

<<為子女申請情緒支援攻略>>



Hong Kong Well UK
英國心泉

講者資料

- 鍾熙婷 (Hei Ting/Gody)
- 現職CAMHS Practitioner
- BAPT registered play therapist
- Social worker (Social Work England)



流程

- CAMHS 是什麼?
- CAMHS會處理/不處理哪些個案?
- 支援服務與香港的不同
- 轉介流程及CAMHS處理流程
- 其他學習需要
- 社區資源



CAMHS 是什麼?

兒童和青少年精神健康服務



Hong Kong Well UK
英國心泉

兒童和青少年 精神健康 服務

普遍服務名稱為:

- **Children and Young People's Mental Health Services (CYPMHS)**
- **Children and Adolescent Mental Health Services (CAMHS)**

主要支援18歲以下有情緒或行為健康有困難的兒童和青少年

16歲以上的青少年可自行轉介

按需要分流:

第四級：為最複雜需要的個案提供支援，包括住院服務

第三級：為較複雜、嚴重個案提供專門服務治療及介入
e.g psychiatry outpatient service, support for eating disorders, CBT, DBT, family therapy, trauma therapy, creative therapies

第二級：提供諮詢、訓練、督導、以及早介入
e.g school staff, educational psychologists, school counsellors, early help service.

第一級：支援所有兒童及青少年，提供基本諮詢和建議
e.g. GP, health visitor



- [THRIVE Framework \(annafreud.org\)](https://annafreud.org)

National
Institute for
Health and
Care
Excellence
(N.I.C.E.)

NICE National Institute for
Health and Care Excellence

<https://www.nice.org.uk/>

指引所有精神健康診斷及治療



Hong Kong Well UK
英國心泉

CAMHS會處理/不處理哪些個案?

CAMHS會處理哪些個案?

- **Tier 3 CAMHS**

專門服務適用於有嚴重、複雜和持久的情緒/行為/心理健康困難的兒童和青少年。



Hong Kong Well UK
英國心泉

Tier 3 CAMHS
專門服務適用於有嚴重、複雜和持久的情緒/行為/心理健康困難的兒童和青少年:

- 抑鬱 sadness, low mood or depression
- 焦慮症 feelings of worry or anxiety
- 恐懼症 phobia
- 強迫症 Obsessive-Compulsive Disorder (OCD)
- 自殺念頭或嚴重自殘 Suicidal thoughts/Self-harm
- 創傷後壓力症 Post-traumatic stress disorder (PTSD)
- 身心症 Unexplained pain / somatic complaint

其他較複雜的需要:

- 厭食症/暴食症 problems with eating or your relationship with food
- 思覺失調 Psychosis
- 躁鬱症 Bipolar Disorder
- 心因性癲癇 Non-epileptic seizures



Neurodevelopmental
Difficulties
(NDD)
神經發展障礙

- 有部分的**CAMHS** 會為有過度活躍症和自閉症進行評估
 - 自閉症譜系Autistic spectrum conditions (ASC)
 - 專注力失調及過度活躍症 ADHD

CAMHS
Learning
Disability Team
特殊學習需要

這包括有特定和輕度學習障礙的兒童和青少年。有中度至重度學習障礙的兒童和青少年的心理健康需由指定專科服務



Hong Kong Well UK
英國心泉

CAMHS 不會 處理哪些個案?

- 突如其來的轉變（例如：喪親、父母分離、身體疾病）
- 僅在學校遇到困難的兒童/青少年
- 針對單一症狀的支援
 - 如睡眠困難、輕微飲食問題、如廁問題等提供支援；應首先考慮由普遍或有針對性的服務（如GP、特定服務團隊）。
 - 拒學 (轉介early help support)

精神健康的介入的不同

	香港	英國
重點	放重支援兒童和青少年 家長支援	環境、系統 家長支援 學校配套
介入手法	藥物 心理治療	心理治療 家長支援 **考慮動機與心理治療，情況沒有改善，才考慮用藥

	香港	英國
學校	學校社工 護士 課後小組 到校心理學家 治療師 特殊教育需要統籌主任手冊 (SENCO)	Pastoral support 教牧支援 護士 特殊教育需要統籌主任手冊(SENCO) 學校輔導員 遊戲治療師 小組: ELSA(Emotional Literacy Support Assistant), Lego Therapy, social group
醫院	精神科醫生 心理學家 社會工作者 治療師	NHS CAMHS 精神科醫生 社會工作者 心理學家 心理治療師 家庭治療師 教師 外展工作人員 護士 職業治療師 言語治療師
社區	綜合家庭服務中心(IFSC) 兒童及青少年中心 精神健康綜合社區中心(ICCMW) 非政府組織 NGO	Heathy Child Team Early Help Support Local charity group Clubs or groups



轉介流程

誰可轉介？

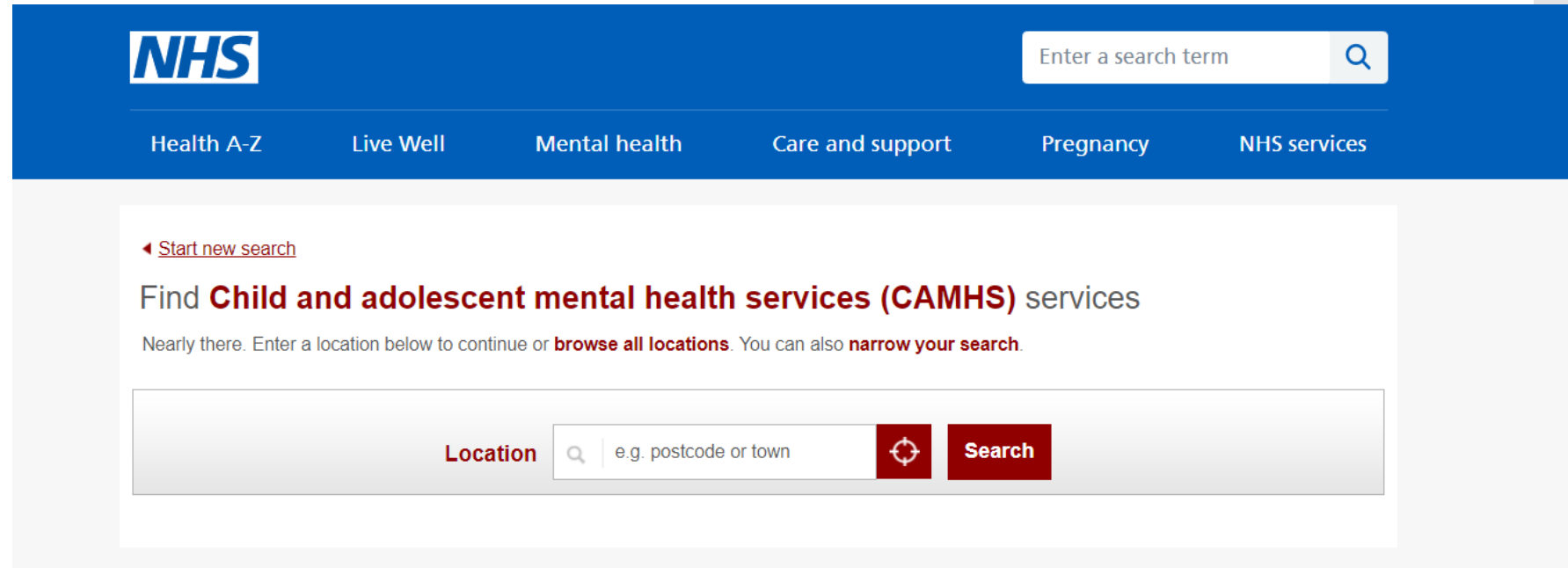
可以通過各種途徑進行轉介，包括：

- 家庭醫生 (GP)
- 專科/特殊學校
- 學校 (參考教育心理學家或專業顧問老師的建議)
- 教育心理學家
- 學校護士
- 健康訪客
- 社區兒科醫生
- 社會工作者
- 學校教師
- 自行轉介



地區服務

- [Find Child and adolescent mental health services \(CAMHS\) services - NHS \(www.nhs.uk\)](https://www.nhs.uk)



The screenshot shows the NHS website's search interface. At the top, there is a blue header with the NHS logo on the left and a search bar on the right containing the text "Enter a search term" and a magnifying glass icon. Below the header is a navigation menu with links for "Health A-Z", "Live Well", "Mental health", "Care and support", "Pregnancy", and "NHS services". The main content area features a link for "Start new search" and the heading "Find **Child and adolescent mental health services (CAMHS)** services". Below this, it says "Nearly there. Enter a location below to continue or **browse all locations**. You can also **narrow your search**." At the bottom of the main content area is a search form with a "Location" label, a search input field containing "e.g. postcode or town", a location pin icon, and a red "Search" button.

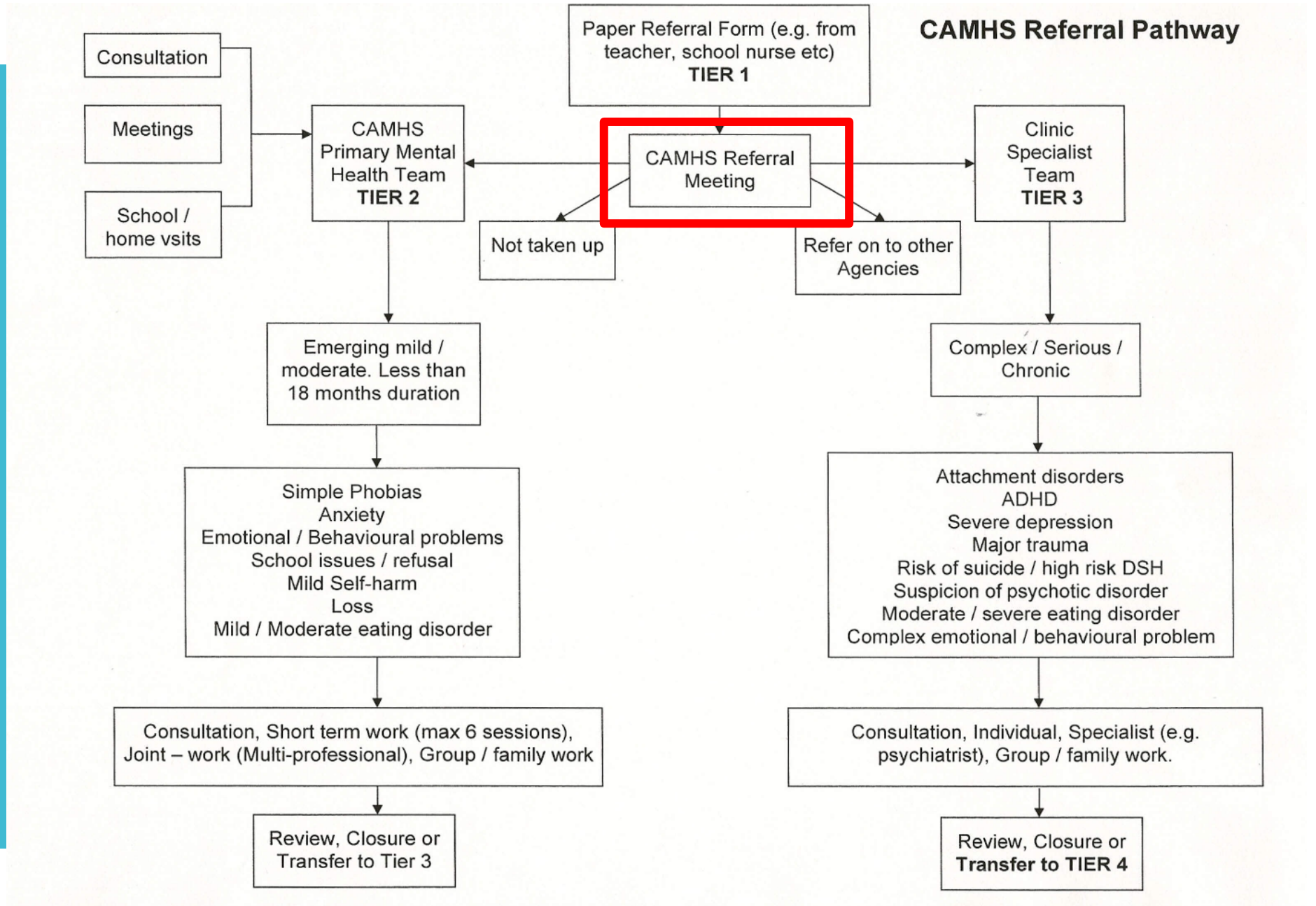
- 地區的CAMHS 有自己的網站

當想轉介時， 可以預備：

- 問題幾時開始 ?When did the problems or worries start?
- 有無Is there a pattern to the behaviour? (Keep a diary or log book to help you monitor this).
- 有無經歷一些家庭事件可有能會有影響? Have there been any difficult events within the family?
- 與兄弟姐妹相處/家庭關係?How does your child get on with brothers and sisters and other family members?
- 有什麼風險嗎 ? Any risk?
- 學校情況How is your child getting on at school?
- 與朋友相處How are your child's friendships going?
- 其他身體情況/早期發展Are there any general health problems, either now or in the child's early years?
- 其他支援 Has your family had help from other professionals?



轉介流程



CAMHS約見流程

- 他們通常第一次會寫信與你聯絡，告訴你約見的日期。當你收信時，這可能只是邀請該有困難的孩子及你們 (身為父母親/照料者) 見面，或者可能會邀請全家人見面。你亦可能會接到電話問你是否已收到來信，及看看你們是否可以出席。
- 你可能在收信後要等數星期才到約見日期，因為很多 CAMHS 都非常忙碌。如果你在等候約見期間認為你孩子的問題愈來愈嚴重，請通知 CAMHS 組 – 他們也許能提議在等候面談期間，你可以做些甚麼去幫助你的孩子

評估重點

問題

Presenting problem

What are the current concerns?

Low mood ?Anxiety?

Suicidal thoughts?Self-harm?

Hyperactive? Social communication difficulties? Risk? Impact on functioning (School, Sleep, Appetite, Social, Sensory, Hygiene, Concentration, motivation)

影響因素

Predisposing factors

What led to the problems starting/
what made the child/young person
vulnerable in the first place?

**Family Early years , Significant life events, Medical History;
(medication, allergies, mental health within family)**

為何是現在?

Precipitating factors

What triggers the problem?

持續因素

Perpetuating factors

What keeps the problem going?

保護因素

Protective factors

What are the child/young person's strengths, resilience and support?

第一次會面後的跟進

- CAMHS 會決定他們的服務是否合適，如果合適，就會加入CAMHS服務輪候名單。若不合適，他們會轉介孩子去更為合適的服務。
- 與你們傾談後，他們可能會建議：
 - 各種不同的治療方式
 - 服食藥物 (雖然這並不普遍)
 - 你孩子所需的約見次數。可能一至兩次已足夠 – 或者有時候你的孩子可能需要連續幾星每週約見。
 - CAMHS 可能會建議你的孩子需要入醫院 – 但這是很罕有的 – 在這情況下，請確保你明白是為何原因及需要前往哪兒。

如CAMHS 不接納申請:

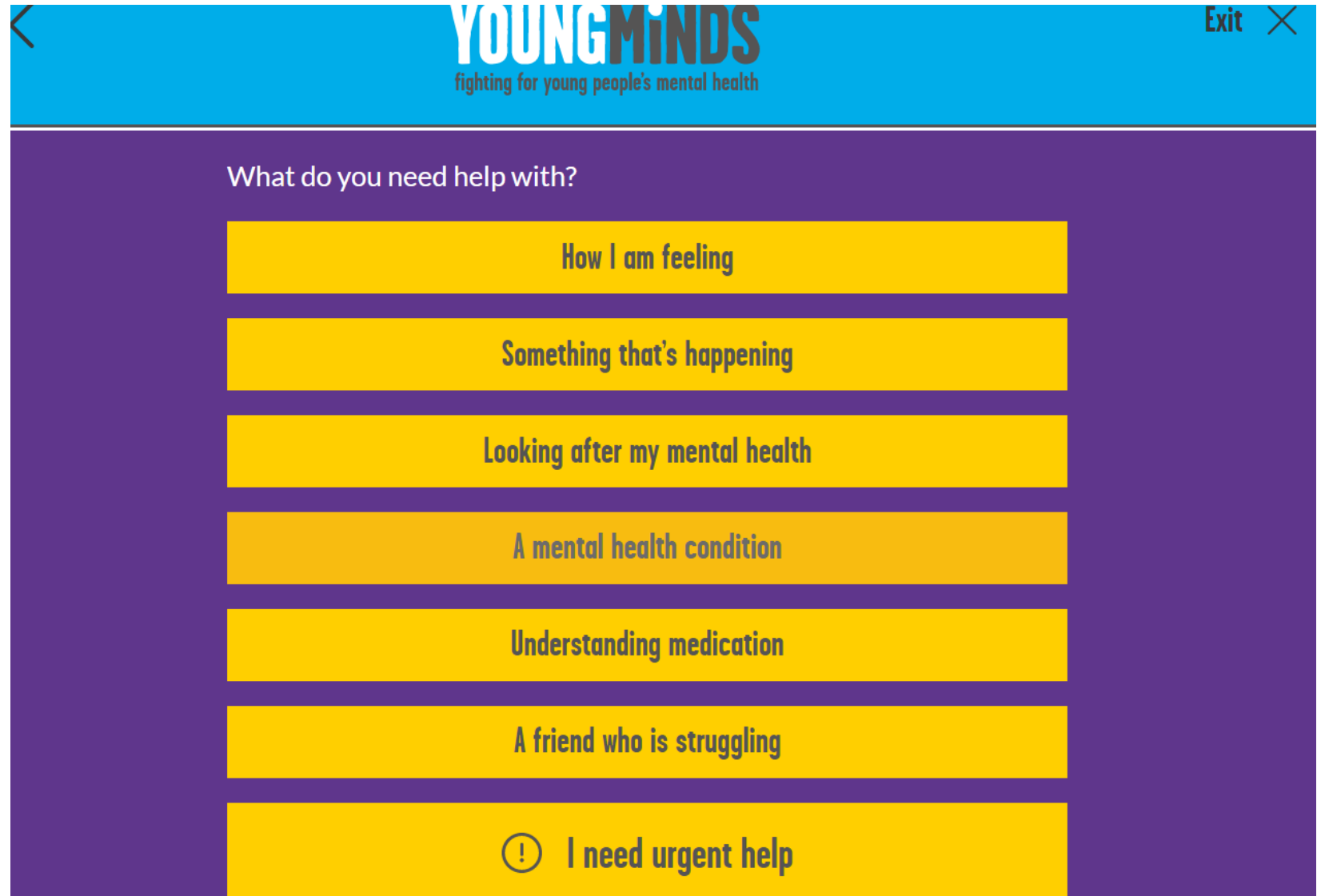
- CAMHS 會詳盡解釋原因，並轉介合適服務
- 諮詢您的GP，了解您有哪些選擇以及您可以獲得哪些其他服務
- 學校SENCO/Pastoral support/councilor
- Local Authority – Early Help Support
- [Information for young people on CAMHS - Mind](#)

YoungMinds

[YoungMinds](#) has a wealth of resources on their website, as well as providing dedicated crisis services.

The [YoungMinds Crisis Messenger](#) provides free crisis support every day of the week, at any time day or night. You just need to text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



有沒有其他毋須轉介的服務？

- 英國不同組織有提供很多毋須轉介的服務，其中包括任何人都能致電的緊急求助熱線。

你可以查看一些為青年提供心理健康支援的本地服務，包括電話號碼和網站資料。（只有英文資料）

你可以查看屬義務性質、以社區為基礎的Youth Access，它們大多提供諮詢和專業支援會面。（只有英文資料）

<https://www.youthaccess.org.uk/our-network/find-help>

The screenshot shows the 'Find help' page on the Youth Access website. The page has a purple header with the 'YOUTH ACCESS' logo and a search bar. Below the header, the text reads: 'Find help. To find free and confidential counselling, advice or information services, search by type of service based on your location.' Underneath, there is a section titled 'What do you need help with?' which contains a grid of service categories. The categories are: 'Select all', 'Abuse', 'Alcohol, drugs & gambling', 'Crime & youth justice', 'Employment, education, money & debt', 'Equality & unfair treatment', 'Home-life & relationships', 'Housing & homelessness', and 'Immigration & asylum support'.

ADHD & ASC 評估

有關ADHD & ASC 評估

- 香港的評估報告
- 建議向學校申請信(請學校記下觀察)
- 帶同文件向GP查詢



Hong Kong Well UK
英國心泉

ADHD

<https://www.nice.org.uk/guidance/ng87/chapter/recommendations#environmental-modifications>

- International Classification of Diseases (ICD) –ICD10
- ICD-10 does not formally recognise ADHD and instead includes diagnostic criteria for hyperkinetic disorder (HKD)
- 專注力Inattentiveness, 活躍hyperactivity, 衝動impulsivity 三樣決一不可 – 在兩個或以上的重要的環境出現，例如社交、家庭、學校或工作

評估過程:

- 診所觀察
- 學校觀察
- 家長訪談（成長歷程、家庭、病歷、學校、家長精神健康等）
- 多專業評估

NICE guideline ADHD

1.3.3 For a diagnosis of ADHD, symptoms of hyperactivity/impulsivity and/or inattention should:

- meet the diagnostic criteria in DSM-5 or ICD-10 (hyperkinetic disorder; but exclusion based on a pervasive developmental disorder or an uncertain time of onset is not recommended) **and**
- cause at least moderate psychological, social and/or educational or occupational impairment based on interview and/or direct observation in multiple settings **and**
- be pervasive, occurring in 2 or more important settings including social, familial, educational and/or occupational settings.

As part of the diagnostic process, include an assessment of the person's needs, coexisting conditions, social, familial and educational or occupational circumstances and physical health. For children and young people, there should also be an assessment of their parents' or carers' mental health. **[2008, amended 2018]**

ADHD支援

- 家長小組/支援
- 學校調適
- 藥物
- 個別支援

ADHD支援

<https://www.nice.org.uk/guidance/ng87/chapter/recommendations#environmental-modifications>

Children under 5 years

These recommendations are for healthcare professionals with training and expertise in diagnosing and managing ADHD. See [recommendation 1.4.3](#) for details of ADHD-focused information.

- 1.5.7 Offer an ADHD-focused group parent-training programme to parents or carers of children under 5 years with ADHD as first-line treatment. See recommendations 1.5.1 to 1.5.10 in [NICE's guideline on antisocial behaviour and conduct disorders in children and young people](#).

This does not imply that all children under 5 years with ADHD have antisocial behaviour or conduct disorder, but that the same general principles of care apply. **[2018]**

- 1.5.8 If after an ADHD-focused group parent-training programme, ADHD symptoms across settings are still causing a significant impairment in a child under 5 years after environmental modifications have been implemented and reviewed, obtain advice from a specialist ADHD service with expertise in managing ADHD in young children (ideally a tertiary service). **[2018]**

- 1.5.9 Do not offer medication for ADHD for any child under 5 years without a second specialist opinion from an ADHD service with expertise in managing ADHD in young children (ideally a tertiary service). **[2018]**

ADHD

<https://www.nice.org.uk/guidance/ng87/chapter/recommendations#environmental-modifications>

Children aged 5 years and over and young people

These recommendations, covering children aged 5 years and over and young people, are for healthcare professionals with training and expertise in diagnosing and managing ADHD. March 2018 – medicines used for treating ADHD did not have a UK marketing authorisation for children aged 5 years or under (off-label use). See [NICE's information on prescribing medicines](#).

1.5.10 Give information about ADHD (see [recommendation 1.4.3](#)) and offer additional support to parents and carers of all children aged 5 years and over and young people with ADHD. The support should be ADHD focused, can be group based and as few as 1 or 2 sessions. It should include:

- education and information on the causes and impact of ADHD
- advice on parenting strategies
- with consent, liaison with school, college or university (see [recommendation 1.4.12](#))
- both parents and carers if feasible. **[2018]**

1.5.14 Consider a course of cognitive behavioural therapy (CBT) for young people with ADHD who have benefited from medication but whose symptoms are still causing a significant impairment in at least one domain, addressing the following areas:

- social skills with peers
- problem-solving
- self-control
- active listening skills
- dealing with and expressing feelings. **[2018]**

ADHD支援

<https://www.nice.org.uk/guidance/ng87/chapter/recommendations#environmental-modifications>

Environmental modifications

Environmental modifications are changes that are made to the physical environment in order to minimise the impact of a person's ADHD on their day-to-day life. Appropriate environmental modifications will be specific to the circumstances of each person with ADHD and should be determined from an assessment of their needs. Examples may include changes to seating arrangements, changes to lighting and noise, reducing distractions (for example, using headphones), optimising work or education to have shorter periods of focus with movement breaks (including the use of 'I need a break' cards), reinforcing verbal requests with written instructions and, for children, the appropriate use of teaching assistants at school.

Autism
Spectrum
condition (ASC)
自閉症譜系

**The ADOS (Autism Diagnostic Observation
Schedule)**

**DISCO (Diagnostic Interview for Social and
Communication Disorders)**

社交溝通、語言及行為、固執的行為和
狹隘的興趣

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/diagnostic-tools/all-audiences>

<https://www.nice.org.uk/guidance/cg142/chapter/Recommendations#identification-and-assessment-2>

其他學習需要

與學校SENCO/Learning manager/Head of year聯絡

1. 讀寫評估

- 學校會初步評估，會建議是否需要轉介教育心理學家評估
- 學校有時會建議家長自行尋找私人教育心理學家評估

2. 感統需要(sensory processing)/動作協調障礙(dyspraxia):

- 視乎學校資源，可以向學校查詢有否提供Boxall profile
- 查詢GP，看需要而轉介兒科醫生及兒科職業治療評估(OT)

3. 言語治療:

- 查詢GP、health visitor、SENCO

4. Individual education plan-> EHCP

5. 聯絡local council

The Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS)

- <https://councilfordisabledchildren.org.uk/what-we-do-o/networks/information-advice-and-support-services-network/find-your-local-ias-service>



你和孩子有甚麼權利？

- 保密 – 與你及你孩子會面的人員應該向你們解釋，他們會怎樣及與誰人共用 你們提供的任何資料
- 同意書 – 與你會面的人員應確保你及你的孩子都同意接受他們建議的協助，及解釋如你們不同意的話會有甚麼其他選擇
- 你們的需要 – 舉例來說，如果你或家人需要傳譯員協助，或想帶一位你們信任的朋友陪同出席，或想用某種方式來分享資料 (例如，將資料寫下讓你拿走)，你們必須告訴 CAMHS 職員，而他們應設法為你們安排。
- 投訴 – 如果你們對獲得的協助感到不滿意，你們應告訴 CAMHS 職員。所有 CAMHS 組都設有投訴程序，及如你提出的話，他們應清楚告訴你這些程序。

NHS 服務

- Children and young people's mental health services (CYPMHS) information for children and young people - NHS <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>
- <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

NHS Search My account

Health A-Z Live Well Mental health Care and support Pregnancy NHS services

Home > NHS services > Mental health services > Mental health services for young people

Children and young people's mental health services (CYPMHS)

Children and young people's mental health services (CYPMHS) is used as a term for all services that work with children and young people who have difficulties with their mental health or wellbeing.

You may also see the term children and adolescent mental health services (CAMHS) used. This is an older term for the main specialist NHS community service within the wider CYPMHS that may be available locally.

Local areas have a number of different support services available.

These NHS-funded services, together with some local authority services, might be from the statutory, voluntary or school-based sector. For example, an NHS trust, local authority, school or charitable organisation.

Find a local NHS urgent mental health helpline in England

NHS urgent mental health helplines are for people of all ages in England.

You can call for:

- 24-hour advice and support for you, your child, your parent or someone you care for
- help speaking to a mental health professional
- an assessment to find the right care for you

You may need urgent help for many reasons.

The important thing to know is you will not be wasting anyone's time.

We need to ask 1 or 2 questions to find the right helpline for you.

[Start now](#)

其他

- Childline <https://www.childline.org.uk/get-support/contacting-childline/>
- Young minds <https://www.youngminds.org.uk/>
- Kooth <https://www.kooth.com/>
- Emerginging Minds <https://emergingminds.org.uk/>
- Every Mind Matters - <https://www.nhs.uk/every-mind-matters/>
- Beat - <https://www.beateatingdisorders.org.uk/>



問題時間