

Star Centre Information For Professionals

Who do we work with?

- At the Star Centre we work with children, young people and families, accepting referrals for Sefton residents aged 5-18. Please note that this is based on home address. For young people under the age of 12, we will typically offer support initially to their parent or carer, when appropriate.
- We are a short-term therapeutic service, with support typically lasting 8 weeks. The first appointment we offer is an initial assessment appointment, which allows us to determine how we can best support the young person and their family. Appointments are subject to a waiting list. We hope waiting times for an assessment will sit around 4 weeks, while waiting times to begin therapy are around 4-6 months.
- For early on-set of mild to moderate presentations of anxiety, worry and conduct, our typical first offer to young people or their parent/carers is access to a group intervention. For example, we deliver the Cathy Cresswell intervention for managing worry to parent/carers as a group. We also have some capacity for the Riding the Rapids group intervention, for parent/carers of young people with diagnosed autism, mild-moderate learning disabilities and/or complex physical disability.
- For 121 sessions, our therapeutic offer includes person centred counselling, low-intensity CBT interventions for anxiety and low mood, parenting support for mild to moderate anxiety and conduct concerns, and systemic family practice.
- All appointments are delivered either face-to-face in one of our centres; either the Star Centre (Linacre Lane, L20 6ES) or at Thornton Children's Centre (Stannyfield Drive, L23 1TY), or remotely via video call.

Who can't we work with?

- As we are a short-term service, we do not have capacity for case management or the ability to deliver long-term support. This means we are often not the appropriate service for cases with high complexity or risk levels. For example,

we will signpost to specialist services for specific presentations related to domestic or sexual violence. We may also not be able to work with families if there are ongoing legal disputes.

- We are unable to accept any referrals where there have been multiple suicidal actions. If there has been a recent suicidal action, we may be able to work with the young person, however this is subject to an internal risk assessment. The young person will have to go onto a wait list to access this, and if risk levels after monitoring are deemed too high, we would need to escalate back to the CAMHS team.
- In terms of therapeutic availability, we have extremely limited capacity for high-intensity CBT for complex disorders such as OCD, social anxiety, panic disorder, phobia and depression. We also have minimal capacity for IPTA (Interpersonal Therapy for Adolescents) for depression and EMDR (Eye Movement Desensitisation and Reprocessing) for trauma presentations. This means we may be unable to accept referrals for these presentations depending on demand.

Making a referral to the Star Centre

- Referrals can be made via seftonliverpoolcamhs.com by young people and their families or by professionals. We are no longer accepting referrals via the Venus website for children & young people mental health support, and any referrals made this way will be returned and advised to visit the above website. We do not accept referrals via phone, post or email.
- In order to maintain timely access to support for our young people, we are introducing a cap on the number of referrals we are able to accept, based on an assessment of throughput and reasonable waiting times. We hope that a cap of 30 referrals per calendar month will maintain a four week wait for assessment and improve waiting times for therapeutic treatment, which currently stand at around 3-6 months depending on the intervention. This will be reviewed in 6 months-time and adjustments may be made. Should we receive further funding to allow our service to deliver more therapy hours, the limit on referrals will increase in relation to the level of funding available.
- We are pleased to continue our offer of our open access drop-in, which will be available every Monday 4-6pm @ the Star Centre (98b Linacre Lane, Bootle, L20 6ES). Children, young people and their parent/carers can attend to talk through any struggles they may have, and access information, advice and guidance in a safe and non-judgmental space. This is available to anyone aged 5-18 living in Sefton, whether they have been known to our service before or not.