

Freedom of Information Request

Reference Number: [EPUT.FOI.19.1193](#)
Date Received: [7 August 2019](#)

Information Requested:

I am requesting the following information:

Q1 A list of criteria for referrals to CAMHS and IAPT for:

- a. 2019/20
 - b. 2018/19
 - c. 2017/18
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Response

Please find enclosed two Referral Criteria for IAPT which cover the years requested.

Please note that EPUT provides one CAMHS inpatient service however, there is no referral criteria in place therefore, we are unable to provide this information.

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>

Referrals Accepted by Therapy for You

Referrals at step 2 include:

- Mild to moderate reactive depression, i.e. reaction to bereavement or other loss, redundancy, infertility, relationship break-up, loss of contact with loved ones or home etc.
- Mild to moderate ante and post-natal depression.
- Mild to moderate anxiety related problems, including phobias & panic attacks.
- Stress arising from life circumstances, e.g. work related pressures, bullying, financial pressures, family conflict, relationship problems, physical health issues, or problems relating to caring for a loved one.

Referrals at step 3 include:

- Moderate to severe depression including ante-natal and post-natal depression.
- Complicated grief reaction.
- Moderate to severe anxiety related problems including phobias affecting everyday life, panic disorder, health anxiety disorder.
- Severe stress reaction to specific life events which markedly impacts on day to day life.
- Acute Post-Traumatic Stress Disorder (not including long-term and complex PTSD), single event within one year of event.
- Mild to moderate obsessive compulsive disorder
- Mild to moderate eating disorders, predominately binge eating and bulimia.

Referrals not accepted by Therapy for You

Therapy for You excludes patients that have the following diagnosis or presenting issues:-

- Confirmed diagnosis of any Personality Disorder (or clusters 7 or 8);
- Psychosis or Schizophrenia (or clusters 10, 11, 12, 13, 14, 15, 16 or 17);
- Severe and enduring Bi-Polar which is not managed and stable by medication (or clusters 5, 6, 8, 10, 11, 13 or 17);
- Severe and enduring Eating Disorders (or clusters 4, 5, 6, 7 or 8);
- Severe and enduring PTSD (Post Traumatic Stress Disorder) (or clusters 5, 6, 7 or 8);
- Having been discharged from the CRHT (Crisis Resolution Home Treatment team) or Assessment Unit without a supporting referral from the discharging practitioner, which is either accessible via Mobius or in writing to the service. If recent admission notes are not available on Mobius patient will not be accepted;
- Drug and/or alcohol mis-use, whereby this is the primary purpose of therapy;
- Reporting active suicidality;
- Anyone whom may be abusive, aggressive or violent towards staff.

If unsure please discuss with any cluster lead or service manager.

Referrals Criteria

Referrals at step 2 include:

- Mild to moderate Depression, including mood problems relating to. reaction to bereavement or other loss, redundancy, infertility, relationship break-up, loss of contact with loved ones or home etc.
- Mild to moderate ante and post-natal depression.
- Mild to moderate anxiety related problems, including phobias, panic disorder, OCD and generalised anxiety disorder.
- Stress arising from life circumstances, e.g. work related pressures, bullying, financial pressures, family conflict, relationship problems, physical health issues, or problems relating to caring for a loved one.
- Mild to moderate mood, anxiety and adjustment problems relating to Long Term Conditions

Referrals at step 3 include:

- Moderate to severe depression including ante-natal and post-natal depression.
- Complicated grief reaction – where there is an identified anxiety or mood related problems associated with the loss response.
- Moderate to severe anxiety related problems including phobias affecting everyday life, panic disorder, health anxiety disorder, body dysmorphic disorder and generalised anxiety disorder.
- Severe stress reaction to specific life events which markedly impacts on day to day life.
- Acute Post-Traumatic Stress Disorder generally not including long-term and complex PTSD, predominantly single event within one year of event.
 - The service will accept referrals from people with historical experiences ie sexual abuse, leading to PTSD symptoms, but with the primary route to into treatment being a Trauma Stabilisation Group, in the first instance where risk indicators are present.
- Mild to moderate obsessive compulsive disorder
- Mild to moderate eating disorders, predominately binge eating and bulimia.
- Mild to Severe Mood, Anxiety and Adjustment problems relating to Long Term Conditions.
- Clients presenting with current relationship difficulties can be offered Couples Therapy for Depression if appropriate.
- Clients presenting with anger management issues can be offered group therapy if appropriate.

Clients at Risk

- The service will accept clients who are at risk to themselves, although it is not a crisis service.
- Appropriate clients should
 - Be able to manage within a Uni-professional, primary care services.
 - Not be at an active planning stage of suicidality.
 - Be in need of immediate support.
- Clients scoring 2 or above on Q.2 Hopelessness and Q.9 Thoughts of wanting to be better off dead or hurting yourself in some way - PHQ9, should be assessed and consider for referral to Secondary Care mental health services.

Clients open to Secondary Care Services

- Referrals of this nature can be considered, only when there is an assessed/identified specific role for the Therapy for You in the care pathway –

ie problems specific piece of work. The client **will** remain open to the referring team and discussion must be had with the Therapy for You Cluster Lead to ascertain appropriateness in the first instance.

Referrals not accepted by Therapy for You

Therapy for You excludes patients that have the following diagnosis or presenting issues:-

- Confirmed diagnosis of any Personality Disorder;
- Psychosis or Schizophrenia;
- Severe and enduring Bi-Polar which is not managed and stable by medication;
- Severe and enduring Eating Disorders;
- Severe and enduring PTSD (Post Traumatic Stress Disorder), where clients may present with Multiple Traumas, significant risk or seriously impacted social functioning, that would preclude from a primary care treatment setting;
- Having been discharged from the CRHT (Crisis Resolution Home Treatment team) or Assessment Unit without a supporting referral from the discharging practitioner, which is either accessible via Mobius or in writing to the service. If recent admission notes are not available on Mobius patient will not be accepted;
- Drug and/or alcohol mis-use, whereby this is the primary purpose of therapy;
- Reporting active suicidality or in need of immediate mental health care
- Anyone whom may be abusive, aggressive or violent towards staff.

If unsure please discuss with any cluster lead or service manager.