

## Quick Reference Guide for GPs and Referrers

### When to refer to CAMHS and when to refer to Community Child Health (CCH)

#### Referral principle:

The referrer must have seen the child or young person, established informed consent, and provided complete information relevant to the referral pathway.

#### Refer to CCH when...

**The child requires specialist paediatric assessment for neuro-disability, significant developmental concerns, or related developmental/health presentations.**

#### Appropriate CCH presentations include:

- Preschool children with significant developmental delay identified through the Health Visiting Pathway.
- Developmental regression or loss of skills.
- History suggesting risk of adverse neurodevelopmental outcome, including neonatal intensive care history.
- Diagnosed medical conditions associated with significant developmental impairment or learning difficulties within a highly personalised curriculum, for example Down syndrome.
- Physical disorders of development, for example cerebral palsy, neuropathies, muscle disorders or spina bifida.
- Severe head injury follow-up with adverse neurological outcome.
- Medical illness affecting developmental progress or school performance.
- Obesity screening, diagnosed hearing loss, or diagnosed visual impairment.
- Possible neurodevelopmental condition only where no listed complexity factors are present (see next page).

**CCH referral contact:** gram.cchop@nhs.scot | 01224 551729

#### Refer to CAMHS when...

Referral criteria thresholds for CAMHS are defined nationally. A referral to CAMHS is deemed appropriate where **both** of the following conditions are met:

1. The child / young person has or is suspected to have a mental disorder or other condition that results in persistent symptoms of psychological distress.
2. There is also the existence of at least one of the following:
  - An associated serious and persistent impairment of their day-to-day functioning
  - An associated risk that the child/young person may cause serious harm to themselves or others.

#### CAMHS provide a service for:

- Severe Depression and Anxiety
- Moderate to severe emotional and behavioural problems.
- Psychosis
- Obsessive compulsive disorders
- Eating disorders
- Self Harm
- Suicidal behaviours
- Problematic drug and alcohol use
- Neuropsychiatric conditions
- Attachment disorders
- Post-traumatic stress disorders / complex trauma
- Functional / Somatic presentations with persistent impairment to daily functioning.
- Mental Health problems co-morbid with neurodevelopmental problems.
- Mental health problems where there is comorbidity with mild/moderate intellectual disabilities and/ or comorbid physical health conditions, additional support needs and disabilities including sensory impairments

**CAMHS contact:** gram.camhs@nhs.scot | 01224 550139

### CCH may be suitable if...

- The presentation is primarily developmental, neuro-disability or paediatric-developmental, rather than a primary mental health presentation.
- For possible neurodevelopmental conditions, where none of the listed complexity factors are present.
- A school referral route is used for school-age neurodevelopmental assessment, with relevant education information available.
- The referral includes sufficient developmental history, information from settings and consent.

#### ADHD assessment exclusions noted in CCH guidance:

- Less than 6 months access to learning and teaching opportunities.
- Child is under 6 years old.
- Young person is known or found to be misusing drugs.

#### Usually inappropriate for CCH:

- Primary anxiety symptoms.
- Conduct or oppositional behaviour without symptoms indicating neurodevelopmental disorder.
- Isolated speech and language delay.

#### Important school-age neurodevelopmental pathway note:

Referrals for assessment of school-age children for possible neurodevelopmental conditions will not be accepted directly from GPs, except where exceptional circumstances are discussed with the Community Paediatrician on a case-by-case basis. Parents should be advised to discuss concerns with school, who may refer to CCH if appropriate.

### Complexity factors - refer to CAMHS when...

- A child / young person presents with significant mental health difficulties with serious and persistent impairment of their day to day functioning as outlined above.
- There is a history of, or ongoing, complex trauma, abuse or adverse childhood events.
- There are parental / carer significant mental health or substance use issues.
- A child / young person is home schooled where information gathering is difficult.
- There is an additional sensory impairment, including hearing or vision impairment.
- Young people in the youth justice system, or entering or leaving prison.
- Unaccompanied asylum seeking minors.

#### Detailed guidance links:

**[Children and young people - national neurodevelopmental specification: principles and standards of care - gov.scot](#)**

#### CAMHS guidance:

**[Child And Adolescent Mental Health Services: national service specification - gov.scot](#)**

#### CCH guidance:

[Paediatrics guidance page](#)