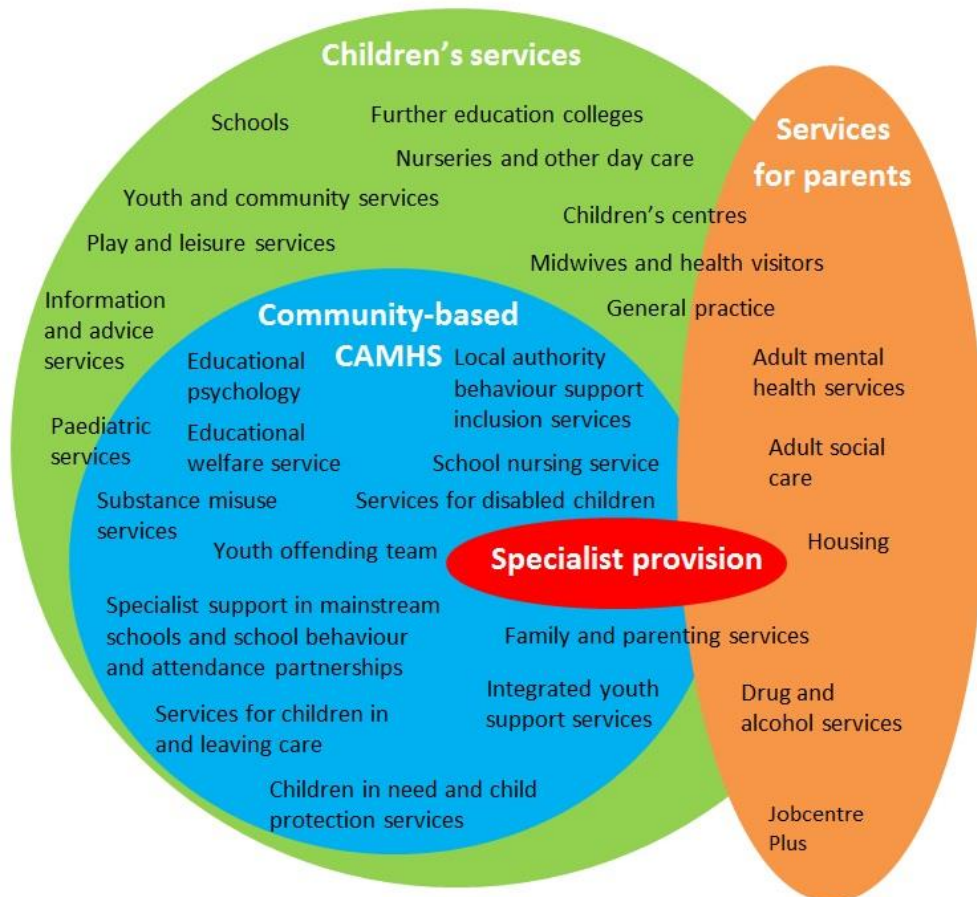


CAMHS referrals, assessment and pathways: the how to guide for primary care

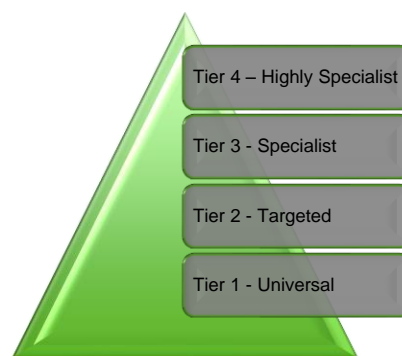
Rob Berry – CAMHS Team Manager

Your local CAMHS Team:

Provides an assessment and treatment service for children and young people up to the age of 18 years experiencing moderate to severe mental health problems, including those with a Learning Disability



Tiered Model:



CAMHS Service Specifications:

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, learning disabilities or who potentially have autism and their families/carers.

The range of care pathways:

- Neurodevelopmental disorder (e.g. ADHD)
- Emotional disorders (e.g. phobias, anxiety, depression, OCD, trauma)
- Autism spectrum disorders
- Sleep disorders or support for sleeping for children and young people with physical or learning disabilities
- Eating disorders
- Self-harm
- Substance abuse
- Psychosis
- Learning disabilities

There is no pathway for challenging behaviour as it is not a mental health problem in itself, however it may be the presenting problem and could be associated with any of the above. A CAMHS assessment should be offered where challenging behaviour is the main difficulty, irrespective as to the underlying reason for the behaviour (i.e. a developmental disorder such as autism or ADHD, LAC ...) and approaches such as parenting courses, education psychology, community paediatrics, youth and family support services, school counselling services, have been pursued.

All referrals will be via a Single Point of Access, responsible for;

- Triage
- Devising of appropriate response and action plan
- Referral procedures for assessment
- Communications with referrers, professionals and the young person, families/carers
- Publicity and information about CAMHS and Autism

Referrals accepted from GPs, health social care and educational professionals, early intervention and prevention workers, voluntary sector workers, parents and young people themselves

Referrals & Single Point of Access (SPA):

The following information is included within the referral form:

- Demographic information including how best to contact
- Minimum data set
- Identifying those with parental responsibility
- Sibling information
- Information about the difficulty / reason for the referral
- Risk information including protective factors
- Hopes
- Information on other services accesses
- Historical medical information
- Details of other workers involved in supporting the young person / family

SPA receives all new referrals into services. SPA process:

- Daily review of all referrals received – initial screening for urgency
- Admin enter onto Paris

- Letter generated booking Access to Services telephone call using contact information in the referral

Access to Services Call (A2S):

Arranged with the young person / family within 4 weeks of receipt of referral:

- Can last up to 30 minutes
- Aims to:
 - Gather further information
 - Assess urgency
 - Offer reassurance
 - Signpost, if indicated
- The call will include:
 - Confirming parental responsibility
 - Understanding the reason(s) for the referral
 - The nature of the difficulties (duration, frequency, impact and environmental variation)
 - Risk and resilience factors
 - Recovery goals

Initial Comprehensive Assessment (ICA):

- Face to face assessment with young person and their family / carer
- Accounts for 3.75 hours of work (1/2 day)
- Includes summarising assessment, completing a safety assessment, completing current view (CAMHS currency tool) and outcome measures

ICA outcomes:

- Offer tier 3 intervention
- Offer further specialised assessment (including crisis assessment)
- Signpost

York & Selby Care Pathways:

- Emotional Wellbeing Pathway
- Neurodevelopmental Pathway
- Eating Disorders

Emotional Wellbeing Pathway:

The following are the types of difficulty CAMHS generally provides intervention(s) for within the emotional wellbeing pathway:

- Anxiety
- Depression
- Phobia's
- OCD
- Trauma
- Sleep disorders
- Self-harm

First line offer – 10 week mixed-approach programme

- Preparation group
- Introduction session for young people and their families
- 2 x group sessions
- 1:1 session
- 2 x group sessions
- 1:1 session
- 2 x group sessions (including celebration event)

CBT informed interventions. Specialist psychological therapies can include formal CBT, family therapy, EMDR and DBT.

Decider skills – young person and parent group to identify coping strategies

1:1 – 10 session intervention

- Emotional regulation
- Distress tolerance
- Managing safety
- Interpersonal relationships

Neurodevelopmental Pathway - ASC:

Clinic model for assessment

- Parental meeting
- ADOS – play based assessment tool
- MDT discussion
- Feedback session (usually one month later)

ASCEND – 3 week parenting course run in conjunction with specialist ASC teaching team.

Discharged or signposted to appropriate services, or other tier 3 intervention, for example Decider skills

Link in with School Wellbeing Workers

Neurodevelopmental Pathway - ADHD:

Clinic model for assessment

- Parents and young person may be seen together or separately (based on presentation and family dynamic).
- Primary aged children automatically get school observations. Secondary school if appropriate or necessary.
- Discussed at monthly MDT to see if reach diagnostic threshold

3 session ADHD parenting/carer's group

Invite schools to one off educational session

Option of medication discussed

Eating Disorders Pathway:

Initial assessment with 2 clinicians.

- Young person and parents are seen individually and together
- Use of Junior MaRSiPAN
- Usually include baseline bloods and physical health observations
- MDT discussion to agree formulation
- Feedback session with Young Person and Family

Family based therapy

Dietetic advice and support

Ongoing physical health observations where required

North Yorkshire Pathways (For Helmsley, Kirkbymoorside and Pickering practices only):

Supported by the Scarborough CAMHS team and North Yorkshire Single Point of Access:

- Offers interventions within the Emotional Wellbeing Pathway and Eating Disorders Pathway
- Not commissioned to provide Neurodevelopmental Pathway

Transitions:

Transitions includes any discharge following tier 3 intervention from CAMHS – whether this onward referral to adult mental health services or discharge back to primary care

Transitions discussion automatically held with any young person aged 17 years and 3 months