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HSE DUBLIN NORTH CITY AND COUNTY CAMHS CH09

MENTAL HEALTH AWARENESS WEEK OCTOBER 2022

CAMHS= CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

- A free specialist service for children and young people up to 18 years of age
- experiencing moderate to severe mental health difficulties
- who have already received support from a primary care level service but the concern has not resolved

DUBLIN NORTH CITY & COUNTY CAMHS

Team	Location	Telephone
Blanchardstown CAMHS	Corduff Primary Care Centre, Blackcourt Rd, Corduff, Dublin 15	01-7956744
Castleknock CAMHS	Corduff Primary Care Centre	01-7956743
Swords CAMHS	3 rd Floor, South Colonnade, Swords Plaza, Swords, Co. Dublin	01-8075392
Balbriggan CAMHS	Floor 3, Balbriggan Primary Care Centre, 66 Dublin St, Balbriggan, Co. Dublin	01-9213355
Ballymun CAMHS	2 nd Floor, Civic Centre Offices, Ballymun, Dublin 9	01-8467219
Darndale CAMHS	101/102 Malahide Road, Grace Park, Dublin 3	01-8771552
Grangegorman CAMHS	Grangegorman Primary Care Centre, Grangegorman Road Upper, Dublin 7	01-8676315
North Great Georges St CAMHS	44 North Great George's St, Dublin 1	01-9026450

REFERRALS TO CAMHS

- Young person should speak with their GP about their mental health difficulties
- GP will then send written referral to the local CAMHS Team
- Jigsaw can also make written referrals directly to CAMHS teams in DNCC.
- CAMHS Team will respond in writing to advise whether CAMHS is the right service and if so what priority will be given to referral
- If CAMHS is not the right service then advice will be given about other support available

USEFUL INFORMATION TO BE INCLUDED IN REFERRAL

- When the problem started
- Idea of the nature of the problem e.g. anxiety? Low mood? Attention and concentration problems? Eating difficulties?
- Level of risk- is the young person self-harming or suicidal?
- How are difficulties impacting on the young person in the daily life e.g. withdrawing from friends and interests? Not going to school? Poor sleep/appetite?
- Any general health problems either now or in the past?
- Any significant family issues like parental separation, bereavement?
- Any recent trauma?
- Other services the young person has been involved with and if possible include reports

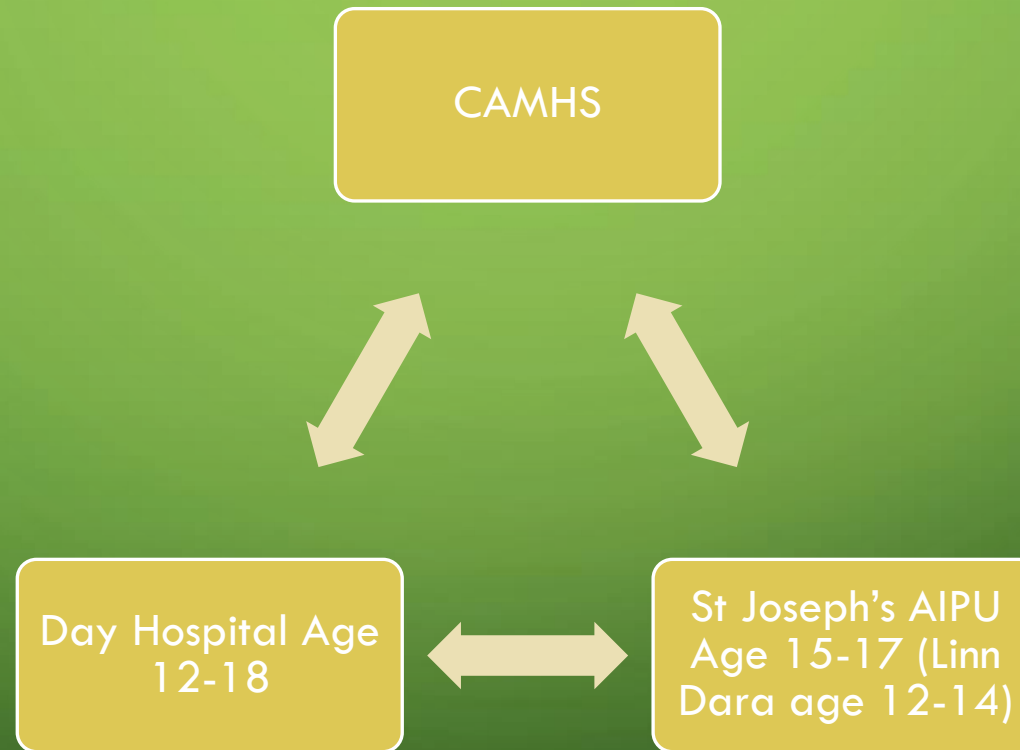
ATTENDING CAMHS

- Initial assessment can take one or more appointments
- Usually carried out by two clinicians
- One clinician will be identified as keyworker
- All assessments are discussed within the CAMHS multi-disciplinary team
- Following assessment the keyworker and young person will collaborate on an Individual Care Plan (ICP) to identify what the problem is and what the young person's goals are for treatment
- Support for parents to help their young person

CAMHS MULTI-DISCIPLINARY TEAM

- Consultant Child and Adolescent Psychiatrist (Team lead) and Registrars
- Mental Health Nurses
- Clinical Psychologists
- Occupational Therapists
- Speech and Language Therapists
- Social Workers
- Others: Child Art Psychotherapists, Dietician
- Young person may have input from one or all of these disciplines depending on their needs

CAMHS / DAY HOSPITAL / ADOLESCENT INPATIENT UNIT (IPU)



RECOVERY & DISCHARGE

- Aim of CAMHS input is to support the young person towards a meaningful recovery
- When therapeutic goals are met or the young person reaches 18 a discharge plan will be agreed
- This may mean that the young person is discharged to the care of their GP, linked in with other support services or transferred to Adult Mental Health Services

CAMHS WORKS IN PARTNERSHIP WITH

- Jigsaw
- Pieta House
- Tusla- Child Protection and Family Support
- Adult Mental Health Services
- Foroige
- Family Resource Centres
- Substance Abuse Service Specific to Youth (SASSY)
- Crosscare
- Genesis
- Primary Care Services
- Children's Disability Network Teams (formerly known as School Age Disability Teams)

USEFUL CAMHS LINKS

1. CAMHS videos- introducing the service

<https://www2.hse.ie/wellbeing/mental-health/child-and-adolescent-mental-health-services/introduction-to-camhs.html>

2. CAMHS Operational Guideline- what to expect from CAMHS

www.hse.ie/eng/services/list/4/4/mental-health-services/camhs/publications/

3. Mental Health

www.yourmentalhealth.ie- advice information and support services for mental health

www.headspaceireland.ie- information about rights when you are in hospital and a jargon buster

OUR POSITIVITREE- CREATED BY YOUNG PEOPLE ATTENDING DNCC CAMHS

