How to Refer to Mental Health Services
- Making referrals to York and North Yorkshire community adult mental health services

The following guidance has been supplied by Leeds and York Partnership Foundation Trust (LYPFT) and is applicable from Dec 2014.
If you are unsure or have any queries please feel free to contact the team and ask for the Duty Clinical Lead via either Access point 01904 610700 or switch board at York district hospital.

Crisis referrals
If the patient is in need of acute care or admission and needs to be assessed on the day of referral call the Access Point 01904 610 700.

Routine and Urgent referrals
Community teams have been integrated into two hubs:
1. South and West
2. North and East

### 1. South and West

| Single point of access now takes all referrals from GPS for NHS Vale of York CCG patients. Practices should have already received a copy of the referral form. The form is available on the RSS [here](#). |

Referrals can be made by:
- Email: yorkaccesspoint.lypft@nhs.net (practices with NHS net email only)
- Post: Access Point, Cotford Building, Bootham Park Hospital, York, YO30 7BY
- Phone: 01904 610 700

Once a patient is seen by the South and West Community team you can contact them directly with any queries:
- Post: Acomb Gables, Oak Rise, York, YO24 4LT
- Phone: 01904 724 472

*Please note: Phone numbers for the team have not changed and most clinical staff have also retained their telephone numbers.*

### 2. North and East

| Single point of access now takes all referrals from GPS for NHS Vale of York CCG patients. Practices should have already received a copy of the referral form. The form is available on the RSS [here](#). |

Post: First Floor, Bootham Park Hospital, York, YO30 7BY
Phone: 01904 294689 and 01904 294709

*Please note: Phone numbers for the team have not changed and most clinical staff have also retained their telephone numbers.*
CAMHS
Access to this service is facilitated by the PMHW team, and requires completion of a PMHW referral form or comprehensive letter. There is also a Looked After Child referral route

Emergency referrals that adhere to the urgent criteria set out under the RSS access to CAMHS criteria should be discussed with the PMHW where possible, but may need to be routed through to the Specialist CAMHS team via a phone consultation with the duty clinician in the first instance.

Phone: 01904 294050 or Tel. 01904 294200
Post: 31 Shipton Road, York, YO30 5RE

Lime Trees Inpatients Move
The Child & Adolescent Mental Health Service (CAMHS) service which is provided by Leeds and York Partnership NHS Foundation Trust is called Lime Trees. Please note, the Lime Trees Inpatients Unit has moved to:

520 Huntington Road
YORK
YO32 9QA
Tel: 01904 294050
Fax: 01904 294051

Glossary of adult Services

St Andrew's counselling and psychotherapy unit
This service is dividing into two streams.
1. Individual and outpatient group therapy is integrating within the new Community Mental Health Team.
2. The Therapeutic Community Team will be part of the LYPFT Personality Disorder Network and will continue to be based at 59, Huntington Road, York.

This service will also include the introduction of specialist care management, DBT skills groups and a social and occupational component.

For advice or discussion about referrals that you might previously have sent to St. Andrews for please contact:

For individual and out-patient group psychotherapies:
Lynn Bradshaw: phone 01904 724 470
or email lynn.bradshaw@nhs.net

For referrals to the PD network:
Phil Hartley: phone 01904 724 470
or email phil.hartley@nhs.net
**Early Intervention Service**

GP's can refer directly to this service: York Early Intervention in Psychosis Team, works with young people (age 14-35) experiencing a first episode of psychosis, for up to three years. Based with Community Links, the team works alongside primary and secondary mental health services. Young people are offered a range of evidence-based interventions to support them and their family and are allocated a CPA coordinator.

**Care Homes**

The Care homes team provides mental health care to people who are permanent residents in care homes and require specialist mental health assessment and treatment. This includes support and education to care home staff.

**CMHT**

Services for all adults from age 18 upwards, focused on those with:

- Severe & persistent mental disorders with significant disability eg, schizophrenia, bipolar disorder.
- Longer term disorders of lesser severity characterised by poor treatment adherence requiring proactive follow-up.
- Any disorder with significant risk of harm to self or others (e.g. acute depression) or where the level of support required exceeds that which a primary care team could offer.
- Disorders requiring skilled or intensive treatments not available in primary care e.g. CBT, vocational rehabilitation, medication maintenance requiring monitoring.
- Complex problems of management & engagement eg. requiring MHA interventions.
- Severe disorders of personality where there may be benefit from continued contact and support
- If a female is pregnant, please highlight this in the referral
- Please stipulate if any other services or agencies are already involved

**Eating Disorders**

Anorexia: York GPs can refer directly if their patient has a BMI of 17.5 Primary or under.

Bulimia: Referrals are accepted for severe Bulimia Nervosa i.e. binging & vomiting at least daily (or more frequently) can be referred.

Where there is a history of drinking heavily or taking recreational drugs, patients are required to be abstinent for a minimum of 6 months before assessment can be offered.

The following information is also required:

- Weight / BMI: (history of weight loss if possible)
- ECG: (considering; Arrhythmias, QTC interval and Beats per min)
- Bloods; (U&E’s, FBC’s, TFT’s, LFT’s, Magnesium and phosphate, B12 & Folate)
- Blood pressure & pulse lying and standing
- Dizziness/faintness? (Consider postural drop)
- Muscle Strength
- Exam of skin and temperature

**Memory Clinic**
- Assessment, diagnosis and appropriate treatment & interventions for older people experiencing early dementia. Referral criteria:
  - Older People with memory problems for at least 6 months
  - Memory problems interfering with everyday functioning
  - Family/Carer/ significant others aware of these problems
  - Memory problems not linked to a recent traumatic head injury
  - Investigations have been undertaken in Primary care prior to referral – see basic dementia screen
  - Should also include physical examination, recent & past medical history, current prescribed medications
  - Basic dementia screen to be performed
  - Formal cognitive testing using standardised tool such as 6-CIT or alternative.
  - ECG
  - Simple urinalysis
  - Routine haematology, full blood count
  - Biochemistry test (inc. urea and electrolytes, calcium, glucose, renal and liver function)
  - Thyroid function tests
  - Serum vitamin B12 and folate levels
  - Lipid profile/cholesterol
  - Chest X Ray if clinically indicated
  - Mobility Issues

**Community Alcohol Team**
This service has been incorporated into the Community Mental Health Teams, referrals are still accepted through SPA.

Please provide as part of the referral the following information:
- Full Blood Count: Incl. LFT’s if available
- History of high blood pressure/heart disease/angina?
- Any current withdrawal symptoms?
- Any current acute physical illness?
- Any history of seizures?
- AUDIT Score

**Psychology and Therapies Service for adults from age 18 upwards**
Where appropriate and consistent with NICE guidance and the referral criteria, all psychology referrals should have been preceded by primary care interventions at low and/or high intensity.
We encourage discussion with a member of the Locality Hub (CMHT) to discuss suitability prior to making a referral. It is important to be aware that the maximum number of sessions we generally offer is 25.
The service adheres to NICE guidelines for the treatment of common mental health problems at a secondary and tertiary level of severity and complexity. Where comprehensive psychological assessment is offered, outcome may include recommendations for individual or group therapy.

Helpful information to include in Psychological Therapies referral is as follows:

- Does the individual have a psychological difficulty which is of at least moderate severity and/or complexity, is impacting significantly upon their lives, and is persisting over time?
- Are there sufficient grounds for considering a direct referral at this point rather than accessing the earlier steps first.
- If the referral is sought after low-intensity intervention, what are the reasons for not accessing a high-intensity intervention?
- After either low or high-intensity interventions, is there sufficient evidence that the individual is likely to be able to engage and potentially make use of a level four intervention?
- Does the individual present an immediate or imminent risk of harm to themselves or others? If so, then the service is not equipped to offer an urgent response to such risks. (We may become involved in working alongside another agency in a partnership model when the acute situation has settled).
- If the individual is misusing alcohol and/or other substances, do you think this should be the current priority for specialist treatment elsewhere before referring?
- Would the individual consider the benefits of a group therapy?
- Is family therapy indicated?

The service also offers family therapy. The identified patient must be over 18 years.