# Sarah Castle

Kinder Minds is the vision of founder Dr. Sarah Castle, a distinguished Consultant Child and Adolescent Psychiatrist with an exceptional background in child and adolescent psychiatry from Imperial College and University College London.

Dr. Castle's approach is personalized and innovative, focusing on understanding each young person's unique experiences and challenges. Specializing in trauma, neurodiversity (including ASD and ADHD), and a variety of therapeutic interventions, her passion for mental health care is matched by her dedication to creating a clinic that offers outstanding care for children and adolescents. Her commitment to this cause stems from her extensive experience in leading child and adolescent mental health services. Dr. Castle's leadership at Kinder Minds aims to redefine mental health support for the younger population, ensuring they receive the understanding and care they need in a compassionate and tailored environment.

Sarah focuses on a compassionate approach to understand each young person’s unique experiences and challenges. Having extensive experience in leading child and adolescent mental health services and being specialised in trauma, neurodiversity (including ASD and ADHD), and a multitude of therapeutic interventions, her passion for mental health care is matched by her dedication to creating a clinic that offers outstanding care for children and adolescents.

# Who We Are

Kinder Minds is founded on the collaboration between Dr. Sarah Castle, a Consultant Child and Adolescent Psychiatrist with profound expertise in children and adolescents' mental health, and Edoardo, the administrative director with a rich background in nuclear science. This partnership is the cornerstone of our clinic, dedicated to providing exceptional mental health care and supporting families through their healing journey, focusing on the unique needs of each young person we serve.

At the core of our clinic's mission is Dr. Castle, whose passion and extensive training in psychiatry form the backbone of Kinder Minds' therapeutic approach. Originally from the United Kingdom and now based in New Zealand, she has refined her expertise through rigorous training at Imperial College London and further specialization at the Tavistock Clinic in North London. Dr. Castle's commitment to her field is evident in her holistic and innovative treatment methods, which address a spectrum of mental health issues, including depression, anxiety, ADHD, autism spectrum disorders, and trauma. Her philosophy centres on understanding the intricate worlds of young people, fostering an environment where their concerns, dreams, and challenges are met with empathy and expert care.

Edoardo, transitioning from nuclear science to lead Kinder Minds' operations, blends scientific precision with compassionate oversight. His commitment to a supportive environment is evident in his calm demeanour, meticulous attention to detail, and transparent communication. Edoardo ensures that our clinic's administrative framework actively supports the therapeutic process, making every family's journey with us informed, supported, and valued. As Kinder Minds grows, we are committed to expanding into a multi-disciplinary service that includes psychologists, therapists, mental health nurses, and social workers, all with lived experience and specialized expertise.

Our aim is not just to treat but to transform the lives of children and adolescents by understanding their inner world and empowering them with the tools they need for recovery and resilience. Kinder Minds stands as a beacon of hope and healing, ready to support the mental health journey of young people and their families.

Kinder Minds is led by Dr Sarah Castle a Consultant Child and Adolescent Psychiatrist. Originally from the United Kingdom, Sarah moved to New Zealand three years ago. She trained at Imperial College London with an MBBS in Medicine and studied intercalated International Health with Medical Anthropology at University College London. She completed her early psychiatric training at the Maudsley Hospital in South London and Core Training rotations in Psychiatry in Eating Disorders, Adolescent Consult Liaison, general adult psychiatry and addictions as well as Adult psychotherapy, at the Royal Free Hospital and University College, London.

Realising then that her passion was working with young people, she then completed her Higher training in Child and Adolescent Psychiatry at the renowned Tavistock Clinic in North London, where she commenced M14 Training in Child Psychotherapy for Child Psychiatrists and saw children for up to twice weekly therapy as part of this training.

Alongside formal clinical training, Sarah is passionate about working alongside families and Young People, to understand their inner world, concerns, worries, fantasies and dreams matter by giving them a voice. She often tries to work creativity and works outside of a one size fits all approach, to connect with ‘hard to reach’ children and young people.

She has a keen interest in assessment and treatment of trauma and has sought additional training in Eye Movement desensitisation and reprocessing, Mentalisation Based Therapy for Adolescents and Cognitive behavioural therapy for trauma, alongside Dialectical behavioural therapy training and other talking therapies.

She has additional interests in Neurodiversity (ASD and ADHD) and particularly supporting young people through a diagnostic process (Including ADOS-II) and interventions that may be helpful to them and their families post diagnosis.

She was recently Clinical Head of Department for Child and Adolescent Mental Health, Early intervention in Psychosis, Maternal Infant Mental Health and Forensic CAMHS Services, in Te Tai Tokerau DHB across Northland, before stepping down to focus on a better work-life balance!

She lives in Northland, with a young family, and lots of animals….. with a plan for more!

Edoardo runs the business side of Kinder Minds, with amazing transferrable skills as a nuclear scientist (!), an extremely kind and calm manner and an exceptional eye for detail. He is happy to answer any questions, worries or concerns and is incredibly passionate about ensuring families and Young people feel supported and up to date with treatment plans etc.

Various professionals provide ‘as needed work’ for Kinder Minds, including CAMHS nurses with lived experience of neurodiversity, social workers with additional eating disorder experience and Psychology colleagues.

# What is a Child Psychiatrist?

A child psychiatrist is a medically trained doctor who has completed specialist training in working with Young People, who struggle with strong feelings and emotions that might be seen in Young people with….

* depression, anxiety disorders, eating disorders, self-harming, schizophrenia, bi-polar disorder
* trauma or stress-related disorders
* ADHD
* autism spectrum disorders
* psychological aspects of disability or developmental conditions
* complex medical issues that have psychological aspects
* reviewing medication that may influence a child’s mental health.

Sometimes young people may have seen their GP or had help at school, before they come to see us if things haven’t got better. We are trained to work with all the people in your life that can support you to be the best that you can be and reach your goals.

Coming to see a psychiatrist may be daunting, not knowing what to expect or feeling a bit out of control, however lots of people say that speaking to someone who is trusted, reliable and caring can bring huge relief.

# What does a Child Psychiatrist do?

Child and Adolescent psychiatrists work with children aged 0-18 (and sometimes slightly older!). Usually they would meet with a young person and family, to find out what some of the issues may be and what a Young Person would like help with. Following a comprehensive assessment (usually takes 90 minutes), treatment recommendations may be offered and families and young People often like to go away and think about these and how they might work for them. Sometimes further specialised assessments such as ADHD assessments, brief cognitive assessments or ASD Assessments may also be suggested and can be offered by Sarah and colleagues if this is something that a Young Person would like to pursue.

Psychiatrists are trained in various talking therapies, which may form part of this treatment plan and in some cases if it feels necessary and right for a Young Person and their family medication may be discussed, but this is not always the case. Sarah feels that its really important to work with all those that support a young person, including giving ideas and recommendations to schools and wider Whanau, as well as understanding what adults are doing in a Young persons life that is already working well and support them to keep doing it.

In order to ensure that treatment is provided safety, with consent we would normally provide a written summary report to a young persons GP and a more detailed report to the Young person and/family if they wish for this to be shared.

# Confidentiality

Working as part of a team is usually the best way for a young person to get the support they need, however lots of people seeing a Child and Adolescent psychiatrist may be worried that ‘you’ll tell my parents everything’. As part of an initial session, discussing how confidentiality works is key, to helping a young person and their family to feel safe, and you can ask any questions that you may have about this. Its important that my job is ultimately to keep you safe, and so if I worry that something that you have told me means that you are at risk of significant harm, I would ALWAYS talk to you first about needing to speak to other adults to keep you safe and we may need to talk about the best way that we do this together. Lots of worries, thoughts or fantasies that Young people have however are very normal (although they may not feel like that to you!) and discussing them with a trusted adult at a time that feels right to you, is part of our work together.

Children and young people are encouraged to be open with their parents. However, they are not obliged to share information with their family if they don’t want to unless they share something which puts them at risk.

## INSERT KINDER MINDS CONFIDENTIALITY POLICY

What do we offer at Kinder Minds?

We aim to offer, kind warm, skilled and welcoming care for families and Young People who are going through extremely challenging times.

* Comprehensive Psychiatric assessment and diagnosis of child and young people (90 minute appointment with assessment report)
* Range of therapeutic options depending on psychiatric assessment can be offered, including talking therapies and referral for family therapy.
* Medication can be considered and prescribed if appropriate (Including special authority medications), ongoing follow up and review can be provided.
* Comprehensive Assessment and treatment of ADHD and ASD in those <21 years old. This involves a psychiatric assessment, developmental history and completion of ADOS-2 (Autism Diagnostic Schedule) for Autism, or completion of psychiatric assessment, and Connors testing for ADHD/ADD.
* Assessment and treatment of PTSD and Developmental Trauma.
* ACC assessments for all ages (Children, young people and adults)
* Post-diagnostic support for families and Young People, following ADHD and/or ASD Diagnosis on 1:1 and group basis, tailoring interventions and advice to individuals, families and schools.

Please feel free to contact us, if you think that there may be something outside of this that we can help with, if we cannot help, we may well be able to point you in the direction of someone who can!

We have provided a range of psychoeducation workshops to parents and schools in the past, and are happy to be approached if this is something that you feel may be helpful to your organisation.

# First steps….

Please feel free to email/phone to arrange initial phone discussion with Edoardo (Our amazing business manager) to discuss whether we could support you with your request and discuss time frames and possible costs. We offer face to face appointments in Parua Bay, in a very calm non-clinical setting or alternatively can offer Telehealth/Zoom appointments across New Zealand if getting to see us is challenging. Some people like to mix up the type of appointments, such as meeting face to face once and then having further appointments via zoom, which can also be discussed. There is also the option of meeting at home or in another non-clinical setting if that feels more comfortable.

## First assessment

The first appointment is called an ‘assessment’.

Sarah will ask questions to get to know your child and why they might need help. You can ask lots of questions too!

At first, Sarah is likely to see you and your child together. After this, you might have separate appointments so that each person can express their views without worrying about each other’s reaction.

Sarah may also ask you to bring in other information to assist them to make a diagnosis, such as school reports, blood test results or other medical scans.

At the end of the assessment, everyone is brought together to agree on a treatment plan.

## Preparing your child to see Sarah

Seeing a Child and Adolescent psychiatrist is a positive step towards helping your child feel better.

Explain what is going to happen at the appointment. This will make your child feel more comfortable and able to express themselves openly.

Some ideas for what to talk about:

* Your child will have a chance to speak about their feelings and concerns, and ask questions.
* They won’t be ‘in trouble’ for anything they say.
* They will get a say in any treatment that is suggested.
* You as a parent may be involved in some, or all, of the treatment (so it it’s not all about them).

Shame dies when stories are told in safe places…