

## **CAMHS REFERRAL CHECKLIST:**

- ☐ Age 14+?
- ☐ Is client currently open to Solar General / Core team (If only open to Crisis team, is there a plan to transfer to Core for allocation)?
- ☐ Do they have an allocated clinician / care co / named worker?
- ☐ Has client had previous psychological intervention within Solar (check referrals tab on RIO or progress notes) if not consider if this would be appropriate before DBT?

**Young people whose needs might be met by DBT may experience some or all of the following inclusion criteria:**

- ☐ **Life-threatening behaviours i.e. suicidal ideation or suicidal attempts within the last 3 months.** take into consideration any safety plans/restrictions in environment that may be causing the frequency of attempts to be low but thoughts/urges remain high. Are the restrictions reducing the frequency sustainable long term?
- ☐ **Risk of or recurrent self-harm, i.e. high frequency/intensity within last 3 months (usually daily/weekly occurrence)** – take into consideration any safety plans/restrictions in environment that may be causing the frequency of actual harm to be low but thoughts/urges remain high. Are the restrictions reducing the frequency sustainable long term?
- ☐ **High levels of contact with services such as Crisis Team or A&E** (consider also use of out of hours helplines such as SHOUT, Childline)
- ☐ **Any Tier 4 inpatient admissions in the last year or consideration of admission due to risk? Or are they on the DSR (Dynamic Support Risk Register)?** – If a YP has additional needs and at risk of admission they will be on DSR and this will be documented in progress notes – search “DSR”)
- ☐ **High emotional instability resulting in difficulties coping under stress. Challenges managing anger and violence.**
- ☐ **Impulsive behaviours i.e. substance use, risky promiscuity, running away from home, going to bridges/train stations, gambling, overspending or other risky behaviours.**

- **Difficulties maintaining relationships (family / school).**

**Helpful hints:**

- Check if there is an alert on top right re. risk or safeguarding issues
- Check risk assessment on RIO
- Search key words in progress notes e.g. self harm, suicide, overdose.
- Check referrals tab for current and previous interventions
- Check Clinical documents for any letters from previous psychological interventions.
- CAMHS additional info tab for any outcome measures used previously

When discussing with referrer – check that there has been consent for the referral and that they are aware of the commitment expected and that parents are aware of the expectation for them to be part of the skills group as well as the young person.