



# An introduction to CAMHS



## What does the term 'mental health' mean to you?

Mental health influences how we think and feel about ourselves and others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events.”

(Dr Lynne Friedli 2004)

## Children's mental health

*Children who are mentally healthy are able to:*

Develop psychologically, emotionally, intellectually and spiritually

Initiate, develop and sustain mutually satisfying personal relationships

Use and enjoy solitude

Become aware of others and empathise with them

Play and learn

Develop a sense of right and wrong

Resolve (face) problems and setbacks and learn from them

*The Mental Health Foundation report Brighter Futures, September 2011*

## Challenges

Referrals

Prevalence

Waiting times

Workforce training

Funding

*“There is now a welcome recognition of the need to make dramatic improvements in mental health services. Nowhere is that more necessary than in support for children, young people and their families. Need is rising and investment and services haven’t kept up. The treatment gap and the funding gap are of course linked.”*

*Simon Stevens Future in Mind 2015*

## Future in Mind (2015)

Published March 2015 – sets child mental health direction of travel for the Government and across the whole system (education, health, early years, looked after children)

A clear steer and some key principles about how to make it easier for children and young people to access high quality mental health care when they need it.

### Key themes

Promoting resilience, prevention and early intervention

Improving access to effective support

Care for the most vulnerable

Accountability and transparency

Developing the workforce

## Green Paper Proposals

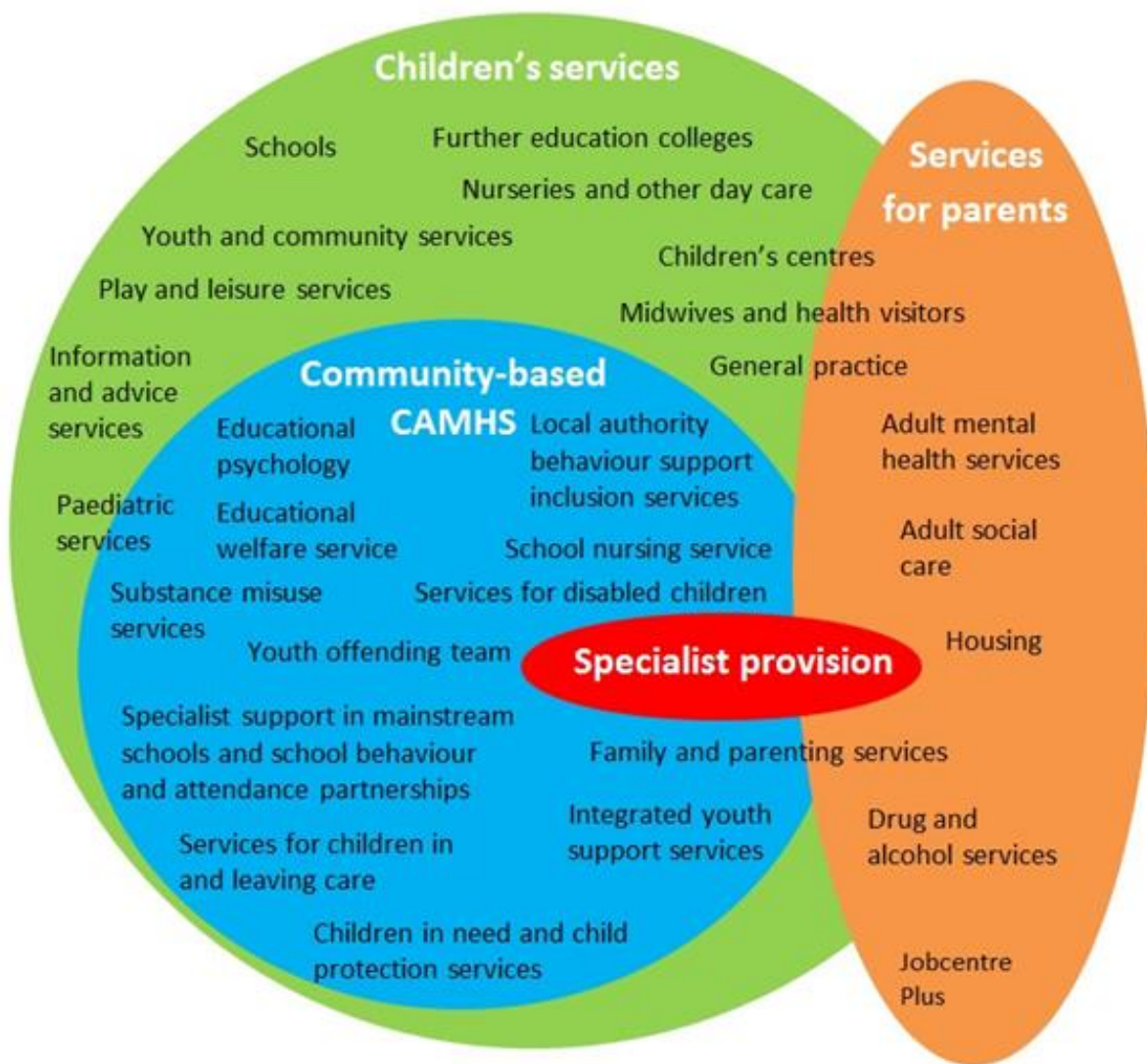
In schools; designated leads, mental health support teams

Waiting times

Impact of social media

Mental health support for 16 – 25 year olds

Supporting families



## Your local CAMHS team

Provides an assessment and treatment service for children and young people up to the age of 18 years experiencing moderate to severe mental health problems, including those with a Learning Disability

# Your local CAMHS teams

**Stockton CAMHS**  
Viscount House  
Preston Farm Ind Est  
Stockton  
TS18 3TX

**Middlesbrough CAMHS**  
Rosewood Centre  
West Lane Hospital  
Acklam Road  
Middlesbrough  
TS5 4EE

**Redcar CAMHS**  
The Ridings  
13 Milbank Terrace  
Redcar  
TS10 1EE

**Hartlepool CAMHS**  
Dover House  
1-5 Lynn Street  
Hartlepool  
TS24 7JZ

**CAMHS Teeswide Crisis Team**  
West Lane Hospital  
Acklam Road  
Middlesbrough  
TS5 4EE

**0300 013 2000**

# Multi disciplinary team

Primary Mental  
Health Workers  
*(from a range of  
professions  
backgrounds)*

Psychiatry

Psychology

Mental Health &  
Learning  
Disabilities  
Nurses

Non Medical  
Prescribers

Psychological  
Therapist

Family, Art,  
Occupational,  
CBT & PBS  
Therapists

Psychological  
Wellbeing  
Practitioner

## When to refer

Frequency

Duration

Intensity

Moderate to severe impact on day to day life

Risk

## Mental Health, Emotional and Behavioural Problems

Emotional or mood disorders

Abnormal grief or loss

Developmental disorders

Attention Deficit and  
Hyperactivity Disorder

Habit / Tic disorders

Somatic Disorders

Deliberate Self Harm

Conduct Disorder

Eating disorders

Post traumatic stress disorder

Psychosis

# Referral

<b>How?</b>	One contact number	<b>Who?</b>	
	Duty worker (some teams)		Any professional working with a child
	Telephone/letter		Self referrals
	Parent / carers		

## Referral process

**0300 013 2000**

- ❖ Option 1: Training Team
- ❖ Option 2: Middlesbrough
- ❖ Option 3: Redcar
- ❖ Option 4: Hartlepool
- ❖ Option 5: Stockton
- ❖ Option 6: Crisis Team
- ❖ Option 7: Eating Disorders



## What information makes a good CAMHS referral

What's the concern/can you give examples

Duration

Impact/frequency

Family composition

Risk factors

Protective factors

Previous history

Current support

Previous interventions

What's wanted from service/outcomes/expectations

Up to date telephone address number correct details

Any risks/special needs

Environmental factors

Significant events

Other agencies

Open CIN/ CPP

School/education difficulties/learning difficulties

GP

Family child/young persons perspective

Consent

## Referral process

Screening

Initial assessment

If accepted into service placed on a pathway / care planning.

Further assessment

Formulation

Intervention

Review

Discharge

# What happens if you just don't know ?

How to find other services

Parental help

Who can you ask

Role of supervision

Crisis team

## Further reading / websites / references

- ❖ **NICE** (2013) *Social and emotional wellbeing in primary education 1-recommendations Guidance and guidelines* {Available at}: [www.nice.org.uk](http://www.nice.org.uk)
- ❖ **Royal College of Psychiatrist** [www.rcpsych.ac.uk/info](http://www.rcpsych.ac.uk/info)
- ❖ **Young minds** [www.youngminds.org.uk](http://www.youngminds.org.uk)
- ❖ **DFE** (2014) *Mental health and behaviour in schools* {Available at} : <https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2>
- ❖ **DOH** (2014) *Promoting emotional well-being and positive mental health of children and young people* {Available at}: [http://socialwelfare.bl.uk/subject-areas/services-client-groups/children-mental-health/departmentofhealth/162015Emotional\\_Health\\_and\\_Wellbeing\\_pathway\\_Interactive\\_FINAL.pdf](http://socialwelfare.bl.uk/subject-areas/services-client-groups/children-mental-health/departmentofhealth/162015Emotional_Health_and_Wellbeing_pathway_Interactive_FINAL.pdf)
- ❖ **CYP IAPT** [www.england.nhs.uk/mental-health/cyp/iapt/](http://www.england.nhs.uk/mental-health/cyp/iapt/)