

# **SOUTHWARK CAMHS**

## **CHILDREN AND YOUNG PEOPLE'S WELLBEING SERVICE**

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**A GUIDE FOR SECONDARY SCHOOL REFERRERS**



## Who we are

The national Children and Young People's Wellbeing Practitioners (CWP) programme was established in response to the government document, 'Implementing the Five Year Forward View for Mental Health', which set out a plan to provide evidence based interventions for children and young people.

### **The CWP programme aims to:**

- Create a new sub-service with close links to the local community
- Focus on prevention and early intervention
- Increase accessibility and see children and young people who might not meet the threshold for current CAMHS provision.

## Who we see

- Young people between the ages of 12 to 18 years old whose worries or fears are getting in the way of their functioning. This could be phobias, worries about academic performance, health, relationships, starting to avoid activities because of worries or experiencing panic attacks
- Young people who are feeling low and unmotivated. This may be having an impact on sleep, activities, relationships, school, appetite, and may result in constant feelings of sadness.

### **Young people that want to see us should:**

- Be able to identify a problem they want to change and define some goals
- Be open to the idea of guided self-help interventions and can be committed to carrying out agreed weekly between session tasks.

## What we offer

CWPs offer rapid access to guided self-help interventions. This is a structured set of sessions based the principles of Cognitive Behavioural Therapy (CBT) for difficulties in the areas of worry and low mood.

Guided self-help is tailored to help the young person understand and manage their difficulties by:

- Helping the young person make sense of their presenting difficulties
- Identifying what the young person or parent wants to change, setting goals and monitoring progress
- Offering psycho-education to help them understand their difficulties
- Introducing new ideas and strategies
- problem solving and creating a staying well plan.

## Who we are unable to see

Young people with more significant and or long standing difficulties may be re-directed to another appropriate team within Southwark CAMHS for assessment.

We may re-direct referrals to another Southwark CAMHS team to deal with difficulties like:

- A formal diagnosis of moderate to severe depression or anxiety
- Concerns around risk to self, to others or from others
- Post Traumatic Stress Disorder (PTSD), or Obsessive Compulsive Disorder (OCD)
- Refusal to attend school or poor school attendance
- Complex family dynamics, and involvement with other agencies
- If the young person meets the criteria for input from other specialist children's services.

# How to make a referral

Here are some tips to help us to process your referral as quickly and efficiently as possible:

- You must obtain consent from the young person and their family before sending through a referral
- Get the family's consent if the young person is under 16 years old. If the young person is 16 or over, you must get direct consent from them

All referrals will go through our Central Referral Panel (CRP) to determine the most appropriate team to provide input.

All referrals accepted by the Southwark Children and Young People's Wellbeing Service will be assessed by a Children and Young People's Wellbeing Practitioner (CWP) in Southwark CAMHS.

## Completing a referral

- Do use the CAMHS referral form. You can obtain a copy from by emailing [CAMHS.SouthwarkReferrals@slam.nhs.uk](mailto:CAMHS.SouthwarkReferrals@slam.nhs.uk).
- Do ensure the referral contains as much information about the young person's mental health difficulties as possible and the type of support being sought
- Do ensure you include the view of the young person
- In Section 8 of the CAMHS referral form, 'Referrer Expectations', please highlight that the referral is for the attention of the Southwark Children and Young People's Wellbeing Service
- If the young person is already open to another CAMHS service, you do not need to make another referral to us. Please contact the young person's care co-ordinator or team by calling 020 3228 7777

## How to get updates on a referral

You can speak to a member of the team on 020 3228 7777 to check the status of your referral and to add any relevant additional information.

# What to do if it's a mental health emergency

**The Southwark Children and Young People's Wellbeing Service is not an emergency service.**

If a young person is in crisis we recommend that:

- The young person and family seeks medical advice from NHS 111 which is a 24 hour service
- The young person, family and school can contact the Southwark CAMHS duty clinician. The duty clinician is available Monday to Friday between 9am and 5pm on 020 3228 7777.
- The young person, family and school can contact the SLAM mental health support line on 0800 731 2864. This service operates 24 hours a day, 7 days a week.
- In cases of immediate risk of suicide, or significant self-harm requiring urgent medical intervention, a young person should attend the nearest A&E department