

## **Summary of Referral Guidelines for Bristol Specialist CAMHS: 5-18 years (full referral guidelines are also available).**

### **1. Who can refer to Specialist CAMHS ?**

GPs, Paediatricians, School nurses, Health Visitors, Social workers (with team manager approval and signature), Early Help Coordinator (alongside SAF completers, following consultation with a PMHS or other CAMHS clinician).

### **2. Which children are seen by CAMHS ?**

- Children with **severe, complex** and **enduring** mental health problems
- Children with mental health difficulties and mild learning disabilities
- Children with mental disorders
- Children and young people up to their 18<sup>th</sup> birthday

### **3. What to consider when thinking about making a referral**

- Severity of symptoms, and how it impacts child's life
- Duration of difficulties (needs to be more than 3 months, unless severe or life threatening)
- Complexity of difficulties, i.e. multiple risk factors / many professionals involved/ complex family difficulties
- Child protection concerns? (CYPS- Social care must be informed prior to referral)
- Does the family want support from CAMHS? (The family must have given consent to the referral. Over 16s can give their own consent- parental agreement is helpful)
- How can you help to facilitate engagement with CAMHS?
- Has any person or service tried to resolve the problem; what has been tried and with what effect? (Some intervention by Tier One/frontline professional is a pre-requisite to referral to specialist CAMHS unless the situation is severe or life threatening.)

### **4. Problems which would be excluded**

- Children and young people who have a 'normal' reaction to life events, e.g. bereavement/divorce
- Children and young people whose problems appear to be entirely school-related
- Children and young people whose parents are in legal dispute about residence/contact, etc.
- Children and young people whose problems appear to be mainly due to poor housing and poverty

### **5. Referral information required**

- A completed Single Point of Entry Form (SPE) and letter attached for more detailed information where appropriate. All parts need to be completed including ethnicity, information about school, college or place of work, and other agencies involved.
- Reason for referral: include description duration, severity and impact of the emotional/mental health difficulty
- Current concern/problem: why is family seeking help *now*?
- Nursery, school, college or place of work.
- Relevant psychosocial and family issues, including family composition
- Responses to previous attempts to help/other professionals currently involved
- Your agency's involvement and plan of work
- Confirmation of consent from appropriate adult. A young person over the age of 16 can consent and clear details of who is aware of a young person's referral and to whom letters should be sent is needed on the form.

***Please contact a Primary Mental Health Specialist in the relevant Area Specialist CAMHS team for any support or guidance in making a referral.***