**Manchester University Foundation NHS Trusts Child and Adolescent Mental Health Services Referral Criteria**

Manchester University Foundation NHS Trusts Child and Adolescent Mental Health Services (CAMHS) In Manchester, Salford and Trafford provide a range of specialist mental health and assessment services for children and young people in a range of community bases across the commissioned patch.

When making a MFT CAMHS referral, please consider; if a Specialist CAMHS Service is the most appropriate pathway at this stage, that the current difficulties have been present over the last four weeks and are at level where they are impacting on daily functioning. We would expect that most children, young people and or carers will have already received either a universal, primary care or social care first line support service / intervention before referring on to specialist CAMHS.

All Child and Adolescent Mental Health Services (CAMHS) in Greater Manchester are now using the I-Thrive Model to navigate Children, Young People and their Carers to the most appropriate mental health or wellbeing services. The information below is a navigation guide to support you in your referral decision making.

| **Presenting Difficulties** | **Criteria** | **Thrive Quadrant** | **Intervention Types** | **By whom** |
| --- | --- | --- | --- | --- |
| **Low Mood** | Persistent low mood of at least 2 weeks in duration at a level that is impacting on daily functioning | **Getting Help** | Psycho Education  Behavioural Activation  Cognitive Behavioural Therapy | * **42nd Street** <http://42ndstreet.org.uk/referrals/> * **School/ College Pastoral Team** <https://www.manchester.gov.uk/directory/84/school_finder> <http://schoolswebdirectory.co.uk/leasearch.php?lea=salford> * **Wellbeing Offer** <http://www.partnersinsalford.org/youngemotionalhealth.htm>   <https://www.trafforddirectory.co.uk>   * **Kooth.Com** on line Counselling <https://kooth.com/> * **CAMHS IAPT Services** (routine) <https://mft.nhs.uk/rmch/services/camhs/> |
| **Depression or Mood Disorder** (including mood dysregulation | Low mood that has not responded to “getting help interventions”, Or current presentation of Clinical Depression / Mood Disorder | **Getting More Help** | Higher Intensity CBT  IPT  Family Therapy  Medication  Psychotherapy | * CAMHS |
| **Self-Harm: That is infrequent and not require medical intervention** | Self-harm is when somebody intentionally damages or injures their body. It's usually a way of coping with or expressing overwhelming emotional distress | **Getting Help** | Psycho- Education / Distraction Techniques  Counselling  Guided Self Help  Compassion Focused Work | * 42nd Street * School/ College Pastoral Team * Kooth .Com * National Self Harm Network <http://www.nshn.co.uk/downloads.html> * Young Minds Website <https://youngminds.org.uk/> |
| **Self-Harm : That has become more frequent and intense**  Suicidal Ideation with some plans and or few protective factors and or increased identified risk factors | Where a young person has a history of self-harm and is currently harming more frequently and is as risk of significant harm  N.B if the child or young person need immediate medical intervention –They will need to attend at their local A and E | **Getting More Help** | Medical Intervention  ( GP/ Walk In Centre /  Emergency Department A and E )  Mental Health / Risk Assessment  Safety Planning  DBT / DBT Informed Work  Psycho Education – Self Regulation Techniques | * Local Medical Services   <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>   * Liaison Mental Health (LMH) <https://www.gmmh.nhs.uk/mental-health-liaison/> * CAMHS Urgent / Duty Referral * Rapid Response Team |
| **Suicidal Thoughts** | Where a young person expressing some fleeting thoughts with no plan and has identified protective factors | **Getting Help** | Risk Assessment  Safety Planning / Care Plan  Self Help strategies – Guided Self Help Psycho- Education | * 42nd Street * School/ College Pastoral Team * Wellbeing Offer * Kooth.Com on line Counselling * Papyrus –Suicide Prevention <https://papyrus-uk.org/> |
| **Suicidal Ideation** | Where a young person is presenting with increased and intrusive suicidal thoughts and or regular increased self-harm | **Getting More Help** | Mental Health / Risk Assessment  Safety Planning / Care Plan  Psycho Education  Self-Regulation | * CAMHS Urgent / Duty Referral * Rapid Response Team * Liaison Mental Health (LMH) |
| **Actual Significant Self Harm or Overdose /Need for Medical Intervention** | **If a young person presents with significant self-harm and or has taken substances / overdosed**  **Send to A and E immediately** | **Getting Risk Support** | **Medical Intervention**  **Risk Assessment**  **Safety Planning**  **Admission** | * **Medical Services** * **Mental Health Liaison Team** |
| **Anxiety including:**  • Phobias  • Panic Disorder  • Social Phobia  • Generalised  Anxiety Disorder  • Obsessive-  Compulsive Disorder | Anxiety at a level that is affecting the child’s/young person’s development or level of functioning, over a sustained period of time and this is not a normal adjustment reaction to a life event / adverse event | **Getting Help** | Psycho –Education  Guided Self Help  CAMHS IAPT Services -  CBT | * 42nd Street * School/ College Pastoral Team * Wellbeing Offer * Kooth.Com on line Counselling * CAMHS IAPT Services (routine) |
| **Prolonged / More Frequent/ Intense Anxiety** | More Intense repetitive, intrusive thoughts, behaviour affecting daily life, quality of life and activity. Obsessions/Compulsions causing functional impairment | **Getting More Help** | Higher Intensity CBT  Medication  Admission | * CAMHS |
| **Post-Traumatic Stress Disorder (PTSD)** | Avoidance of reminders of the traumatic event. Persistent anxiety. Intrusive thoughts and memories e.g. nightmares. Sleep disturbance. Hypervigilance. Symptoms continuing longer than three months following event | **Getting More Help** | CBT Trauma Focused  EMDR  Medication | * CAMHS |
| **Major Mental Health Difficulties / Psychosis** | Active symptoms Inc. Paranoia, delusional beliefs & abnormal perceptions, (hearing voices & other hallucinations). Fixed, unusual ideas. Negative symptoms Including deterioration in self-care & social & family functioning. | **Getting More Help** | Extend Assessment  Referral to EIS services  Psycho-Ed  Medication  CBT | * 14-18 years refer to Early Intervention Services   Under 14 CAMHS  <https://www.gmmh.nhs.uk/early-intervention/> |
| **Neurodevelopmental Concerns:**  **Autistic Spectrum Conditions (ASC)** | Consider a referral to Community Paediatrics if you concerns are around child development. If you have observed or have evidence of concerns regarding pervasive developmental disorders such as ASD refer to CAMHS including the attached information | **Getting Help** | Assessment  Post Diagnostic Group | Multidisciplinary Pathway   * Via CAMHS * Community Paediatrics   <https://mft.nhs.uk/community/childrens-community-services-citywide/community-paediatrics/>  <https://www.srft.nhs.uk/about-us/depts/community-paediatric-service/>  <https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page>  Speech and Language  <https://mft.nhs.uk/community/childrens-community-services-citywide/speech-and-language-therapy-children-and-young-people/>  <https://www.srft.nhs.uk/about-us/depts/speech-and-language-therapy-service-childrens/>  <https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service> |
| **Attention Deficit Hyperactivity Disorder (ADHD)** | Concerns relating to ADHD refer to CAMHS if you have evidence or have observed impulsive behaviour, high levels of activity and difficulties with concentration that are apparent in all settings (Home ,School, In Clinic ) | **Getting**  **Help** | Assessment  Medication  Post Diagnostic interventions | * Paediatrician * CAMHS |
| **Eating Disorders** | Anorexia Nervosa / Bulimia Nervosa, Binge Eating Disorder  Please include recent Bloods weight/height and rate of weight change | **Getting More Help** | Family Based Treatment, Specialist Family Therapy for Anorexia / Bulimia Nervosa, Adolescent Focused Therapy , CBT , Physical Monitoring, Community Re-feeding | * CAMHS Eating Disorder Service |
| **Behavioural Problems** | Where there are difficulties in the families daily living:- such as family conflict, difficulty setting routines and boundaries for meal times, home work, sleep, school, and house hold rules, social difficulties, parents and other family members needing carer support  ­ | **Getting Help** | Parenting Courses/ Groups,  Psycho- Education  Early Help Hub  GP for parental health and wellbeing | * Early Help Hub * Local Groups and Forums see Manchester City Council offer * GP for Parental Health including mental Health |
| **Persistent and Pervasive Behavioural Problems** | Where the presentation is indicative of Conduct Disorder, and or Attachment Difficulties.  This would include persistent and repetitive patterns of challenging behaviours, which are not in the context of an Autistic Spectrum Condition and or explained by another medical condition or social circumstance. For example ADHD or social deprivation.    Plus the nature and degree of the behavioural problems have a significant impact on daily functioning and the social and emotional development of the child. | **Getting More Help** | Parent Interventions Family Therapy  Parent Child Game  VIG  Multi Systemic Therapy | * CAMHS   N.B A first line intervention e.g. parenting course and or an early help intervention should have been tried before referring to CAMHS   * Multi Systemic Therapy Via Social Worker |
| **Complex Behavioural Problems / Emotional Dysregulation** | Children and Young People unable to benefit from or engage with recommended interventions but remain a significant concern or risk, including those who routinely go into crisis or don’t/ Can’t make use of help | **Getting Risk Support** | Liaison with the network to develop a multiagency shared care Risk Assessment and management plan **Actions include** Calling for and attending Social Care Strategy Meetings, Child Protection Conferences, Edge of Care Meeting, School / College Safeguarding / Fitness to Learn Meetings, Police Silver and Gold Strategy Meetings, CAMHS Risk Assessment Management Meetings (RAMM), In-patient Emergency Admissions and Discharge Meetings. | **All Services / Providers Share Responsibility for getting a Child or Young Person Risk Support**  Getting Risk Support it is a multiagency / multidisciplinary approach. We are all responsible for the safety of the children and young people we see, therefore all services / professionals need to be involved in the development of a cross agency multi-disciplinary risk plan, working in conjunction with the child / young person and their family/carers / support networks.  Including: Social Care, Police, Ambulance and Fire Services, Accident and Emergency Departments, Schools, Collages, 3rd / Voluntary Sector, Crisis Support Services, Liaison Mental Health , Home Treatment Teams, GP , Community Nurses, Safeguarding Practitioners, 111, Crisis Help Line Providers, Early Help Hub, Youth Workers, CAMHS etc. |

**REFERRALS THAT WOULD NOT BE APPROPRIATE FOR MFT CAMHS INCLUDE**

* Exclusively school-based difficulties, which may be more appropriately dealt with by an Educational Psychologist, or other staff within Education e.g. dyslexia, behaviour at school and underachievement.
* Normal adjustment reactions to distressing life events such as trauma, parental separation, bereavement,
* Residency and contact disputes
* Assessment specifically for court purposes
* Age-appropriate temper tantrums, feeding and sleeping difficulties in the under 5s. (These may be more appropriately referred to evidence based parenting programmes accessed in the community).
* Behavioural problems that are non-complex, where family support needs could be provided by Children’s Services.
* Concerns about developmental progress. These should be referred to a Community Paediatrician in the first instance.
* Problems that are primarily related to substance misuse - please refer to your local drug and alcohol services
* Safeguarding Concerns: referrer to Children’s Services.
* For referrals assessed/rated as not meeting the threshold criteria for CAMHS we will give you and the family / young person information about other services available which include:
* **Gaddum** Centre : Bereavement Counselling <https://www.gaddumcentre.co.uk/> [Tel: 0161 834 6069 ]
* **NSPPC**: Work with children who have parents with mental health/substance misuse problems. Work with children and young people who display harmful sexual behaviour and/or have experienced abuse. <https://www.nspcc.org.uk/> [Tel: 0844 892 0225]
* **42ND Street**: Provision for young people 13 – 25yrs offering a range of services including counselling, individual support (e.g. anger management) group work (e.g. relaxation) and volunteering opportunities. <http://42ndstreet.org.uk/referrals/> [Tel: 0161 832 0170]
* **Manchester** **Eclypse**: Drug & Alcohol Misuse Counselling Service <https://www.changegrowlive.org/eclypse-manchester> Tel: 0161 273 6686
* **Salford Achieve:** Drug & Alcohol Service <https://www.gmmh.nhs.uk/achieve> Tel: 0161 358 1858
* **Manchester Primary Care Mental Health Services** <https://www.gmmh.nhs.uk/access-help> Citywide Service
* **Salford Primary Care Mental Health Services** <http://six-degrees.org.uk/> Southwood House, Greenwood Business Centre, Regent Rd, Salford M5 4QH

Hours: Open ⋅ Closes 5PM Phone: 0161 212 4981

* **Manchester Early Help Hubs**  Manchester [earlyhelpnorth@mancester.gcsx.gov.uk](mailto:earlyhelpnorth@mancester.gcsx.gov.uk) 0161 234 5000
* **Salford Early Help** City Council and our partners have a multi-agency hub called **The Bridge Partnership** [www.partnersinsalford.org/sscb/contactus.htm](http://www.partnersinsalford.org/sscb/contactus.htm) 0161 603 4500
* **Manchester Mind / YASP** <https://www.manchestermind.org/our-services/young-people/>
* **School Nurses and Educational Psychologists**: Please contact school direct. <https://www.manchester.gov.uk/directory/84/school_finder>

<http://schoolswebdirectory.co.uk/leasearch.php?lea=salford>

* **Salford The Emotional Health Service Directory**  <http://www.partnersinsalford.org/youngemotionalhealth.htm>
* **Manchester Special Educational Needs Offer** [www.manchester.gov.uk/sendlocaloffer](http://www.manchester.gov.uk/sendlocaloffer)
* **Salford Special Educational Needs Offer** [www.salford.gov.uk/.../local-offer-for-children-and-young-people-with-sen](http://www.salford.gov.uk/.../local-offer-for-children-and-young-people-with-sen)