

## YORK AND SELBY SPECIALIST CAMHS REFERRAL PROCESS

*To deliver community based direct and indirect services including advice, assessments, diagnostic service and intervention for children and young people experiencing mental health and emotional problems, or learning disabilities and their carers/families*

Every child and young person in contact with the Service receives the care they need to enable them to fulfil their potential in life.

Care is:

- Designed to be effective in order to attain specified outcomes
- Centred on the child or young person
- Provided through a multi-disciplinary, multi-agency framework
- High quality

High quality encompasses:

- Clinical excellence
- Safety of patient
- As positive a patient experience as possible

**Access to service is via:**

**CAMHS Single Point of Access:**

Referral Email Address –[tewv.camhsspaysorkselby@nhs.net](mailto:tewv.camhsspaysorkselby@nhs.net)

– **01904 615345.**

### CONTACT ADDRESSES FOR SPECIALIST CAMHS BASES:

<p><b>LIMETREES</b> 31 Shipton Road Clifton York YO30 5RE <b>01904 615345</b> <b>(All referrals for Single Point of Access need to be e mailed to the above e mail address or sent to the Lime Trees address)</b></p>	<p><b>SELBY CABIN</b> Flaxley Road Selby North Yorkshire YO8 4DL <b>01904 615345</b></p>
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## Our philosophy of care

As a provider of children's and young people mental health services our mission is to:

- To work with children with mental health complex needs, understand what they want to achieve
- To impact positively on the complex needs of children with mental health conditions by understanding their hopes, building their resources, protecting their interests and improving their ability to function within their family and community

We know that by promoting good mental health and intervening early, particularly in the crucial childhood and teenage years, we can help to prevent mental illness from developing and mitigate its effects when it does' (NHWMH, 2012).

### The core specialist CAMHS function is:

- To provide assessment and treatment of moderate to severe mental health issues and associated risks in young people under the age of 18 (to 18<sup>th</sup> birthday).
- Acknowledge that all young people may experience distress in reaction to life events, transition or family disharmony but those without a clear mental health component to their presentation can be supported by Universal Services and Targeted Services (see information provided in this document).

## CONFIDENTIALITY AND CONSENT

Before discussing a child or young person with a CAMHS practitioner, we would ask that you always gain permission from their parent or guardian. If a young person is aged 16 or over you can get permission from them directly, however it is usually advisable that the parent or guardian is made aware.

You can discuss a child or young person with us without giving their name. However, before making a formal referral, the referrer should gain the consent of the young person and/or responsible parent/guardian.

### Presenting problems

Children, young people up to their 18<sup>th</sup> birthday, (and their families) with an enduring Mental Health needs or distress which is impacting upon their day-to-day functioning and *cannot be* resolved with appropriate intervention by Universal and Targeted Services within Health, Local Authority Prevention Service; the FEHA process; Social Care; Education Services and the Voluntary Sector.

These problems may include:

- Severe deliberate self-harm and/or risk of suicide
- Depression/mood disorders
- Psychosis (the Early Intervention Psychosis Team for Young People 14+ may be more appropriate.)

- Anxiety Disorders (life affected day to day) i.e. OCD, PTSD
- Eating Disorders
- Significant/complex emotional/behavioural difficulties that have not improved following Universal or Targeted Interventions i.e. conduct disorder
- Neurodevelopmental / hyperkinetic disorders i.e. ADHD (depending on local commissioning arrangements)

Factors to consider when deciding to refer:

- duration of problem
- level of distress to child/young person and family
- number of areas of child/young person's life which is affected i.e home, school, friendships, interests and hobbies.
- other agencies that are involved and how their work is progressing.

**Other factors to consider prior to considering CAMHS are:**

- If there is a **Safeguarding issue** then Social Care should be consulted.
- If the child has a learning disability is there or Health and Disability Team or Disabled Children Team?
- If the issue is related to family separation, has the family been offered information regarding Relate or some other mediation service for parents in conflict?
- **Does the family want referral to a mental health service? Explicit consent is required.**

**Has the referral been discussed with the family, child or young person**

**Referral Criteria to Specialist CAMHS**

**Please note that diagnosis may be made following an assessment with specialist CAMHS**

**Attention Deficit Hyperactivity Disorder.**

- For initial assessment and diagnosis, follow NICE guidelines
- Complex ADHD cases with co-morbidity should be referred to Specialist CAMHS

**Eating Disorders – Please see Appendix A**

- Anorexia – low weight/ weight loss/ food restriction/ exercising excessively
- Bulimia – Engaging in binge and purge behaviour

**Psychotic Illness**

- Positive symptoms – Paranoia, delusional beliefs, abnormal perceptions (hallucinations on all sensory modalities)
- Negative symptoms – deterioration in self-care and daily personal, social and family functioning
- Disinhibited behaviour, over activity, risk taking, with pressure of speech and agitation

- Severe depression with psychomotor retardation, social withdrawal, suicidal ideation

### **Anxiety Disorders**

- Anxiety panic attacks
- Separation anxiety
- Phobias including phobic anxiety related to school

### **Depression**

- Physical symptoms – poor sleep/appetite/libido
- Cognitive symptoms – negative thoughts about self/others/world
- Suicidal ideation – level of intent, current thought, etc
- Co-morbidity – depression often occurs concurrently with other presenting mental health problems

### **Post Traumatic Stress Disorder**

- Symptoms occurring more than 3 months after a recognised traumatic event
- Intrusion and avoidance of thoughts and memories about the trauma
- Hyper-vigilance, hyper-arousal and emotional numbing

### **Obsessive Compulsive Disorder & Tourettes**

- Obsessions and/compulsions with functional impairment
- Tourettes Syndrome with complex motor and vocal tics, particularly with co-morbidity with OCD and rage

### **Deliberate Self Harm**

- If accompanied by significant suicidal ideation
- If presenting with a pattern of emotional dysregulation, interpersonal difficulty and maladaptive coping strategies

### **Attachment Disorders**

- If presenting with a persistent pattern of abnormal functioning in interpersonal relationships with a co-morbid severe mental health condition

**Specialist CAMHS will also see individuals with the following presentations, if there is evidence of co-morbidity with a serious mental health condition.**

- Drug and alcohol problems
- Conduct disorder
- Children with learning disabilities
- Obesity
- Enuresis/Encopresis
- Chronic fatigue/somatisation syndrome if the overriding components

Service	Response	Presentation
<b>Specialist CAMHS Crisis Team</b>	<b>Crisis Response</b> (seen within 4 hours – 48 hours)	<ul style="list-style-type: none"> <li>• Potential Suicide/other lethal risk to self and others</li> <li>• Presenting acutely at hospital, A&amp;E, GP surgery or following admission to hospital after episode of self-harm &amp; reported medically fit for discharge</li> <li>• Acute Psychotic Disorder</li> <li>• Suicidal ideation or repeated severe deliberate self-harm in the context of a significant mental health problem.</li> <li>•</li> </ul>
<b>Specialist CAMHS SPA</b>	<b>Urgent referrals</b> (within 1 week)	<ul style="list-style-type: none"> <li>• Suspected emerging psychosis (e.g. perceptual disturbance, delusional beliefs, withdrawal from socialising, apparent personality change).</li> <li>• Suspected Eating Disorder in the red/amber range of the junior marzipan guidelines..</li> <li>• Risk of undiagnosed emotional disorder (such as severe depressive episode, severe anxiety, disabling panic disorder, which is having significant impact on the child / young person's functioning</li> </ul>
<b>Specialist CAMHS SPAh</b>	<b>Routine</b> (appointments within 4 weeks of 'referral')	<ul style="list-style-type: none"> <li>• Deliberate Self Harm that is not currently a significant threat to health ( for NY see multiagency Self Harm Pathway)</li> <li>• Traumatic reaction/Post abuse, at least a few months after incident, with evidence of disturbance of arousal, repeated experiencing of event</li> <li>• Assessment for ADHD/ Hyperkinetic disorders</li> <li>• Chronic Physical Illness/Somatic disorders with clear impact on child's mental health (and/or on family functioning/well-being).</li> <li>• Children/Young people where there is a request for a diagnostic service for Autism.</li> <li>• Suspected Eating Disorder in the amber/green/blue range of the junior marzipan guidelines.</li> </ul>

## WHO CAN REFER?

All CAMHS teams operate an open referral system, i.e. anyone concerned about a child or young person's emotional / mental health can access the services. This includes self-referrals from the child/young person themselves or their parent/carer.

We encourage all referrals to be made using the service's referral form, with these being emailed from a secure email address to the email address on the top of the form; or through a consultation/phone conversation with a member of the CAMHS Single Point of Access Service.

## ALTERNATIVE SERVICES TO SPECIALIST CAMHS

On occasions that we feel that a referral should be managed by a different commissioned service to that offered by Specialist CAMHS. These may include:

- Child and Young People where behaviour issues are the primary concern, **but no intervention has taken place by preventative services with e.g. Local Area Teams in York, North Yorkshire's or East Riding of Yorkshire Prevention Service or Healthy Child Service, or parenting advice/programmes.**
- Children and young people whose difficulties are associated with a normal reaction to recent life events, (e.g. bereavement, parental separation, adjustment to chronic illness), and who would be considered to be experiencing normal adjustment reactions.
- Children and young people whose problems are entirely education based and are best addressed by educational services such as specific learning or behavioural issues within the school environment.
- Children and Young People requiring cognitive assessment to exclude Learning Difficulties where there are no co-morbid mental health difficulties. .

Please find below services which are available to support children, young people and families with a range of issues which may be impacting upon their psychological wellbeing, but where specialist CAMHS is not indicated as first line support or intervention. Please note this list is not an exhaustive list and the services may be subject to change

### Healthy Child Programme

The largest service is the Healthy Child Service and this is provided by Public health linked to local authorities where York and Selby CAMHS operate- namely North Yorkshire County Council, City of York Council and East Riding of Yorkshire Council. Staff who deliver the Healthy Child Service will include:

- Specialist Community Public Health Nurse (SCPHN)
- Healthy Child Nurses
- Assistant Practitioners
- Screening Technicians
- Administrators

This service will work in universal and community settings such as in schools, youth venues and in the family home. They will conduct health checks on children entering school and on transfer to secondary schools, they will be the first point of contact for schools where there may be concerns about the wellbeing of their pupils, they will offer advice and information to parents and work directly with children and young people to tackle their health issues. The service will have named nurses linked to each GP practice in their area. This service will also be responsible for measuring and weighing children as

part of the National Child Measurement Programme and will undertake immunisation and vaccinations.

## **NYCC Local Authority Prevention Service 01609 780780**

This is a service for 0-19 year olds within the North Yorkshire County Council's Children and Young People's Service and it has brought together Integrated Services, including Children's Centre Services, Youth Support Services and some aspects of the Education Social Work Service and Early Years support.

The ambition for this service is that families in North Yorkshire are able to access readily a range of support to ensure that their children are safe, happy and well, and that they can flourish at school and in the wider world. To achieve this the aim will be to identify issues early have efficient referral routes in to the service and establish effective partnership working partners to provide appropriate interventions to prevent problems from escalating.

### **What is it? It's a service offering early help for the 0-19 age range.**

- The Prevention Service has brought together staff who had previously worked in separate services (Integrated Services, Children's centre support, Youth Support Services, aspects of Education Social Work, aspects of Early Years support, and Healthy Child Services [5-19].)
- Staff who have a wide range of skills and expertise, are working together locally in one place to ensure that children, young people and families have speedier and easier access to the best possible support and help, when they need it.
- There are 12 locally based Area Prevention Teams across North Yorkshire.
- The Prevention Service only works with the agreed consent of the family or young person.

**To make a referral for a Children and Families Service (either Prevention or Social Care) from January 2016, please use the NYSCB Universal Referral form and e-mail it to [Children&families@northyorks.gcsx.gov.uk](mailto:Children&families@northyorks.gcsx.gov.uk). Alternatively please telephone the Customer Contact Centre on 01609 780780. For evenings, weekends and bank holidays, please contact the Emergency Duty Team by phoning 01609 780780.**

- We continue to encourage professionals to approach their local Area Prevention Manager to discuss potential referrals for Prevention as well as other provision which may be available locally. You can contact your local Area Prevention Team as follows:

- Hambleton South – 01609 536206 (Easingwold)
- Selby Town – 01609 532385
- Tadcaster & Rural Selby – 01609 534022

Go to the NYCC website and check out regularly updated information on your local Children's Centre web page; Children's centres - North Yorkshire County Council

<http://www.northyorks.gov.uk/article/23548/Childrens-centres>

- When families or young people are offered and accept support, they will have a named worker who will stay with them throughout the intervention.
- Help will be more joined up and provided where it is most needed so better information sharing between professionals will make sure the correct support is given when it can make the most difference.

## **East Riding of Yorkshire Local Authority**

### **Early Help and Safeguarding Hub 01482 395500**

Support and protection for children/young people (0-19 years)

If you are worried about a child/young person, you can contact the Early Help and Safeguarding Hub (EHaSH) to talk about your concerns and receive advice. Information on what happens when you contact EHaSH, who we share information with and how to follow up on your enquiry.

If you are worried about a child/young person or think that they might be at risk of harm, abuse or neglect, you can **contact the Early Help and Safeguarding Hub (EHaSH)** to log your concern and receive advice:

During office hours (Monday to Thursday 9am-5pm, Friday 9am-4.30pm), you can contact EHaSH on:

Tel: (01482) 395500

Email: [childrens.socialcare@eastriding.gcsx.gov.uk](mailto:childrens.socialcare@eastriding.gcsx.gov.uk)

Outside of office hours, please contact the emergency duty team:

Tel: (01377) 241273

Email: [emergency.duty.team@eastriding.gcsx.gov.uk](mailto:emergency.duty.team@eastriding.gcsx.gov.uk)

**Is the child in immediate danger?** Phone the police on 999.

**Still not sure if you should contact service?** If you are worried that a child/young person is being affected by:

- domestic violence
- abusive/exploitative relationships
- behaviour, emotional well-being/mental health
- alcohol and/or substance misuse
- welfare and benefits
- bereavement and separation

EHaSH can signpost you onto services that could support you and your family through the challenges you face.

**Making an enquiry/referral as a professional?** Professionals contacting EHaSH will be asked to follow up their telephone enquiry in writing using the confirmation of referral form. This should usually be done within 24 hours of raising the concern.

**Families Information Service Hub (FISH) 01482 396469**  
[fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk)  
[www.fish.eastriding.gov.uk](http://www.fish.eastriding.gov.uk)

- **Families Information Service Hub (FISH)**, provide a source of information for families and practitioners working with children and young people. You can locate information related to childcare, support and services.

## **City Of York Local Authority**

### **Front Door (Children's Social Care)**

01904 551900

[childrensfrontdoor@york.gov.uk](mailto:childrensfrontdoor@york.gov.uk)  
[www.yor-ok.org.uk/frontdoor](http://www.yor-ok.org.uk/frontdoor)

If you are worried that a child or young person is at risk of, or is, being hurt or abused, the Referral & Assessment Team (Children's Social Care) can:

- \* take immediate protective action as necessary to child protection concerns;
- \* undertake assessments of need in complex cases where children and young people may require specialist help and support.

The Child In Need Assessment Teams are also responsible for responding to other enquiries that might require the attention of a social worker but not an initial assessment of need (e.g. access to files requests; background checks on behalf of Cafcass).

Out of Office Hours

Telephone: 01609 780780

Email: [edt@northyorks.gov.uk](mailto:edt@northyorks.gov.uk)

**Local Area Teams:** City of York Local Authority

Local Area Teams (LAT) are a key part of York's early help response to working with children, young people and families from pregnancy through to adulthood (the 0-19yrs (25yrs for disability) agenda). A Local Area Team (LAT) is a multi-agency team covering one of three defined geographical areas of York. The purpose of a Local Area Team is:

- To prevent the escalation of needs which may require, if not addressed, statutory, complex and costly interventions at a later point.
- To reduce inequality of outcomes for our communities across York.

Local Area Teams are not just a set of council services. They are **multi-agency** and bring together all partners in a local area that exist in the lives of children, young people and families.

This represents the new offer built from previous work undertaken by areas such as Children's Centres, Personal Support and Inclusion workers, Family Information Service, Connexions, Children's Advice Team, Duke of Edinburgh, parenting, the Youth and Community Development Team and Family Focus.

The 0-19 Healthy Child Service delivers a universally available programme for all children, which aims to ensure that every child gets the good start they need to lay the foundations of a healthy life, provided by health visiting and school nursing teams. The universal reach of the HCS provides an invaluable opportunity from pre-birth to identify families that are in need of additional support and children who are at risk of poor outcomes. For children, young people and families with higher levels of need the Healthy Child Service can respond and support families as required.

A key feature of the new model is the multi-agency scalability of the new structure. Over the course of 2017 we will be working with a number of multi-agency partners to develop and extend the model. These include:

- Well-being workers
- Police / PCSOs
- Health providers
- Department for Work and Pensions
- Housing
- Community Links
- Local Area Coordinators

Bringing partners on-board makes the offer made by Local Area Teams much broader and richer.

**Early Help Advice and Guidance and Brokerage:** The LAT Duty Worker will discuss your Early help concern and provide advice and guidance regarding options for support and next steps. Where appropriate the Duty Worker will pass on the referral to the relevant Local Area Team to enable further information gathering.

**For access** phone Local Area Duty Number 01904 551900 (Select option 2) or email [LAT@york.gov.uk](mailto:LAT@york.gov.uk)

<b>Issues faced</b>	<b>Appropriate services</b>
<b>Issues which are Primarily about Safeguarding: Child Welfare; Child Protection.</b>	Dependent on Local Authority - See appropriate contact numbers above.
<b>Social issues which do not reach thresholds for Child Protection or Child in Need (see Vulnerability Checklist)</b>	Dependent on Local Authority - See appropriate contact numbers above regarding early help and prevention services – these include advice regarding Family Early Health Assessments (Also known as CAF and Team around the Child.)
<b>School based issues i.e. learning difficulties; behaviour issues; emotional issues.</b>	<p><b>Contact Head of Year or SENCO of school attended</b></p> <p>-Each school has a named Educational Psychologist. Private schools need to fund an Educational Psychology service.</p> <p><b>NYCC Prevention Service (as above) plus Education Social work service.</b></p> <p><b>School pastoral support system in York</b></p>
<p><b>Generalised health related issues including low level anxiety; simple phobias, anger issues, behavioural issues including risk taking etc.</b></p> <p><b>Children age 0 - 5 with developmental problems (including autism diagnosis)</b></p>	<p>- <b>Healthy Child Programme Team</b> (public health nurse 5-19 years)</p> <p><b>Wellbeing Service</b> – accessible <b>only</b> through schools (York Schools only)</p> <ul style="list-style-type: none"> <li>- Heathy Child Team</li> <li>- Child Development Centres</li> <li>- Children’s Centre</li> <li>- Paediatricians/CDC</li> <li>- Parenting Groups</li> </ul>
<b>Bereavement Issues</b>	<p><b>CRUSE Bereavement services</b> 0808 808 1677</p> <p><b>Winstons Wish</b> <a href="http://www.Winstonswish.org/">www.Winstonswish.org/</a> Help line 08088020021</p>

Issues faced	Appropriate services
	<p><b>Child Bereavement Network</b>  Telephone 01494 568900  <a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a></p>
<p><b>Safeguarding/Child protection Issues</b></p>	<p><b>NSPCC</b> – The leading children's charity fighting to end child abuse. NSPCC help children who have been abused to rebuild their lives and protect those at risk.  01904 232 800; <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p> <p><b>Domestic Violence and Abuse Partnership (DVAP) – Children’s Service, East Riding of Yorkshire Council</b>  01482 396368; <a href="mailto:DVAP@eastriding.gov.uk">DVAP@eastriding.gov.uk</a></p> <p><b>Early Help and Safeguarding Hub (EHaSH)</b>  01482 395500;  <a href="mailto:childrens.socialcare@eastriding.gcsx.gov.uk">childrens.socialcare@eastriding.gcsx.gov.uk</a></p> <p><b>North Yorkshire County Council – Safeguarding and Prevention Services</b></p> <p>To make a referral for a Children and Families Service (either Prevention or Social Care), please use the NYSCB Universal Referral form and e-mail it to <a href="mailto:Children&amp;families@northyorks.gcsx.gov.uk">Children&amp;families@northyorks.gcsx.gov.uk</a>. Alternatively please telephone the Customer Contact Centre on 01609 780780. For evenings, weekends and bank holidays, please contact the Emergency Duty Team by phoning 01609 780780.</p> <p><b>City Of York Council</b></p> <p>Front Door (Children's Social Care)  01904 551900  <a href="mailto:childrensfrontdoor@york.gov.uk">childrensfrontdoor@york.gov.uk</a>  <a href="http://www.yor-ok.org.uk/frontdoor">www.yor-ok.org.uk/frontdoor</a></p> <p>Out of Office Hours  Telephone: 01609 780780  Email: <a href="mailto:edt@northyorks.gov.uk">edt@northyorks.gov.uk</a></p> <p><b>Prevention of Domestic Abuse Service (PODAS) - East Riding of Yorkshire Council</b>  01482 396368</p>

Issues faced	Appropriate services
	<p><a href="#">Home Page - IDAS - Independent Domestic Abuse Services</a>  <a href="https://www.idas.org.uk/">https://www.idas.org.uk/</a></p> <ol style="list-style-type: none"> <li>1. <a href="#">Cached</a></li> <li>2. <a href="#">Similar</a></li> </ol> <p>IDAS is the largest specialist charity in Yorkshire supporting anyone experiencing or affected by <b>domestic abuse</b> or sexual violence</p> <p><a href="#">Contact - IDAS</a>  <a href="https://www.idas.org.uk/contact/">https://www.idas.org.uk/contact/</a></p> <ol style="list-style-type: none"> <li>1. <a href="#">Cached</a></li> <li>2. <a href="#">Similar</a></li> </ol> <p>There are several ways you can contact us. You can phone our 24 hour <b>helpline</b> on: 03000 110 110 or ring through to one of our local offices listed on this page. You can contact us via email at: info@idas.org.uk or if you prefer to chat to us anonymously you can use our live chat facility.</p> <p><b>Independent Domestic Abuse Service</b>  Selby 01757 708956</p> <p><b>Independent Domestic Abuse Services</b>  York 01904 646036</p> <p><b>IDAS Service- Respect programme</b> for help with aggressive behaviour in young people 10-16 01904 646630(York).</p> <p><b>NSPCC</b> Letting the Future In (sexual abuse work). Minding the baby (mum's 14-25) 01904 232800 (York)</p> <p><b>Child Exploitation and online protection website (CEOP)</b>  <a href="http://www.ceop.police.uk/">www.ceop.police.uk/</a></p>
<p><b>Family Relationships</b></p>	<p><b>Relate Children and Young Person's Service</b>  Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school. Talking to a Relate Counsellor can help.</p> <p>Contact 03001001234</p> <p><a href="http://www.relate.org.uk">www.relate.org.uk</a></p> <p><b>CAFCASS</b>  The Children and Family Court Advisory and Support Service (Cafcass) looks after the interests of children involved in family proceedings. It is independent of the</p>

Issues faced	Appropriate services
	<p>courts and social services, but works under the rules of the Family Court and legislation to work with children and their families, and then advise the courts on what is considered to be in the best interests of individual children.</p> <p>0300 4564000  <a href="http://www.cafcass.gov.uk">www.cafcass.gov.uk</a></p> <p><b>National Family Mediation Service</b>  03004000636  www.nfm.org.uk  York Family Mediation Service 01904 792151</p>
<b>Emerging psychosis</b>	<p><b>Early Intervention in Psychosis Team (EIP)</b></p> <ul style="list-style-type: none"> <li>- Support for emerging psychosis</li> <li>- 01904 725690</li> </ul>
<b>Parenting and Support Services</b>	<p><b>Parenting Support</b> – Provision dependent on Local Authority - Information via local early help/prevention services/Family Information Services</p> <p><b>Numbers and websites:</b></p> <p><b>Parent line</b>  Tel: 0808 800 2222 (24hrs)  Website: <a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a></p> <p><b>ChildLine:</b>  Tel: 0800 1111  Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p><b>Young Minds Parent Support</b>  Tel: 0808 802 5544  Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p> <p><b>Relate Parenting Troubled Teenagers</b> talk on line or ring 0300 100 1234</p> <p><b>National Autistic Society</b> 01845 573590</p> <p><b>Family Fund</b> ( special needs children) 08449744099</p>

Issues faced	Appropriate services
	<p><b>York Carers Centre</b> – Helps unpaid carers in York find the support they need. They have services for young carers, young adult carers, and adult carers. They support carers regarding their individual situations.  <a href="tel:01904715490">01904 715490</a>; <a href="mailto:enquiries@yorkcarerscentre.co.uk">enquiries@yorkcarerscentre.co.uk</a>;  <a href="http://www.yorkcarerscentre.co.uk">www.yorkcarerscentre.co.uk</a></p> <p><b>York's Local Offer</b> – Provides information on what is available in York for children and young people and their families with special educational needs and/or a disability (SEND).  <a href="http://www.york.org.uk/families/Local%20Offer/yorks-local-offer.htm">http://www.york.org.uk/families/Local%20Offer/yorks-local-offer.htm</a></p> <p><b>York Mind Carers Peer Support Group</b> – Meets regularly to promote the well-being of carers for people with mental health issues.  Darrin at York Mind: <a href="tel:01904643364">01904 643364</a>;  <a href="mailto:darrin.thomson@yorkmind.org.uk">darrin.thomson@yorkmind.org.uk</a></p> <p><b>York Inspirational Kids</b> – A support group for families of children and young people who have a disability and/or additional need and live in the York area.  <a href="tel:01904780880">01904 780880</a>; <a href="mailto:info@keyworking.co.uk">info@keyworking.co.uk</a>;  <a href="http://www.keyworking.co.uk">www.keyworking.co.uk</a></p> <p><b>Parent line plus</b>  Tel: 0808 800 2222 (24hrs)  Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a></p> <p><b>ChildLine:</b>  Tel: 0811 1111  Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p><b>Young Minds Parent Support</b>  Tel: 0808 802 5544  Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>
<b>Counselling Services</b>	<p><b>Relate Children and Young Person's Service</b>  Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school. Talking to a Relate Counsellor can help.</p> <p>Contact <a href="tel:03001001234">03001001234</a>  <a href="http://www.relate.org.uk">www.relate.org.uk</a></p>

Issues faced	Appropriate services
	<p><b>Young People’s Service @ 30 Clarence Street (CYC only)</b>            If you are aged between 16-19 (up until your 19<sup>th</sup> birthday) you will be able to receive face to face support, telephone support, a texting and email service and 24 hour access to information and support from the online version of the <b>Survival Guide</b> and the <b>YorZone website</b>.</p> <p>Drop-in sessions will be available on Mondays, Tuesdays 12:30 - 16:30 and Fridays 11:00 - 15:00 to provide initial information and signposting to further support across the city that can help. For example for support to access housing and benefits advice, making appointments etc.</p> <p>Outside of drop-in times information can be access by contacting us on: Text: 07624 802244 - Tel: 01904 554444 - Email: <a href="mailto:fis@york.gov.uk">fis@york.gov.uk</a></p> <p><b>Youth Access</b> – A national membership organisation for youth information, advice and counselling agencies.  <a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a></p> <p><b>Young People’s Project (York Mind)</b> – Providing support for young people who are recovering from mental health issues.            01904 643364; <a href="http://www.yorkmind.org.uk">www.yorkmind.org.uk</a></p>
<p><b>Substance Misuse Issues</b></p>	<p><b>Compass REACH</b> – For young people across North Yorkshire affected by substance misuse, poor sexual health and issues relating to emotional wellbeing.  <a href="http://www.compass-uk.org/compass-reach/">http://www.compass-uk.org/compass-reach/</a></p> <p><b>Talk to Frank</b> – Friendly, confidential advice on drugs. Live chat, email, phone and text service.            0300 123 6600; <a href="http://www.talktofrank.com">www.talktofrank.com</a>; Need a quick answer? Text 82111 a question and FRANK will text you back.</p> <p><b>National Association for Children of Alcoholics</b> – Provides information, advice and support for everyone affected by a parent's drinking.            0800 358 3456; <a href="mailto:helpline@nacao.org.uk">helpline@nacao.org.uk</a>;  <a href="http://www.nacoa.org.uk">www.nacoa.org.uk</a></p> <p><b>York Drug and Alcohol Service (Adult)</b> 01904 464680</p>

Issues faced	Appropriate services
	<p><b>LifeLine</b></p> <p><a href="http://www.lifeline.org.uk/">www.lifeline.org.uk/</a></p> <ol style="list-style-type: none"> <li>1. <a href="#">Cached</a></li> <li>2. <a href="#">Similar</a></li> </ol> <p>A UK led organisation involved with drug abuse, alcohol abuse, drug addiction and related disorders. We help those who have problems with Heroin, crack cocaine, ecstasy ect. We are a specialised Treatment Agency offering help and support for those affected by their own or someone else's use of drugs or alcohol.</p>
<p><b>Parental/Family Illness</b>  <b>Were children may have responsibilities to care for adults or other young people in their family</b></p>	<p><b>Young Carers</b>  <b>Advice and support with Carers Issues, Carers Direct Helpline 03001231053</b>  <a href="http://www.nhs.uk/conditions/socialcare-support-and-advice/who-can-help-young-carers">www.nhs.uk/conditions/socialcare-support-and-advice/who-can-help-young-carers</a>          Provide local information regarding services.</p>
<p><b>Sexuality Issues</b></p>	<p><b>Mermaids UK</b>  <a href="http://www.mermaidsuk.org.uk/">www.mermaidsuk.org.uk/</a>          Offers family and individual support for gender diverse and transgender children and young people.</p> <p><b>MESMAC</b> – Support with sexual health and sexuality. This group also supports LGBT young people          01904 620400; <a href="mailto:york@mesmac.co.uk">york@mesmac.co.uk</a>; <a href="http://Mesmac.co.uk">Mesmac.co.uk</a></p> <p><b>Hull &amp; East Riding of Yorkshire LGBT Forum</b>          07766 571 588; <a href="mailto:lgbt@andytrain.co.uk">lgbt@andytrain.co.uk</a> (Chair);  <a href="http://www.prideinhull.co.uk">www.prideinhull.co.uk</a>  <span style="color: red;">? This is not Y&amp;S ? change to Y/S link ?</span>          York LGBT Forum  <a href="https://yorklgbtforum.org.uk/">https://yorklgbtforum.org.uk/</a>          York LGBT forum 07731852533</p>
<p><b>Emergency contacts - Young suicide prevention services</b></p>	<p><b>TEWV CAMHS Crisis Home Resolution Team:- 01904 615348</b></p> <p>Young People under the age of 18 who present following an episode of deliberate self-harm, acute and uncontained emotional distress or display high levels of risk taking behaviour requiring immediate attention in the community.</p> <p>The team operates an open referral system which is accessed via telephone from 10am-10pm, 7 days a week.</p>

Issues faced	Appropriate services
	<p>Telephone 01904 615348  NHS (non-emergency) 111  Emergency Duty Services (dependent on local authority – see information earlier in leaflet)  Police emergency 999  Police non-emergency 101  York adult crisis team (after 10pm for ages 16+)  01904 526582</p> <p><b>Samaritans</b> - Whatever you're going through, call us free any time, from any phone on 116 123.</p> <p>We're here round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call them on the phone. This number is FREE to call. You don't have to be suicidal to call.</p> <p><b>Papyrus. Prevention of Young Suicide.</b>  Provide confidential help and advice to young people and anyone worried about a young person  Help others to prevent young suicide by working with and training professionals  Campaign and influence national policy</p> <p><b>Hopeline 08000684141</b>  <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p> <p><b>Childline</b>  Free, private and confidential help for young people in the UK  <b>08001111</b>  <a href="http://www.childline.org">www.childline.org</a>.</p>

<p><b>Education Services</b></p>	<p><b>SEND Information, Advice &amp; Support Service (SENDIASS)</b></p> <p>North Yorkshire – 0845 034 9469  <a href="http://www.northyorks.gov">www.northyorks.gov</a>  York – 01904 554319/555698  <a href="http://www.yorksendiass.org.uk">www.yorksendiass.org.uk</a>  East Riding – 01482 396469  <a href="mailto:www.sendiass@eastriding.gov.uk">www.sendiass@eastriding.gov.uk</a></p>
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	<p><b>Special Educational Needs (SEN) Services:-</b>  <b>York</b> – 01904 554302 e. mail  <a href="mailto:SENdept@york.gov.uk">SENdept@york.gov.uk</a></p> <p><b>North Yorkshire</b> – 01609 533222  email <a href="mailto:nyes@northyorks.gov.uk">nyes@northyorks.gov.uk</a></p> <p><b>East Riding – Family Information Service Hub (FISH)</b> – 01482 396469 can provide information on education services.</p> <p><b>Educational Psychology Services:-</b></p> <p><b>York</b> – 01904 554320  email  <a href="mailto:educational.psychology@York.gov.uk">educational.psychology@York.gov.uk</a></p> <p><b>East Riding</b> – 01482 392254  Email <a href="mailto:eis@eastriding.gov.uk">eis@eastriding.gov.uk</a></p> <p><b>North Yorkshire</b> – 01609 535554  Email  <a href="mailto:andi.henderson@northyorks.gov.uk">andi.henderson@northyorks.gov.uk</a></p>
<p><b>Youth Justice Services</b></p>	<p><b>York Youth Offending Team</b></p> <p>The York 'Youth Offending Team' (YOT) is made up of staff from the <a href="#">Police</a>, <a href="#">Probation Service</a>, Children's Services and Health and has many partners including the Courts, <a href="#">Substance Misuse Services</a> and Housing providers.</p> <p>We work with young people from the age of 10 years old into young adulthood, who are at risk of, or involved in offending behavior.</p> <p>We have the skills and abilities to respond to any risks or needs in the lives of young people, their families, and their victims, in York.</p> <p>Contact 01904 554565</p> <p><a href="mailto:Yot.admin@york.gov.uk">Yot.admin@york.gov.uk</a></p>

	<p><b>North Yorkshire Youth Justice - Selby</b> Contact 01609 534751</p> <p><b>East Riding Youth Offending Team</b></p> <p>Contact Families Information Service (FISH) 01482 396469</p>
<p><b>Issues around Adoption</b></p>	<p><b>- After Adoption Yorkshire</b> 31 Moor Road, Headingley, Leeds Tel. 0113 230 2100 Email <a href="mailto:-info@aay.org.uk">-info@aay.org.uk</a></p> <p><b>-NYCC Local Authority Adoption Team</b> Adoption Team Knaresborough Children's Centre Manor Road Knaresborough HG5 0BN Tel: 0845 034 9590</p> <p><b>City of York Adoption and fostering team Offices.</b> West Offices Tel 01904 555111</p> <p><b>East Riding of Yorkshire Council Adoption Team</b> Tel 01482396469 Email <a href="mailto:fish@eastriding.gov.uk">fish@eastriding.gov.uk</a></p> <p><a href="http://www.afteradoption.org.uk">www.afteradoption.org.uk</a></p>

**Where possible written referrals should be made using the standard Referral Form (see separate referral form), please note all sections must be completed. You can send an electronic copy to enable email of referral over secure networks i.e. NHS Mail etc.**

We realise this document is lengthy but the intention is to help all referrers as much as possible, both with their CAMHS referrals and also with other information that may be of help when considering the most appropriate support service for their patient/client. It is not an exhaustive document but we have included some local and national services that may be helpful.

If you have any questions regarding the contents of the document please contact;

Angie Casterton  
**Clinical Nurse Specialist**  
**01904 615338**

John O'Brien  
**CAMHS Team Manager.**  
**01904 615300**

## Eating Disorder Referral Requirements – Appendix A

We recognise the many challenges that general practice is facing currently and the impact on the workload of the general practice team from these, but hope it will be possible for you to please include the following information on referrals:

### Mental Health related issues:-

- **Symptoms** indicative of an eating disorder & any associated mental health difficulties e.g. weight loss, avoidance/restricting of foods, fear of weight gain, body image distortions, preoccupation with weight/shape/food, bingeing, purging, excessive exercise, loss of periods.
- **Risk history** which may include information about thoughts & acts of self-harm and suicide, self-neglect, dangerous, impulsive behaviours.
- **Mental health** medical history, including medication.

### Physical presentations:-

- **Physical health** history, including medication
- **Dietary** intake including level of hydration, dietary restrictions, vomiting or purging.
- **Current Height & Weight.**
- **History of previous weight & height** including trajectory of weight loss  
*PLEASE NOTE: Weight loss of 500g plus in a week requires an urgent CAMHS referral.*
- **BMI and % body weight for height BMI**  
*PLEASE NOTE: Where weight for height is less than 80% this should trigger an urgent referral to CAMHS and where this is under 70% this requires an urgent paediatric or adult medical assessment at the nearest acute hospital*
- **Physical examination** to rule out differential diagnoses of endocrine, gastrointestinal & oncological problems.
- **Standing & sitting blood pressure (BP), pulse & temperature.**
- **ECG where there are abnormalities in BP & pulse or where there is rapid weight loss.**

### Routine Blood tests results required at referral:

FBC  
U&E  
LFT  
TFT  
Calcium, phosphate, magnesium & zinc  
HBA1c  
Random Blood Sugar  
Vitamin B12 & Folate  
Iron & Ferritin  
Clotting  
Coeliac antibody screen  
Inflammatory markers

If this information is not provided a clinician from the CAMHS Single Point of Access Team will always contact the GP surgery to request the relevant information/tests but the obvious concern is that this might result in a significant delay in the young person being seen. Therefore, to enable children and young people to receive treatment in the most timely and efficient way please ensure this information is sent with any suspected Eating Disorder referral.

Please feel free to contact us to discuss any concerns.

**From the North Yorkshire and York CAMHS Eating Disorder Teams**

York contact details:

[tewv.camhsspayselby@nhs.net](mailto:tewv.camhsspayselby@nhs.net) or 01904 615345

North Yorkshire contact details:

[tewv.northyorkshirecamhsreferrals@nhs.net](mailto:tewv.northyorkshirecamhsreferrals@nhs.net) or 03000134778