



Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
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Deputy Mark Ward,
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

28th October 2022

PQ Number: 51579/22

PQ Question: To ask the Minister for Health if CAMHS provide treatment for young people experiencing post-traumatic stress disorder; and if he will make a statement on the matter. -Mark Ward

Dear Deputy Ward,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

CAMHS provide specialist mental health service to those aged up to 18 years, who have reached the threshold for a diagnosis of moderate to severe mental health disorder that require the input of a multi-disciplinary mental health teams, such as moderate to severe anxiety disorders, moderate to severe depression, Bi Polar Affective disorder, Psychosis, moderate to severe eating disorders, self-harm that require the input of a multi-disciplinary mental health team.

Referral and Access to CAMHS

The CAMHS Operational Guidelines ensure that

- The delivery of services by child and adolescent mental health teams is carried out in a consistent and transparent manner nationally
- To ensure that the care and treatment offered reflects the identified clinical needs of the child.
- To ensure that children and young people who access treatment programmes for similar clinical presentations will receive a level of clinical care that is consistent across all CAMH services.
- To provide clear direction and information for CAMHS teams and other partner services about CAMH service provision.

When deciding if a child or adolescent needs to attend CAMHS, a number of factors are considered by the CAMHS Team. These include consideration of the child or adolescent's clinical presentation, their level of social and family support and the availability of resources and treatment options at primary care level or within community networks. It is the role of the CAMHS team to decide if the child or adolescent reaches the threshold for community CAMHS i.e. whether their mental health disorder is moderate to severe.



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Types of Referrals Accepted to CAMHS

Moderate to Severe Mental Disorders

Mental health disorders are often described on a continuum of severity, ranging from mild to moderate to severe. A number of factors are taken into account when defining whether someone has a moderate to severe mental disorder and these include the diagnosis, formulation, the duration of the symptoms and level of functioning in daily living.

In practice the term “moderate to severe” means that the mental disorder is severe enough to cause substantial distress to the child or their family or others. The child or adolescent would have a significant impairment in functioning in various aspects of their life including development, family relationships, school, peers, self-care and play or leisure activities.

This list hereunder gives some guidance on what constitutes a moderate to severe mental health disorder. However this is an operational guideline and not a clinical guideline and therefore it is not an exhaustive list. It is also important to note that not all children and adolescents will fit neatly into a diagnostic category

- Moderate to severe anxiety disorders
- Moderate to severe Attention Deficit Hyperactive Disorder (ADHD/ADD)
- Moderate to severe Depression
- Bipolar Affective Disorder
- Psychosis
- Moderate to severe Eating Disorder
- Suicidal ideation in the context of a mental disorder

Types of Referrals Not Accepted to CAMHS

CAMHS is not suitable for children or adolescents where their difficulties are related to learning problems, social problems, behavioural problems or mild to moderate mental health problems. There are many services available to respond to these issues for children and adolescents, for example HSE Primary Care Services, HSE Disability Services, TUSLA, Jigsaw, National Educational Psychology Services (NEPS) and local Family Resource Centres.

CAMHS do not accept the following children or adolescents where there is no evidence of a moderate to severe mental health disorder present:

- Those with an intellectual disability. Their needs are best met in HSE Social Care/HSE Disability Services for the diagnosis and treatment of intellectual disability. However those children or adolescents with a mild intellectual disability with moderate to severe mental disorder are appropriate to be seen by CAMHS.



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- Those with a moderate to severe intellectual disability and moderate to severe mental disorder. Their needs are best met by CAMHS Mental Health Intellectual Disability (MHID) teams, if present
- Those whose presentation is a developmental disorder (examples of these could include Dyslexia or Developmental Coordination Disorder). Their needs are best met in HSE Primary Care services and/or Children's Network Disability Teams
- Those who require assessments or interventions relating to educational needs. These needs are best met in services such as Children's Network Disability Teams or the National Educational Psychology Service (NEPS)
- Those who present with child protection or welfare issues, where there is no moderate to severe mental disorder present. These needs are best met by Tusla
- Those who have a diagnosis of autism. The diagnosis and treatment of autism remains the remit of HSE Primary Care and Children's Network Disability Teams

Referral Criteria

Children or adolescents referred to Community CAMHS must fulfil the following criteria:

- Under 18 years old, and
- Consent for the referral has been obtained from parent(s), and
- Presents with a suspected moderate to severe mental health disorder, and
- Comprehensive treatment at primary care level has been unsuccessful or was not appropriate in the first instance

In answer to your Parliamentary Question, Post-Traumatic Stress Disorder (PTSD) is a result of a traumatic event/s and the resulting issues can be a variety of presentations including anxiety, depression, suicidal thoughts and possibly psychosis. CAMHS will deal with the moderate to severe aspect of these PTSD presentations.

Further information can be found in CAMHS Operational Guideline which can be accessed here:

<https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/operational-guideline/>

Yours sincerely,

Tony Mc Cusker
General Manager
National Mental Health Services