

# Healthy Young Minds

**CAMHS** 

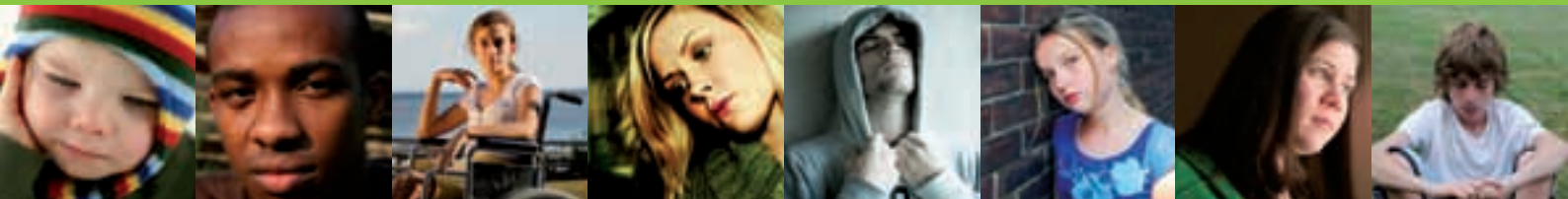
Child & Adolescent Mental Health Services

## How to...

**Access CAMHS in Nottinghamshire County  
from June 2008**

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## Introduction

This document contains all of the information required to make a request for services offering direct involvement with a child and or their family. The aim of this document is to enable professionals to make as comprehensive a Request for Involvement as possible, to enable an appropriate decision regarding the most suitable services to meet the child/young person and family's need.

CAMHS offer a range of interventions with professionals, children and their families in order to meet identified needs. The aim of this document and the Request for Involvement process is to make requests to CAMHS as simple, easy and as clear as possible. Access to CAMHS is now available through the Single Point of Access. The Single Point of Access is a panel of CAMHS professionals from both Targeted, Specialist and Highly Specialist Services who will assess and allocate children and families to the most appropriate service according to level of need. The Single point of Access will meet on a weekly basis to ensure that Requests for Involvement are actioned in a timely manner. Daily screening will occur to ensure that high priority requests to highly specialist services are seen within agreed timeframes.

The Single Point of Access is intended only for requests for direct involvement with children and families. The aim of the Single Point of Access is to ensure that children and families receive services as locally-based as possible, and are delivered as appropriate to identified need. The types of interventions delivered to Universal services by Targeted CAMHS, such as training and consultation, will be delivered through the District Teams and can be accessed by contacting the details contained on the back page of this document. Specialist CAMHS

will deliver their consultation to Targeted Services as agreed through the Single Point of Access, Clinical Assessment Service.

The mechanism for Request for Involvement is represented on the following page through the Single Point of Access flowchart.

It is an expectation that requests through to the Single Point of Access occur after interventions by Universal Services have been undertaken and further intervention is required.

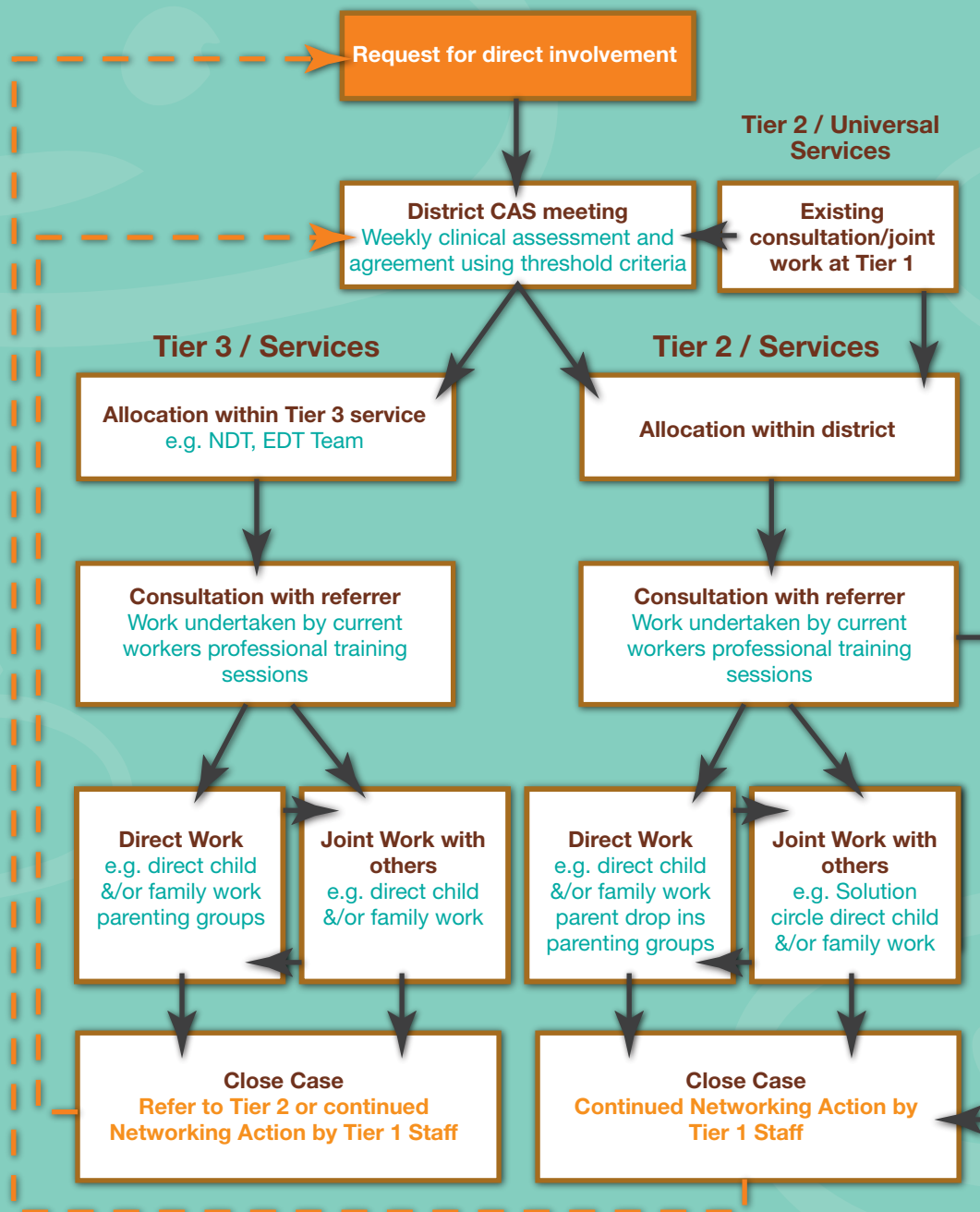
**All referrers to the Single Point of Access must obtain consent to the Request for Involvement from the child, young person and/or family in order to be processed.**

It is the responsibility of the referrer to obtain consent from the client for the information in the Request for Involvement to be shared within the partnership of provision (this includes services commissioned from Nottinghamshire County PCT, Bassetlaw PCT, Nottinghamshire Children and Young People's Department and Third Sector Independent and Voluntary providers).

As indicated within the flowchart, initial consultation with the referrer and/or the multi-agency team will be a first point of contact from both Targeted and Specialist Services.



# Single Point of Access Flowchart



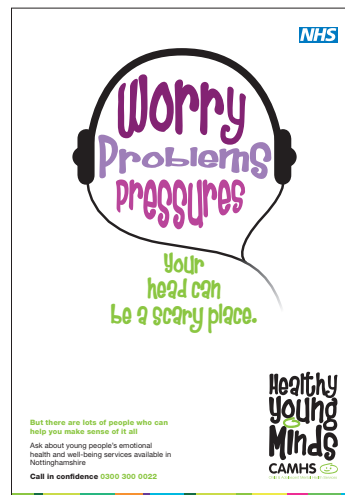
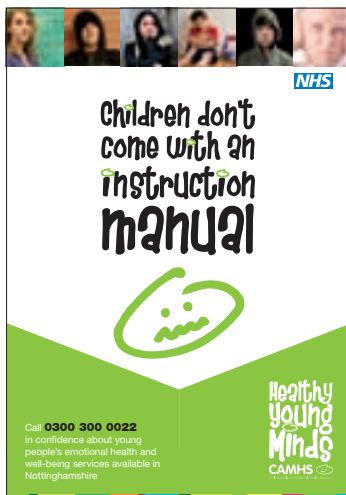
## How to use this Request for Involvement Document

### Range of requests:

In order to improve the ways in which you can access CAMHS for children and families, a model of the types of issues children and families present to services has been developed (see pages 7-12). This model is aimed at helping you to think about the type, intensity and frequency of presenting issues a child/ young person and family is experiencing and therefore where, in the continuum of services, the child/young person/ family's needs will be met.

**[Click here to open a Request For Involvement form.](#) This form is also available via your intranet.**

The Request for Involvement form **MUST BE COMPLETED IN ORDER TO BE PROCESSED TO THE SINGLE POINT OF ACCESS.**



A selection of posters targeting (L-R) Parents, Young People 12-16 and Young People 16-19. [Click here for full range of thumbnails.](#)



## Case Examples

### Meena, aged 8

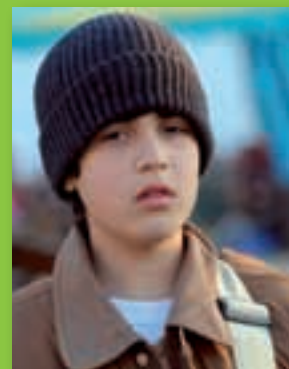
Meena's class teacher is concerned that since moving to her new school two months ago she has not been willing to engage in class activities voluntarily, and seems unhappy to mix with classmates. Meena does not want to talk about this with her teacher. Her parents are also worried about her and report that she seems worried about the pending SATs in two months time.



Thinking about making a Request for Involvement, Meena's class teacher uses this document to see where, on the Presenting Issues model, Meena's behaviours are identified. As Meena's low mood has not been over a long period of time and other universal services have not been involved, Meena's class teacher decides to undertake a solution focussed discussion with Meena, her Parents and the School Nurse to look at some positive ways forward.

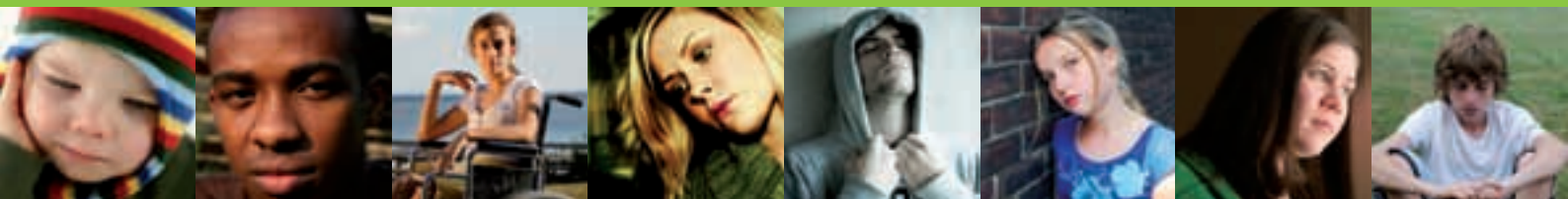
### Connor, aged 14

Connor's GP wishes to request additional services after Connor and his Mum visited regarding his behaviour. Connor's school are concerned regarding the level of disruption he causes in class, his problems concentrating on tasks and aggressive outbursts in a range of situations. School



have been working with the behaviour support team for the last six-months but there has been little progress and Connor's Mother reports that his behaviour, attention and sleep problems have been causing unrest with all family members at home. This has been compounded by the death of Connor's Grandfather two months ago.

By using this document Connor's GP was able to pinpoint that Connor's needs had been deteriorating for some time, with a significant effect on Connor and his family life. As other service involvement had not improved the situation Connor's GP felt that a Request for Involvement to the Single Point of Access was indicated.



# Service provision across all tiers for presenting issue: Anxiety/Worry/Fear

Highly Specialist Services  
**TIER 4**

Severe & highly complex anxiety which has resisted previous treatment

Specialist Services  
**TIER 3**

Fears causing severe impairment  
And appearing to be resistant  
To earlier interventions e.g.  
Severe ritualised compulsive behaviours

Targeted Services  
**TIER 2**

**Single Point of Access**

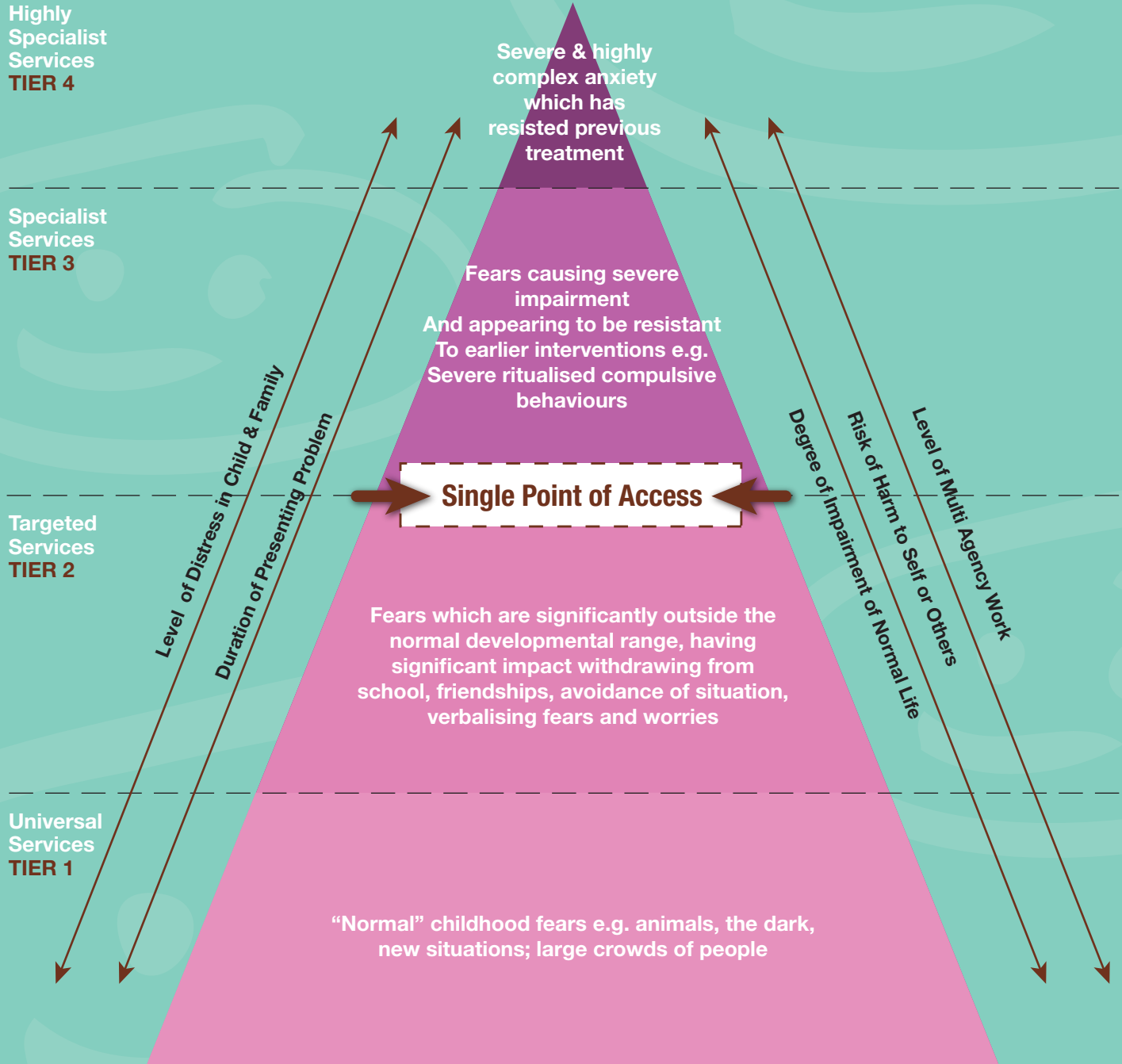
Fears which are significantly outside the normal developmental range, having significant impact withdrawing from school, friendships, avoidance of situation, verbalising fears and worries

Universal Services  
**TIER 1**

“Normal” childhood fears e.g. animals, the dark, new situations; large crowds of people

*Level of Distress in Child & Family*  
*Duration of Presenting Problem*

*Degree of Impairment of Normal Life*  
*Risk of Harm to Self or Others*  
*Level of Multi Agency Work*



# Service provision across all tiers for presenting issue: Changes in Mood

Highly Specialist Services  
**TIER 4**

Severe and highly complex disturbances in mood and/or perception with associated significant risk.

Specialist Services  
**TIER 3**

Very complex depressive illness/behavioural difficulties; which may be associated with drug and alcohol problems; leading to serious offending, social systems around the child experiencing a high level of distress and requiring intensive levels of individual and family support.

Targeted Services  
**TIER 2**

**Single Point of Access**

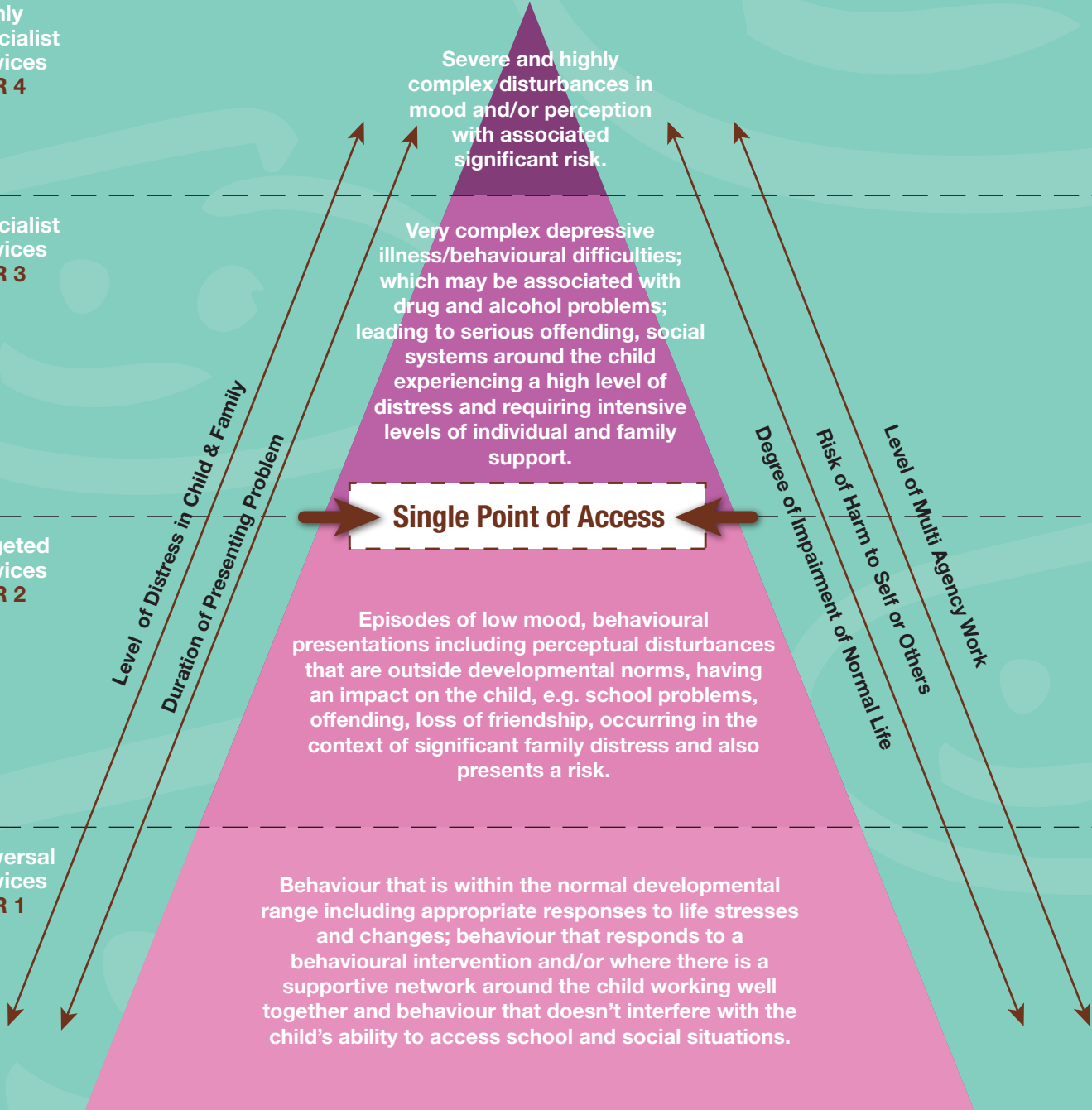
Episodes of low mood, behavioural presentations including perceptual disturbances that are outside developmental norms, having an impact on the child, e.g. school problems, offending, loss of friendship, occurring in the context of significant family distress and also presents a risk.

Universal Services  
**TIER 1**

Behaviour that is within the normal developmental range including appropriate responses to life stresses and changes; behaviour that responds to a behavioural intervention and/or where there is a supportive network around the child working well together and behaviour that doesn't interfere with the child's ability to access school and social situations.

*Level of Distress in Child & Family*  
*Duration of Presenting Problem*

*Degree of Impairment of Normal Life*  
*Risk of Harm to Self or Others*  
*Level of Multi Agency Work*



# Service provision across all tiers for presenting issue: Eating Disorder

Highly Specialist Services  
**TIER 4**

Severe & highly complex eating disorder which has resisted previous treatment.

Specialist Services  
**TIER 3**

Children presenting with very low/very high weight that presents a serious risk to health; children presenting with a number of difficulties e.g. also presenting with serious depression/anxiety.

Targeted Services  
**TIER 2**

**Single Point of Access**

Children showing significant changes in attitude and behaviour in relation to food, but without serious changes in weight; children within a supportive social context.

Universal Services  
**TIER 1**

“Fussy eaters”; children in need of dietary advice and/or advice about improving self esteem/body image/enabling a smooth transition from childhood to adolescence.

*Level of Distress in Child & Family*  
*Duration of Presenting Problem*

*Degree of Impairment of Normal Life*  
*Risk of Harm to Self or Others*  
*Level of Multi Agency Work*



# Service provision across all tiers for presenting issue: Self Harm

Highly Specialist Services  
**TIER 4**

Self harm where the risk of suicide necessitates highly specialist provision.

Specialist Services  
**TIER 3**

Persistent and severe self harm; self harm behaviour where there is suicidal intent; self harm that takes place in the context of complex social situations; self harming behaviour that presents alongside other issues such as depression, or health issues such as diabetes; self harm that is related to trauma.

**Single Point of Access**

Targeted Services  
**TIER 2**

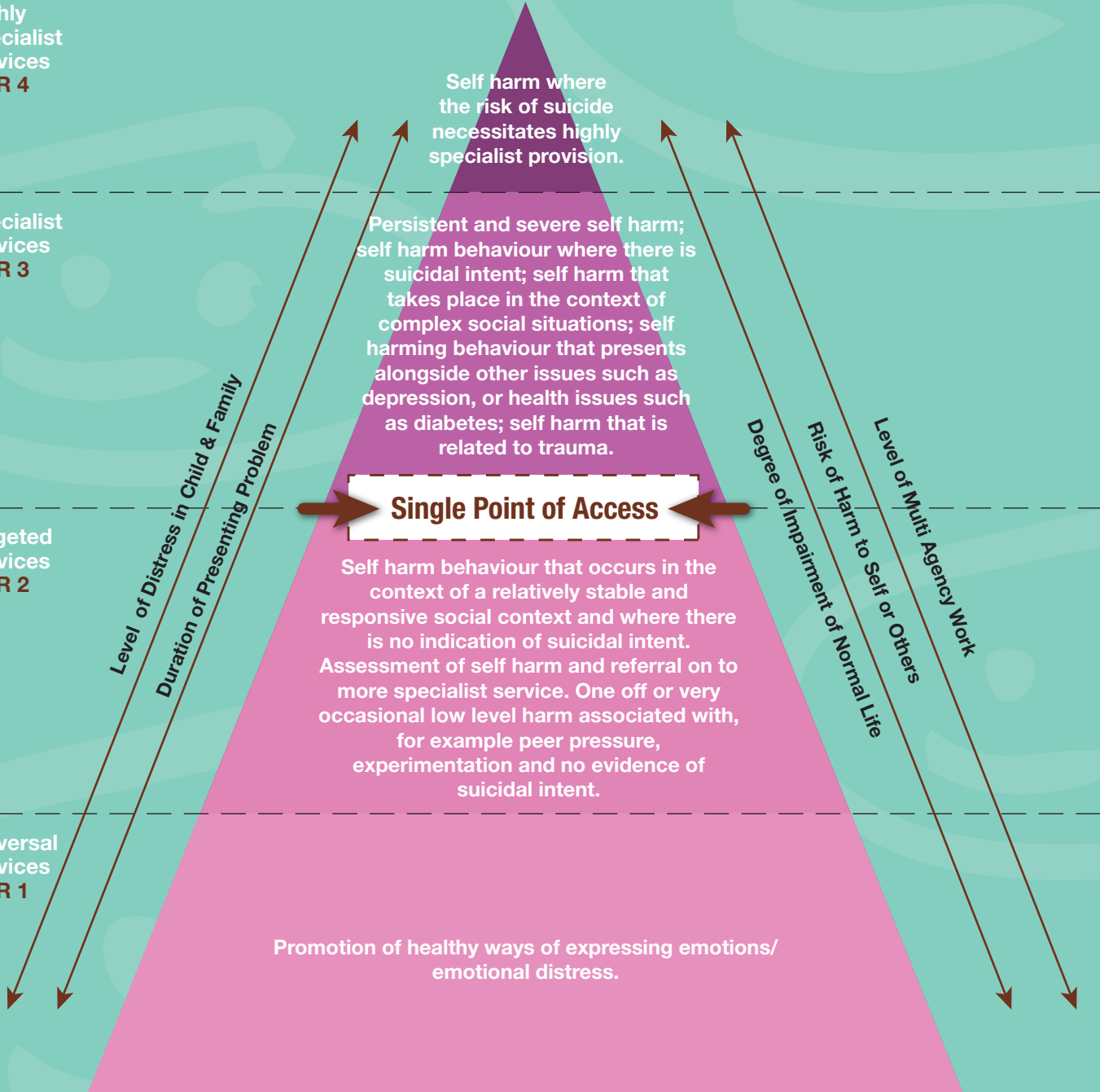
Self harm behaviour that occurs in the context of a relatively stable and responsive social context and where there is no indication of suicidal intent. Assessment of self harm and referral on to more specialist service. One off or very occasional low level harm associated with, for example peer pressure, experimentation and no evidence of suicidal intent.

Universal Services  
**TIER 1**

Promotion of healthy ways of expressing emotions/ emotional distress.

*Level of Distress in Child & Family*  
*Duration of Presenting Problem*

*Degree of Impairment of Normal Life*  
*Risk of Harm to Self or Others*  
*Level of Multi Agency Work*



## Service provision across all tiers for presenting issue: Development Issues e.g. ADHD, ASD

Highly  
Specialist  
Services  
**TIER 4**

Severe & highly  
complex developmental  
issues which has  
resisted previous  
treatment.

Specialist  
Services  
**TIER 3**

Assessment and intervention  
where previous intervention  
has not worked. Intervention at a  
multi agency level, where there  
are other presenting issues, e.g.  
epilepsy, other developmental  
issues and other mental health  
issues such as depression,  
anxiety, use of medication.

Targeted  
Services  
**TIER 2**

**Single Point of Access**

Provision of support and advice to help  
inform interventions at tier 1. Support for  
families and other systems around the  
child when there are difficulties associated  
with adjustment. Providing information for  
more specialist assessments.

Universal  
Services  
**TIER 1**

Developing behavioural/environmental approaches  
that are sensitive to the child's needs. Provision of  
individual/group support. Providing information for  
more targeted services.

*Level of Distress in Child & Family*

*Duration of Presenting Problem*

*Degree of Impairment of Normal Life*

*Risk of Harm to Self or Others*

*Level of Multi Agency Work*

## Service provision across all tiers for presenting issue: Conduct/behavioural difficulties

Highly  
Specialist  
Services  
**TIER 4**

Highly complex difficulties that have not responded to previous interventions and where there is a significant risk to self and/or others.

Specialist  
Services  
**TIER 3**

Very complex behavioural difficulties; that maybe associated with drug and alcohol problems; leading to serious offending; social systems around the child in experiencing a high level of distress and requiring intensive levels of individual and family support; likely to respond to a family therapy team.

**Single Point of Access**

Targeted  
Services  
**TIER 2**

Behaviour that is: outside developmental norms; is having a significant impact on the child and at risk of developing mental health problems e.g. causing school exclusion, offending and/or loss of friendship; occurring in the context of family distress and difficulty; that has not responded to behavioural and social interventions; and, that is causing anxiety and presents a risk.

Universal  
Services  
**TIER 1**

Behaviour that: is within a normal developmental range including: appropriate responses to life stresses and changes; behaviour that responds to a behavioural intervention and/or where there is a supportive network around the child working well together; and, behaviour that does not interfere with the child's ability to access school and social situations.

*Level of Distress in Child & Family*

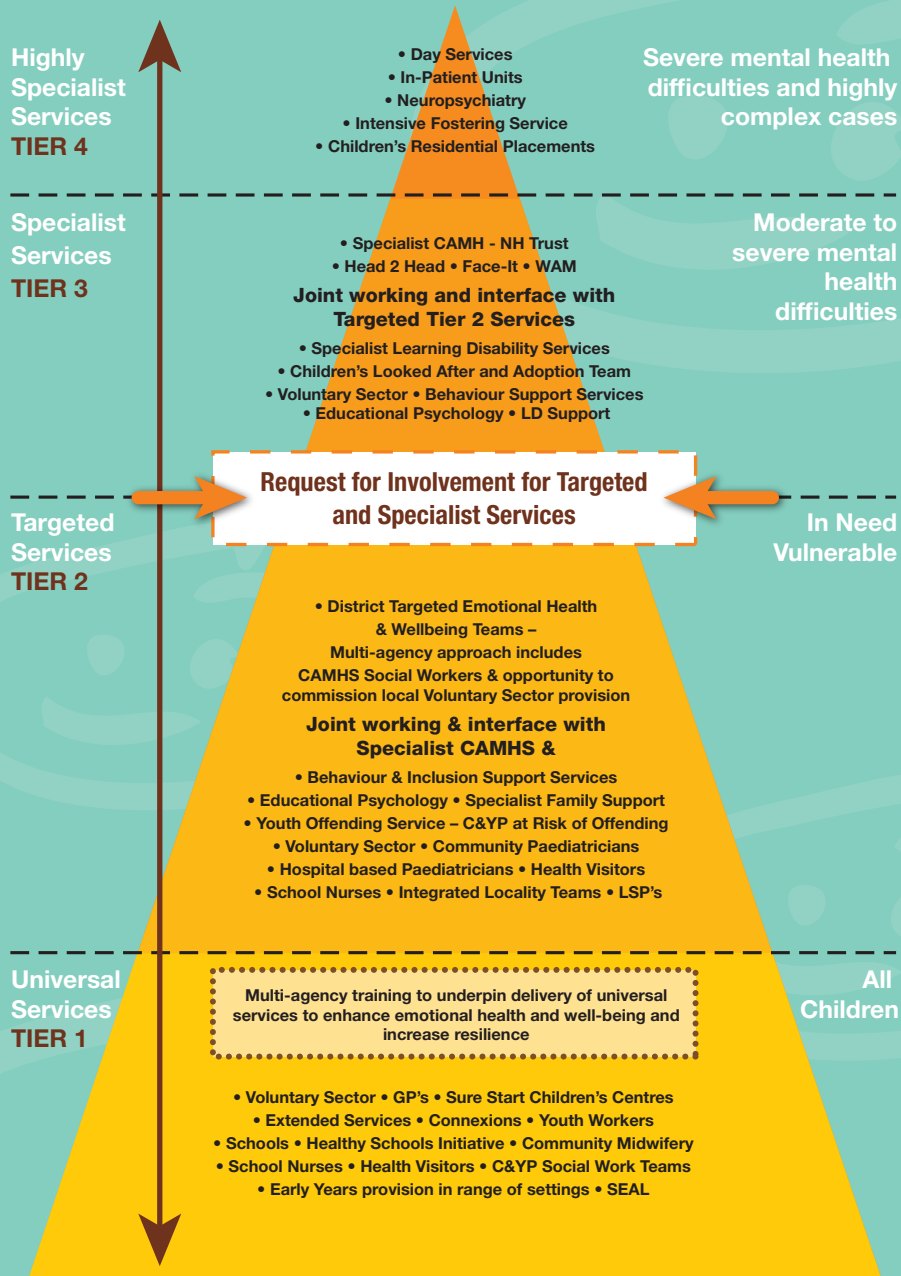
*Duration of Presenting Problem*

*Degree of Impairment of Normal Life*

*Risk of Harm to Self or Others*

*Level of Multi Agency Work*

## Comprehensive Child and Adolescent Mental Health Service In Nottinghamshire



Working in partnership with children, young people and their parents/carers.

# CAMHS



Child & Adolescent Mental Health Services

## Nottinghamshire Families Information Service

[www.nottinghamshire.gov.uk/familiesinformationservice.htm](http://www.nottinghamshire.gov.uk/familiesinformationservice.htm)

## Department for Children, Schools and Families

[www.dcsf.gov.uk](http://www.dcsf.gov.uk)

## Department of Health

[www.dh.gov.uk](http://www.dh.gov.uk)

## Information Service Child Development Centre

0115 8831157 or 8831158

[infoservices@nottspct.nhs.uk](mailto:infoservices@nottspct.nhs.uk)

## National Association of Family Information Services

[www.familyinformationservices.org.uk](http://www.familyinformationservices.org.uk)

## Nottinghamshire Children and Young People's Partnership

[www.nottinghamshire.gov.uk/nottscyppartnership.htm](http://www.nottinghamshire.gov.uk/nottscyppartnership.htm)

## Early Support Programme

[www.earlysupport.org.uk](http://www.earlysupport.org.uk)

## For CAMHS information

**Universal and targeted services  
contact District Teams:**

Ashfield, Broxtowe, Gedling,  
Mansfield, Newark & Sherwood  
and Rushcliffe: **0300 300 0022**

Bassetlaw: **01777 274422**

**Specialist and Highly Specialist  
Services**

Ashfield & Mansfield:  
**01623 650921**

Bassetlaw:  
**01909 733192**

Broxtowe, Gedling Rushcliffe:  
**0115 8440503**

Newark & Sherwood:  
**01636 670633**

### Headquarters:

Child & Adolescent Mental Health Services (CAMHS)  
Nottinghamshire County Teaching PCT  
Birch House  
Ransom Wood Business Park  
Southwell Road West  
Mansfield  
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