

# Leeds CAMHS Service Description

## What are Child and Adolescent Mental Health Services (CAMHS)?

Most emotional health/ mental health/behaviour problems are addressed by staff working in children's services such as schools, early years services, health visitors, GPs etc. However some difficulties, if they have lasted for a longer time, or are more complicated, require support from the CAMHS Service.

## How to refer to them

Most referrals to CAMHS come through a child's/family's GP. Some other professionals can make referrals, but the best place to start is normally your GP.

Schools cannot make direct referral to the CAMHS service.

## What services are offered

Children/young people and their families are usually offered up to 3 sessions initially - to discuss any difficulties they might have, what they would like to be different, and the best way the CAMHS service can help. For many families those appointments are enough. This process normally involves a CAMHS worker talking with either the whole family, or with a young person, or with parents, or a mix of all of these. Sometimes a CAMHS worker might join with other workers who are already helping you.

The sorts of problems that may be referred to a CAMHS team are as follows:

Temper tantrums	Sleep and feeding problems
Soiling and anxiety	Sibling rivalry
Family difficulties to do with divorce or bereavement	Problems in controlling children
Parenting problems	behavioural or emotional problems

Some families may need more support through follow up visits being offered. For some of these services there is a large waiting time.

The sorts of difficulties that may need support for longer are as follows:

- Attention deficit
- Possible psychotic
- Severe attachment problems
- Severe or chronic anxiety
- Severe or chronic

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|-----------------------------|-----------------------------------|---------------------------------------|----------------------------------|
| difficulties                | symptoms                          | • Severe eating disorders             | depression                       |
| • Autism spectrum disorders | • Obsessional thoughts or rituals | • Severe family relationship problems | • Threatened or actual self harm |

For those who receive support for longer, there may sometimes be more than one CAMHS worker involved. This may be psychologist, psychiatrist, social workers, nurses, occupational therapist, etc. Sometimes there is specialist team of staff who work with a specific type of problem .

Sometimes it may be suggested that it would be more helpful to you to join a group – where others with similar types of difficulties will come together.

A very small number of children and young people might attend a service that involves visiting on a daily basis some days, or even as an in-patient.

### **Where are the teams located**

There are three 0-16 teams in Leeds - one covers East and North East PCTs (Primary Care Trusts), another covers West and North West PCTs, and the third covers South PCT.

There are also three Multi Disciplinary Teams that deal with more long lasting and complex problems. They cover the same three areas.

The teams are made up of professionally qualified people with experience of working with children, teenagers and their families.

Most referrals go initially to the 0-16 Teams. We will try to see as close to your home as possible – in a health clinic etc. Sometimes it might be necessary to come to the centre of Leeds.

### **Links with other children services**

CAMHS service have close links with other children's services, and we will normally ask your permission to share information with other services that you are receiving. This will be explained to you during the appointments you have.