.

If you have any further queries as regards melatonin prescribing for Axel, I would be only too happy for you to get in touch.

SUMMARY OF CAMHS MEDICATION ON DISCHARGE:

- Melatonin (Circadin) 2-6mg nocte PRN (latter increased from 2mg nocte PRN, as per dad Alphonse's recent reasonable request)

All that remains is for me to wish Axel and his family all the best for the future.

If you require any further information regarding axel's care, please do not hesitate to contact me.

Kind regards

Yours sincerely

Electronically checked and authorised by Dr A Molyneux

Dr A Molyneux
Consultant Child & Adolescent Psychiatrist

Copy to:

Kate Morris
Outgoing CAMHS Case Manager
Sefton CAMHS

Sam Coppard
Outgoing CAMHS Family Therapist
Sefton CAMHS