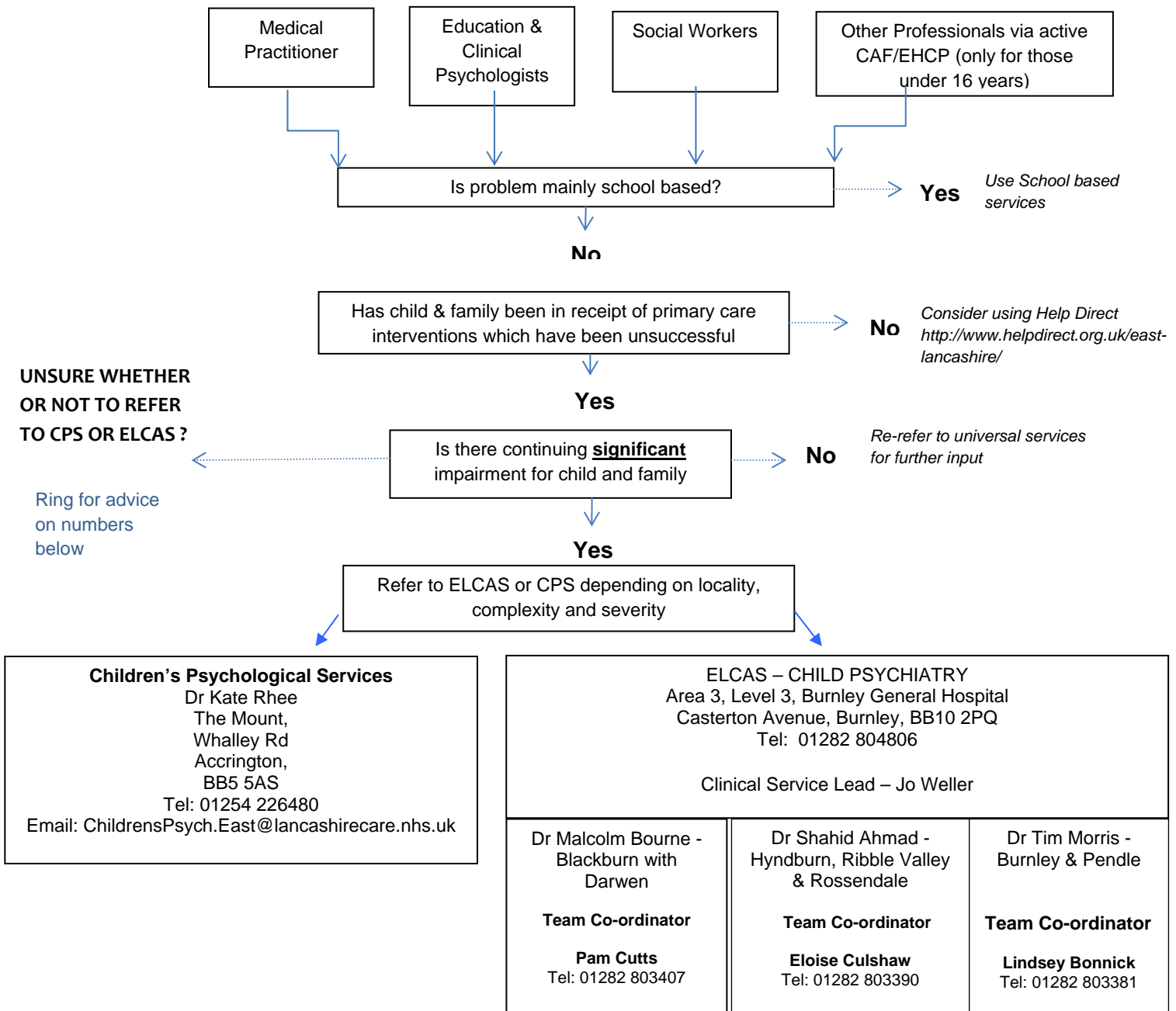


# DECISION MAKING AID

## ACCESS TO EAST LANCASHIRE CHILD & ADOLESCENT SERVICE (ELCAS - CHILD PSYCHIATRY) & CHILDREN'S PSYCHOLOGICAL SERVICES (CPS – EAST LANCS) FOR CHILDREN AND YOUNG PEOPLE UNDER 16 YEARS



**Neither CPS or ELCAS are emergency or crisis services. In situations of urgency we will be happy to advise but where there is a high level of risk that cannot be managed or an out of hours response is required, please consider using existing emergency pathways. In these circumstances, you should also consider making a referral to Children's Social Care.**

EAST LANCASHIRE CHILD AND ADOLESCENT SERVICE (ELCAS – CHILD PSYCHIATRY)  
AND  
CHILDREN’S PSYCHOLOGICAL SERVICES – EAST LANCASHIRE (CPS)

## SINGLE REFERRAL PROCESS INFORMATION FOR REFERRERS



EAST LANCASHIRE CHILD AND ADOLESCENT SERVICE AND CHILDREN’S PSYCHOLOGICAL SERVICES ARE PROVIDED BY TWO DIFFERENT NHS TRUSTS.

*TOGETHER WE ARE COMMITTED TO STREAMLINING A CHILD & YOUNG PERSON’S JOURNEY THROUGH OUR SERVICES*

This guidance is prepared to outline and clarify referral into East Lancashire Child & Adolescent Service (ELCAS – Child Psychiatry) and Children’s Psychological Services – East Lancs (CPS). It is not intended to replace existing pathways for learning disabilities, drug & alcohol services or family support services.

## SERVICE INFORMATION

Working together as CAMHS, both Children's Psychological Services and East Lancashire Child and Adolescent Service provide timely and appropriate access to specialist provision for children and young people with a broad range of emotional health, psychological distress and mental health disorders. We aim to provide a single route of access to our specialist services for children, young people and their families. We take referrals for children and young people under the age of 16.

Children's Psychological Service (CPS) is a specialist service which accepts referrals for cases which require uni-disciplinary input. It is expected that there will have been a primary intervention (unsuccessful) before CPS become involved. This primary intervention may, for example, come from the services of Health Visiting, School Nursing, School Counselling, Children's Continence Service, Learning Mentors and/or Family Support.

East Lancashire Child and Adolescent Service (ELCAS – Child Psychiatry) is a specialist mental health child psychiatry service. It accepts referrals for cases which require complex multi-disciplinary interventions or psychiatric input. It is expected that there will have been a range of primary and Tier 2 interventions before ELCAS become involved in a young person's care. This intervention may, for example, come from the services of Health Visiting, School Nursing, School Counselling, Schools, Children's Social Care, Looked After Children Services and/or Child Psychology Services.

## REFERRAL ROUTES

A single referral process has been developed between CPS and ELCAS so that referrals can be directed and allocated to the most appropriate service, whilst taking account of clinical need. A general rule of thumb is to consider whether a young person can be supported by a single psychologist or psychological practitioner co-working with other agencies (if so, then refer to CPS) or whether the young person requires intensive psychiatric intervention and/or interventions from a multi-disciplinary team (if so, then refer to ELCAS).

## WHO CAN REFER?

We accept referrals from Doctors (including GP's and Paediatricians), Psychologists (Educational and Clinical), Social Workers and other professionals only via an open and active CAF/EHCP (only for children under 16 years).

## REFERRAL CRITERIA AND EXCLUSION

These are shown overleaf – both services have similar exclusion criteria, which are difficulties not suitable for either service and which are not commissioned to be provided. These vary slightly between services but the principles remain the same. Please call us to discuss further if you are unsure whether to refer or not. We are happy to discuss possible referrals and offer advice and guidance on cases with you so that you can make the most appropriate decision for the child, young person and their family.

## CHILDREN'S PSYCHOLOGICAL SERVICES (CPS)

Presenting concerns accepted	Examples
Emotional difficulties	<i>Anxiety, panic, phobias, low mood, obsessive-compulsive difficulties</i>
Complex relationship difficulties	<i>Attachment and separation issues</i>
Stress and life-event circumstances	<i>Unresolved grief, trauma, PTSD, abuse</i>
Psychological adjustment to physical health difficulties, illness or disability	<i>Medical conditions (with or without established organic cause), Acquired Brain Injury.</i>
Behavioural difficulties associated with emotional distress	<i>Poor emotional regulation, non-compliance, oppositional behaviour, verbal and physical abuse and/or aggression</i>
Psychological adjustment to/management of developmental and neurodevelopmental issues	<i>Complex issues re sleep, toileting, eating habits. Social &amp; Communication difficulties, Autistic Spectrum Condition (ASC), ADHD.</i>
<b>Complex psychological difficulties which have been resistant to previous alternative intervention</b>	

## EAST LANCASHIRE CHILD AND ADOLESCENT SERVICE - CHILD PSYCHIATRY (ELCAS)

Presenting concerns accepted	Examples
Complex emotional difficulties Psychiatric disorders	<i>Depression/Low mood, Anxiety Disorders, Obsessive Compulsive Disorder, Eating Disorders – anorexia nervosa/bulimia, Coping with the mental health consequences of abuse/neglect, Psychosis (under the age of 14), Looked after children where there is evidence of a mental health disorder</i>
Complex relationship difficulties	<i>Complex family issues where there is a mental health component for the young person Enmeshed challenging/damaging family relationships High Risk of Family Breakdown where there is evidence of a mental health disorder</i>
Stress and life-event circumstances	<i>Significant unresolved grief affecting mental health trauma Post traumatic stress disorder</i>
Self-Harm	<i>Acts of self-harm/self-injury, Suicidal Ideation</i>
Behavioural difficulties associated with emotional distress	<i>Where combined with other disorders Severe attachment difficulties</i>
Mental health management of developmental and neurodevelopmental issues	<i>Autistic Spectrum Conditions (Where combined with other disorders) ADHD –behaviour and pharmacological intervention Tourette's Syndrome</i>
<b>Complex psychiatric difficulties which have been resistant to previous alternative intervention</b>	

## EXCLUSION CRITERIA – SERVICES NOT COMMISSIONED FROM CPS OR ELCAS

Exclusion criteria	Examples
<b>Persistent &amp; severe conduct difficulties i.e. Criminal behaviour (in the absence of other mental health disorders)</b>	<i>Fire setting, absconding, stealing, other criminal activity (consider Youth Offending Team - YOT)</i>
<b>Sexually exploitative behaviour or extreme sexualised behaviour</b>	<i>Sexual abuse or grooming of others. Preoccupation with sexual interests or behaviour inappropriate to developmental stage (other services such as GMAP are available)</i>
<b>Substance misuse</b>	<i>Alcohol, illegal drug use and use of legal highs (other services such as Early Break are commissioned)</i>
<b>Difficulties which are predominantly school-based (in the absence of significant difficulties at home)</b>	<i>Truancy, school refusal unless there is a mental health component</i>
<b>Moderate/Severe Learning Disability</b>	<i>Children with an EHCP that states they have a moderate/severe learning disability (services can be accessed for CAMHS LD via Central CAMHS [Preston/Chorley] in agreement with the local CCG).</i>

More detailed criteria are available from both services on request.

Please be aware there is an emotional health & wellbeing service for children who are looked after & adopted via SCAYT+ who can be contacted on (01772) 538880