

Anxiety Pathway

This pathway has been developed for professionals to highlight how to access support for children and young people with anxiety, and specifically the support available from the Hampshire Child and Adolescent Mental Health Service. Separate information is available for families, children and young people. Anxiety disorders are the most common mental health problems in children and young people. Prevalence for anxiety disorders is thought to be around 10% in children and 17.8% in adolescents. Separation anxiety and simple phobias are the most common in childhood. Social Phobia is the most common in adolescents. Anxiety disorders can be associated with social and academic difficulties and secondary psychological disorders (e.g. substance misuse, major depression) and anxiety disorders in adulthood. The anxiety disorders included in the Hampshire Child and Adolescent Mental Health Service anxiety pathway include Separation Anxiety, Phobia, Social Anxiety, Generalised Anxiety Disorder, Panic Disorder and Obsessive Compulsive Disorder.

Early Help

Most children and young people will be anxious at some point and can be supported to manage their anxiety without the need for more specialist mental health support. In Hampshire, there is a range of support available to young people and professionals.

Hampshire Youth Access (HYA) is a partnership of 12 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire. These organisations can help support with anxiety as well as family and relationship issues, low mood, anger and challenging behaviours, self-harm, bullying, bereavement and suicide thoughts.

Across Hampshire, there are Early Help Hubs which facilitate a multi-agency response to children and families who may need additional support. As a result of the multi-agency engagement the Early Help Hubs are able to support a wide range of issues that may be impacting upon a child and their family including school attendance, behaviours that challenge, substance misuse, children with disabilities, housing and benefits, parenting, relationship breakdowns, bereavement, emotional wellbeing and more.

In Hampshire, the Child and Adolescent Mental Health Service has a Single Point of Access, which offers a consultation line to anyone who is considering making a referral or would like some advice. The Single Point of Access is available 9am to 5pm, Monday to Fridays.

The Child and Adolescent Mental Health Service also provide training to professionals on a number of mental health conditions. These training programmes are available across Hampshire.

Further advice and support is available via the Hampshire CAMHS Website.

Pre-referral

Before referring to specialist CAMHS for intervention, please consider the following:

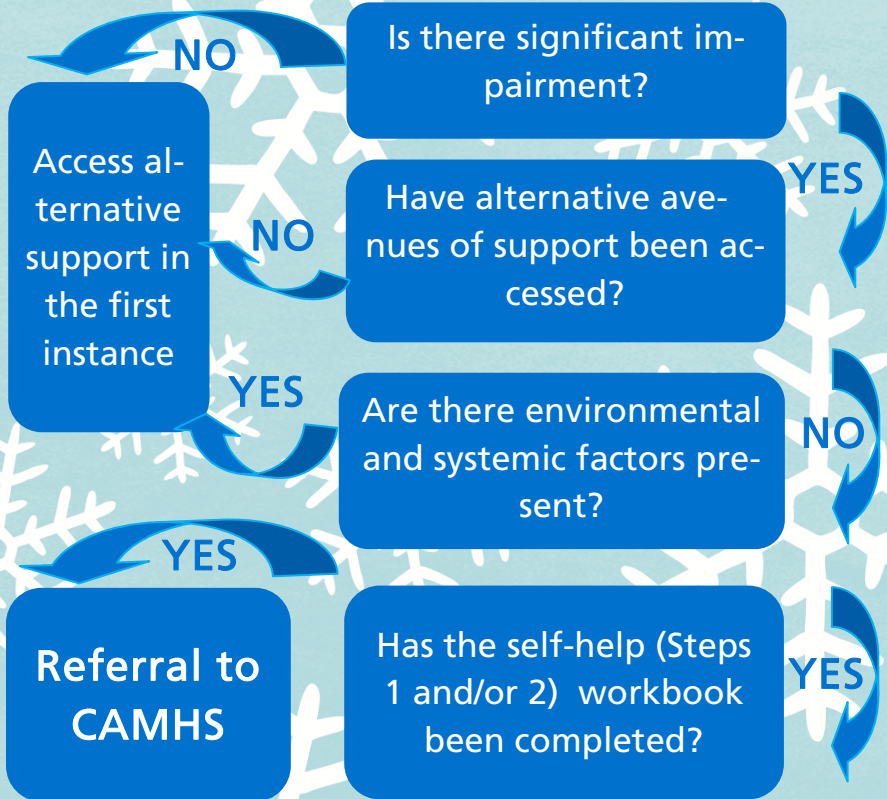
- Is the presence of anxiety symptoms causing significant impairment in everyday living or social, educational and emotional development to a moderate to severe degree? If not, there are other services that are more appropriate and the referral to specialist CAMHS will not be accepted.
- Has the child/young person/family accessed alternative avenues of support, highlighted above in Early Help? If not, there are other services that are more appropriate and the referral to specialist CAMHS will only be accepted if there is an immediate need for the specialist mental health service to assess and intervene due to the level of risk identified.
- Are there environmental and systemic factors present that if addressed and managed are likely to resolve symptoms e.g. severe bullying, housing? If yes, a referral to the specialist mental health service should not be considered as the first response. Consider referring to other agencies in the first instance. Therapeutic interventions are likely to be more clinically effective if the wider social context issues have been or are being addressed.

Prior to referral, and as part of the stepped care model, the child and family will need to complete a self-help program, which can be found on the Hampshire CAMHS website: www.hampshirecamhs.nhs.uk. This self-help program adheres to NICE guidance on using cognitive behavioural therapy to treat anxiety disorders. Some people may not need a referral to specialist CAMHS after following this program. If they do, the program will have been a helpful step for further treatment. Referrals will need to outline why and how the program was used and the reasons for why further help is needed.

Hampshire Youth Access (HYA) (web: www.hampshireyouthaccess.org.uk/ tel: 02382 147 755)

Early Help Hubs (web: www.hants.gov.uk/socialcareandhealth/childrenandfamilies/familysupportservice tel: 0300 555 1384)

CAMHS Single Point of Access (web: www.hampshirecamhs.nhs.uk tel: 0300 304 0050)



Referral

All referrals to Specialist CAMHS should be made via the Single Point of Access. Anyone can refer, including the young person, parent/carer, school or GP. Often the family or school know most about any difficulties the young person is experiencing and are best placed to make the referral. All referrals received are considered in the same way, regardless of who sends them.

Using the referral form is the only way to make a referral. The referral form asks for all the information we need to make a decision as to whether or not Specialist CAMHS is the most appropriate Service. We are unable to accept incomplete referrals or referrals not made using the referral form. If we do receive referrals in any other way these will be returned to the referrer with a copy to the parent/carer/young person, if appropriate.

Once a referral has been received it will be considered by the single point of access staff, which includes Specialist CAMHS and other professionals from our partner organisations, including No Limits counselling service.

The urgency of the referral will be reviewed on the day of referral, or the next working day. Based on the information provided on the referral form a decision will be made as to the most appropriate service. We may seek further information from people that know the young person. If a partner organisation is best placed to meet the identified needs, we will recommend this to the family and referrer.

Assessment

If the child or young person's needs are best met by Specialist CAMHS then an initial assessment appointment will be offered. Our target is to offer this assessment within 4 weeks of the referral. The initial assessment helps determine the nature and severity of the difficulties and the treatment options that are available. We use questionnaires and measures to look at the nature and severity of the symptoms. We also hope to set some goals for recovery and advise on any self-help resources that may be useful.

If Specialist CAMHS level treatment for anxiety is needed due to the presence of anxiety symptoms that are causing significant impairment in everyday living or social, educational and emotional development to a moderate to severe degree, it will be offered. The anxiety pathway has been developed in accordance with NICE guidance using 'stepped model of care'. This means providing the least intrusive and restrictive means of support to enable the young person to manage and improve their symptoms.

If an alternative care pathway is deemed more appropriate at assessment, for example if the initial assessment reveals an underlying cause for the anxiety, such as trauma, then treatment will follow the more appropriate pathway.

Within all care pathways, the assessment considers any disabilities or differences the young person may have in order to make appropriate treatment adaptations, for example where a young person has a diagnosis of autism or learning difficulty. This may also highlight that another service may be best placed to meet the needs of the young person, for example through Barnardo's Specialist Parenting Service.

Single Point of Access

Referral form available at:

www.hampshirecamhs.nhs.uk

Email: SPNT.HantsCamhsSpa@nhs.net

Telephone: 0300 304 0050

Postal Address available at:

www.hampshirecamhs.nhs.uk

Referral received and reviewed

Appropriate
for specialist
mental health
service

NO

YES

Alternative support
services recom-
mended

Assessment

Appropriate
for specialist
mental health
service

NO

YES

Young person dis-
charged from
CAMHS. GP and re-
ferrer notified

Treatment

Treatment

In accordance with NICE guidance, the Child and Adolescent Mental Health Service will form part of a 'stepped model of care', which means providing the least intrusive and restrictive means of support to enable the young person to manage and improve their symptoms. The treatment is Cognitive Behavioural Therapy (CBT) which is evidence-based (E-B). The model consists of four steps:



The treatment is Cognitive Behavioural Therapy (CBT) which is evidence-based (E-B). The model consists of four steps:

Steps 1 and 2 are completed before a referral to Specialist CAMHS is made, as many people benefit from this and don't need more help. Step 1 involves using our self-help resources, which can be found on the website www.hampshirecamhs.nhs.uk

Step 2 involves having some support to use the self-help resources. If you are unsure as to who may be able to support a family to use these self help materials refer to our threshold criteria on our website. The 'Getting Advice' section lists a number of organisations, services and agencies that may be able to help.

If more help is needed, a referral to Specialist CAMHS can be made. The referral needs to outline the things that were tried in steps 1 and 2 and why further help is needed.

As with steps 1 and 2, Treatment at Step 3 for under 12s is parent/carer focussed, and for over 12s is young person focussed, with some involvement from parents/carers.

For young people over 12, Step 3 treatment involves being with other young people who have been referred to Specialist CAMHS who are also having difficulties with anxiety and are of a similar age. Young people consistently report how helpful this is and most don't need any further help afterwards. If further individual and specialised treatment is needed, we provide this at step 4.

Discharge

Recovery and achieving treatment goals are the main focus of the intervention, At any point during their treatment, a young person and their clinician may feel their goals have been achieved, and it would be appropriate for the support to come to a natural conclusion. We would discuss this with the young person and if appropriate, their family. We would develop a plan for their discharge, which would include what to do if things were to get worse again.

The discharge plan may include continuing to practice particular techniques which the young person has learnt and some continued step-down support from one of our partner agencies, such as No Limits.

The Clinician would write a discharge summary and provide this to the young person, family where appropriate, and their GP.

Step 1 and/or 2: Age appropriate CBT self-help resource pack completed by family prior to referral



Referral to specialist CAMHS not required

Step 3: Help from Specialist CAMHS



Discharge

Step 4: Detailed review and re-formulation. Appropriate treatment plan developed to build on previous CBT to include use of specialist therapy/ therapies within psychology, psychotherapy, systemic/ family therapy, and/or psychiatry

Young Person discharged from the service. Discharge letter sent to family and GP.

Young person provided with support plan and information about what to do if things were to get worse again.

Useful Resources

There are a number of useful resources available which can help increase someone's understanding of mental health difficulties and how best to support young people who may be experiencing difficulties. A number of these resources are free to access and available on the web. The resources also provide helpful techniques and activities that can be used to help reduce anxiety. The below list provides the most commonly used material by the Hampshire Child and Adolescent Mental Health Service:

Websites	Books (may be available in local libraries)	Apps
<p><i>For Young People</i></p> <p> www.moodjuice.scot.nhs.uk www.youth.anxietybc.com www.getselfhelp.co.uk www.youngminds.org.uk www.hampshirecamhs.nhs.uk </p> <p><i>For Parents/Carers</i></p> <p> www.worrywisekids.org/ www.childrenwithanxiety.com/ www.youngminds.org.uk/ http://minded.e-lfh.org.uk/families/index.html www.hampshirecamhs.nhs.uk </p>	<p><i>For Children</i></p> <p> <i>Morris and the Bundle of Worries, by Jill Seeney</i> <i>What to do When You Worry Too Much, by Dawn Heubner</i> <i>Up and Down the Worry Hill, by Aureen Wagner</i> </p> <p><i>For Teenagers</i></p> <p> <i>Overcoming Anxiety: A Five Areas Approach, by Chis Williams</i> <i>Getting through Anxiety with CBT: A Young Persons Guide, by Ben Gurney-Smith</i> </p> <p><i>For Parents/Carers</i></p> <p> <i>Helping Your Anxious Child: A Step by Step Guide for Parents, by Ronald Rapee</i> <i>Overcoming Your Childs Fears and Worries, by Cathy Creswell and Lucy Willetts</i> <i>Overcoming Your Childs Shyness and Social Anxiety, by Cathy Creswell and Lucy Willetts</i> <i>Worried No More: Help and Hope for Anxious Children, by Aureen Pinto Wagner</i> </p>	<p><u>Apps:</u></p> <p> <i>Self-help Anxiety Management (SAM) - offers a range of self-help methods for people wanting to learn how to manage their anxiety</i> <i>BoosterBuddy - your sidekick guides you through a series of daily quest to help establish positive habits and improve mental health</i> <i>Memory Star - allows you to record uplifting thoughts, memories, and photos</i> <i>CBT-i Coach - helps to improve sleep habits</i> <i>Colourfly Coloring Book - a colouring app which you may find relaxing</i> <i>Stop Breath & Think- provides mood tracking and provides meditations based on your current mood</i> <i>Headspace- meditation practices</i> </p>