

## Presenting Concerns Accepted

### Complex emotional difficulties/Psychiatric disorders

Depression/Low mood, Anxiety Disorders, Obsessive Compulsive Disorder, Eating Disorders - anorexia nervosa/bulimia, Coping with the mental health consequences of abuse/neglect, Psychosis (under the age of 14), Looked after children where there is evidence of a mental health disorder.

### Complex relationship difficulties

Complex family issues where there is a mental health component for the young person. Enmeshed challenging/damaging family relationships. High Risk of Family Breakdown where there is evidence of a mental health disorder.

### Stress and life-event circumstances

Significant unresolved grief affecting mental health trauma. Post traumatic stress disorder.

### Self-Harm

Acts of self-harm/self-injury, Suicidal Ideation.

### Behavioural difficulties associated with emotional distress

Where combined with other disorders. Severe attachment difficulties.

### Mental health management of developmental and neurodevelopmental issues

Autistic Spectrum Conditions (Where combined with other disorders). ADHD - behaviour and pharmacological intervention. Tourette Syndrome.

### Complex psychiatric difficulties which have been resistant to previous alternative intervention

Including young people known to the Youth Offending Service

## Need to contact us?

Please choose from one of the numbers below. If you are not sure, please ring the ELCAS Reception number who will be able to direct your call.

Burnley & Pendle Team  
**01282 803 381**

Hyndburn Rossendale & Ribble Valley Team  
**01282 803 390**

Blackburn with Darwen Team  
**01282 803 407**

ELCAS Reception  
**01282 804 806**

Hospital Switchboard  
**01254 263 555**

## Address

ELCAS  
Area 3, Level 2 (Clinical)  
Area 3, Level 3 (Admin)

Burnley General Hospital,  
Casterton Avenue  
Burnley  
BB10 2PQ

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[www.elht.nhs.uk](http://www.elht.nhs.uk)

East Lancashire Hospitals **NHS**  
NHS Trust

## What is ELCAS?

Information for Professionals

Anxiety Disorders

ADHD

Self Harm

Depression

Eating Problems

Hearing Voices

## East Lancashire Child & Adolescent Service Child Psychiatry

Produced in collaboration with young people and staff from the ELCAS service.

## We are here to help...

ELCAS provides a Tier 3 Specialist mental health service for young people up to their 16th birthday, who may be experiencing a range of severe and complex difficulties with their mental health. These types of difficulties may include:

- Moderate to severe depression
- Anxiety disorders
- Eating Disorders
- Self Harm
- ADHD (Attention Deficit Hyperactivity Disorder)
- Autistic Spectrum Disorder (ASD)
- Tourette Syndrome and Tic Disorders
- Post Traumatic Stress Disorder
- OCD

We work with children, young people and families from a variety of backgrounds. We aim to provide a culturally sensitive service and have access to interpreters when required.

## Team Composition

ELCAS employs staff from a wide variety of different backgrounds who work together in a therapeutic manner to ensure you get the most appropriate care for your needs. We work together to provide a multi-disciplinary team. Some of the staff you might meet include:

- Mental Health Practitioners
- Mental Health Nurses
- Child Psychiatrists
- Clinical Psychologists
- Social Workers
- Specialist Therapists

We also have a team of friendly admin staff who you are likely to speak to first if you ring.

## When should I access ELCAS?

If you have concerns about a young person's mental health, you should ensure that all interventions at Tier 1 & 2 that are appropriate have been tried.

**T4 - In-Patient**

**T3 - Specialist Psychiatry Multi Disciplinary Teams - ELCAS**

**T2 - Single Disciplinary Teams** - Ed Psych, Social Worker, Clinical Psychology

**T1 - Universal Services** - Social Workers, Teachers, GP, School Nurses, Health Visitors, Youth Services

## What happens when I refer?

Once we have received a referral we will look at the information and decide whether the young person would be best seen by our service or another service such as Clinical Psychology or Community Paediatrics

We will then write to the family asking them to telephone us to make an appointment for us to see them. We usually ask that young people are accompanied by parents or carers. This is called an initial assessment or screening appointment.

This appointment is about gathering information about the family and discussing with them whether we can meet their needs. If we all think that help from ELCAS would be appropriate for them, they will be allocated a worker and appointments will be arranged. We will involve the family in the planning of care as well as decisions about discharging them from our service.

We use questionnaires and other rating scales to form part of our assessments, to understand their difficulties and to see whether we have been able to make a difference. We offer appointments in different locations which may include the hospital, health centres, GP practices, schools, children's centres or sometimes young people's homes. We will work with the family to see which suits best - sometimes these options may be limited but we will explain why, depending on who the family are seeing and why.

## Psychiatry or Psychology?

East Lancashire Child and Adolescent Service (ELCAS - Child Psychiatry) is a specialist mental health child psychiatry service. It accepts referrals for cases which require complex multi-disciplinary interventions or psychiatric input. It is expected that there will have been a range of primary and Tier 2 interventions before ELCAS become involved in a young person's care. This intervention may, for example, come from the services of Improving Futures, Health Visiting, School Nursing, School Counselling, Schools, Children's Social Care, Looked After Children Services and/or Child Psychology Services.

## REFERRAL ROUTES

A single referral process has been developed between ELCAS and Children's Psychological Services so that referrals can be directed and allocated to the most appropriate service, whilst taking account of clinical need. A general rule of thumb is to consider whether a young person can be supported by a single psychologist or psychological practitioner co-working with other agencies. If so, then refer to Children's Psychological Services. If the young person requires intensive psychiatric intervention and/or interventions from a multi-disciplinary team, then refer to ELCAS. If you are not sure, please call the Team Co-ordinator on the telephone number shown overleaf.

## WHO CAN REFER?

We accept referrals from Doctors (including GPs and Paediatricians), Psychologists (Educational and Clinical), Social Workers. We also accept referrals from other professionals only via an open and active CAF/EHCP (only for children under 16 years). We do not have a specific referral form.

Please see overleaf for ELCAS referral criteria. This can also be found in the Single Referral Process leaflet which can be e-mailed on request.

If the young person is looked after, you should consider consultation with SCAYT prior to referral.