

NORTH YORKSHIRE 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
- Centered 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.northyorkshirecamhsreferrals@nhs.net

Telephone Number – 0300 013 4778

CONTACT ADDRESSES FOR SPECIALIST CAMHS BASES:

<p>Scarborough / Whitby / Ryedale Lake House 20 Manor Court Scarborough Business Park Eastfield Scarborough YO11 3TU (01723) 346000</p>	<p>Harrogate & District Dragon Parade Clinic 2 Dragon Parade Harrogate HG1 5BY (01423) 726900</p>
<p>Hambleton / Richmondshire Brompton House Brompton Road Northallerton DL6 1EA (01609) 718810</p>	

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 18th 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).

The core service for looked after and vulnerable children is commissioned by Specialist CAMHS:

- Children Looked After by NYCC (Sec 20, Emergency Protection Order, Interim Care Order, and Care Order).
- Adopted children who are open to an NYCC CSC team
- Looked after Children or children on a child protection plan with an SDQ score of 25+
- Children on a child protection plan with a mental health issue or where they have been on a child protection plan for 12+ months
- Supervision and consultation to be offered to health, social care and youth justice, who are involved in the assessment and intervention of children exhibiting sexually harmful behaviours. A maximum of 10 children per year, 6 hours of consultation/supervision per child.

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.

REFERRAL CRITERIA

Children, young people up to their 18th birthday, (and their families) with 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 Common Assessment Framework process; Social Care; Education Services and the Voluntary Sector.

Presenting 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 LD Nursing team involvement 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?**
- **Has the referral been discussed with the family, child or young person?**

Service	Response	Presentation
Specialist CAMHS	Crisis Response (seen within 4 hours)	<ul style="list-style-type: none"> • Potential Suicide/other lethal risk to self and others • Presenting acutely at hospital, A&E, GP surgery or following admission to hospital after episode of self-harm & reported medically fit for discharge
Specialist CAMHS	Emergency referrals (within 24 hours)	<ul style="list-style-type: none"> • Acute Psychotic Disorder • Risk of undiagnosed emotional disorder (such as depression, severe anxiety, panic disorder, Obsessive Compulsive Disorder) which is having significant impact on the child / young person's functioning
Specialist CAMHS	Urgent referrals (within 1 week)	<ul style="list-style-type: none"> • Suspected emerging psychosis (e.g. perceptual disturbance, delusional beliefs, withdrawal from socialising, apparent personality change). • Suspected Anorexia Nervosa with BMI of less than 17 or rapid weight loss in recent weeks. • Suicidal ideation or repeated severe deliberate self-harm in the context of a significant mental health problem. • Severe and disabling anxiety (e.g. severe OCD) that is impacting significantly on the child or young person's functioning. • Significant symptoms suggesting depressive illness.
Specialist CAMHS	Routine (appointments within 4 weeks of 'referral')	<ul style="list-style-type: none"> • Deliberate Self Harm that is not currently a significant threat to health (See NY multiagency Self Harm Pathway) • Traumatic reaction/Post abuse, at least a few months after incident, with evidence of disturbance of arousal, repeated experiencing of event • Assessment for ADHD/ Behavioural / Hyperkinetic disorders • Chronic Physical Illness/Somatic disorders with clear impact on child's mental health (and/or on family functioning/well-being). • Head Injury/Neuro-developmental problems which have impacted on the child/young person's mental health • Parental mental health problem/illness with impact on child's functioning

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 North Yorkshire's Prevention Service or Healthy Child Service.**
- 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 where there is a **request for a diagnostic service for Autism** without any clear evidence of mental health difficulties. Children and Young People requiring cognitive assessment to exclude Learning Difficulties where there is no co-morbid mental health difficulties. Requests for ADHD assessments across the service are commissioned differently by varying CCG's.

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.

North Yorkshire Wide Provision

Healthy Child Programme

The largest service is the Healthy Child Service and this will be provided by Harrogate District Foundation Trust. 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.

The Health Child Service Tel: **01423 557711**

NYCC Local Authority Prevention Service

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.
- **From 1st January 2016, referrals for the Prevention Service will be received, handled and screened by North Yorkshire's Customer Contact Centre and multi-agency professional Screening Team. This will follow the same established process as Children's Social Care referrals.**

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. 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. (if making a referral prior to 1st January 2016, please email to Social.care@northyorks.gcsx.gov.uk)

- 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:

- Craven – 01609 532412
- Ripon & Rural Harrogate – 01609 532323
- Harrogate Town & Knaresborough – 01609 533446
- Richmondshire – 01609 533682 (Catterick Garrison, Richmond, Wensleydale)
- Hambleton North – 01609 536468 (Northallerton, Stokesley, Bedale)
- Hambleton South – 01609 536206 (Thirsk, Easingwold, Shipton on Swale)
- Selby Town – 01609 532385
- Tadcaster & Rural Selby – 01609 534022
- Whitby & The Moors – 01609 532479 (North Whitby, Staithes, Goathland etc)
- Ryedale – 01609 536009 (Sand Hutton, Pickering, Malton, Kirkbymoorside, Ampleforth)
- Scarborough Town – 01609 533139 (Central)
- Scarborough South & Filey – 01609 532927 (Eastfield, Seamer)

Go to the NYCC website and check out our 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.

COMPASS REACH

It is staffed by qualified nurses and provides targeted interventions and treatment to children and young people aged 9-19 years who have a higher risk of poor health outcomes because of their risk taking behaviours, such as with alcohol or substance misuse or because of poor emotional wellbeing. This service will work closely with other specialist services such as Child and Adolescent Mental Health Services and specialist sexual health services to ensure that there are appropriate care pathways in place.

Compass REACH Tel: **01609 777662**

Self-harm multi-agency pathway

North Yorkshire Pathway of support for children and young people who self-harm
This pathway has been developed to assist anyone who works with children and young people if they have concerns that a child or young person is deliberately harming themselves.

The pathway contributes to delivering the priority outcomes of the North Yorkshire Children & Young People's Emotional and Mental Health Strategy 2014-17 (see appendix C).

YOUTH JUSTICE SERVICE (YJS)

YJS Health Worker offers:-

- Clinical advice to other professionals working in the service,
- Assesses the mental & physical health needs of young people with offending behaviour
- Interventions to young people & their families whose needs cannot be met by the YJS alone.
- Links closely with specialist CAMHS.

Youth Justice Service Delta House 12b North Park Road Harrogate HG1 5PG Tel: 0845 0349478	West YJS 2 nd Floor, Pavilion House, Westborough, Scarborough, YO11 2JN 01609 534751
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SCARBOROUGH / WHITBY / RYEDALE

Issues faced	Appropriate services
Issues which are Primarily about Safeguarding: Child Welfare; Child Protection.	- Social Care - Access and Impact Teams - Customer Services: 0845 034 9410 - Emergency Duty Team: 0845 034 9417
Social issues which do not reach thresholds for Child Protection or Child in Need (see Vulnerability Checklist)	- Common Assessment Framework (Team Around the Child) (CAF) Process. prevention.services@northyorks.gov.uk Or, liaise with the local Area Prevention Teams via the contact numbers above or emails:- pshubscarborough@northyorks.gov.uk pshubryedale@northyorks.gov.uk pshubwhitby@northyorks.gov.uk pshubeastfield@northyorks.gov.uk
School based issues i.e. learning difficulties; behaviour issues.	- Head of Year or SENCO of school attended -Each school has a named Educational Psychologist. Private schools need to

Issues faced	Appropriate services
School Attendance Issues	<p>pay for an Educational Psychologist, which can be discussed via the Local Education Authority at County Hall, Northallerton Tel. 0845 034 9444</p> <p>NYCC Prevention Service (as above)</p>
<p>Generalised health related issues including low level anxiety; simple phobias, anger issues, behavioural issues including risk taking etc.</p> <p>Children age 0 - 5 with developmental problems (including autism diagnosis)</p>	<p>- Healthy Child Programme Team (public health nurse 5-19 years) - School Nurse ‘Drop In Clinics’ held in various Secondary Schools.</p> <ul style="list-style-type: none"> - Health Visitor - Child Development Centres - Children’s Centre - Parenting Groups
Bereavement Issues	<p>St Catherine’s Hospice (Bereavement Support) Throxenby Lane, Scarborough YO12 5RE <u>Tel:-</u> 01723 351421</p>
<p>Queries regarding Autistic Assessment Disorder but without clear evidence of Mental Health difficulties</p> <p>Children / Young people with Autism</p> <p>Children with Sensory, Physical, Medical</p>	<p>AS-MPAT (Autism Specific Multi professional Assessment Team) Paediatrics at Scarborough General Hospital Ryedale Special Families Tel No. (01653) 699000 and Action for Children Tel No. (01723) 343755</p> <p>Autism Outreach Team County Hall Northallerton North Yorkshire DL7 8AE Specialist teachers working directly with schools Tel–01609 538211 Training Team for Parents & Professionals Tel – 01609 534524</p> <p>SPM Team,</p>

Issues faced	Appropriate services
needs in Education (including those with visual & auditory impairment)	County Hall (as above) Tel- 01609 535744
Family Relationships (separation issues)	<p>Relate (North East) Relate The Street, 12 Lower Clark Street Scarborough North Yorkshire YO12 7PW Tel- 01325 461500</p> <p>CAFCASS (Scarborough) First Floor, Pavilion House. Valley Bridge Rd Scarborough YO112JR Tel No. (01723) 343270</p>
Emerging psychosis	<p>Early Intervention in Psychosis Team (EIP) The Ellis Centre Dean Road, Scarborough Tel No. (01723) 355095</p>
Parenting Issues	<ul style="list-style-type: none"> - Parenting Programmes – via local Children’s Centres - National Numbers and websites: - Parentline Tel: 0808 800 2222 (24hrs) Website: www.parentlineplus.org.uk - Childline: Tel: 0811 1111 Website: www.childline.org.uk - Young Minds Parent Support Tel: 0808 802 5544 Website: www.youngminds.org.uk
Counselling Services	Scarborough & Ryedale Carers Resource Services 96 High Street, Snainton Scarborough YO13 9AJ

Issues faced	Appropriate services
	www.carersresource.net Whitby Underground Counselling Services 01947 605256 Ryedale Counselling Services (13-9 years) 07954 969106
Substance Misuse Issues	The Cambridge Centre Alma Square, Scarborough Tel No. (01723) 367475
Parental/Family Illness Were children may have responsibilities to care for adults or other young people in their family	Action for Children (Young Carers) The Children's Centre Cherry Tree Avenue Scarborough YO12 5HL Tel No. (01723) 343750
Sexuality Issues	Sexual Health Counselling (Paul Cooke Ryedale Counselling) Tel No. (01723) 377298
Disability related issues (including Learning Disabilities)	Access & Inclusion (SEND) Disabled Children's Service North Yorkshire House 442 – 444 Scalby Road Scarborough, YO12 6EE Children with Learning Disabilities Eastfield Clinic, Westway, Eastfield, Scarborough Tel No. (01723) 581344 North Yorkshire Parent Partnership Service Sue Gibbons Tel 01609 534611 Email : sue.gibbons@northyorks.gov.uk

HAMBLETON / RICHMONDSHIRE

Issues faced	Appropriate services
<p>Issues which are Primarily about Safeguarding: Child Welfare; Child Protection.</p>	<p>- Social Care Admin Tel: 01609 533796</p> <p>- Access and Impact Teams</p> <p>- Customer Services: 0845 034 9410</p> <p>- Emergency Duty Team: 0845 034 9417</p>
<p>Social issues which do not reach thresholds for Child Protection or Child in Need (see Vulnerability Checklist)</p>	<p>Common Assessment Framework (Team Around the Child) (CAF) Process. prevention.services@northyorks.gov.uk</p> <p>Or, liaise with the local Area Prevention Teams via the contact numbers above or via the emails below:- pshubhambletonsouth@northyorks.gov.uk pshubhambletonnorth@northyorks.gov.uk pshubrichmond@northyorks.gov.uk</p>
<p>School based issues ie learning difficulties; behaviour issues.</p> <p>School Attendance Issues</p>	<p>- Head of Year or SENCO of school attended Each school has a named Educational Psychologist. Private schools need to pay for an Educational Psychologist, which can be discussed via the Local Education Authority at County Hall, Northallerton Tel. 0845 034 9444</p> <p>Support for Families of Children & Young People with SEN & Disabilities c/o NYYP St James Lodge Masonic Lane Thirsk YO7 1PS Email: nypact@hotmail.com</p> <p>NYCC Prevention Service (as above)</p>
<p>Generalised health related issues including low level anxiety; simple</p>	<p>- Healthy Child Programme Team (5 – 19 years)</p>

Issues faced	Appropriate services
<p>phobias, anger issues, behavioural issues including risk taking etc.</p> <p>Children age 0-5 with developmental problems (including autism diagnosis)</p> <p>Children with Autism</p> <p>Children with Sensory, Physical, Medical needs in Education (including those with visual & auditory impairment)</p>	<p>- School Nurse ‘Drop In Clinics’ held in various Secondary Schools.</p> <ul style="list-style-type: none"> - Health Visitor - Child Development Centres - Children’s Centre - Parenting Groups <p>Autism Assessment requests should be directed to:- Child Development Centre, 24, Brompton Rd, Northallerton DL6 1EA. Autism Outreach Team County Hall Northallerton North Yorkshire DL7 8AE Specialist teachers working directly with schools Tel-01609 538211 Training Team for Parents & Professionals Tel – 01609 534524</p> <p>SPM Team, County Hall (as above) Tel- 01609 535744</p>
<p>Bereavement Issues</p> <p>Family Support following death after long term condition</p>	<p>Cruse Bereavement Service Darlington & Durham Tel: 01325 288633 Middleborough Tel: 01642 210284</p> <p>Zoë's Place Crossbeck House High Street Normanby Middlesbrough TS6 9DA Tel: 01642 457985</p> <p>Herriot Hospice Homecare Tel: 01609 777413</p> <p>St. Teresa’s Hospice The Woodlands, Woodland Rd, Darlington DL3 7UA Tel: 01325 254325</p>

Issues faced	Appropriate services
Family Relationships (separation issues)	<p>-Relate/Relateen Service North East Relate Centre West Lodge West Crescent Darlington DL3 7PS. Tel: 01325 461500 Email: info@relatenortheast.org.uk</p> <p>-CAFCASS (Middlesbrough office) 2nd Floor Prudential House 31-33 Albert Road Middlesbrough TS1 1PE Tel: 0844 3533550</p> <p>-CAFCASS (York office) James House James Street York YO10 3YZ Tel: 0844 3534860</p>
Parenting Issues	<p>- Parenting Programmes – via local Children’s Centres</p> <p>- National Numbers and websites:</p> <p>- Parentline Tel: 0808 800 2222 (24hrs) Website: www.parentlineplus.org.uk</p> <p>- Childline: Tel: 0811 1111 Website: www.childline.org.uk</p> <p>- Young Minds Parent Support Tel: 0808 802 5544 Website: www.youngminds.org.uk</p>
Substance Misuse Issues	<p>-Compass (as mention above) Insite Youth Support Centre 159-160 High Street Northallerton DL7 8JZ Tel: 01609 532323 Email: insite@northyorks.gov.uk</p>
Parental/Family Illness where Children & young people are carers.	<p>-Young Carer’s Carers Centre, 2 Omega Business Village, Thurston Road, Northallerton, DL6 2NJ</p>

Issues faced	Appropriate services
	Tel: 01609 780872
Sexuality Issues	<p>-Yorkshire MESMAC PO Box 417 Leeds LS1 5PN Tel: 01904 620400</p>
Disability related issues (including Learning Disabilities)	<p>- North Yorkshire Parent Partnership Service Jane Clark, Parent Partnership Co-ordinator Hamb & Rich White Rose House Thurston Road Northallerton DL6 2NA Tel: 01609 536198 Email: jane.clark@northyorks.gov.uk</p> <p>- Social Care Disabled Children's Service Disabled Children's Services (Central) Access & Inclusion (C & YPS) NYCC 8 St Helen's Close Morton on Swale Northallerton DL7 9TD Tel: 01609 7792127</p>
Issues with Adoption	<p>- After Adoption Yorkshire 31 Moor Road, Headingley, Leeds Tel. 0113 230 2100 Email _info@aay.org.uk</p> <p>- Local Authority Adoption Team Adoption Team Knaresborough Children's Centre Manor Road Knaresborough HG5 0BN Tel: 0845 034 9590</p>
Emerging psychosis	<p>Early Intervention in Psychosis Team (EIP) TEWV</p> <p>The Orchards, Princess Close, Ripon, HG4 1HZ <u>Tel:- 01765 632912</u></p>

HARROGATE DISTRICT

Issues faced	Appropriate services
<p>Issues which are Primarily about Safeguarding: Child Welfare; Child Protection.</p>	<p>- Social Care - Access and Impact Teams</p> <p>- Customer Services: Tel. 0845 034 9410</p> <p>- Emergency Duty Team: Tel. 0845 034 9417</p>
<p>Social issues which do not reach thresholds for Child Protection or Child in Need (see Vulnerability Checklist)</p>	<p>- Common Assessment Framework (Team Around the Child) (CAF) Process. prevention.services@northyorks.gov.uk</p> <p>Or, liaise with the local Area Prevention Teams via the contact numbers above or email:- pshubharrogateandknaresborough@northyorks.gov.uk pshubripon@northyorks.gov.uk</p>
<p>School based issues i.e. learning difficulties; behaviour issues.</p> <p>School Attendance Issues</p>	<p>- Head of Year or SENCO of school attended. Each school has a named Educational Psychologist. Private schools need to pay for an Educational Psychologist, which can be discussed via the Local Education Authority at County Hall, Northallerton Tel. 0845 034 9444</p> <p>- Prevention service (as above)</p>
<p>Children with Autism</p>	<p>Autism Assessment requests should be directed to:- Child Development Centre, Harrogate District Foundation Trust. Tel- 01423 885959</p> <p>Autism Outreach Team County Hall Northallerton North Yorkshire DL7 8AE Specialist teachers working directly with schools Tel-01609 538211 Training Team for Parents & Professionals</p>

Issues faced	Appropriate services
<p>Children with Sensory, Physical, Medical needs in Education (including those with visual & auditory impairment)</p>	<p>Tel – 01609 534524</p> <p>SPM Team, County Hall (as above) Tel- 01609 535744</p>
<p>Generalised health related issues including low level anxiety; simple phobias, anger issues, behavioural issues including risk taking, Weight management etc..</p> <p>Children age 0-5 with developmental problems (including autism diagnosis)</p> <p>Young people engaged with risk taking behaviours – service addressing long term health, resilience and emotional wellbeing, reducing risk to themselves and others and equip young people to succeed in mainstream services</p>	<p>- Healthy Child Programme Team (Public Health Nurses) 5 – 19 year olds (25 years old if the young person has learning difficulties)</p> <p>- School Nurse ‘Drop In Clinics’ held in various Secondary Schools.</p> <ul style="list-style-type: none"> - Health Visitor - Child Development Centres - Children’s Centre - Parenting Groups <p>COMPASS Reach – 01609 777662</p>
<p>Bereavement Issues</p>	<p>JUST B Service via St Michaels Hospice, Harrogate Tel. (01423) 856790</p>
<p>Family Relationships (separation issues)</p>	<p>Young Person’s Counselling Service at Relate Tel. 01904 625971</p> <p>CAFCASS (Harrogate/York) 37 Fishergate York YO10 4AP Tel. (01904 641448)</p> <p>CAFCASS (Leeds) 1 Park Cross Mews Park Cross Street Leeds LS1 2QH Tel. 0113 394 7400</p>

Issues faced	Appropriate services
Emerging psychosis	Early Intervention in Psychosis Team (EIP) TEWV The Orchards, Princess Close, Ripon, HG4 1HZ <u>Tel:- 01765 632912</u>
Parenting Issues	<ul style="list-style-type: none"> - Parenting Programmes – via local Children’s Centres - Prevention service – (as above) - National Numbers and websites: - Parentline Tel. 0808 800 2222 (24hrs) Website: www.parentlineplus.org.uk - Childline: Tel. 0800 11 11 Website: www.childline.org.uk - Young Minds Parent Support Tel. 0808 802 5544 Website: www.youngminds.org.uk
Substance Misuse Issues	COMPASS REACH <u>Tel:- 01609 777662</u>
Parental/Family Illness Were children may have responsibilities to care for adults or other young people in their family	Young Carers Tel. (01423) 500555 Action for Children Harrogate Young Carers Conyngham Hall Business Centre Knaresborough North Yorkshire HG5 9AY Tel:01423 799 135
Sexuality Issues	MESMAC Tel.(01904) 721173
Disability related issues (including Learning Disabilities)	Access & Inclusion (SEND) Disabled Children’s Service Knaresborough Children’s Centre Manor Road, Knaresborough Tel. (01609) 535217 - Children with Learning Disabilities Community Children Nursing Team Tel. (01423) 557510

Issues faced	Appropriate services
Issues relating to Homelessness	- Youthbase (supported lodgings) Referrals only received via Social Care or the Housing Office. Tel. (01423) 500600
Issues with Adoption	After Adoption Yorkshire 31 Moor Road, Headingley, Leeds Tel. 0113 230 2100 Email _info@aay.org.uk Local Authority Adoption Team Tel. 0845 034 9590

Please note this list is not an exhaustive list and the services may be subject to change.

Harrogate and District Specialist CAMHS is also commissioned to offer services to the Wetherby area. The same criteria applies to referrals in the Wetherby area. However, it is acknowledged that access to Universal and targeted services will differ due to the geographical location.

Please find below a list of such services for **Wetherby area**. Please note this list is not an exhaustive list and the services may be subject to change.

Issues faced	Appropriate Services
Child Welfare/Child Protection	Social Care Customer Relations Tel. 0113 2224 403 Common Assessment Framework Team (CAF) Tel. 0113 247 6830
Problems which are primarily education based.	School: ie SENCO or Pastoral Support Educational Psychology) Education Education Welfare Officers) Leeds Tel. 0113 395 1039
Parental Separation and family issues	Young Person's Counselling Service at Relate Tel. (01423) 502173 CAFCASS 1 Park Cross Mews Park Cross Street Leeds LS1 2QH Tel. 0113 394 7400
Behavioural Issues	Tier 1 mental Health Services - Parent support groups

Issues faced	Appropriate Services
	<ul style="list-style-type: none"> - School Nurse - Health Visitor Service - Parent Support Advisors
Children aged 0-6 with developmental issues	<ul style="list-style-type: none"> - Health Visitor - Child Development Centre - Children's Centres - Parenting groups
Bereavement	<p>St Gemma's Hospice Young Person's Bereavement Services Tel. 0113 218 5500 Please telephone for a discussion before referring.</p>
Young Carers	<p>The Willow Project Leeds Tel. 0113 377 3010</p>
A range of services for young people aged 13 - 25	<p>The Market Place 28 Kirkgate, Leeds City Centre Tel. 0113 246 1659</p> <p>The Beck Unit 2, Killingbeck Court, Killingbeck Office Village Leeds LS14 6FD Tel. 0113 240 2929</p> <p>The Salvation Army The Sanctuary, Wetherby High School, Hallfield Lane, Wetherby LS22 6JS Tel. (01937) 588794</p>

Where possible written referrals should be made using the standard Referral Form (see appendix A) and all sections must be completed. We 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.

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

Heather Davies
Clinical Nurse Specialist

Tees, Esk and Wear Valleys

NHS Foundation Trust

Multi-agency referral form for Specialist CAMHS referral & consultation.

Please e-mail completed form securely to Single Point of Access at:-

tewv.northyorkshirecamhsreferrals@nhs.net

Or contact the service to discuss referral on:- **0300 0134778**

Date of referral: –	Date received in service: -
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Child/Young Person & Family Details:-

Full Name of Child:	Date of Birth:	
Preferred Name:	Age	
Male/Female:		
Address including postcode:	Preferred agreed Primary contact and Daytime Telephone number: <input type="checkbox"/> Parent/Carer Name: <u>OR</u> <input type="checkbox"/> Young Person (where appropriate)	
	Agreed Secondary Contact and Telephone number (to be used if problems with number above): <input type="checkbox"/> Parent /Carer Name: <u>OR</u> <input type="checkbox"/> Young Person's (where appropriate)	
Has consent for referral been given? YES <input type="checkbox"/> NO <input type="checkbox"/>: By whom (name):	Parent/Carer aware YES <input type="checkbox"/> NO <input type="checkbox"/> of referral	
GP Name & Address Postcode: GP Phone No:	NHS No:	

Parent/Carer/Sibling Details (if relevant):-

Parent / Carer Name (s) and DOB: (including title, surname and relationship to child/YP)
Who has Parental Responsibility? (name/s)
Who does the child / Young Person live with? (name, DOB & relationship to child/YP)
Siblings under 16yrs living in the family home (Name, DOB & School):

Details about the difficulty/issue:-

What is the reason for the referral?
How long has the issue been going on?
How often is it happening & how is it impacting?
What is it like in different settings e.g school, activity groups, public places?
Risk Historical risk factors. Current risk factors, vulnerabilities (balanced with protective / resilience factors – what has worked or not worked, what is going well. Change in mood – what are they and when did they start, poor or increased sleep, poor concentration or indecisiveness, Low self confidence Poor or increased appetite Suicidal thoughts, self harm Aggressive behaviour towards others
Resilience Protective factors (e.g friendships, good family relationship's), what has / has not worked (e.g. taking time out when feels anxiety rising, school supporting workload, what is going well
What do you and the young person/carers hope the service can provide?

Have other services been involved to meet the needs of the child, young person or family?
 ie: Healthy Child Programme, COMPASS Reach, Local Authority Prevention Service or Voluntary Sector Services, Education Services.

Additional Information:-

Health issues, significant past medical history, previous CAMHS involvement.	
Medication:	
Allergies:	
Language Difficulties (to assist with telephone assessment). Interpreter Required:	YES <input type="checkbox"/> NO <input type="checkbox"/> :
School/College attended (Please include telephone number where possible)	
Education Health and Care Plan in place?	YES <input type="checkbox"/> NO <input type="checkbox"/> Don't know <input type="checkbox"/>
Learning Disability/Difficulties known?	YES <input type="checkbox"/> NO <input type="checkbox"/> :
Child Protection Plan in place?	YES <input type="checkbox"/> NO <input type="checkbox"/> :
Child in Need Plan/CAF in place?	YES <input type="checkbox"/> NO <input type="checkbox"/> :

Other professionals involved in care of child/ young person:- (please complete where this information is known.

	Yes / No	Name if Known	Consent to contact Yes/No	Contact number
General Practitioner				
Children Social Care				
Support in Education				
Prevention Service/Family				

Outreach Worker				
Healthy Child Practitioner				
Voluntary Services				
Youth Justice Service				
Other				

Referral Source:-

Referral from Professional/Agency:-	Name: Address: Tel. number:
Status of referral request	Routine YES <input type="checkbox"/> Urgent YES <input type="checkbox"/>

LOCAL AUTHORITY REQUESTS FOR Consultation/Assessment:-

This section must be completed fully for request to proceed

Name of Social Worker	Consultation request <input type="checkbox"/> : Assessment request <input type="checkbox"/>:
Name of Social Worker Manager Agreement to proceed to CAMHS?	YES <input type="checkbox"/> NO <input type="checkbox"/>:
Strengths & Difficulties Questionnaire attached	YES <input type="checkbox"/> NO <input type="checkbox"/>:

PRESENTING PROBLEMS 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

- 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

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

- Autism
- Drug and alcohol problems
- Conduct disorder
- Children with learning disabilities
- Obesity
- Enuresis/Encopresis
- Chronic fatigue/somatisation syndrome

NORTH YORKSHIRE SELF-HARM PATHWAY



NY Childrens Trust Self Harm Pathway F1