

# CAMHS Roscommon/East Galway

Dr Philip Tyndall

CYPSC Mental Health Seminar

25/01/19

# Purpose

- Moderate to Severe mental health problems in young people up to 18<sup>th</sup> birthday, and functioning in mild range of ID and above
- Assessment and diagnosis
- Interventions (more later)
- Consultation
- Training

# CAMHS

- Child and
- Adolescent
- Mental
- Health
- Service

(Not Calms)

# The team

- Admin
- Social Work
- OT
- Psychology
- SLT
- Nurse
- Doctor

# Referrals (National SOP)

- GP/psychiatrist/paediatrician/Community Medical Doctor
- Community-based clinicians (senior) eg REIS, in collaboration with GP
- NEPS senior (with GP)
- Tusla senior (GP)
- Jigsaw (GP)
- Assessment Officers

## Referrals cont.

- Referral by letter
- National referral form not fit for purpose
- We welcome telephone consultation with referrer in advance
- Potential medical contributors should be outruled

## Referrals cont.

- All referrals are discussed at our MDT meeting each Thursday
- Accepted referrals are assigned and an appointment offered within days or weeks
- There is no waiting list
- The quality of the referral is critical in ensuring the correct avenue...

# Declined referrals

- Approx 30%
- Sub threshold (problem does not appear to be moderate to severe)
- Problem appears secondary to environmental stressor, such as acrimonious separation or child protection concern
- Clear indications of a learning difficulty, which should be investigated first
- ASD

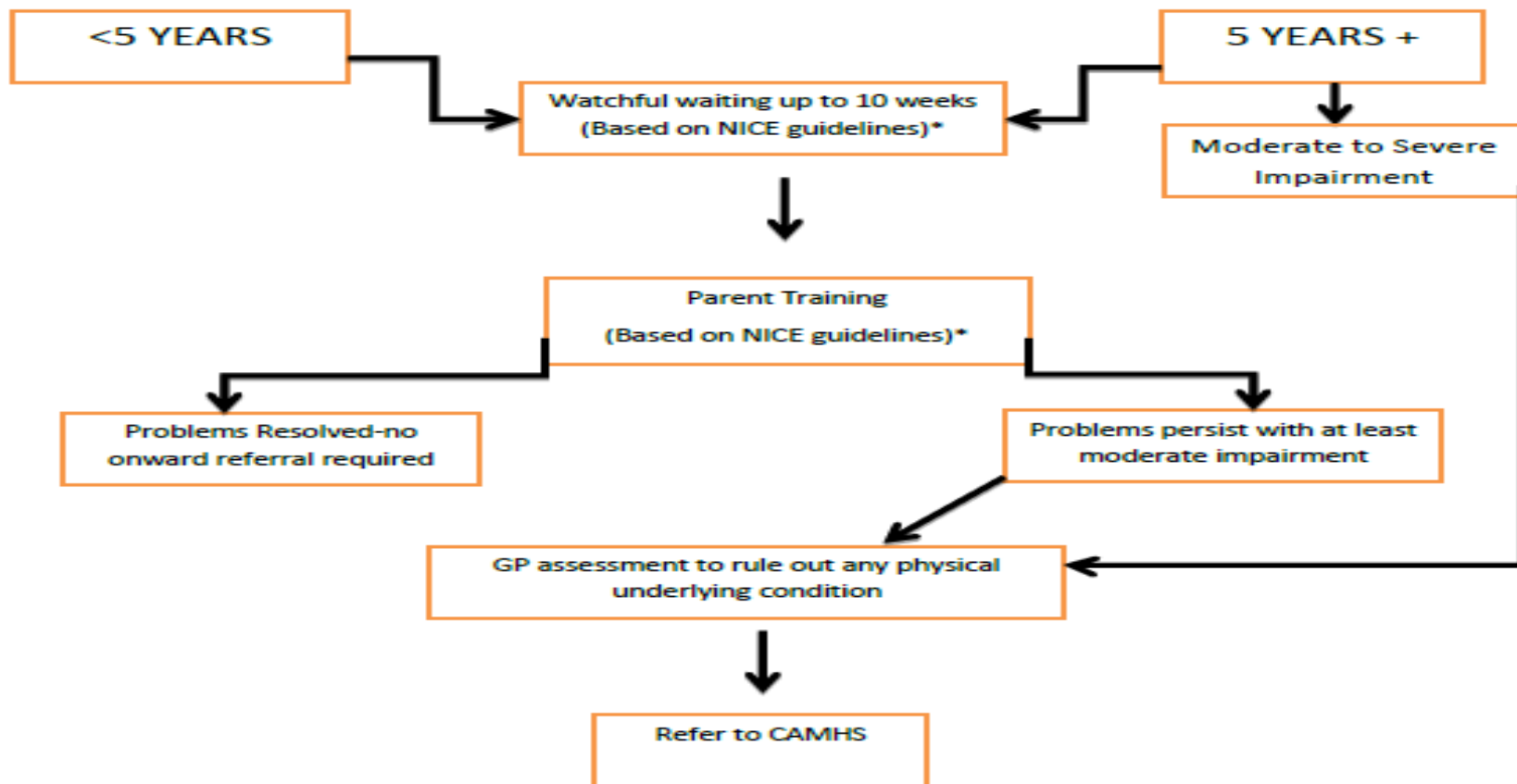


# Alternatives

- Where the referral is declined, alternative suggestions are made to referrer in all cases, such as:
- Family Support Service
- Clinical Psychology
- Jigsaw
- Vita House
- NEPS

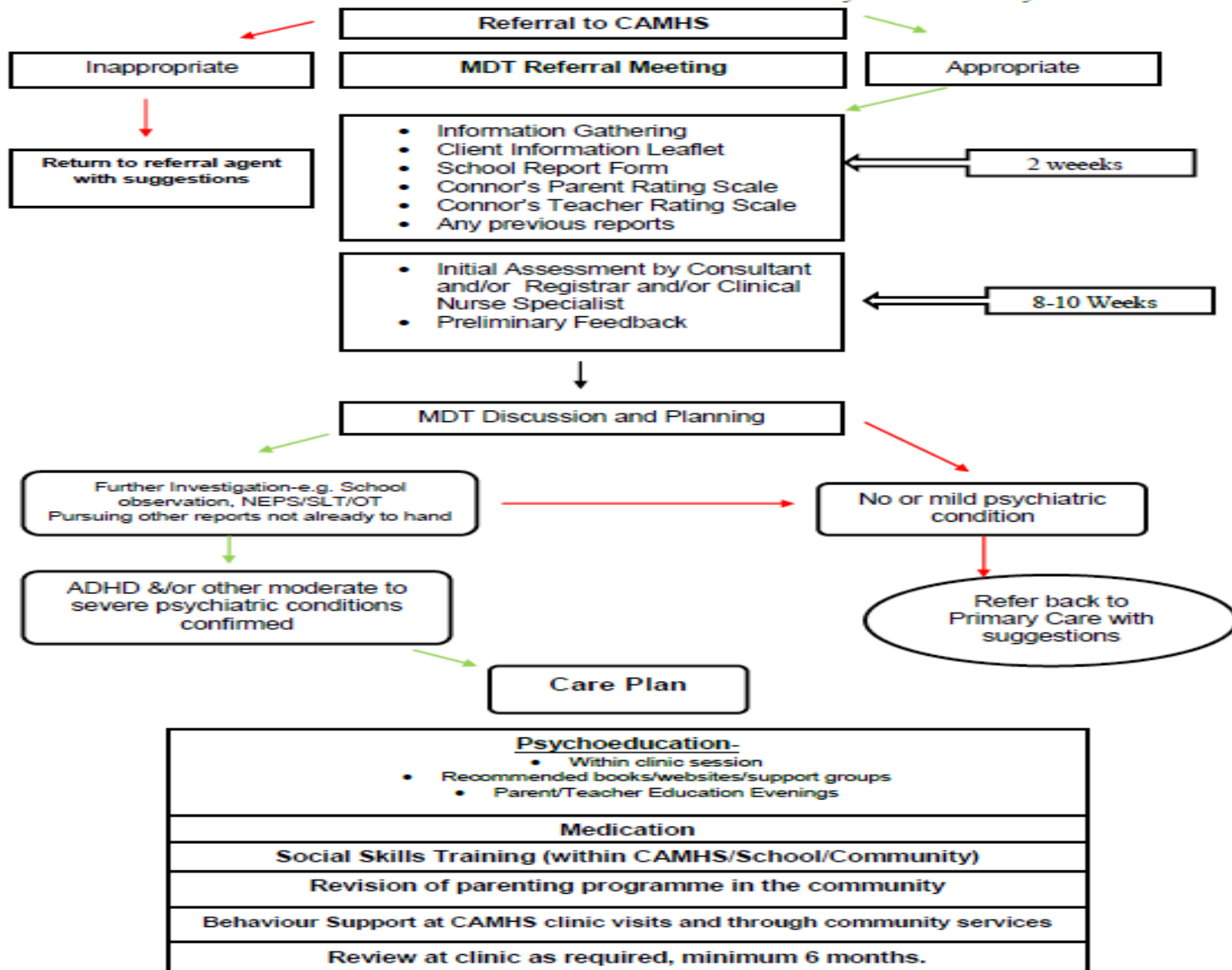
## ADHD CARE PATHWAY

If the suspected ADHD is having an adverse impact on the child's development or family life, the primary care clinician is to consider:



- \* The National Institute For Health and Care Excellence (2005) Attention deficit hyperactivity disorder: Diagnosis and management of ADHD in children, young people and adults.  
<http://www.nice.org.uk/guidance/cg72/chapter/guidance#/identification-pre-diagnostic-intervention-in-the-community-and-referral-to-secondary-services>
- Parent Training Programmes primarily recommended are: Common Sense Parenting and Incredible Years. These courses are available through:
  - Family Support/NYP/Check with local press/Check with local school/Check with Primary Care Centres

*Child and Adolescent Mental Health Services Roscommon/East Galway ADHD Pathway 2015*



# Assessment

- 1 or 2 clinicians
- All previous reports should be available in advance
- In ADHD, questionnaires completed in advance
- Initial interview with child and parents (both ideally), jointly and then often separately
- Further assessment as required (eg. school observation, group observation within CAMHS, SLT, OT)

# Interventions

- According to need (and occasionally transport), collaborative
- Can include singly or in combination:
- Group therapy
- Individual therapy, incl. CBT
- OT
- SLT
- Family work
- Liaison with schools
- Medication

# Interventions cont.

- Co-working with colleagues
- Eg. Family Support: in individual cases and transition groups

# Summary

- Specialist service, moderate to severe problem
- Telephone consultation welcomed
- Detailed referral with previous reports, GP involvement
- No waiting list
- Interagency working