



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

South Tyneside and Sunderland Children and Young People's Service

Information for referrers



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Introduction

The Children and Young People's Service provides a single service to all children and young people aged 0-18 years living in South Tyneside and Sunderland who present with mental health difficulties.

This includes children and young people who may have learning disabilities and those living in a range of difficult and challenging circumstances.

The service is able to provide:

- Assessment, diagnosis and intervention on a range of mental health difficulties
- Intensive home based treatment for those children and young people whose mental health is causing significant concern
- An intensive Eating Disorder Service to support children and young people on the eating disorder pathway who are at risk of an inpatient admission
- Comprehensive transition support package to those young people who are approaching their 18th birthday and may need continuing support as adults
- 24 hour access to support
- Training, consultation support and advice to front line staff working in targeted services for children and young people in special circumstances including:
 - Looked After Children Services and Services for Care Leavers
 - Social Care Services
 - Services for children with disabilities including learning disability services and specialist education services
 - Paediatric Services
 - Children and Young People's Substance Misuse Services
 - Youth Offending Service
 - Adult services in particular AMHS, substance misuse and services supporting families in crisis
 - Young Carers Services

Our Objectives

We aim to offer a service that is in keeping with CNTW's service design principles.

- You should reach us, quickly and simply
- The earlier the better
- To get the right help and care, safely and easily
- From our flexible and skilled workforce
- In collaboration with you and your carers and partnership organisations
- So that patients can gain/regain independence, as far as possible
- By making smooth and sustainable steps forward
- Reaching us again, simply and quickly

What hours are the team available?

The service standard operating hours are from 8am til 8pm Monday to Friday and on weekends if required.

There is an intensive home based treatment service that operates from 8am to 9pm - 7 days a week and access to on-call arrangements outside of these hours.

How to refer

Referrals will be accepted from any professional working with a child, young person or their family and self referrals can also be made.

Referrals are accepted in writing by letter or fax.

Referrals can also be made via telephone and if you are unsure whether our service is appropriate we would recommend you speak to a member of our team who will be able to advise you.

Referrals can also be made via email however you need to be mindful of the information you are sending in this way and ensure that it is coming to us from a secure email address.

Referral criteria

We expect access to our service to be simple and easy.

Our criteria for acceptance is:

- The child or young person must be within our age range 0-18 years
- They must either be presenting with some degree of psychological distress or mental health difficulty. This includes children and young people as outlined on page 2 of this leaflet, whereby advice, consultation and/or support is being sought.
- They must have been seen by the referred who will undertake an assessment of need prior to referral. This will help us to prioritise cases where necessary.
- They must have given informed consent to the referral being made.

The service operates a 'no bounce'. If a child or young person is not suitable for our service we will contact you to explain why. At the same time we will provide advice, help or support to access a service more appropriate to meet their needs.

There is an expectation that a first level intervention must have been attempted prior to referral and information on the outcome of this is included in the referral.

Contact details

We very much look forward to hearing from you and working with you in partnership in the future.

South Tyneside and Sunderland Children and Young People's Service

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