

Fife Child and Adolescent Mental Health Service (CAMHS) launches new Online Referral Process

What's new and why?

It is important to us that children and young people experiencing mental health difficulties have access to the right help at the right time.

To help ensure this, CAMHS have made improvements to the Referral Process by providing online information that:

- explains who can refer
- clearly defines the threshold for a CAMHS referral
- suggests alternative signposting to other appropriate services, and
- provides a structured referral form if onward referral to CAMHS is felt to be appropriate.

Where does CAMHS sit within the wider services that support children and young people?

CAMHS is a specialist provision that sits at the top end of Intensive Support in Fife's GIRFEC Framework for Intervention.

The Getting it Right in Fife Framework outlines that as far as possible, children and young people should be supported by Universal provision prior to any intervention by Additional services and subsequent input from Intensive supports. CAMHS provides support to children and young people up to 18 years who are experiencing persistent, complex or severe mental health difficulties.

How do I find the right support?

First, have a read through Choosing the Right Support to identify the most appropriate support for the child or young person you are concerned about - www.nhsfife.org/choosingtherightsupport

If CAMHS seems the most appropriate, you'll be guided to the CAMHS Referral Criteria to help determine whether or not the referral meets the threshold for CAMHS. The Referral Criteria is based on the length of time, complexity and severity of the child or young person's presentation.

Who can refer to CAMHS and where can I find out more about referring?

Any professional working with children and young people can refer to CAMHS. To find out more, go to the new CAMHS section on the NHS Fife website - www.nhsfife.org/camhs

What happens after referring?

If a referral is required then a completed CAMHS Referral Form should be submitted. Completed Referral Forms will then be processed as follows:

- The referral will be discussed by CAMHS clinicians.
- You will then be informed whether or not the referral is appropriate for CAMHS.
- If appropriate, we will advise on next steps.
- If not appropriate, we will advise on alternative services that may be more suitable for the child/young person and their family.