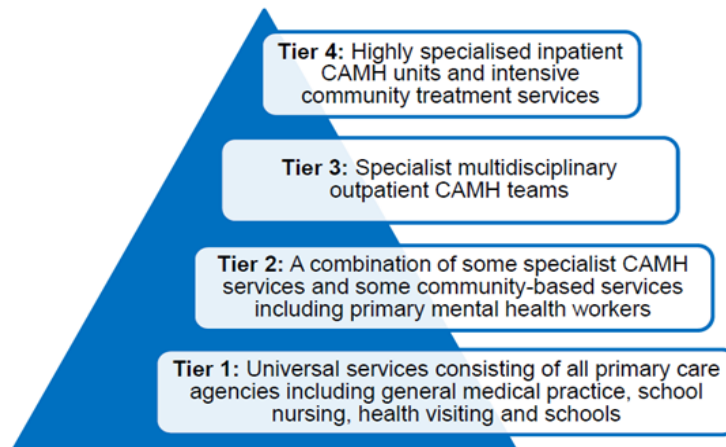


NHS Scotland CAMHS Model

Child and Adolescent Mental Health Services (CAMHS) within NHS Scotland are generally centred on a “tiered” model which provides a description of a level of disability and need corresponding to the level of required service. In contrast with Tier 1 being the lowest level of need, Tier 4 services are concerned with the highest and most intense levels of need. Tier 4 CAMHS are required to meet the needs of young people with the most complex, severe or persistent mental health problems. At times young people will be in contact with education and social work services with very high levels of mental health need and require a level of specialist input that can only be met through what has been defined as a Tier 4 level of service where age appropriate care is available in a general psychiatric inpatient unit, paediatric or adult mental health bed or through intensive community services.



Tier 4 mental health needs can be defined as young people with mental health difficulties with one or more of:

- Too high risk to attempt to treat with usual outpatient resources e.g. suicidal, psychotic with disorganisation, self harm or violent behaviour
- Needs intensive assessment or treatment (equivalent or more than weekly outpatient contact and more than one CAMHS professional)
- Not responding to usual outpatient treatment which may need reassessment or treatment or more intensive input

The definition of mental health difficulties provided as relevant to Tier 4 can be related to any one or more psychiatric disorder defined by internationally recognised diagnostic criteria and particularly the combination of illness with co-morbidity and illness with a number of confounding factors that may affect the complexity of presentation and associated dysfunction. Factors leading to referral to Tier 4 CAMHS are not only based on severity and complexity, but also lack of treatment response; unusual clinical features, breakdown in therapeutic relationships, unavailability of local treatment options, increased vulnerability due to personal circumstances (i.e. in Local Authority care, youth justice system) and patient choice.