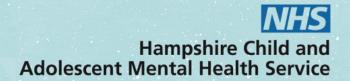
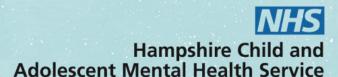
## **Threshold Guidance**



	Getting Advice (pre CAMHS referral)	Getting Help	Getting Risk Support	Getting More Help
	Equivalent Children's Trust Threshold Level			
	Level 1 (Universal), Level 2 (Early Help)	Level 3 (targetted)	Level 4 (severe mental health disorders)	Level 4 (severe mental health disorders)
Presenting Difficulty	Anger outbursts	Complex Trauma Depressive Symptoms Eating Issues (change in weight/eating habits, negative body image, purging or binging) Hyperactivity (levels of over activity and impulsivity above what would be expected and present in all settings) Increased levels of self-harm Mood Disturbance Obsessive thoughts and/or compulsive behaviours (e.g. hand-washing, cleaning, checking) Severe Anxiety Some thoughts of ending life with no plan or intent.	Complex Trauma  Delusional thoughts (grandiose thoughts, thinking they are someone else)  Increased levels and risk associated with self-harming Psychotic symptoms (hearing and/or appearing to respond to voices, overly suspicious) Suicidal ideation with plan and intent  Thoughts of harming others or actual harming/violent behaviours towards others and associated mental health disorder	Symptoms described in Getting Help and Getting Risk support which require specialist intervention Difficulties have been assessed and a care plan has been developed with the relevant CAMHS team.
	If any of the difficulties are present below, a referral to the Child and Adolescent Mental Health Service should not be considered as a 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 and supported.			
Context	Bullying Housing and home environment Inconsistent care arrangements Inconsistent Parenting Parental Mental Health needs Poor parent/child relationship Poor response to emerging needs Risk of relationship breakdown School issues	Those areas identified in "Getting Advice" plus:  Child in Care Child in Need Child with a diagnosed Learning Disability Persistent problems in all areas of school Reduced attendance at school Reduced access to positive social relationships and activities	Those identified in "Getting Help" plus:  Family breakdown Increase in risky relationships Non-attendance at school Relationship breakdown Social Isolation	Those identified in "Getting Risk Support".
	Consider the 4 D's (Disproportionate, Disruptive, Distressing, Duration)			
Severity	Disproportionate beyond that which is usual for a child's age and stage of development Disruptive to family and child Distressing for short periods of time Duration How long has the difficulty been present for?  Symptoms are shown in some but not all environments	Disproportionate beyond that which is usual for a child's age and stage of development across all environments to young person and family and not reduced with interventions tried Has been present over a period of time and not responded to support and intervention offered  Symptoms are present in all areas of life	Disproportionate beyond that which is usual for a child's age and stage of development Disruptive across all environments Distressing to young person and family and not reduced with interventions tried Duration Has been present over a period of time and not responded to support and intervention offered  Symptoms are present in all areas of life plus: Increased risk of harm to self and/or to/from others Young person not able to engage in treatment Increased concern of the network around the young person	Those identified in "Getting Risk Support" and the young person and/or family has been assessed as being able to engage in direct therapeutic interventions.



## **Getting Advice Getting Help Getting Risk Support Getting More Help** Case will be open to CAMHS. If the child is experiencing the above help can be Unless there is an immediate need for the specialist If there is an immediate need for the specialist mental mental health service to assess and intervene due to health service to assess and intervene due to the level sought from: Hampshire CAMHS Website - this website provides the level of risk identified, services identified in of risk identified, refer to CAMHS: Assessment and agreed care plan in place. a variety of resources, self-help information and useful "Getting Advice" should be accessed in the first Interventions will be appropriate and evidence based links: www.hampshirecamhs.nhs.uk www.hampshirecamhs.nhs.uk instance. Tel 0300 304 0050 (for advice prior to referring) for the young person's needs. Hampshire CAMHS Early Help provision - Support Once this support has been accessed a period of through CAMHS events such as Fit Fest and PACE watchful waiting should follow to allow the child/young **Pathways from referral** Interventions include: (Parents and Carers Event) which offer workshops. person and family to consolidate the skills learnt. If information and training. The Hampshire CAMHS following this there continues to be difficulties, refer to Face to Face assessment, risk assessment, safety Group intervention through evidence based Website has further information. Hampshire CAMHS: management plan and care plan agreed with young groups (see previous column) person and family. School – discuss the difficulties with your child's www.hampshirecamhs.nhs.uk 1:1 evidence based intervention Tel 0300 304 0050 (for advice prior to referring) school. The School will be able to offer support with Residual risks may be best managed and monitored emotional difficulties. If the difficulty is concerning outside of the specialist mental health service, if the Input from multi-disciplinary team behaviour and learning the school may feel it is **Pathways from referral** young person has been assessed as currently unable appropriate to involve behaviour support services. to engage in therapeutic interventions. Consideration of support from the urgent School Nurses - your child's teacher will be able to If risk is assessed as low and early help assessment and home treatment team put you in touch with the school nurse. services have not been accessed then referrals will be signposted to these agencies Barnardo's Specialist Parenting Service offers a Some cases may be signposted to appropriate variety of courses to help parents manage emotional groups run by Hampshire Youth Access and and behavioural difficulties. Early Help Hubs http://www.barnardos.org.uk/hspss.htm Telephone or face to face assessment in CAMHS followed by guided self-help and Youth Counselling - Hampshire Youth Access evidence based group intervention provides youth counselling around the county. www.hampshireyouthaccess.org.uk Referrals can be made by any professional, the family or young person. The referral form must be completed in full. This referral will be used to assess the Some schools also offer youth counselling services through the school. appropriateness of ongoing assessment and intervention by the specialist mental health service. Early Help Services – A range of early help services Where the need for a specialist mental health service are available throughout Hampshire. More details on is not identified in the referral form, the referral will be how to access these services are available at signposted to other appropriate services. A copy of https://www.hants.gov.uk/socialcareandhealth/childre the referral form and the response letter will be sent to andfamilies/familysupportservice the referrer, and if different, the family and young person (where appropriate). Young Minds - - this is a national website which provides a variety of resources, self-help information and useful links. MindED – this is a national website which provides free educational resources for families and professionals available at: https://www.minded.org.uk/

Adapted from THRIVE elaborated framework (Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., McKenna, C., Law, D., York, A., Jones, M. and Fonagy, P. (2015) THRIVE elaborated)