

Criteria and Referral Pathways to CAMHS for Young People Under 12 years of Age

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Health
Central Coast
Local Health District

Criteria for Referral to CAMHS

- Functional decline in 2 or more Domains of school and/or at home
- Moderate to severe Risk of DSH or expression of suicidal thoughts
- Client has had contact with at least two other services with no outcome such as psychology or counselling

What CAMHS cannot offer Under 12's

- CAMHS Under 12 team **will not assess, diagnose or medicate** young persons with suspected neurodevelopmental disorders (ASD and or ADHD)
- CAMHS do not provide one off psychiatry reviews for diagnostic clarification or medication review

Who can provide this for GP's:

- These concerns are the domain of a Paediatrician. A private Clinical Psychologist needs to complete an assessment, and then a diagnosis will be formulated by the Paediatrician
- The assessments are not publicly funded and are paid for privately by the Young Person's carer

Referral Pathway

- Referrals are only through the GP
- Please complete the referral form available on Health Pathways
- If you are unable to access the form please call CAMHS on 4304 7878 and an admin officer will fax or email a referral form to you
- Alternatively, please call the GPLO mobile 0458 786 186 and I will forward the referral form to you
- Please be aware that CAMHS is unable to process the referral until the appropriate form is received



What Happens after CAMHS receive your Referral Form?

- If the referral is appropriate by meeting the criteria of our CAMHS Under 12's team, the family or carer will be contacted to arrange a mental health assessment
- If suitable the young person will be allocated to the team
- If the referral does not meet CAMHS criteria, you will be provided with alternate recommendations for the family
- GPLO will liaise with the referring GP regarding outcome of the assessment

Referral Pathways

- Please be aware that the MHTAL is unable to accept referrals for young people under 12 years of age
- Families or carers could be distressed if advised to call the MHTAL number and the referral is not accepted
- **Only** if the GP has serious and immediate concerns around risk and safety of the young person, then please advise them to attend the Emergency Department for an assessment

Referral pathways

- Attending the Emergency Department with a young person under 12 is a stressful event for the young person and their carers
- The wait period could be up to 8 hours
- The young person is first reviewed by a paediatric registrar
- If there are concerns around mental health or safety then a MH registrar is called and the young person will then have a MH assessment completed
- This means another wait period in Emergency Department with the young person and their carer



Helpful Questions for GP's when Assessing a young person Under 12 for a Mental Health Referral



The Five S's: A Communication Tool for GP's

Ask about

1. **Safety:** are there any concerns regarding safety?
2. **Specific behaviours:** What are the behaviours that are causing the most problems?
3. **Setting:** when and where are the most problematic behaviours occurring?
4. **Scary:** Have any difficult or scary things happened?
5. **Screening Services:** has the young person had any assessments and/or received any treatment or services?

Other Services Available for Under 12's

Wellbeing for Kids:

- A service for young people between 0-12 years of age to children and families in the Gosford LGA and the Hunter New England Region
- Offers Therapeutic support in managing mental health challenges
- Parenting support and group programs



Cont'd

- Practical support: Such as Goal setting, mentoring and referrals to other services
- Free service with up to 12 x 50 minute sessions in a calendar year
- Contact: 1300 045 437 or email wellbeing4kids@uniting.org



Little Sparks Beam Health

- Is a children's mental health program funded by the Primary health network
- Provides MH support for children under the age of 12 years
- Trained psychologists and mental health clinicians
- Aimed at providing mental health support to families experiencing financial hardship
- Contact: LittleSparks@beamservices.com.au
- Referrals will be accepted directly from GPs, the team will contact the parent/care giver to discuss supports
- This is not an acute service





Thank you



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