

# Healthy Young Minds

Child and Adolescent Mental Health Service  
Tameside and Glossop Core Offer



A CHILD AND ADOLESCENT  
MENTAL HEALTH SERVICE

## 1.0 Introduction

Tameside and Glossop Healthy Young Minds Service (formerly CAMHS) supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties.

The service is made up of a team of mental health professionals, staffed by child and adolescent psychiatrists, clinical nurse specialists, psychologists, family therapists and mental health practitioners. There are also staff who specialise in working with young people with a learning disability.

The team can offer short term consultation and intervention to parents/professionals as well as working individually with young people and their families. The length of support offered is based on the child's and family's needs.

We offer urgent same day consultation to professionals worried about a child's risk via our duty system (see 4.1) and all young people admitted to hospital following deliberate self-harm/overdose receive an urgent assessment the next working day or when they are medically fit.

## 2.0 Service Details

### 2.1 Location & Hours

Springleigh Child and Family Therapy Services  
Waterloo Road  
Stalybridge  
SK15 2AU.

Tel: 0161 716 3600  
Fax: 0161 716 3601

Clinic and therapy rooms are accessible for people with disabilities.

In some circumstances appointments are offered at alternative venues or at home if clinically appropriate. We also have an interpreter service available. The service is open Monday-Friday 9am to 5pm but some clinicians will offer earlier and/or later appointments where necessary. Outside of the working hours, families and young people can access urgent support and assessments through Accident and Emergency where there is duty on call psychiatry support available.

## 3.0 Eligibility

Primarily, Tameside and Glossop Healthy Young Minds (HYM) provide specialist assessment and treatment at home, in the community, and in hospital (where necessary) for children and young people:

- Who have complex mental health difficulties and/or
- Where previous support has not resulted in an improvement and/or
- Who have mental health difficulties that place themselves or others at risk

The service is one of several organisations providing emotional health and wellbeing support to young people across the borough and prior to making a referral to HYM you should consider whether an alternative service would be more appropriate (see 3.3).

The HYM team are happy to offer consultation and advice prior to any referral being submitted to support decision making and ensure the best outcome for the young person and family. See section 4.1.

### 3.1 Age

HYM sees young people aged between 0-18 years who are registered with a GP in the Tameside or Glossop area.

0-5 years: **Early Attachment service**. This service works with parents and infants to promote healthy attachment and bonding in their relationship.

5-16 years: **Core Healthy Young Minds Team**. Young people with a severe learning disability can be seen up to 18 years if appropriate.

16-18 years: **Transition Team**: our transition team only see young people on the Emotional and Behavioural Dysregulation (EBD) pathway.

Other young people aged 16-18 can speak to their GP about a referral to adult services; can access the Healthy Minds service via <https://healthyminds.penninecare.nhs.uk> or can contact Off the Record on 0161 355 3553.

### 3.2 Difficulties

Some of the difficulties this team can help with for young people aged 5-16 years include:

- Depression
- Self- Harm
- Anxiety Disorders
- Obsession/Compulsive disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating Disorders
- Trauma, including Post-Traumatic Stress Disorder (PTSD)

- Psychosis
- Bi-Polar disorder
- Mental health difficulties in children and young people with Autism Spectrum disorders and Learning disability.

### 3.3 Other Services

Where mental health is not the primary concern or a specialist child and adolescent mental health service is not necessary, there are a number of alternative organisations who can be contacted for support and advice:

Concern	Contact	Tameside	Glossop
Pre-school Children Social & Communication (0-18) Development Problems (0-18)	<a href="#">Integrated Service for Children with Additional Needs</a>	0161 366 2050	0161 366 2050
Emotional & Behavioural Problems	Health Visitors Community Paediatricians	Based in clinics	Based in clinics
School-related difficulties (behaviour in class; mild anxiety; decline in academic performance; bullying)	Education welfare School nurse Learning mentor	Based in schools and clinics	Based in schools and clinics
Learning difficulties	Special Educational Needs Coordinator (SENCO) Educational Psychologist	Based in schools	Based in schools
Social communication problems (possible autism/Asperger's syndrome)	<a href="#">Multi-Agency Assessment Team (MAAT) via ISCAN</a>	0161 366 2052	0161 366 2052
Wetting (enuresis) Soiling (encopresis)	School nursing / Paediatrics	0161 366 2250	01457 850 400
Drugs/alcohol	<a href="#">Branching Out</a>  <a href="#">Derbyshire T3</a>	0161 672 9420	01773 417560
Crime/anti-social behaviour	<a href="#">Youth Offending Team / Service</a>	0161 342 5680	
Child protection (physical, sexual, emotional, domestic violence)	Children's Social Care	0161 342 4199	01629 531 184
Behaviour management / parenting difficulties /	Early Help Teams (Tameside)	0161 342 4101	

control issues	<a href="#">Multi Agency Team (MAT) (Glossop)</a>		01629 533 847
Difficulties with parental ill-health	<a href="#">The Young Carers Project</a> (for 11+ years)	0161 338 8645	
Counselling for young people aged 11-25 (whose difficulties are not significantly interfering with daily life)	<a href="#">Off the Record</a>	0161 355 3553	0161 355 3553
Recurrent unexplained physical symptoms	Paediatrician for initial screening	Via GP	Via GP
Learning Disability	<a href="#">Integrated Team for Children with Disabilities</a>  <a href="#">Behaviour Support Team</a>	0161 371 2060  0161 371 2060	
Learning Disability with mental health concerns	Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600
Actual self-harm (overdose, injury requiring medical intervention)	A&E	Tameside General Hospital	Tameside General/ Stepping Hill
Depression with risk of self-harm/ talk, threats of self-harm/ significant risk of self-harm/ significant low mood	Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600
Anxiety, including OCD, PTSD	Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600
Eating disorder/ difficulties	Healthy Young Minds (CAMHS), including information on weight, height, BMI and full blood tests	0161 716 3600	0161 716 3600
Possible psychotic symptoms (under 16)	Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600
Gender Identity Disorder	Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600
Bereavement (more than 6 months after the death)	Some support within schools - discuss with Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600
Bereavement support ages 4-18 years	<a href="#">Blythe House</a> : Back on Track Project		01298 815388
Significant or multiple losses/trauma/Adverse reaction to severe life events/unexplained	Discuss with Healthy Young Minds (CAMHS)	0161 716 3600	0161 716 3600

or sudden changes in mood/presentation			
ADHD concerns	Healthy Young Minds (CAMHS), but with detailed information (school often best placed to refer as they will have the required information)	0161 716 3600	0161 716 3600

## 4.0 Making a Referral

### 4.1 Consultation and Advice

Prior to making a referral, professionals are able to seek advice for those young people where there is some doubt over which service which would be best placed to offer support.

#### GPs

Each locality has two named HYM links for GPs to access for routine advice and consultation. Please note that this is not for urgent cases, which can be dealt with through the duty system outlined below. Details of named links workers are regularly shared with all GP practices.

#### Early Help Services

HYM has a worker embedded within the Early Help Services to provide consultation, advice and training to Early Help workers:

North Area Team: Sarah Potter, Mental Health Practitioner  
 South Area Team: David Bailey, mental Health Practitioner

#### Schools and Education

Consultation via BLIS Team with Dawn Greuter HYM Team Leader 0161 343 8381

#### Learning Disabilities

Dr Sahana Olety, Consultant Psychiatrist 0161 716 3600

#### Children with ASD and/or ADHD

Dr Rachel Lancaster, Highly Specialist Clinical Psychologist

Amanda Harris Neurodevelopmental Lead Nurse Healthy Young Minds  
0161 726 3600

### **Other Professionals**

Other professionals across Tameside and Glossop are able to use the duty system to contact a member of the HYM team for advice prior to submitting referrals.

0161 716 3600

### **Professionals Working with Vulnerable Children and Young People**

There are some children and young people who have greater vulnerability to mental health problems but who find it more difficult to access help. If we can get it right for the most vulnerable, such as looked-after children and care leavers, then it is more likely we will get it right for all those in need. The aim is to support staff who work with vulnerable groups by providing access to high quality mental health advice when and where it is needed.

In addition to the links to specific services there are HYM workers who have special interest and expertise in populations of children and young people who are known to be at higher risk of mental health difficulties. These are available for advice, consultation and training for staff who work with these groups of vulnerable children and young people.

#### **Looked after Children**

Dr Nicola Ellis Highly Specialist Clinical Psychologist  
Laura Brodesky Mental Health Practitioner  
Jenny Cieslik( Derbyshire Children only)  
0161 716 3600

#### **LBGTQ**

Steven Kellett Mental Health Practitioner 0161 716 3600

#### **Children with Physical Health problems**

Dr Sahana Olety, Consultant Psychiatrist 0161 716 3600

#### **Children and Young People within the Criminal Justice System**

Dan Cope. YOS Mental Health Worker  
Youth Offending Service 0161 342 5680

## **Children and Young People who are have been sexually assaulted or exploited**

Dr Saravanna Subbian, Consultant Psychiatrist 01261 716 3600

### **Open Access Session for Children, Young People and Parents**

Young people aged 11-19 years and their parents/carers can visit every Thursday evening between 4-7 pm for drop in for mental health advice and support from a range of local organisations including HYM:

The Anthony Seddon Fund,  
148 Stamford Street Central  
Ashton Under Lyne  
OL6 6AD HYM  
0161 637 9256

### **Out of Hours/ Urgent/ Emergency**

Families and young people can access support and assessments outside of working hours (9am-5pm) via the GP and Accident and Emergency where there is duty on call HYM Psychiatry professionals available.

## **4.2 Other Services**

Before making a referral to HYM, please consider whether an alternative service may be more appropriate for the young person as detailed in section 3.3. The HYM team are happy to support this decision-making process and offer advice on completing referrals.

## **4.3 Required Information**

A referral form is attached at Appendix 1 giving an overview of the information necessary for the HYM team to make decisions on any referrals received.

It is critical that consent is gained from the family before the referral is made.

## **4.4 Who Can Refer**

Any professional (health care, education, social care) involved with a young person is able to refer to HYM with the appropriate consent.

## 5.0 Referral Routes

Referrals are screened daily into the service. Providing the referral contains enough information for a decision to be made, the team will assess the level of need and urgency. HYM might request additional information to process the referral.

If it is appropriate for HYM, an assessment will be arranged.

High risk referrals will be seen as an emergency - within 24 hours Monday to Friday or the next working day over weekends and bank holidays.

If HYM is not the best placed service, a letter will be sent to the referrer and the family outlining recommendations for alternative support. If the family has consented to the referral being shared with other emotional health and wellbeing agencies, the referral can be forwarded directly.

## 6.0 Interventions

We provide a range of evidence based interventions including:

- Cognitive behavioural therapy (CBT)
- Dialectical behaviour therapy (DBT)
- Interpersonal Psychotherapy (IPT)
- Family therapy
- Medication

## 7.0 More Information

Full care pathways are available on request which contain detailed information on the interventions offered, risk assessments and levels of support. These cover:

- Mood and Emotional Disorders
- Emotional and Behavioural Dysregulation
- Eating Disorders
- Serious Mental Illness
- ADHD/ASD (currently under review)
- Learning disability

There is also information about our services on our website [www.withinmind.nhs.uk](http://www.withinmind.nhs.uk)

## **SAFEGUARDING AND RISK**

If you are concerned about a child's immediate safety, please follow the safeguarding procedures and policies relevant to your organisation and/or contact Children's Social Care:

Tameside     0161 342 4101  
Glossop     01629 533 190

**Healthy Young Minds (previously CAMHS)**

**REFERRAL FORM**

Springleigh, Child Health Clinic, Waterloo Road, Stalybridge SK15 2AU

Tel: 0161 716 3600 Fax: 0161 716 3601

**DETAILS OF CHILD/YOUNG PERSON**

<b>Name:</b>	<b>D.O.B.</b>	<b>Gender:</b>
<b>Address:</b>	<b>School:</b>	<b>Ethnicity:</b>
<b>Tel:</b>	<b>GP:</b>	<b>NHS no:</b>

**FAMILY DETAILS**

<b>Parents:</b>	<b>Parental agreement to referral:</b> <b>Yes</b> (Required for referral - telephone for consultation if not agreed )
	<b>No</b>
<b>Names &amp; ages of everyone else at home:</b>	
<b>Main carers (if different):</b>	<b>Other factors we need to be aware of:</b> (e.g. Disability, Literacy problems, Cultural issues)
<b>Family's first language:</b>	

**CURRENT DIFFICULTIES**

Include description of difficulties evident at home Include details of behaviour Include <b>changes</b> in child/young person's presentation – e.g. eating, sleeping, self-care, school performance/attendance, friendships, other Include <b>consequences</b> for the child – At school? Family relationships? Friendships? Other?			
<b>Duration:</b>	0 – 6 weeks	6 – 12 weeks	12+ weeks
<b>Date of any significant incident:</b>			

**URGENCY?**

**Give reasons:**

Recent, serious, deterioration?

Recent trauma?

**Self harm?**      What done?  
                         Last incidence?  
                         Intent?  
                         Frequency?

**MANAGEMENT**

**Other professionals** currently/previously involved with the child:      (If another professional knows the child well, are they in a better position to refer?)

With the family:  
(check family willing for this information to be passed on)

***What have they done?***

**Outcome:**

**BACKGROUND**

Include:    Any history of previous difficulties?  
              Significant family factors/ crises?  
              Physical illnesses/medication?  
              Is there a Statement of Special Educational Need?

***OTHER INFORMATION***

**What do you/the family hope for from a referral to Healthy Young Minds?**

**Consultation\***

**Assessment only**

**Assessment and Treatment**

\* Consultation is available to professionals pre-referral and following referral, to establish what C&FCS involvement is appropriate and to support ongoing work at community level

***REFERRER DETAILS***

**Name:**

**Designation:**

**Address:**

**Tel:**

**Non-GP referrals:**  
Please inform child's GP of referral

**Date of Referral:**