

CHILD & ADOLESCENT MENTAL HEALTH SERVICES

REFERRAL DOCUMENT

INFORMATION FOR REFERRERS

1. What are the criteria for referral
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This document describes the referral pathway into the specialist community area CAMHS teams. Access to specialist pathways, e.g. looked after children, learning disabilities and forensic youth justice mental health pathways, is always via professional consultation.

1. What are the criteria for referral?

In general:

- Significant mental health difficulties which do not respond to first-line treatments (such as may be provided by GP's, Health Visitors, Paediatricians, Social Workers, Educational Psychologists, MAST workers, Learning Support Mentors and Behavioural Support Teachers or other professionals with a knowledge of and/or working with children) or complex cases which require a team assessment.
- Where there is severe symptomatology and/or marked disruption to the functioning of the child/young person at home and at school.

Other factors may be taken into account such as:

- Level of parental concern
- Duration of the problem
- Level of distress in the child
- Number of areas affected, e.g. home, school, interests, etc.
- Risk factors to the child in relation to safeguarding, placement breakdown and/or risk to others.

Mental health conditions considered appropriate for referral include:

- Depressive disorders
- Anxiety disorders
- Hyperkinetic disorders
- Psychotic disorders (referral at 16+ years to Adult Mental Health Services)
- Eating disorders (referral at 16+ years to Adult Mental Health Services)
- Obsessive compulsive disorders
- Post traumatic syndromes
- Somatic syndromes
- Severe attachment disorder

This list is not exhaustive.

Note: Professional consultation may be appropriate to clarify the above and/or to access professional advice and support if required.

2. Who Can Refer?

Direct referrals to the community CAMHS area teams are accepted from GP's, qualified Local Authority Social Workers, Educational Psychologists, paediatricians and MAST via a CAMHS Primary Mental Health Worker. Health Visitors and School Nurses may refer with explicit agreement of the GP. In all cases please ensure that the referral has been fully discussed with the child or young person and their family. The GP must be aware of

your referral in writing and may be consulted prior to a referral being made. The referral must be made in writing by letter or fax, including, where appropriate an FCAF.

Referrers are also invited to telephone the relevant team to discuss the referral – see Appendix 1.

The community CAMHS area teams are the first point of contact for all referrals. We are unable to accept referrals from parents/carers, young people or schools directly into specialist CAMH services.

For Tier 4 inpatient referrals where children and young people are living out of Sheffield and need to be referred to The Becton Centre for Children and Young People; the referral must be made by the consultant psychiatrist or the CAMHS team for that area to the Becton consultant psychiatrist. (As determined by NHS England)

Referrals from all the above sources are accorded equal status.

2.1 Emergency Referrals

All requests for emergency assessment should be made by a medical practitioner.

Children and Young People Aged up to 16 Years

Those who have self-harmed and require an immediate response should be directed to the Sheffield Children's Hospital Emergency Department or via a GP to the on-call doctor.

We also provide an emergency 24-hour, 7-day week on-call psychiatric service. During normal weekday working hours (i.e. 9 am to 5 pm) contact the CAMHS single point of access team. The out of hours service is provided by a trainee Child Psychiatrist (first on call) backed up by a Consultant Child Psychiatrist (second on call). Access to the out of hours emergency doctor is via SCH ED or Emergency GP services only. These agencies contact the on-call doctor if required.

Young People Aged 16+ Years

Young people over 16 years presenting to the A&E department at the Northern General Hospital will be responded to in the first instance by the Sheffield Health & Social Care adult liaison psychiatry team.

Out-of-hours on-call for 16+ years is via Northern General Hospital A&E Department with an Adult Mental Health Services response

3. Problems which should be directed towards other agencies/departments

There are certain problems, which should be directed towards other agencies, for example:

- Problems which are primarily about child welfare or child protection – referrers advised to contact Social Services
- Problems which are primarily related to delinquent behaviour or in need of a secure environment – contact Social Services

- Problems which are primarily educational or linked to school stresses – contact MAST
- Where the primary problem in the family is an adult mental health issue
- Common mental health and emotional and behavioural problems and reactions which might normally be responded to by primary care services including multi-agency (tier 1) community services (MAST) or by watchful waiting and parental advice/support as appropriate in the first instance
- **Specific presenting problems at 16+ years should be referred directly to Adult Mental Health Services. These are:**
 - Eating Disorders
 - Psychosis including where this is suspected
 - Neurodevelopmental Disorder including if suspected
 - Mental Health Act Assessments
 - Perinatal Mental Health

Referrals for the above problems will normally be returned to the referrer by CAMHS with a letter advising the referrer to redirect the referral to the appropriate service.

Note: Professional consultation may be appropriate to clarify the above and/or to access professional advice and support if required. See Appendix 1 for contact details.

Please note that many problems are multifactorial in origin and will need a multi-agency/multi-disciplinary approach to manage them. Adult Mental Health problems and adult relationship/marital difficulties can have a significant impact upon children. The Children & Adolescent Mental Health Services (CAMHS) are unable to offer marital therapy or individual or family psychotherapy when the main disturbance arises out of adult mental illness. It is essential to offer treatment and support for these adult problems before considering referral of the child. Referral to Adult Mental Health Services is via the GP and social work teams.

4. What information is needed?

The more information you can send, the better we are able to prioritise, prepare and respond, e.g. by selecting the right professional, by allocating more than one therapist, inviting professionals already involved and knowing who to invite to the initial assessment and obtaining additional relevant information prior to the first appointment.

CAMHS Referral Form can be accessed via Sheffield Children's Hospital website on the *Refer to Us* page: <http://www.sheffieldchildrens.nhs.uk/refer-to-us/camhs/community-camhs.htm>

Essential information:

- Name of child/young person, DOB, Gender
- Address and telephone number
- Referrers name, address, Tel no, & professional background
- Parent/guardian name, address and relationship
- Preferred language (do they need an interpreter?)
- Religion & Ethnicity
- GP address
- School attended

- Criteria for a referral to CAMHS – problem description including severity and urgency, with attempts at treatment and outcome
- If the young person is aged 16+ please let us know if they consent to a parent or responsible adult being informed of their appointment in CAMHS

(Re-referrals should be directed to the CAMHS single point of access).

Any relevant information is helpful about:

- The child/young person's physical health and treatments
- Recent life events or psychological stresses acting on the child/young person or family
- Previous psychological difficulties
- Physical or psychological problems of the carers
- Family composition, background and current family relationships
- Names and disciplines of other professionals who are or have been involved
- Has the child/young person been referred before and if so to whom?
- Previous or current mental health treatments

The referral must be on letter headed paper with the author's name and designation.

It is vital to indicate if there are communication problems, e.g. linked to deafness, or when English is not the first language. If English is not the first language please state if the family is able to understand or use English.

It is also useful to indicate who is asking for the referral and what are the attitudes of the carers and child/young person to the referral. (Please observe the child yourself and don't refer simply on the basis of someone else's account, and do let the child/young person know what is happening). There is a high non-attendance rate for first mental health appointments so we would ask referrers to ensure that families are motivated to attend before making the referral. If this is not possible please phone the consultation line for advice. (See Appendix 1 for contact details)

5. Prioritisation of Referrals

Referrals are prioritised according to clinical need.

APPENDIX 1

Dates and Times of each Team's consultation line:

Beighton Community CAMHS

Consultation Time: Monday to Friday – 9.00 am – 4.30 pm
(Telephone: 0114 2716540)
On a call back basis if clinician is unavailable

Centenary Community CAMHS

Consultation Time: Monday to Friday – 9.00 am – 4.30 pm
(Telephone: 0114 2261921)

CAMHS Single Point of Access

Monday to Friday – 9.00am – 4.00pm
Telephone: 0114 3053218