

NORTH TYNESIDE SPECIALIST CAMHS

INFORMATION FOR REFERRERS

North Tyneside Specialist Child & Adolescent Mental Health Service (CAMHS) provides a specialist assessment and treatment service for young people under the age of 18 with a North Tyneside GP that have significant emotional and behavioural difficulties. The referral criteria outlined in this document will enable targeting of clinical resources to those who have the greatest mental health difficulties. All referrals to the service will be considered for suitability and will be contacted by telephone directly. When a referral is not accepted we will aim to offer advice on more appropriate services/interventions to support identified needs/services.

The PMHW (Primary Mental Health Worker) team is available to offer case consultation via telephone to professionals who are unsure about the appropriateness of a potential referral. Please ring **0191 219 6700** to book a consultation.

Referrals can be made by a professional that has seen the child.

A referral form is available at the Northumbria Healthcare website:

<https://www.northumbria.nhs.uk/our-services/childrens-services/child-and-adolescent-mental-health-service-camhs>

Referral letters will only be accepted if they include the following information:-

- Name, Date of Birth, full postal address, current telephone number(s), GP details.
- Reason for referral and any concerns/risks. Mental health presentation. Current family circumstances.
- Ensure consent to refer has been obtained from the parent/carer and if appropriate the young person.
- Please include evidence of a first line intervention e.g. Early Help Assessment (EHA), family partner, school nurse, third sector involvement, mentoring/counselling via school.
- Urgent referrals MUST be discussed by telephone with duty CAMHS clinician and referral faxed. Out of office hours please contact the duty service via Northumbria switchboard on 0344 811 8111.

Please note: A young person can be referred to North Tyneside Talking Therapies Service under the following circumstances:

- If they are over 16 and living an adult lifestyle e.g. living independently
- If they are over 17 years and 9 months and require psychological therapies and there is no current risk with regards to self-harm or safeguarding

Please address all referrals to:

CAMHS, Albion Road Clinic, North Shields, Tyne & Wear, NE29 0HG

Tel 0191 219 6685 Fax 0191 219 6650

PMHW consultation line: please ring to book a consultation time

Tel 0191 219 6700



Priority	Problem	Description	Referral Pathway
Urgent	Overdose/other self harm with intent to commit suicide	If child has self harmed by any means and there is concern that they may have intended to commit suicide, send directly to A&E at NTGH for immediate medical assessment & treatment	IMMEDIATE REFERRAL TO NSECH A&E. Child to be admitted and receive medical treatment. Follow-up by ICTS the next day
	Actively suicidal	Child is expressing suicidal plans with intent to act on them	Telephone to speak to CAMHS staff to arrange urgent assessment or referral to A&E
	Acute Psychosis	Child is presenting as acutely psychotic and may be in danger of harming self or others	Under 14: telephone CAMHS to arrange urgent assessment. Aged 14 or over: Discuss with CAMHS as referral to Early Intervention in Psychosis Service (E.I.P) may be appropriate (EIP 2205784)
Priority	Significant Deliberate self-harm	Self harming behaviour in the absence of suicidal ideation	Refer to CAMHS
	Psychotic Symptoms	Concerns about hallucinations, delusions, thought disorder, negative symptoms	Refer to CAMHS
	Eating Disorders	Restricted eating with weight loss and distorted body image. Desire to lose weight and be thin. Evidence of bingeing, vomiting, use of laxatives	Referral to CAMHS detailing height, weight and details regarding weight loss
	Bipolar Disorder	Significantly elevated mood (NB irritability more common than euphoria.) Social disinhibition, excessive cheerfulness, high energy levels	Refer to CAMHS
	Major Depressive Disorder	Child is presenting with persistent low mood, suicidal ideation, social withdrawal, changes in sleep and appetite, irritability, anger	Refer to CAMHS
	Severe Anxiety	Anxiety that is causing significant distress or disrupting functioning to a severe degree, e.g. not leaving the house	Refer to CAMHS
	Obsessive Compulsive Disorder	Child presents with compulsive behaviours (e.g. handwashing, checking, ordering) that is impacting on functioning	Refer to CAMHS

Priority	Problem	Description	Referral Pathway
Routine	ADHD	Pervasive hyperactivity, impulsivity, inattention in the home and at school	Refer to CAMHS
	Autistic Spectrum Disorder	Difficulties in social communication, reciprocal social interaction, lack of imaginative play, restricted and repetitive activities and interests which is having significant impact on the child's functioning	Pre-school: refer to community paediatrics School age: Refer to CAMHS
	Tic disorders	Motor and / or vocal tics	Refer to CAMHS
	Anxiety > 3 month history	Child is presenting with anxiety to a degree where it is interfering with functioning or causing high levels of distress	PMHW Consultation
	Specific Phobias	Fear causing either substantial distress or avoidance that interferes significantly with the child's everyday life	Refer to CAMHS
	Complicated bereavement	Child is experiencing significant distress several months following death and/or death in traumatic circumstances	PMHW Consultation
	Oppositional Defiant Disorder	Often loses temper, argues with adults and defies instructions, deliberately annoys others, shifts blame to others which is having significant impact on the child's functioning	PMHW Consultation
	Post Traumatic Stress Disorder	Child demonstrates hypervigilance / flashbacks, avoidance and/or marked increase in unexplained anger/distress following trauma	Refer to CAMHS
	Low Mood	Child is presenting with low mood, irritability, altered sleep pattern, social withdrawal, change in appetite	Refer to CAMHS

Alternative considerations for presentations that do not meet accessibility criteria for Specialist CAMHS

Looked After Children	In the absence of any of the mental health conditions detailed above. If a Looked after Child does fulfil accessibility criteria above, priority will be given based on clinical need and consideration of their current circumstances.	Consider discussion with RHELAC and/or consultation with their link worker for LAC/CAMHS (0191 6438371)
Sleep problems	Poor sleep routine in the absence of other mental health concerns	Consider referral to Health Visitor or public Health School nurse in the first instance. Advise to use self help guidance on the internet on sleep hygiene for older children. There is currently no local provision for sleep disorders
Parenting/social difficulties	In the absence of mental health issues/possible disorder in the child	Consider referral to Front Door (0345 2000 109)
Adjustment Reaction E.g. Bereavement Parental divorce	Normal grief response within months of bereavement Normal response to stress of parental separation/divorce/family relationship difficulties	Consider referral to Barnardos Orchard Mosaic (0191 212 0237) or advise family to access www.winstonswish.org.uk Advise parents to seek help to resolve problems via mediation services
Adjustment to chronic physical illness/medical condition	If this is the primary presenting issue	Consider referral to, or consultation with, Paediatric Health Psychology (aged 11 upwards) at NTGH (Hospital switchboard 03448118111 X4193)
Unexplained physical complaints	Child presents with physical symptoms that may be psychological in origin with no medical cause	Consider referral to Paediatrician who can consult with Health Psychologist or direct referral to Paediatric Health Psychology (aged 11 upwards) at NTGH (Hospital switchboard 03448118111 X4193)
Substance/Alcohol Misuse	If substance or alcohol misuse is the primary problem	Referral to Front Door (0345 20000109) If parental alcohol/drug abuse consider PROPS (0191 296 2277)
Offending behaviour	If the child has been convicted of a criminal offence in the absence of mental health issues	Contact Youth Offending Service (0191 6438605)
School refusal	In the absence of features suggestive of anxiety/depression, ADHD or ASD	Consider referral to Front Door (0345 2000109) or education services via school
Learning Disability	If the child has a learning disability and attends a special school	Consider referral to Community Learning Disability Team (0191 6432487)
Behaviour/learning difficulties in school	Learning/behavioural difficulties seen only in school with no evidence of mental health issues	Advise school to refer to Educational Psychology or Behaviour Support Teams
Wetting/soiling	Initial screening and intervention via community paediatric services recommended. Only rarely would CAMHS intervention be appropriate and would be	Consider referral to Health Visitor/Public Health School Nurse/Paediatrician/Enuresis Clinic

	considered on a case by case basis	
Sexualised behaviour	Child/young person is presenting repeatedly with behaviour of a sexual nature and/or has made attempts to engage other children in sexual acts	Consider referral to NSPCC Turning the Page (0191 2275300) or Refer to Front Door if sexual abuse is suspected (0345 2000109)
Child has been sexually abused	Known history of child having been sexually abused. Ensure Children's Services have been/are currently involved.	Consider referral to: NSPCC Letting the Future In 0191 227 5300 Someone Cares (11yrs+) 0191 257 8094 or Barnados Orchard Mosaic (individual funding route) 0191 212 0237
Child exposed to Domestic Violence	Ensure social services have been involved	Consider referral to Acorns 0191 200 6302
Gender Identity/ Gender Dysphoria	<p>If the child or family are seeking support around gender issues in the absence of mental health difficulties.</p> <p>If the gender issues are accompanied by any of the conditions detailed in the accessibility criteria such as mood disorder, anxiety disorder or deliberate self harm then they would be considered appropriate referalls for CAMHS</p>	<p>Consider specialist LGBT services and gender support services for young people ; MESMAC 0191 2331333 or DISC Gender support service 01325 731160 or Barnados, the Base (0191 2532127)</p> <p>Direct referrals can also be made to the regional Gender Identity Service (GIDS) for Children and Young people in Leeds. Telephone 02089382030/1 or see website for details www.tavistockandportman.nhs.uk/genderidentityissues. This is a national specialist service and requires funding. This service does prefer referrals to come via CAMHS.</p>

Please consider Early Help Assessment Referrals for children and families that do not fulfil CAMHS accessibility criteria but whom may require help and support from universal services.