

How to make a referral

In order that the referral can be processed promptly it is important for referrers to provide as much information as possible by completing the CAMHS referral form.

It is expected that a piece of work will have been carried out within primary care/universal services (or where parenting support is indicated through an evidenced based parenting course) and that details of this work are included in the referral form.

Initial appointments and appointment reminders are usually made by telephone so it is important to ensure that the telephone contact details are correct.

You may find it helpful to discuss the referral with one of our team before completing the referral form.

Please indicate on the referral if the child / young person is subject to a child protection plan or is a child in care.

We offer a single point of access for referrals.

Please send your referral form to the appropriate team as seen overleaf who will direct the referral to the most appropriate team for assessment.

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(please obtain from Clinical Governance Department)

Child & Adolescent Mental Health Services

Bournemouth, Christchurch and East Dorset localities, send referrals to:

Shelley Clinic
22 Tower Road
Bournemouth
BH1 4LB
Tel: 01202 646300

Poole, Purbeck & Wimborne locality send referrals to:

Poole & Purbeck CAMHS Team
Poole Community Health Clinic
Shaftesbury Road
Poole
BH15 2NT
Tel: 01202 584600

Weymouth & Portland locality, send referrals to:

CAMHS, 48 Lynch Lane
Weymouth
DT4 9DN
Tel: 01305 762810

West and North Dorset locality, send referrals to:

Dorchester Children's Centre
Dammers Road
Dorchester
DT1 2LB
Tel: 01305 255705

www.dorsethealthcare.nhs.uk

Child & Adolescent Mental Health Services (CAMHS)

Dorset, Bournemouth & Poole

Referral Criteria



Providing care all of us would recommend to family and friends

CAMHS Services provided by DHUFT aim to:-

- Prevent the development of mental health problems through consultation, advice, training and support to multi-agency professionals.
- We offer children, young people and their families (aged 0-18 years) brief therapeutic interventions (6-8 sessions) for mild to moderate mental health difficulties
- We offer children, young people and their families (aged 0-18 years) assessment and multi disciplinary therapeutic intervention (up to 18 sessions) for moderate to severe mental health problems.
- We offer individual therapy and group or workshop interventions



Examples of problems seen are as follows:

Mild - moderate mental health difficulties

- Eating difficulties
- Self harming behaviours
- Obsessional behaviours
- Mild – moderate mood problems
- Anxiety problems including panic and phobias which are causing early signs of impairment
- Hyperactivity disorder (ADHD) with moderate mental health co-morbidity.
- Parental difficulties in managing a child or adolescent's behavioural difficulties where an accredited parenting programme has already been completed.

Moderate – severe mental health difficulties

- Concerns about possible severe mental illness. For example psychosis or schizophrenia
- Eating problems (eating disorders will receive a service from special eating disorder services).
- Significant self harm and risk taking behaviours.
- Obsessive compulsive disorders.
- Depression or other moderate to serious mood disorders.
- Severe anxiety disorders causing significant impairment.
- Complex or significant post traumatic disorders.
- Hyperkinetic disorder (ADHD) with significant psychiatric co-morbidity
- Mental health or severe emotional difficulties in children with a diagnosis of autism or Asperger's syndrome.
- Severe conduct disorder, as part of a multi-agency response, in the evidence of significant mental health disorder