

Merton CAMHS Early Years Service

A guide for referrers

What is Merton CAMHS the Early Years Service?

We are a non-diagnostic therapeutic service offering early intervention and preventative work to children under 5 years old and their families/carers. The main aims of work are to foster healthy development, promote secure attachment, relationships and resilience in order to support a child and carers with current difficulties and reduce complex mental health difficulties in the future.

We offer face to face appointments at Merton CAMHS as well as video/ phone appointments according to needs. We do not generally offer home visits. We are a community service and therefore not able to offer urgent appointments or provide emergency service.

Referral Criteria

- Referrals will be considered for children up to 5 years old.
- Referrals will be considered for children registered with a GP in Merton.
- Children are presenting issues that have an impact on the child's development, quality of life, strain on the child/family's life e.g. anxiety, prolonged period of emotional outburst, not displaying the expected attachment with others etc.

How to make a referral

- Referrals will be received via mertonspareferrals@swlstg.nhs.uk by using the CAMHS SPA (Single Point of Access) referral form.
- Referrals are accepted from professionals working with the child at school, social care, children centre or other health professionals such as health visitor, paediatrician and Occupational Therapist (OT).
- Pre-referral consultation is offered to professionals to discuss if a case is suitable for our service. This can be done via phone and email:

Merton CAMHS phone: 0203 513 6062

Email: mertoncamhs@swlstg.nhs.uk

- Referrals should give sufficient information about: main concerns (including past or ongoing safeguarding concerns), previous and current support offered, previous

assessment reports and contact details of other professionals involved. Referrals with significant amounts of information missing will not be accepted.

Support offered at Early Years Service

- A face to face assessment of the child's mental health or emotional wellbeing needs at Merton CAMHS, school and/or nursery.
- Consultation to other professionals working with the child and family/carers.
- Liaise with the multi-agency network to improve outcomes and interventions as a part of the team around the family support.
- Offer short term interventions for psychoeducation and consultation to family/carers.
- Individual support to a child and family/carers focusing on developing healthy attachment and emotional wellbeing.

We cannot offer:

- Medication.
- Diagnoses or diagnostic assessment (e.g., ASD or ADHD assessment).
- A report for the Court.

Our intervention is unlikely to be indicated for children who:

- Re-presenting significant physical and developmental concerns as the main issues which have not been assessed or supported by other appropriate professionals including paediatrics, Occupational Therapy (OT) and Speech and Language Therapy (SALT).

We can support children who:

- Are having difficulties with bonding with their primary caregivers.
- Are experiencing difficulties with attending nursery and school (e.g. separation anxiety).
- Are negatively impacted by a situation/ event (e.g. physical/mental health issues with family members, traumatic experience and ongoing process of a court case) and presenting concerns.
- Have neurodiversity conditions and/or learning disabilities and the difficulties are persistent even after children and families had interventions from other services (e.g. children centre or parenting course).

General queries and questions contact: Merton CAMHS phone: 0203 513 6062/ Email:
mertoncamhs@swlstg.nhs.uk