Welcome to the information booklet produced for professionals and volunteers working with children and young people with mental health problems.

**The purpose of this booklet is to:**

- provide you with information about how CAMHS can support you in your work with children and young people presenting with a range of emotional and mental health needs
- provide you with information about the specialist services that CAMHS deliver and how to access them.

Emotional health and well being is essential to children and young people maximising their potential in life and therefore becomes the business of everyone who has a significant role to play in their lives, or in the lives of their parents and carers.

In Portsmouth City we have a good reputation for working together to improving outcomes for children and we need to ensure that the importance of mental health is embedded into the way we work.

**What is your local CAMHS provision?**

**Service descriptions**

Universal services are provided by non-specialist CAMHS staff.

The capacity and capability of the children’s workforce is being developed so that they feel confident, trained and competent in recognising and dealing with children's emotional health and well-being rather than referring them directly to specialist CAMHS.

Universal staff are supported and advised by the CAMHS Single Point of Access (SPA) Team and other specialists within their organisation. Twenty percent of specialist CAMHS time is available for universal support.

Targeted services are provided by the Extended CAMHS Team with explicit referral criteria that has been negotiated between commissioners and providers.

In-patient CAMHS is provided by our regional in-patient hospital in Winchester and by other non NHS providers across the country.
Single Point of Access (SPA) specialist CAMHS offers:

- One place that will receive all referrals for planned (0 to 18 years of age) and unplanned care (0 to 18 years of age) between the hours of 9am-5pm, Monday to Friday.
- Standard referral documentation together with guidance on what meets CAMHS criteria using a standardised screening tool.
- Access to an advice and consultation line for clients and professionals 9am - 5pm, Monday to Friday.
- Out of hours there is a 24/7 on call service that can be contacted for emergencies via St James Hospital front hall on 023 9289 4419.
- Telephone and/or face to face assessments for families offering a same day response, within 72 hours or within 10 days.
- Access to an up to date menu of resources including the early help offer and evidence based training packages for practitioners working with emotional and mental health needs.
- Brief interventions for children and young people who have moderate mental health problems that cannot be managed within universal services.

The Extended Team provides longer term individualised treatment interventions designed to address the needs of children and young people and their families / support networks who have serious to severe mental health disorders.

We offer an assertive outreach approach to assist young people who may otherwise find our services difficult to access.

A full range of professionals are required and comprise of:

- Advanced Nurse Specialists
- Art Psychotherapists
- Child and Adolescent Psychiatrists
- Child Psychotherapists
- Clinical Child Psychologists
- Family Therapists
- Mental Health Practitioners
- Occupational Therapists.
Emergency Provision

Children and young people up to and including 15 years of age and young people 16 years of age before the end of Year 11, (30 June) requiring emergency intervention in hours, including the assessment of deliberate self-harm are assessed by the Multi-Disciplinary Self-Harm Team or the duty Child and Adolescent Consultant Psychiatrist.

Out of hours emergency intervention is assessed by a rota of Child and Adolescent Consultant Psychiatrists or Senior Registrars. Access to the out of hours on call Child Psychiatrist is restricted to other medical practitioners and senior approved social workers eg GPs, Emergency Department (ED) doctors, paediatricians, and police surgeons.

Young people over the age of 16 years after 30 June (not in mandatory education) and up to 18 years requiring an emergency intervention are assessed by the adult mental health Crisis Resolution Home Treatment team (CRHT) on-call system both in and out of hours.

Transfer to the SPA team occurs on the next working day. Current CAMHS wait time standards for priority cases are set at three working days.

Young people if over the age of 16 and up to 18 years presenting at Accident and Emergency with deliberate self-harm receive an assessment service through the Mental Health Liaison Team within the A&E department.

Transfer to the SPA team occurs on the next working day. Current CAMHS wait time standards for priority cases are set at three working days.

Where an emergency psychiatric opinion is required, this will continue to be provided through the Crisis Resolution Home Treatment consultant / on call rota both in and out of hours.

When a young person requires an inpatient provision, every effort is made to ensure that the provision is sought as soon as possible to provide the care needed by that young person and that the provision is close to the young person’s home. However due to a lack of regional in-patient beds this is not always possible.

We are not currently commissioned to provide day patient facilities as an alternative to inpatient care.
Common terms in CAMHS

- Emotional Health and Well-being - Universal Services
- Learning Difficulty - Universal Services
- Learning Disability - Targeted and Specialist
- Mental Health Disorder - Specialist and Targeted
- Mental Illness - Adolescent In-Patient Units.

Child and Adolescent Mental Health Service (CAMHS)

Your local NHS specialist CAMHS is a multi-disciplinary service providing a range of effective, evidence based assessments, treatments and support for children and young people (0-18) from all ethnic and cultural backgrounds where there are concerns about their mental health.

Types of disorders include:

- Depression
- Eating Disorders
- Neuro-Developmental Disorder
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Psychosis
- Self-harm
- Severe and pervasive anxiety.

There is a strong focus on partnership working with children and young people, their families, primary care, education services, social care, adult services and the voluntary sector.
Specialist CAMHS - who are they?

The SPA team is a multi-disciplinary team for the treatment and management of children and young people aged 0-18 years and their families/support networks who have moderate mental health problems that cannot be managed within universal services and do not require Extended CAMHS team.

The Extended CAMHS team offers assessment and intervention for children and young people aged 0-18 years and their families/support networks who have serious to severe mental health disorder.

These two teams receive the majority of referrals (approximately 1,200 a year) and have larger staffing levels.

Who can refer?

Referrals are accepted from any professional in health, education, social services and the voluntary sector.

In the case of school/college based problems, interventions should have taken place with the appropriate professionals from that service before the referral is made eg with schools, colleges, educational psychologists, school nurses or the multi-agency behaviour support team (MABS).
Guidelines for referral

CAMHS operate as a multi-disciplinary team. Therefore it is preferred that referrals are made to the team and not to a named professional.

In order to make the process as efficient as possible, we prefer to receive referrals via our secure email address: SNHS.CAMHS-General@nhs.net

On completion of the initial assessment, cases will be allocated to a lead professional, in accordance with the agreed treatment plan.

General considerations

- It is important that you have met with the parent(s) / carer(s) and the referred child / children.
- It is essential that the referral to our service has been discussed with the parent(s) / carer(s) and the referred child / children and that they are in agreement with the referral being made.

Basic information

- Name and date of birth of referred child/children
- Address and telephone number - please note, we contact families by telephone in the first instance so an up to date mobile or landline number is essential.
- Who has parental responsibility
- Surnames if different to child’s
- GP details.

Reason for referral

- What are the specific difficulties that you want our service to address?
- How long has this been a problem and why is the family seeking help now?
- Is the problem situation-specific or more generalised?
- Your understanding of the problem / issues involved.
Common Assessment Framework (CAF)

- Where there is already a lead professional and CAF completed it is helpful to include this in any referral.
- You can also request a specialist CAMHS worker to attend a Team Around the Child meeting for advice and consultation on concerns about a child’s mental health prior to referral.

Further helpful information

- Who else is living at home and details of separated parents if appropriate
- Name of school / college
- Who else has been or is professionally involved and in what capacity?
- Has there been any previous contact with our service and what was the outcome?
- Has there been any previous contact with Social Services and what was the outcome?
- Details of any known protective factors
- Any relevant history i.e. family, life events and/or developmental factors.

Dedicated specialist CAMHS Teams - who are they?

Dedicated teams have smaller staffing levels and work with the most vulnerable children and young people.

CAMHS Learning Disability Team (CAMHS LD)

LD provide a targeted service for children and young people aged 0-18 years with moderate to severe learning disability who have challenging behaviour and/or mental health difficulties.

This team also includes the service for children with a moderate to severe developmental delay as a result of their medical condition.

They receive their referrals from special schools, social care, health professionals and families and carers.
Infant Mental Health Team (Little Minds Matter)
Little Minds Matter provide a targeted service for parents and babies 0-2 years. They offer intensive home based interventions that focus on the attachment relationship.

They receive their referrals from parents, children centres, health visitors, general practitioners, social care, adult mental health and the teenage pregnancy team.

All referrals must be accompanied by a Common Assessment Framework (CAF) or Family Health Assessment.

Looked After Children’s Team (LAC)
LAC provide a targeted service for children aged 0-18 years who are looked after or adopted.

They also provide Mental Health assessments for care leavers aged 18-25, who are experiencing significant difficulties with their mental health.

They receive their referrals from foster carers, social workers and residential care homes.

All referrals must be accompanied with written consent.

Multi-Systemic Therapy Team (MST)
MST is a uni-disciplinary team commissioned by the local authority and provided by specialist CAMHS. The team forms part of a package of interventions for families with complex needs. (Positive Family Futures).

MST provides intensive home based targeted family support to young people aged 11-18 years, at risk of entering care or currently part of the criminal justice system or at risk of permanent exclusion from school or college.

Paediatric Liaison
A multi-disciplinary specialist CAMHS team.
It provides a dedicated psychiatric and psychological service for children and young people (0-16 years) in acute inpatient and outpatient paediatrics and the Special Care Baby Unit at Queen Alexandra Hospital.
Youth Offending Team (YOT)

YOT is a multi-disciplinary Community Youth Justice Team. YOT provides an assessment and intervention service for children and young people (10-17 years) who have committed a criminal offence. The team has a specialist CAMHS nurse attached, who provides mental health consultation, training and direct work.

What if families ask for a second opinion?

- Sometimes parents will ask for a second opinion from a different professional within CAMHS.
- Sometimes we refer young people ourselves to other specialist NHS services for a second opinion, with the agreement of parents and our commissioners.
- Sometimes parents would like a second opinion, which we do not think is necessary but parents are entitled to ask their GP to arrange a second opinion on their behalf.
What if families disengage?

- Sometimes children are not brought to appointments by their parents or carers, or in the case of older young people, they choose not to attend.
- The service has a clear disengagement pathway that requires us to alert the referrer and network around the child, if known, highlighting any risks or concerns.

Universal Support

Consultation and training

We provide consultation and training to a range of professionals to support them in their work. For example;

- Acute and Community Paediatricians.
- Adult Mental Health.
- Children’s Centres.
- Educational Psychologists.
- General Practitioners.
- Health Improvement Service.
- Health Visitors.
- Integrated Youth Services.
- Multi-Agency Behaviour Support Team (MABS).
- Schools and Colleges.
- School Nurses.
- Social Workers.
- SWITCH (Young Persons Substance Misuse Service).
- Team Around the Child meetings.
- The Harbour School (SEBD).
- Youth Offending Team.
Other agencies that might be able to help

Some referrals may be more effectively dealt with by agencies other than CAMHS.

• If children are at risk of significant harm then local safeguarding procedures must be followed.

• Education problems that have manifested exclusively within the school setting should be followed-up initially by the Education Services.

• Post abuse work or families at risk of breakdown should be referred to the local Social Services Department, Troubled Families Service (Positive Family Futures) or Portsmouth Area Rape Crisis Service (PARCS)

• Parental mental illness should be referred to the Adult Mental Health Service.

• Severe and moderate learning disability or specific learning difficulties where there is no mental health presentation should be referred to the Community Paediatrician or Educational Psychology Services.

• Situations where children or young people are affected by parental acrimony or separation may initially require the involvement of a mediation service such as RELATE.

• Family relationship and parenting difficulties should initially be referred to Troubled Families Service (Positive Family Futures) or the Parenting Support Team.

Child and Adolescent Mental Health Services

Falcon House
St James’ Hospital
Locksway Road
Portsmouth
PO4 8LD

Tel: 023 9268 4700
Fax: 023 9268 4701
Email: SNHS.CAMHS-General@nhs.net
<table>
<thead>
<tr>
<th>Problem</th>
<th>Brief description</th>
<th>Referral pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generalised Anxiety and Separation Anxiety</td>
<td>If affecting child’s development or level of functioning. If out of proportion to family situation and impacting on parent/carer/child relationship. If sudden/dramatic deterioration.</td>
<td>Refer to SPA</td>
</tr>
<tr>
<td>Bereavement Response</td>
<td>Child is experiencing significant distress following death that has occurred within traumatic circumstances - e.g. suicide.</td>
<td>Refer to SPA</td>
</tr>
<tr>
<td>Challenging Behaviours associated with moderate to severe learning disability</td>
<td>Consider an early referral.</td>
<td>Refer to CAMHS Learning Disability Team.</td>
</tr>
<tr>
<td>Complex Developmental Problems</td>
<td>Significant delay in acquiring appropriate social skills and peer relationship difficulties. Unusual or very fixed interests and/or marked preference for routine and difficulty adapting to change. Bizarre or unusual behaviours. Hyperactivity, impulsivity, inattention in children over five years that is unresponsive to behavioural intervention in home and school.</td>
<td>Follow ADHD Care Pathway. Follow Autistic Spectrum Disorder Care Pathway.</td>
</tr>
<tr>
<td>Depression</td>
<td>Beyond age-appropriate mood variation if impacting on daily living - sleeping, eating, etc</td>
<td>Refer to SPA</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>Anorexia Bulimia</td>
<td>Follow Anorexia Nervosa Care Pathway. Early referral to SPA (Please complete medical investigations height/weight/bloods, before referring). If the young person is over 17 years please refer to the Specialist Eating Disorders Team on 023 9262 7762</td>
</tr>
<tr>
<td>Problem</td>
<td>Brief description</td>
<td>Referral pathway</td>
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<tr>
<td>Obsessional Compulsive Disorder</td>
<td>Consider an early referral</td>
<td>Refer to SPA</td>
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</tbody>
</table>
| Overdose                        | Send directly to Emergency Department (ED) at Queen Alexandra Hospital for immediate medical treatment | IMMEDIATE REFERRAL TO HOSPITAL  
Do not refer to CAMHS at this stage  
CAMHS provide a mental health assessment at QAH within 24 hours of the young person being admitted |
| Post Traumatic Stress Response  | Demonstrating hyper vigilance/avoidance/flashbacks and/or marked increase in unexplained temper tantrums/episodes of other distress | Refer to SPA                                                                     |
| Psychosis                       | Concern regarding psychosis including co-morbidity with substance misuse           | Early referral to SPA                                                             |
| Self Harm                       | Where there is concern about self-harm, in context of other difficulties, referrers may telephone a clinician at CAMHS to determine level of priority before making a written referral  
Where urgent medical treatment is required please send directly to ED at Queen Alexandra Hospital | Telephone CAMHS first, to discuss case and level of priority prior to making written referral  
CAMHS provide a mental health assessment at QAH within 24 hours of the young person being admitted |
| Specific or Social Phobia       | Difficulties in attending school/college and prolonged absences, absence of antisocial disorders, eg stealing, truancy  
Emotional upset experienced including fearfulness/anxiety/temper/acute misery | Refer to SPA                                                                     |
| Substance Misuse                | All substances                                                                     | Refer to specialist substance misuse services  
SWITCH in first instance - 023 9282 5140                                           |
Please tell us how you feel about the services we provide.

If you have a compliment, concern or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Service on

**0800 013 2319** or

**snhs.solentfeedback@nhs.net**

Alternatively, visit:

**www.solent.nhs.uk/contact-us**

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