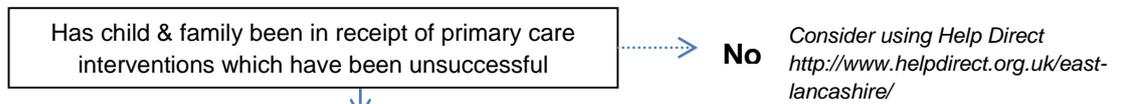
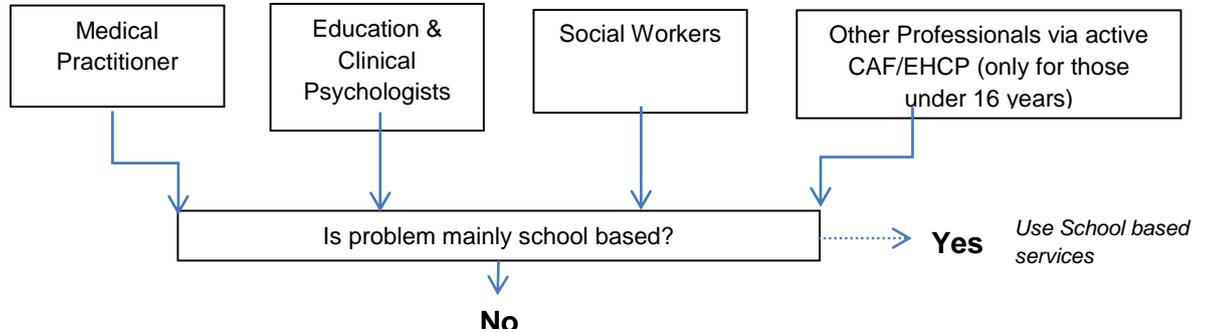


DECISION MAKING AID

ACCESS TO CAMHS & CHILDREN'S PSYCHOLOGICAL SERVICES (CPS) FOR CHILDREN AND YOUNG PEOPLE UNDER 16 YEARS



UNSURE WHETHER OR NOT TO REFER TO CAMHS or CPS ?

Ring for advice on numbers below



Refer to CAMHS or CPS depending on locality, complexity and severity

Lancaster & Morecambe CAMHS, The Ross Children's Centre, Euston Road, Morecambe, LA4 5LE
Tel: 01524 550650

Fylde & Wyre CAMHS, Whitegate Health Centre, 150-158 Whitegate Drive, Blackpool, FY3 9ES
Tel: 01253 657166

Preston CAMHS, Ellen House, 1-3 Ellen Court, Preston, PR1 7RH
Tel: 01772 777344

Chorley & South Ribble CAMHS, Shawbrook House, Balcarres Road, Chorley, PR25 3ED
Tel: 01772 644644

West Lancashire CAMHS, Westgate House, Tanhouse Road, Skelmersdale, WN8 6DS
Tel: 01772 588430

Longlands CDU Westbourne Drive, Lancaster LA1 5EE
Tel: 01524 34331

Central Lancashire Avondale Unit Royal Preston Hospital PR2 9HT
Tel: 01772 773415

Neither CPS or CAMHS are emergency or crisis services. In situations of urgency we will be happy to advise but where there is a high level of risk that cannot be managed or an out of hours response is required, please consider using existing emergency pathways. In these circumstances, you should also consider making a referral to Children's Social Care.

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES
AND
CHILDREN'S PSYCHOLOGICAL SERVICES

SINGLE REFERRAL PROCESS
INFORMATION FOR REFERRERS



*TOGETHER WE ARE COMMITTED TO STREAMLINING A CHILD & YOUNG PERSON'S
JOURNEY THROUGH OUR SERVICES*

This guidance is prepared to outline and clarify referral into CAMHS. It is not intended to replace existing pathways for learning disabilities, drug & alcohol services or family support services.

SERVICE INFORMATION

Working together as CAMHS and Children's Psychological Services provide timely and appropriate access to specialist provision for children and young people with a broad range of emotional health, psychological distress and mental health disorders. We aim to provide a single route of access to our specialist services for children, young people and their families. We take referrals for children and young people under the age of 16.

Children's Psychological Service (CPS) is a specialist service which accepts referrals for cases which require uni-disciplinary input. It is expected that there will have been a primary intervention (unsuccessful) before CPS become involved. This primary intervention may, for example, come from the services of Health Visiting, School Nursing, School Counselling, Children's Continence Service, Learning Mentors and/or Family Support.

Child and Adolescent Mental Health Services is a specialist mental health child psychiatry service. It accepts referrals for cases which require complex multi-disciplinary interventions or psychiatric input. It is expected that there will have been a range of primary and Tier 2 interventions before ELCAS become involved in a young person's care. This intervention may, for example, come from the services of Health Visiting, School Nursing, School Counselling, Schools, Children's Social Care, Looked After Children Services and/or Child Psychology Services.

REFERRAL ROUTES

A single referral process has been developed between CPS and CAMHS so that referrals can be directed and allocated to the most appropriate service, whilst taking account of clinical need. A general rule of thumb is to consider whether a young person can be supported by a single psychologist or psychological practitioner co-working with other agencies (if so, then refer to CPS) or whether the young person requires intensive psychiatric intervention and/or interventions from a multi-disciplinary team (if so, then refer to CAMHS).

WHO CAN REFER?

We accept referrals from Doctors (including GP's and Paediatricians), Psychologists (Educational and Clinical), Social Workers and other professionals only via an open and active CAF/EHCP (only for children under 16 years).

REFERRAL CRITERIA AND EXCLUSION

These are shown overleaf – both services have similar exclusion criteria, which are difficulties not suitable for either service and which are not commissioned to be provided. These vary slightly between services but the principles remain the same. Please call us to discuss further if you are unsure whether to refer or not. We are happy to discuss possible referrals and offer advice and guidance on cases with you so that you can make the most appropriate decision for the child, young person and their family.

CHILDREN'S PSYCHOLOGICAL SERVICES (CPS)

Presenting concerns accepted	Examples
Emotional difficulties	<i>Anxiety, panic, phobias, low mood, obsessive-compulsive difficulties</i>
Complex relationship difficulties	<i>Attachment and separation issues</i>
Stress and life-event circumstances	<i>Unresolved grief, trauma, PTSD, abuse</i>
Psychological adjustment to physical health difficulties, illness or disability	<i>Medical conditions (with or without established organic cause), Acquired Brain Injury.</i>
Behavioural difficulties associated with emotional distress	<i>Poor emotional regulation, non-compliance, oppositional behaviour, verbal and physical abuse and/or aggression</i>
Psychological adjustment to/management of developmental and neurodevelopmental issues	<i>Complex issues re sleep, toileting, eating habits. Social & Communication difficulties, Autistic Spectrum Condition (ASC), ADHD.</i>
Complex psychological difficulties which have been resistant to previous alternative intervention	

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

Presenting concerns accepted	Examples
Complex emotional difficulties Psychiatric disorders	<i>Depression/Low mood, Anxiety Disorders, Obsessive Compulsive Disorder, Eating Disorders – anorexia nervosa/bulimia, Coping with the mental health consequences of abuse/neglect, Psychosis (under the age of 14), Looked after children where there is evidence of a mental health disorder</i>
Complex relationship difficulties	<i>Complex family issues where there is a mental health component for the young person Enmeshed challenging/damaging family relationships High Risk of Family Breakdown where there is evidence of a mental health disorder</i>
Stress and life-event circumstances	<i>Significant unresolved grief affecting mental health trauma Post traumatic stress disorder</i>
Self-Harm	<i>Acts of self-harm/self-injury, Suicidal Ideation</i>
Behavioural difficulties associated with emotional distress	<i>Where combined with other disorders Severe attachment difficulties</i>
Mental health management of developmental and neurodevelopmental issues	<i>Autistic Spectrum Conditions (Where combined with other disorders) ADHD –behaviour and pharmacological intervention Tourette’s Syndrome</i>
Complex psychiatric difficulties which have been resistant to previous alternative intervention	<i>Including young people known to the Youth Offending Service</i>
Eating disorders	<i>Anorexia, bulimia, eating disorder not otherwise specified ENDOS</i>
Moderate/Severe Learning Disability	<i>Children with an EHCP that states they have a moderate/severe learning disability (services can be accessed for CAMHS LD via Central CAMHS [Preston/Chorley] in agreement with the local CCG).</i>

EXCLUSION CRITERIA – SERVICES NOT COMMISSIONED FROM CPS OR CAMHS

Exclusion criteria	Examples
Persistent & severe conduct difficulties i.e. Criminal behaviour (in the absence of other mental health disorders)	<i>Fire setting, absconding, stealing, other criminal activity (consider Youth Offending Team - YOT)</i>
Sexually exploitative behaviour or extreme sexualised behaviour	<i>Sexual abuse or grooming of others. Preoccupation with sexual interests or behaviour inappropriate to developmental stage (other services such as GMAP are available)</i>
Substance misuse	<i>Alcohol, illegal drug use and use of legal highs (other services such as Early Break are commissioned)</i>
Difficulties which are predominantly school-based (in the absence of significant difficulties at home)	<i>Truancy, school refusal unless there is a mental health component</i>

More detailed criteria are available from both services on request.

Please be aware there is an emotional health & wellbeing service for children who are looked after & adopted via SCAYT+ who can be contacted on (01772) 538880