

**Brighton and Hove CAMHS (Child and Adolescent Mental Health Service)
and Brighton and Hove Community CAMHS (CCAMHS)
GUIDANCE FOR REFERRERS**

For **urgent** referrals contact the CAMHS duty worker on
Tel: 01273 718680 (08.30 – 17.00) *Fax: 01273 738407*

For non-urgent advice or to book a **pre referral consultation** contact **CCAMHS Tel: 01273 29 4411/0359/3481**
Send ALL referrals to: Specialist CAMHS, The Aldrington Centre 35 New Church Road, Hove, BN3 4AG

Please state if a Looked after Child (LAC) or Adopted Child is being referred

Problem	What information is required	Need for FCAF	Referral Pathway
ADHD	Child should have marked difficulties in concentration, hyperactivity and impulsivity, with evidence of this occurring in both school and home environment with a detrimental impact on functioning.	If no FCAF in place we may make a request to referrer to instigate a *FCAF	Refer to CAMHS/CCAMHS
Anxiety / Phobias	Mild - Some difficulties in a single area but generally functioning well. Consistent minor difficulties with school work, mood changes of brief duration, fears and anxieties that do not lead to gross avoidant behaviours. Moderate / Severe – If affecting the child’s development or level of functioning or dramatic deterioration in mood which is out of proportion to the family situation and impacting on the child and parents relationship.	Dependent on level of need. If no FCAF in place we may request referrer to instigate a FCAF	Mild <ul style="list-style-type: none"> • Pastoral care • School Counsellor • YAC or YPC (13+) Moderate / Severe Refer to CAMHS/CCAMHS
Autistic Spectrum condition	Children with impaired social functioning, poor communication, rigidity in thinking, need for structure.	Dependent on level of need. If no FCAF in place we may request referrer to instigate a FCAF	Primary School age – refer to Seaside View Secondary School age – refer to CAMHS

*For further information on Family Common Assessment Framework (FCAF) see <http://www.brighton-hove.gov.uk/content/children-and-education/childrens-services/family-caf-common-assessment-framework>

Problem	What information is required	Need for FCAF	Referral Pathway
Behavioural problems	<p>Early intervention Families with children with developmental and behavioural problems should have already received significant advice and intervention from other named professionals such as health visitors, early intervention services such as Parenting Team and education support services.</p> <p>More Severe:</p> <ul style="list-style-type: none"> • Significant impact on daily living • Significant delay in acquiring appropriate social skills • Significant difficulties with the child's peer relationships • Unusual or very fixed interests and bizarre or unusual behaviours • Marked preference for routine and difficulties in adapting to change • Hyperactivity, impulsivity, inattention in more than one setting <p><i>For under 5s, refer to specialist visitor in first instance</i></p>	<p>A Family CAF might help different teams work more effectively with the family.</p> <p>Essential, we need the FCAF to assist us in determining whether referral meets referral criteria.</p>	<p>Parenting team can be contacted 01273 294471</p> <p>Referral to CAMHS/CCAMHS only if interventions from other services have not had desired impact.</p> <p>Prior to a referral CCAMHS can attend FCAF meeting to advice TAF whether referral to mental services would be appropriate.</p>
Bereavement/Grief	<p>Children's response to grief can be varied and age-dependent.</p> <p>Mild to moderate, where children are experiencing difficulty in coping with issues of separation, loss, or significant changes in parental figures.</p> <p>-----</p> <p>Moderate to severe – extreme impact on child's functioning</p> <ul style="list-style-type: none"> • Significant distress following traumatic loss or extreme circumstances • Where traumatic incident impacts upon the school group 	<p>-----</p> <p>Dependent on level of need. If no FCAF in place a FCAF may be recommended prior to referral.</p>	<p>Prolonged grief</p> <ul style="list-style-type: none"> • Pastoral case – school counsellor • CRUSE • Winston's Wish • YPC or YAC (13+) • Contact CCAMHS for consultation <p>-----</p> <p>Traumatic grief/Complex Bereavement Refer to CAMHS/CCAMHS</p>

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Eating disorders	<ul style="list-style-type: none"> Anorexia Bulimia Should be referred via GP, so a doctor can make an assessment (blood tests,height, weight, BMI) to rule out physical complications.	Dependent on level of need and number of services already involved.	Refer to CAMHS/CCAMHS
Enuresis / Complex Soiling	Initial screening by GP and if appropriate paediatrician. Treatment should be overseen by School Nurses and Health Visitors.	We would normally expect a FCAF as other services would be involved.	Referral only if other interventions have failed. A pre-referral consultation with CCAMHS can be helpful prior to referral being sent.
Family difficulties	<p>Emotional discord in relation to family stresses/parental separation or divorce; including access issues</p> <p>Where there are serious concerns about welfare safety of the child that need immediate investigation</p> <p>If difficulties are associated with parental mental illness – GP to refer to Adult Services, who can contact CAMHS for joint working.</p> <p>Parental Substance misuse, refer to adult services.</p> <p>Legal issues / reports</p>	<p>Yes, we believe it would be good practice to have a FCAF in place with parent's agreement if multiple services are involved.</p> <p>Contact Social Services Advice Contact and Assessment Service (ACAS)</p> <p>We would advise that FCAF instigated if adult MH services involved.</p> <p>N/A</p>	<p>Consider mediation service such as Dialogue / Relate. Only refer to CAMHS/CCAMHS if the issue is severe, complex and significantly impacting on a child's emotional wellbeing or mental health. We need evidence that other interventions have not been successful.</p> <p>Refer to Social Services Safeguarding Team by contacting ACAS on 01273 295920 if you have concerns about child's safety. Then consider a CCAMHS/CAMHS referral or consultation if appropriate.</p> <p>Refer to Adult Mental Health Services via GP.</p> <p>Do not refer to CAMHS/CCAMHS. Solicitors should commission these independently.</p>

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Mood changes	Beyond age-appropriate mood variation, if this is considered to be a change from previous behaviour and if there is a significant impact on daily living e.g. sleeping, irritability, decrease in energy, social isolation, school performance and expressed thoughts of self-harm.	Dependent on level of need. If no FCAF in place a we may recommend that an FCAF / TAF be instigated	Refer to CAMHS/CCAMHS
Obsessive compulsive disorder	Please include description of obsessions (intrusive repetitive thoughts) and compulsions (repetitive, ritualistic unwanted action), as well as level of distress and impact on functioning.	Dependent on level of need If no FCAF in place a we may recommend that an FCAF / TAF be instigated.	Refer to CAMHS/CCAMHS
Psychosis	Please state symptoms, onset and impact. Immediate advice can be sought from Headspace (Early Intervention in Psychosis team) on 01273 764500 or Duty CAMHS worker on 01273 327221.	If no FCAF is in place, we may make a request for an FCAF if appropriate.	Refer to Headspace or CAMHS/CCAMHS
School refusal or emotional problems in school	This is normally the responsibility of the school pastoral care professionals. These professionals can at any time discuss cases with practitioners from the Community Mental Health and Wellbeing Team and it is usual that they would make a referral into CAMHS/CCAMHS when the following conditions apply: <ul style="list-style-type: none"> • Severe difficulties in attending school resulting in prolonged absences • Severe emotional upset such as extreme fearful or anxiety 	FCAF is essential prior to referral.	Refer to CAMHS/CCAMHS only after involvement from school and only in cases where there is evidence of emotional distress.
Self harm	Describe self harm, duration of problem, method of self harm and last incident. Where there is concern about self harm in the context of other difficulties, referrers can contact CAMHS duty worker to discuss and determine priority before making a referral.	Following acceptance we might request a FCAF to be instigated.	Refer to CAMHS. Can contact CAMHS duty worker on 01273 327221 to discuss. If urgent medical treatment needed take young person to A & E or call 999

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Selective Mutism	Where young person is able to speak in an age appropriate manner but is only speaking to certain people. This needs to have been happening for an extended period of time before referral i.e. 3-9 months	If child is involved with other services FCAF is needed.	Refer to CAMHS/CCAMHS A pre referral consultation is advised.
Substance misuse	Where young person's main problems appear to be with substance misuse in the absence of a significant mental health problem, then the young person should be referred or self refer to RuOK?	N/A	Refer or give young person information from RuOK? http://www.areyouok.org.uk 01273 293966
Trauma	<p>Single event, we would expect normal support services to offer initial support. People who are known to child are often the people best place to offer support needed. CCAMHS able to offer consultation to support this. We need details of trauma and how it is impacting on young person</p> <p>Multiple events or significant traumatic experience. We need details of trauma and how it is impacting on young person. If trauma connected to DV consider ref to RISE. If trauma connected to Parental substance misuse consider a Young Oasis referral.</p>	<p>Dependent on level of need, If no FCAF in place a we may recommend that an FCAF / TAF be instigated</p> <p>As other services are likely to be involved we would expect FCAF to be instigated prior to referral.</p>	<p>If normal support services do not effect change then a referral to CAMHS /CCAMHS.</p> <p>Refer to CAMHS/CCAMHS</p>
Tourettes / Tic	<p>Child has complex tics evident in both school and home environments which are impairing functioning.</p> <p>Please outline difficulties, describing tics and situations where more evident.</p>	Dependent on level of need, If no FCAF in place a we may recommend that an FCAF / TAF be instigated	Refer to CAMHS/CCAMHS

Other Brighton and Hove services to consider for emotional wellbeing / mental health support of young people

- Allsorts (LGBT advice for young people) Tel: 01273 721211 Web: <http://www.allsortsyouth.org.uk/>
- Amaze (support for parents of children with special needs) Tel: 01273 772289 Web: <http://www.amazebrighton.org.uk/>
- ACAS - Childrens Social Services Tel: 01273 295920 Fax: 01273 295910
- Dialogue (Counselling Service) Tel: 01273 320500 Web: <http://www.dialoguecentre.org.uk/>
- Early Intervention in Psychosis Service (EIP) Tel: 01273 764500 Fax: 01273 758789
- Educational Psychology Service Tel: 01273 290545 Web: <http://www.brighton-hove.gov.uk/> (enter "Educational Psychology" into search box)
- MOSAIC (BME family support) Tel: 01273 234017 Web: <http://www.mosaicequalities.org.uk/>
- NHS Direct Tel: 111 Web: <http://www.nhsdirect.nhs.uk/>
- Parenting Team Tel: 01273 294471 Web: <http://www.brighton-hove.gov.uk/> (please enter "Parenting Team" into search box)
- Parentline Plus Tel: 0808 800 2222 Web: <http://familylives.org.uk/>
- Right Here (mental health for Over 16) Tel: 01273 222562 Web: <http://right-here-brightonandhove.org.uk/>
- RISE (Domestic Violence) Tel: 01273 622822 Web: <http://www.riseuk.org.uk/>
- RUOK (Young People Substance Misuse) Tel: 01273 293966 Web: <http://www.ruokservice.co.uk/>
- Safe and Sorted (Young People's Drop in Service) Tel: 07734791200 Web: <http://www.sussexcentralymca.org.uk/safe+sorted>
- School and College Counselling Services Discuss with school or college attended
- Sussex Mental Health Line (5pm to 9am Mon to Fri - 24 hours weekend and bank holidays) Tel: 0300 500 101
- Young Oasis (Young People affected by substance misuse) Tel: 01273 696970 Web: <http://www.oasisproject.org.uk/yp-services.html>
- Where to go for (directory of B&H emotional wellbeing & mental health services for young people) Web: <http://www.wheretogofor.co.uk/>
- YAC (Youth Advice Service) Tel: 01273 889292 Web: <http://www.hoveymca.org.uk/yac>
- YPC (Youth Advice Service) Tel: 01273 887886 Web: <http://ypc.ebabel.org.uk/>

Useful national web resources

- Anxiety UK Web: <http://www.anxietyuk.org.uk/>
- Get Self Help (Cognitive Behaviour Therapy Self-help Resources) Web: <http://www.getselfhelp.co.uk/>
- Mindfulness Web: www.bemindful.co.uk or www.mindfulnet.org
- OCD UK Web: <http://www.ocduk.org/>
- Winston's Wish (Bereavement) Web: <http://www.winstonswish.org.uk/>
- Young minds (mental health) Web: <http://www.youngminds.org.uk/>