

# Core Child and Adolescent Mental Health Services (C-CAMHS)

Referral Support and Guidance



# Pan-Dorset C-CAMHS teams

Pan-Dorset C-CAMHS provides a specialist multidisciplinary mental health service to children, adolescents and their families. There are six teams:



# CAMHS TEAM



# Anxiety

Anxiety and worry is an extremely normal emotional response to a range of situations e.g. change in school, exams, hospital visits etc and in most cases will resolve with time and support from family, friends and schools.

Persistent worries and fears can be expressed verbally and non-verbally:

Agitation and/or aggression

- Avoidance
- Physical symptoms without a medical cause
- Change to sleep pattern and appetite

Generalised anxiety disorder is characterised by excessive worry about a number of different events, associated with increased tension, restlessness, sleep problems and problems concentrating.

Social anxiety is assessed differently to include consideration of fear, avoidance, distress and functional impairment.

# Overview of C-CAMHS

A photograph of a woman with reddish-brown hair and a young girl with long brown hair sitting together. The woman is wearing a light blue button-down shirt and is smiling warmly at the girl. The girl is wearing a grey hoodie with pink heart patterns and is also smiling. They are both looking towards a document held by the girl. The background is a bright, out-of-focus indoor setting.

This document provides guidance and information about the Pan-Dorset Core Child and Adolescent Mental Health services (C-CAMHS).

The C-CAMH service provides specialist comprehensive assessments and therapeutic interventions for Children, Young People (CYP) up to the age of 18 yrs and their families who do not have additional needs in the areas of: eating disorder, learning disability or psychosis. There are specialist services for each of these groups (see section five).

## What does C-CAMHS do?

- Offers specialist consultation and training to schools, voluntary organisations, primary care, children's health services and social care on mental health needs of children and families.
- Provides comprehensive assessments with CYP and families when the emotional health difficulties require specialist input and/or have not responded to support from immediately available resources.
- Works jointly with CYP and their families to develop an understanding of the presenting difficulties, identify treatment goals and select the most appropriate care pathway to achieve these goals.
- Offers specialist therapeutic evidence-based treatments for CYP and their families. This may involve working individually with the CYP, or with parents/carers or with the whole family and the wider system around the child.

# When to refer to CAMHS

## Duration

- Symptoms of anxiety should be present for at least 6 months.
- There has been school support offered and/or community services with no improvement.

# Impact

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- The anxiety is present in more than one setting, and is having significant impact on daily life on the child/young person.
- Anxiety is increasing even with interventions in place.



# Context

- What is the context within which the difficulties occur? E.G Bereavement, family breakdown etc.
- Is this a natural reaction to the context?
- Has there been any trauma within the family?

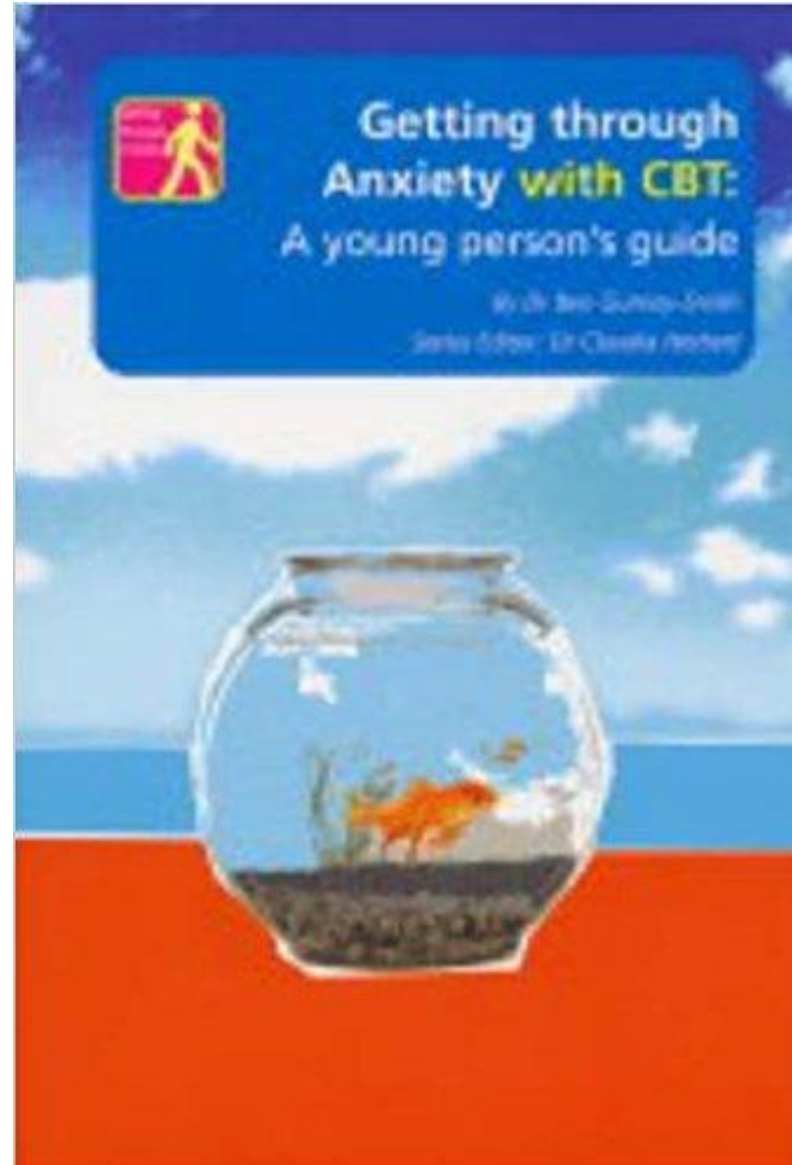
# CAMHS Assessment

- Assessment will be offered within 8 weeks of a referral being screened and accepted.
- An evidence based group using CBT principles offered to parents of children under 12 years old.
- One to one work with older children.
- Family therapy.

# Additional Sources of support

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- [www.moodjuice.scot.nhs.uk/anxiety.asp](http://www.moodjuice.scot.nhs.uk/anxiety.asp)
- [www.minded.org.uk](http://www.minded.org.uk)
- [www.anxietybc.com](http://www.anxietybc.com)
- Mindshift is an excellent website and downloadable App for young people.

## Recommended Books



YOUR CHILD'S  
FEARS & WORRIES

# OVERCOMING YOUR CHILD'S FEARS & WORRIES

**A self-help guide using  
Cognitive Behavioral Techniques**

*'I loved the no nonsense, practical approach which will be an empowering relief to parents, themselves paralysed by the anxiety of their own child's anxieties.'*

*Dr Tanya Byron, Consultant Clinical Psychologist,  
House of Tiny Tearaways, BBC TV*

**CATHY CRESWELL & LUCY WILLETTS**

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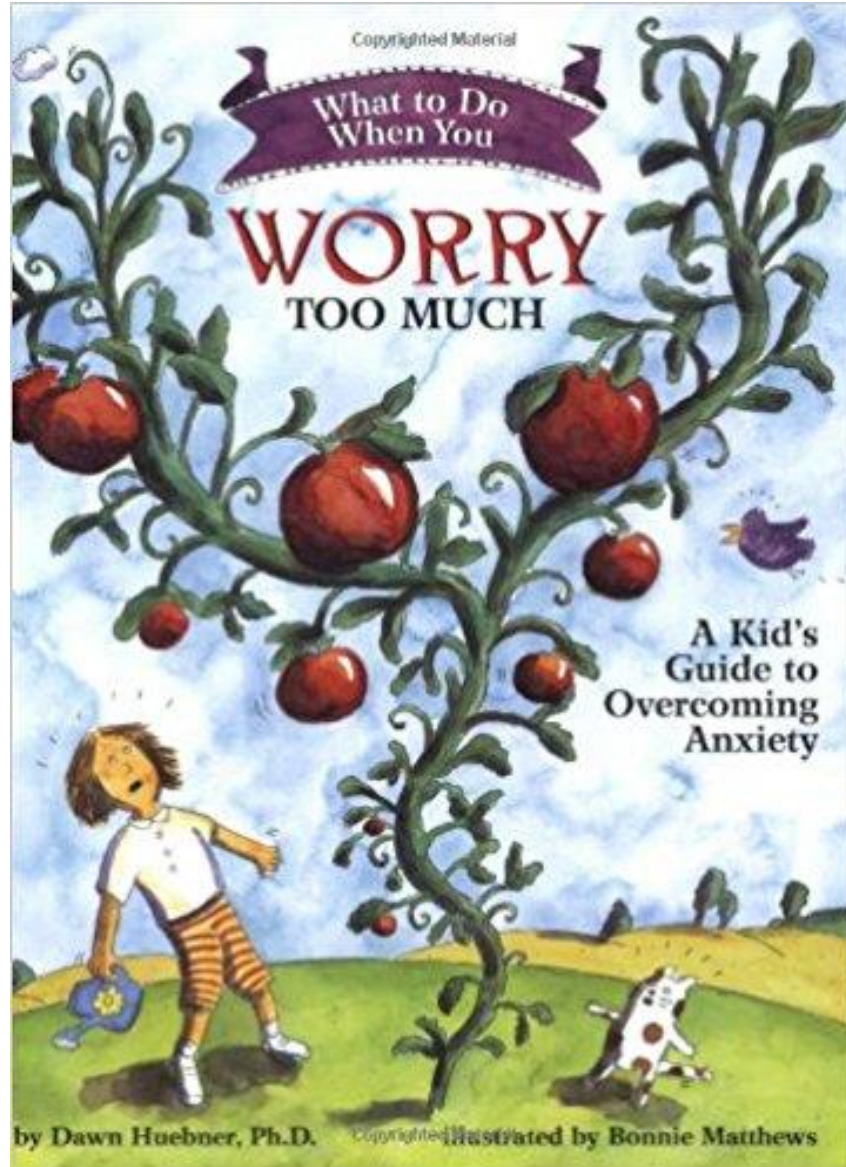
What to Do  
When You

# WORRY TOO MUCH

A Kid's  
Guide to  
Overcoming  
Anxiety

by Dawn Huebner, Ph.D.

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by Virginia Ironside Illustrations by Frank Rodgers

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