



Wolverhampton Child and Adolescent Emotional and Mental Health Service – Referral Criteria

Introduction

Our Child and Adolescent Emotional and Mental Health Services in Wolverhampton provides support, advice, guidance and treatment for children and young people with moderate and severe emotional and mental health difficulties whose symptoms are having a significant impact on their day to day lives and functioning.

The Wolverhampton Comprehensive CAMHS team provides a **Single Point of Access (SPA)** function to mental health / emotional support services, including voluntary and statutory services for children within the NHS Wolverhampton locality.

SPA

This document provides an overview of the referral criteria for the Child and Adolescent Mental Health Service (CAMHS) and the joint Tier 2 provision with Base 25 and Believe to Achieve. All referrals to these services will be screened at the Single Point of Access (SPA) in Wolverhampton.

Your referral will be acknowledged within 5 working day and you will receive a letter informing you of which service will be accepting your referral.

Emergency Referrals

Emergency referrals should be discussed with a SPA triage clinician in the first instance in order to process the referral as efficiently as possible. If you have any enquiries or require consultation in relation to a potential referral and would like to speak to a member of the SPA team call **(01902) 444021** in office hours. The SPA Team are able to access the Crisis Home Treatment Team as necessary.

Further Information

Further service and referral information can also be found on our websites

Wolverhampton Specialist CAMHS: www.blackcountryminds.com

Base 25: <https://youthlink.btck.co.uk/>

Believe to Achieve: <http://b2a.org.uk/>

Referral Criteria

The following information indicates how we will triage referrals to the different elements of our comprehensive CAMH service. Please see the criteria below as a guide to the types of difficulties the Wolverhampton CAMHS service can help with and how we will triage the referrals to either Wolverhampton CAMHS or the joint Tier 2 provision with Base 25 and Believe to Achieve.

Wolverhampton CAMHS

The core provision of Wolverhampton CAMHS is:

The specialist assessment and treatment for children and young people who have **severe, complex** and **enduring** emotional / behavioral / mental health difficulties

It is an essential requirement before a referral can be accepted into CAMHS that attempts have been made by frontline (tier 1 and 2) statutory and non-statutory services to resolve the child / young person's difficulties before making a referral.

ACCESS:

- CAMHS will accept referrals for children and young people who are registered with a Wolverhampton GP up until their 18th birthday.
- Access to CAMHS requires full completion of the SPA referral form.
- At this point we do not accept self-referrals from children, young people or parents/carers - however we are working towards accepting self-referrals

STANDARD CRITERIA:

The following general categories describe the children and young people who will be accepted for specialist assessment and treatment:

Severe or life-threatening conditions:

- Psychosis
- Risk of suicide or severe self-harm
- Severe depressive episode
- Anorexia Nervosa - - *Please complete, medical investigations, bloods, height, weight, BMI, how much weight the young person has lost and over what time period, frequency and severity of any compensatory behaviours. If there has been significant weight loss, and/or if the young person engages significantly in compensatory behaviours. Please conduct necessary blood tests and also refer to paediatric team and dietetics before referring.*
- Bulimia Nervosa - *Please complete medical investigations height, weight, bloods before referring*
- Co-morbidity with substance misuse

Significant emotional difficulties related to:

Severely complicating physical conditions where treatment will influence the outcome such as; psychological problems who initially present with physical symptoms for example medically unexplained physical symptoms, conversion disorder

Wolverhampton Tier 2 Services

The core provision of Wolverhampton Tier 2 services

are:

The assessment and treatment for children and young people who have **mild to moderate** emotional / behavioral / mental health difficulties.

ACCESS:

- Wolverhampton Tier 2 services will accept referrals for children and young people (CYP) who are a resident in Wolverhampton, have a Wolverhampton GP or attend school in Wolverhampton.
- CYP can access the service up until their 18th birthday. CYP aged 18-25 can access the service if they have a disability or are a care leaver.
- Access to Wolverhampton Tier 2 services requires full completion of the SPA referral form.

STANDARD CRITERIA:

If you think that a young person needs to have some support for emotional and mental health issue please refer into the SPA, and the service will seek to get the help the young person needs.

The following general categories describe the children and young people who will be accepted for assessment and treatment in the Tier 2 service:

Mild to moderate mental health problems:

- Anxiety
 - Social anxiety
 - Specific anxiety
 - Generalised anxiety
 - Agoraphobia
 - Panic
 - Emerging Obsessive Compulsive Disorder
- Depression
 - Low self-esteem
 - Low confidence
 - Bullying
 - Self-harm
 - Hopelessness
- Relationship problems
 - Peer relationships
 - Family relationships
 - Loss

CONSULTATION IS AVAILABLE FROM THE SPA TO:

Provide advice regarding whether our service is the most appropriate service for the child/young person

Condition leading to severe functional impairment:

- Severe Obsessive Compulsive Disorder (OCD)
- Severe anxiety / phobic / panic disorders
- Moderate Depression
- Obesity - *Please complete medical investigations, height, weight, bloods before referring*
- ADHD where there is significant psychiatric co-morbidity
- Autistic Spectrum Disorders
- Tourette's Syndrome
- School refusal where mental health disorder plays a significant role
- Conduct difficulties which co-exist with other disorders and where specific interventions may influence outcome, including children and young people who present a forensic risk
- Severe and / or complex relationship difficulties leading to significant impairment of functioning and wellbeing
- Gender identity disorders

Where prompt early intervention is likely to prevent the development of more severe disorder such as:

- Complicated bereavement
- Post-traumatic stress disorder (PTSD)
- Severe attachment difficulties

CHILDREN WITH LEARNING DISABILITIES:

If there is evidence of comorbidity with a serious mental health condition (as detailed above). In addition we also offer support for serious issues relating to:

- Sleep
- Feeding
- Challenging behaviours
- Continence/toileting
- Adaptive skills training
- Health Action Planning

SOCIAL CARE ASSESSMENTS:

For referrals from Social Care, a social work Initial or Core Assessment, or an Early Help Assessment (EHA/CAF) needs to have been completed before referral to Specialist NHS CAMHS.

CONSULTATION IS AVAILABLE FROM THE SPA TO:

Provide advice regarding whether our service is the most appropriate service for the child/young person