

What does Sutton CAMHS offer?

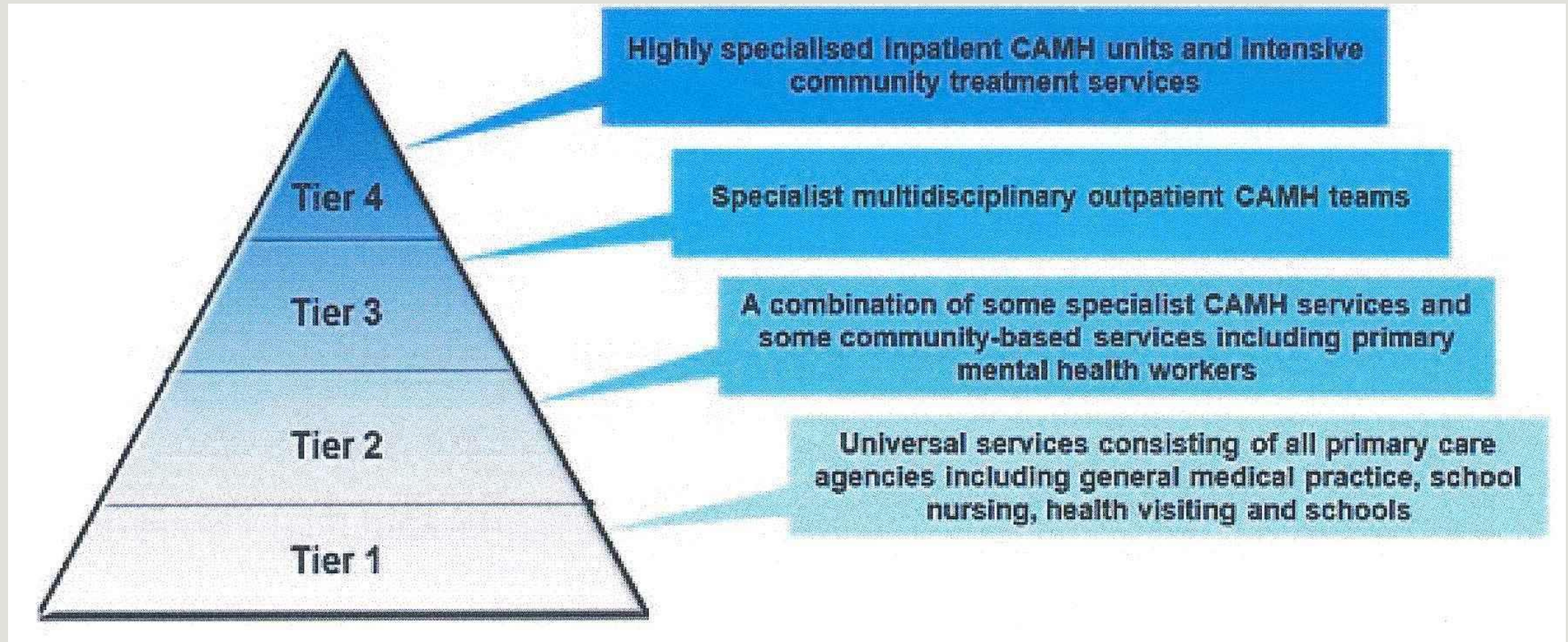
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The process from start to finish

- Making a referral
- Single Point of Access
- ASD/ADHD assessment
- Tier 3 CHOICE assessment
- Tier 3 Individual psychological therapy
- Tier 3 Psychiatry
- Tier 3 Family therapy
- Tier 2 services

The different tiers



Making a referral

- Referrals made by a variety of services e.g. GP, Schools and Social Services
- Needs to include what has already been tried and the outcome
- Does the problem constitute a mental health problem?

Single Point of Access (SPA)

- Clinicians in SPA responsible for screening and processing new referrals
- This occurs on a daily basis
- An initial decision is made about what happens next e.g. phonecalls, screening questionnaires
- A final decision follows if extra information is needed
- What could be offered?
- How are decisions recorded?

ASD/ADHD Assessment

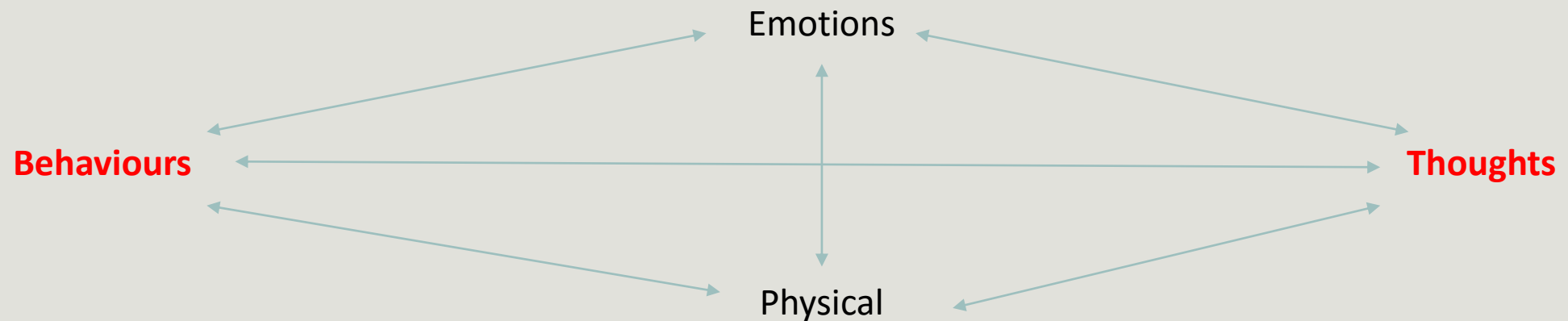
- Screening questionnaires, developmental information and measures of mental health status
- Decision made by clinicians in SPA
- Referral sent to neurodevelopmental clinic at Springfield Hospital in Tooting
- Assessments for ASD/ADHD

Tier 3 CHOICE Assessment

- CHOICE assessment is an initial assessment exploring the nature of mental health needs
- Interested in presenting problem, developmental history, involvement with other services, expectations
- Assessment discussed in multi-disciplinary case discussion
- Decision made about intervention
- Tier 2 or Tier 3? How is this decision made?
- Final report written

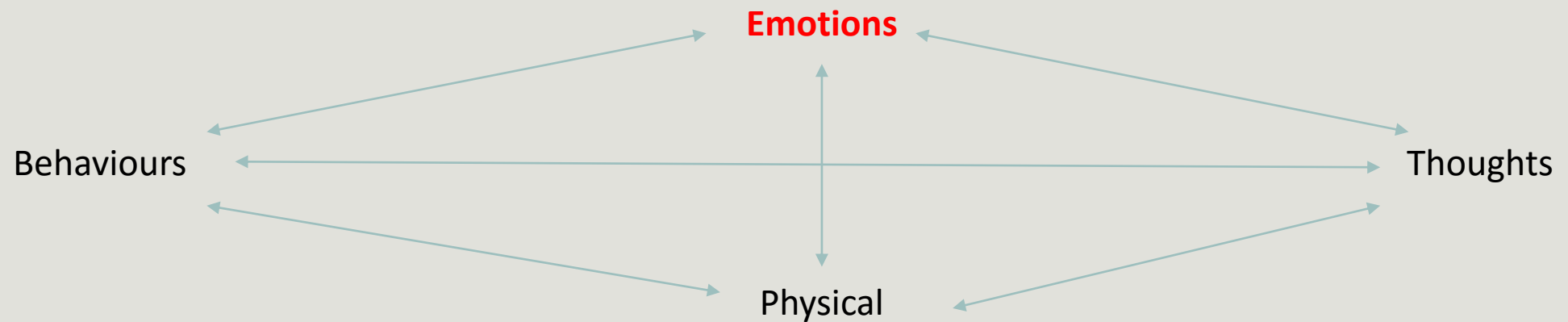
Tier 3 Individual Psychological Therapy

- Psychological intervention targets a range of mental health problems
- Evidenced based treatments including cognitive behavioural therapy
- Initial 6 sessions and then review
- Routine Outcome Measures (ROMS)



Tier 3 Psychiatry

- Medication to correct abnormal brain chemistry
- ADHD clinic
- Risk assessments



Tier 3 Family Therapy

- Involved in working with the family and the wider system
- Range of techniques used

Tier 2 services

▪ Sutton Alliance comprises:

1. Jumpstart counselling
2. Jigsaw 4 U
3. Cognitive Behavioural Therapy

▪ Looked After Children