Cambridgeshire Community Child and Adolescent Mental Health Service (CAMHS) is the community-based child and adolescent mental health service for all children and young people registered with a Cambridgeshire General Practitioner.

Community CAMHS aims to provide accessible evidence-based CAMH Services and now incorporates Children and Young People Improving Access to Psychological Therapies (CYP IAPT).

**We aim to provide high-quality care for all children, young people and their families including:**

- Collaborative working with children, young people and their families
- Comprehensive assessment (including assessment of risk)
- Emergency assessment and crisis intervention
- Close working relationships with other professionals and agencies
- Good quality information and advice for professionals and agencies
- Evidence-based interventions
- Systematic monitoring of outcomes and experience of the service (used to inform intervention, evaluation and development of the service)

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**Children and young people - what to do in an emergency**

**Increasing concerns**

Professionals with increasing concerns regarding a child or young person’s mental health should contact the child’s GP for an emergency appointment and for further advice. GPs will refer to Community CAMHS for a more urgent assessment.

**Immediate concerns**

Anyone: a young person, parent or professional with immediate concerns regarding a child or young person’s mental health, should telephone the Cambridgeshire Community CAMHS Single Point of Access on 01480 428115, which will advise on next steps that may include:

- Advice over the telephone on the management of the current concern
- Same-day assessment by the on-call CAMHS clinician and/or the on-call CAMHS psychiatrist
- Advice on making a referral to CAMHS
- Advice on other, more appropriate, services

If the child or young person is already a patient of Cambridgeshire Community CAMHS, their CAMHS clinician can be contacted directly.

**The Cambridgeshire GP out-of-hours service** can be contacted on 0330 123 9131. This is the call centre for the primary care centres in:

- Chesterton Medical Centre, Cambridge
- Hinchingbrooke Hospital, Huntingdon
- Doddington Hospital, Doddington
- North Brink Practice, Wisbech
- The Princess of Wales Hospital, Ely

If there is an immediate risk to a child or young person’s safety due to a mental health problem, s/he can be taken to the local A&E department where it will be decided whether a specialist mental health assessment is required. If needed, this can be provided in A&E.

See page 7 for full Cambridgeshire Community CAMHS contact information
How to refer to Cambridgeshire Community CAMHS

A referral to Cambridgeshire Community CAMHS should be considered after universal and targeted services have been involved and have been unable to meet the mental health needs of the child or young person.

All referrals should be made to the Single Point of Access within the Cambridgeshire Multi-Agency Referral Unit:

**Cambridgeshire Community CAMHS**
Single Point of Access, MARU
Chord Park, Godmanchester
Cambs PE29 2BQ
T 01480 428115
F 01480 428149
E accesscamhs@nhs.net

Before making a formal referral, you can call first for a telephone consultation. This service is offered to all professionals considering a referral to Community CAMHS or seeking an opinion regarding a particular child, young person or family with whom they are working. The Single Point of Access staff can advise on:

- Whether Community CAMHS can help
- How to make a referral
- What further information the service needs
- The timescale for being seen
- What support might be helpful pending the first appointment

If, after discussion, Community CAMHS is not the right service, the team will be able to advise on other sources of local help.

Community CAMHS works closely with locality teams, schools and other local organisations working with children and young people. This close working relationship facilitates children and young people to be seen by the most appropriate service to meet their needs.

If a referral is very urgent we will accept a telephone referral, followed by formal referral and supporting information. (See also page 2: ‘What to do in an emergency’.)

We encourage all referrers to use the Cambridgeshire Community CAMHS referral form. The majority of children and young people who require our services will already have a co-ordinated support plan in place and referrals should be supported with the Common Assessment Framework (CAF) wherever possible.

The CAF is central to the pathway model in Cambridgeshire and supports information sharing and multi-agency working between the family and appropriate practitioners. Information in the CAF supports risk assessment, and identifies the needs and concerns of the family or professionals already involved, and the urgency of the situation.

To manage demand, urgency criteria are applied to referrals to help ensure a more uniform and consistent evaluation of risk and need.
## Services supporting child and adolescent emotional health and wellbeing

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Services that involve professionals with whom children would normally have contact, for example:</th>
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</thead>
<tbody>
<tr>
<td><strong>Emerging needs</strong></td>
<td><strong>Usually met within universal services</strong></td>
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<tr>
<td>Level 2</td>
<td>More specialist services for when there are more significant concerns about emotional or behavioural well-being, for example:</td>
</tr>
<tr>
<td><strong>Targeted provision</strong></td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>Many of the above also provide Level 3 services</td>
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<tr>
<td><strong>Complex needs</strong></td>
<td></td>
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<tr>
<td>Level 4</td>
<td><strong>Severe and complex needs</strong></td>
</tr>
<tr>
<td>All situated at Ida Darwin, Cambridge</td>
<td></td>
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</tbody>
</table>

- GPs
- Schools
- Universal health services
- Early years settings
- Voluntary and community sector groups and support

- GPs
- Children’s Centres
- Community paediatric services
- Locality teams (including family workers and children’s centres)
- Specialist teaching teams/education staff, including educational psychologists
- Voluntary and community sector groups and support

- Social care services (including looked-after children, children in need and safeguarding)
- Locality teams (including family workers and children’s centres)
- CASUS (Cambridgeshire drug and alcohol services for young people)
- Learning disability services
- Community CAMH Services provided by clinicians such as:
  - Child and adolescent psychiatrists
  - Psychologists
  - Nurses
  - Psychotherapists
  - CBT therapists
  - Family therapists

Cambridgeshire Community CAMH Services are supported by an Intensive Support Team. This team provides care and support for families and children and young people who might otherwise need to be admitted to hospital for in-patient or day patient care or to support them after discharge from hospital services.

- The Croft
- Darwin Centre for Young People
- Phoenix Centre for Young People
What sort of problems do Community CAMHS help with?

We work with children and young people up to the age of 17 (or 18 if they have a learning disability). Children and young people can experience a wide range of mental health problems of varying degrees of severity.

When should you refer?

In general we advise considering referral to Community CAMHS where a child or young person is experiencing problems that are:

- In some way limiting their development or relationships, or
- Causing significant distress, or
- Associated with risks to them or to the safety of others

Problems that should be referred to Community CAMHS include:

- Depression indicated by low mood beyond age-appropriate variation which has lasted more than a month
- Anxiety and related problems (including severe phobias, school phobia, panic attacks, Obsessive Compulsive Disorder)
- Self-harming, suicidal feelings and behaviours
- Coping with the effects of trauma (such as being over-anxious, overly vigilant and experiencing flashbacks and nightmares – as in Post-Traumatic Stress Disorder)
- Severe habit behaviours such as hair pulling (known as Trichotillomania)
- Eating disorders (resulting in significant weight loss or affecting growth or binge eating and purging)
- Complex attachment difficulties – disturbed relationship with their care giver in conjunction with other significant mental health problems
- Hearing voices associated with mood disturbance, anxiety or strikingly unusual beliefs and behaviour
- Problems with concentration and over-activity persistent in more than one setting, eg school or home (which have not responded to parenting support and school-based intervention)
- Complex challenging behaviour when this occurs in conjunction with other significant mental health problems
- Autistic Spectrum Disorders and Tourette’s Syndrome when there are other significant mental health problems which have not responded to other interventions
- Learning disabilities, when there are other significant mental health problems causing significant impairment

Please contact the Single Point of Access for clarification on referrals for diagnostic assessment and the local pathway for Attention Deficit Hyperactivity Disorder, Autistic Spectrum Disorder, Tourette’s Syndrome and other tic disorders.
We offer evidence based programmes including:

- Cognitive Behaviour Therapy (CBT)
- Interpersonal Therapy (IPT)
- Family therapy
- Behavioural therapy
- Psychotherapy
- Specialist parenting groups
- Medication
- Consultation to other professionals

Community CAMHS would not normally accept referrals:

- Where the main concern is safeguarding and/or the immediate need is to ensure the child or young person’s safety. If this is the case, seek advice from/ refer to social care (See also page 2 for what to do in an emergency)
- Where consent is not given by the person with parental responsibility and/or the young person.
Contact Cambridgeshire Community CAMHS

Referrals
- Questions about making a referral?
- Discuss diagnosis /interventions
- Want to check about the work you are doing?
- Worried about a child, young person or family?

Single Point of Access Team
MARU
Chord Park
Godmanchester
Cambs PE29 2BQ

T 01480 428115
F 01480 428149
E accesscamhs@nhs.net

Want to follow up on referral?
Want to find out what is happening with a child or young person you have referred?
Want to discuss discharge arrangements and follow up?

Brookside Child and Family Clinic
18 Trumpington Road
Cambridge CB2 8AH

T 01223 465100
F 01223 465275

Newtown Centre
Nursery Road
Huntingdon PE29 3RJ

T 01480 445281
F 01480 445349

Alan Conway Court
Doddington Hospital
Doddington PE15 0UG

T 01354 637087
F 01354 644262

More detailed information is available on our website at www.cpft.nhs.uk about services, care pathways and advice and support for professionals, children, young people and families.
Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT’s services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk

If you require this information in another format such as braille, large print or another language, please let us know.

Out-of-hours’ service for CPFT service users

Please call NHS 111 for health advice and support.

Leaflet updated January 2019
Leaflet review date: January 2020

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.
T 01223 219400
F 01480 398501

www.cpft.nhs.uk

CPFT supports the HeadtoToe Charity – visit www.HeadToToeCharity.org for details on how you can help