


Counselling Services for Schools Information

- Counselling through Schools (CtS)
- Child & Adolescent Mental Health Service (CAMHS)
- Trauma Recovery Service (TRS) Social Work

		CAMHS	TRS
Service overview	<p>Counselling through Schools is part of a wider continuum of support for children and young people and is effectively integrated into school support systems. This service can be accessed if all other appropriate in-school supports have been considered and counselling has been identified as appropriate support for children and young people with <i>low to moderate</i> issues with, for example, anxiety, behavioural management, bereavement, peer relationships, parental separation. There are ten counselling providers available for schools to access.</p>	<p>The service provided is a specialist Child and Adolescent Mental Health Service (CAMHS) for infants, children and young people who are experiencing <i>significant</i> mental health problems or ill-health. CAMHS provide a service to those young people experiencing mental health difficulties of a <i>moderate to severe</i> nature with the three main criteria being significant, deliberate self-harm, eating disorders and psychosis. In younger children, most present with ASD with co-morbid presentations e.g. significant depression and anxiety.</p> <p>Problems referred should be of a moderate to severe nature and associated with significant impairment in day-to-day functioning. Where mental health problems present an immediate and significant risk of harm to a young person or others e.g. acute suicidality, or acute psychotic symptoms with risk of harm to self or others, they should be referred and assessed by CAMHS</p>	<p>TRS provide a confidential Trauma Counselling service to children and families <i>recovering from trauma and abuse</i></p> <p>Trauma can be the result of a discrete overwhelming event such as a violent assault or a sudden unexpected loss, however, the kind of work carried out by TRS is more often dealing with the consequences of repeated, chronically traumatising, adverse childhood experiences such as neglect and abuse. TRS would not ordinarily be the right service for young people experiencing low to moderate levels of anxiety, nor for specific issues such as behaviour management, parental separation, bereavement or peer relationships, unless these issues are occurring within a significantly traumatic and/or abusive context.</p>
Age range	Age 10 years +	<p>The service accepts referrals up to the young person's 16th birthday unless the young person is still in secondary education and they will accept referrals up to the young person's 18th birthday. This will change in accordance with the Scottish Governments strategy for CAMHS for all referrals to be accepted up to 18th birthday. Due to local arrangements, the Cambuslang/Rutherglen Team accept referrals of young people up to their 18th birthday irrespective of their educational status.</p>	0-21 years of age
How to	For children of primary age, it	Locality CAMHS Teams are available	Initial enquiries can be made to the

<p>refer</p>	<p>is expected that referral will involve informed signed parental consent and the agreement of the young person.</p> <p>Secondary school referral systems should support self-referrals and staff referrals, with young person's consent. All schools have access to detailed operational guidance and support to access this service. Copies of all information is contained on H&Wb Glow tile in Responsibility for All.</p>	<p>by telephone (between the hours of 9am to 5pm, Monday to Friday) to discuss issues which may include the following:</p> <ul style="list-style-type: none"> • Appropriateness of referral • Urgent concerns. • Information sharing. <p>If staff are unsure if CAMHS is the most appropriate service to, it is advisable to telephone first. CAMHS accept written referrals, in the form of a Request for Assistance. In urgent circumstances referrals can be made over the telephone but CAMHS require the telephone inquiry referral to be followed with a written referral.</p>	<p>TRS Team Leader or Counsellors, however, if there is a plan to make a request for assistance it is recommended that contact is first made with the allocated Area Team Social Worker. If at that point the child or family do not have an allocated Social Worker, it is recommended that contact is first made with the Social Work Duty Service.</p>
<p>Contact details</p>	<p>Amanda Maguire QIO amanda.maguire@southlanarkshire.gov.uk 07795 454212</p> <p>Sam March Principal Educational Psychologist sam.march@southlanarkshire.gov.uk</p>	<p>Hamilton CAMHS Team Udston Hospital Farm Road Hamilton ML3 9LA 01698 754510</p> <p>East Kilbride CAMHS Team Hunter Community Health Centre Andrew Street East Kilbride G74 1AD 01698 753965</p> <p>Cam/Glen CAMHS Team Rutherglen Primary Care Centre 130, Stonelaw Road Rutherglen G73 2PQ 01698 754234</p> <p>Clydesdale CAMHS Team Carluke Health Centre 40 Chapel Street Carluke ML8 4BA 01698 754410</p>	<p>Further information on TRS can be obtained by contacting John Robertson, Team Leader on john.robertson@southlanarkshire.gov.uk or 07795454138.</p> <p>Social Work enquiries 0303 123 1008</p>