



## Salford CAMHS i-Reach Referral Guidance

As part of the Salford Thrive in Education offer, CAMHS i-Reach is a 'getting help' outreach service that offers low intensity school based interventions for children and young people. All referrals must be made by the named mental health lead in school. We would welcome referrals for the following difficulties:-

- o Low mood
- o Anxiety
- o Simple Phobias
- o Worry
- o Behavioural & emotional regulatory problems
- o Parenting interventions – **only** if parents are unable to attend group sessions which is always the first option
- o Sleep difficulties

### 1. Referrals that are not appropriate:-

**Neurodevelopmental presentation:** Where behavioural problems are related to suspected neurodevelopmental difficulties, assessment should be sought via Core CAMHS for specialist assessment and should not be sent to i-Reach to 'rule in/out' a neuro developmental presentation.

**Trauma, attachment and domestic violence:** Where behavioural and emotional regulatory difficulties are considered to be as a result of witnessing domestic violence, referrals in the first instance should be directed to Early Help to ensure a comprehensive family assessment is conducted and whole family interventions are offered.

**CYP's already known to or currently open to CAMHS:** As i-Reach is an early of first episode initial intervention, we can only work with those CYP's who are presenting to CAMHS for the first time. Thus, if CYP's have already had assessment, diagnosis, treatment or are currently engaging with CAMHS they will be best supported by their current case manager or clinician.

**2. Therapeutic Interventions used:** All our clinicians are trained via the Increasing Access To Psychological Therapies national initiative with the Salford Cognitive Therapy Centre. They currently offer the following Cognitive Behavioural Therapy (CBT) informed evidence based Interventions:-

- o Behavioural activation
- o Exposure therapy
- o Guided self-help
- o Cognitive re-structuring
- o Problem solving
- o Incredible Years based child/parent programme
- o Sleep hygiene
- o Behavioural & emotional regulation strategies

These will be offered over 6-8 sessions. Thus, for more complex presentations or where the family environment is chaotic or there is children's services involvement, other services such as Early Help or CORE CAMHS should be considered.

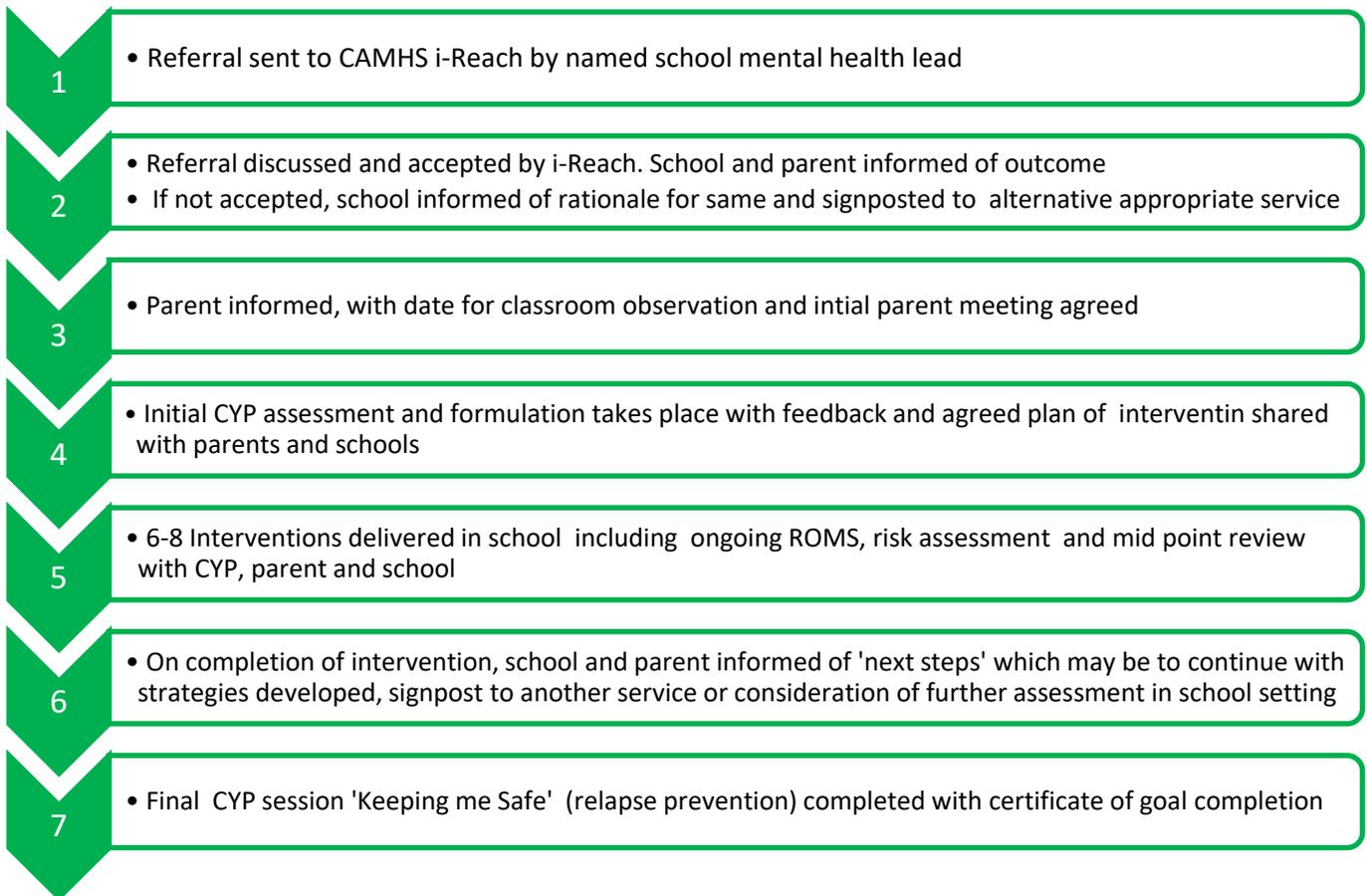
### 3. Essential Requirements for completing referrals

- **Consent** from parents or the person/s with parental responsibility must be gained. Consent must be informed, i.e. that it is a referral to CAMHS for assessment of a mental health presentation.
- **CYP's must be on roll with a Salford School** for a referral to be made to the CAMHS i-Reach team.
- The details of the child's GP are still required as we will need to inform them of our involvement, record any up-dates or referrals to other services as part of their Child Health Records. Copies of the referral and any documentation must be sent to the CYP's **GP and their Community Paediatric Department** to ensure a record of the referral is available to child health services.

#### Referral Process

- Referral forms can be found on the **MFT website**. Choose Royal Manchester Children's Hospital, then CAMHS option, then click on Salford CAMHS referral for detailed guidance and access to the NHS secure portal [mft.salford-tie@nhs.net](mailto:mft.salford-tie@nhs.net). Referrals can be e-mailed to this address, sent in the post or faxed. ***Please do not send referrals directly to individual clinician's e-mail addresses as this is not a secure site and cannot therefore guarantee confidentiality or that they will be processed within the CAMHS system.***
- Referrals must be completed by the **named mental health** lead in school, i.e. the person who has completed the 2 day CAMHS referral training or ADHD SENCo training for ADHD referrals. Their names have been distributed to CAMHS administration team for cross referencing on referral acceptance.
- **In the referrer section, you must state your name and that you are referring to the CAMHS i-REACH team for assessment.**
- There must be a **clear rationale** for the CAMHS referral as detailed during the training, i.e. a specific group of symptoms, behaviours or presentation that requires further assessment by CAMHS i-Reach.
- If the CYP is presenting with **risk behaviours** or deterioration in their mental health that requires an immediate response such as suicidal intent, current/actively self-harming, please refer to the Core CAMHS team or discuss with a duty clinician on **0161 518 5400** during office hour, 9am-5pm Monday-Friday. If you have concerns about a CYP's mental state outside of these hours, please seek advice from their out of hours GP or the PANDA unit at Salford Royal Hospital.

#### 4. Treatment offer and progression of referral:



**During the current Covid restrictions, we will endeavour to work with schools to continue to provide a face to face offer as much as we possibly can. We are keen to work with you in relation to your risk assessments, use of PPE or any other guidance that maintains the safety of pupils, staff and external visitors.**

For further information or to discuss any concerns, please contact:

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