

Mental Health Support: Guidance for professionals working with children and young people (CYP)



THRIVE NEEDS GROUP

Thriving

All CYP will experience challenging life events and transitions



POSSIBLE PRESENTATION

Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

POSSIBLE INTERVENTION

- Health promotion (including sleep, healthy eating, exercise)
- Mental ill health prevention
- Rewarding activities (e.g. St John Ambulance First Aid course, hobbies, sports, pets etc)
- Volunteering
- Trauma awareness (promoting choice, collaboration, trust, empowerment, safety)

WHO CAN DELIVER THIS/RESOURCES

EVERYONE

- Hertfordshire **Just Talk Network**
- Just Talk Five Ways to Wellbeing **e-learning modules**; **sleep tips**; **exam stress**; **school anxiety**; **going to uni**; **Transgender support**
- **NESSie's Early Help Parenting Support Service**
- Herts Mind With **YOUth Digital Wellbeing Service for 5-18s**: Young People's Helpline, instant messaging, wellbeing courses,
- **Lumi Nova therapeutic gaming App for 7-12s** (part of With **YOUth** service)
- **The Sandbox: Online Mental Health Digital Advice and Guidance Service for 10-25s**
- **Volunteering opportunities**
- **Just Talk Ambassadors Scheme**
- **Togetherall for ages 16+ mental health and wellbeing online community**
- Health for Kids School nurse website for **parents/carers** and Health for Teens for **young people**
- **Action for Happiness have identified 10 keys to wellbeing**
- **The Mix** website for CYP
- **Self care strategies and planning from the Anna Freud Centre**



Getting Advice

CYP and families adjusting to life circumstances, with mild / temporary difficulties

- Difficulties with normal life problems
- Poor self confidence
- Low self esteem
- Low aspirations
- Difficult family relationships
- Poor peer relationships
- Experimental substance misuse
- Not always safe choices
- Bereavement (not complex)
- Poor concentration

- Shared decision making that builds on existing family resources and self-efficacy promoted through information provision.
- Early identification of needs
- General advice, information and non judgemental support – listen, validate and or normalise concerns / feelings where appropriate,
- Signpost to sources of additional support and self help

Schools (including Local School Partnerships and DSPLs), GPs, Health Visitors, Family Centres, Children's Services & VCSEs as well as Health Professionals

- NESSie's **Early Help Parenting Support Service**
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POSSIBLE PRESENTATION

POSSIBLE INTERVENTION

WHO CAN DELIVER THIS/RESOURCES

- Difficulty sustaining relationships
- Some worries, low mood, strong emotions within context of circumstances

- Refer to more specialist services where necessary
- An invitation to reconnect after advice is given, is helpful in case things do not improve or they do not engage with self management.
- Review/assess level and nature of need - use Strengths/difficulties questionnaire (SDQ) or other method.
- Transition support



- [Lumi Nova therapeutic gaming App for 7-12s](#)
- [The Sandbox: Online Mental Health Digital Advice and Guidance Service for 10-25s](#) website, group chats, online events, live chat, iCBT, one to one therapy sessions
- [Mental Health Support Teams in Schools](#)
- [HCT's Children's Wellbeing Practitioners](#)
- [Chathealth 0-5](#) parent/carers text messaging service
- [Chathealth 11-18](#) text messaging service
- School nurse [duty line](#) for parents / carers
- [Contactline](#) for parents / carers to speak to an Ed Psychologist
- [Watford FC CSE year 6 school MH programme](#) and other programmes
- [Services for Young People](#) provide information, advice, guidance, support
- Young Minds Parent [helpline](#)
- [Healthy Young Minds in Herts](#)
- [Just Talk Herts for professionals](#)
- [Herts Healthy hubs](#)
- [\(Stevenage Young Person Healthy Hub\)](#)
- [MindEd](#) Psycho-education for [professionals](#) and [parents or carers](#)
- Children Looked After (CLA) and Care Leaver's [Health Team](#)
- Carers in Herts: [carers / young carers](#)
- [Families in Focus Courses](#)

Getting Help



CYP with difficulties that fall within the remit of NICE guidance but also where it is less clear which NICE guidance would guide practice. Includes mild to moderate mental health issues.

- Many worries/high levels of anxiety
- Persistent low mood
- Body image concerns
- Behaviour puts peers at risk
- Persistent or high risk substance misuse
- Risk taking behaviour
- Unable to display empathy
- Difficulty coping with anger / frustration
- Bereavement by suicide/suspected suicide

- Review of SDQ or other measure to assess level and nature of need
- Understanding underlying difficulties
- Problem solving training
- Social skills groups
- Parent training
- Environmental adaption
- Mentoring, peer support

Health, Education, Social Care and VCSE Professionals

- NESSie's [Early Help Parenting Support Service](#)
- Herts Mind [With YOUth Digital Wellbeing Service for 5-18s](#) - Young People's Helpline, instant messaging, 1-1 and group support, online meeting place, wellbeing courses

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THRIVE NEEDS GROUP



- Withdrawn / unwilling to engage
- Disruptive / challenging behaviour
- Unable to maintain peer relationships (bullying, bullied/ aggression etc)

At this stage, the behaviour or symptoms may be affecting their daily life and related to a practical or social problem. De-escalating this problem could support de-escalation of the associated emotional distress. Therefore, appropriate interventions may sometimes be more practical or social in nature as opposed to psychological.



POSSIBLE PRESENTATION

POSSIBLE INTERVENTION

Support to the network:

- [Subscribe to professionals CYPMHS newsletter](#) for news and updates
- Consultation
- Training
- Supervision

Treatment would involve explicit agreement from the beginning about the outcome being worked towards and the likely timeframe and plan for what happens if it is not achieved.

Short term goal focused psychological or counselling interventions delivered by a trained professional may be helpful e.g:

- Counselling
- Cognitive Behavioural Therapy (CBT)
- Art therapy
- Other psychological group or individual therapy

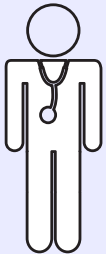
WHO CAN DELIVER THIS/RESOURCES

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- [Mental Health Support Teams in Schools](#)
- [HCT's Children's Wellbeing Practitioners](#)
- [Chathealth 0-5 parent/carer text messaging service](#)
- [Chathealth 11-18 text messaging service](#)
- [Step 2](#) Early intervention mental health service
- [CHUMS](#) Support for CYP bereaved by suicide/suspected suicide
- [First Steps to Understanding Eating Disorders \(First Steps ED\)](#)
- Community counselling [St Albans](#)
- Community counselling [East and North Herts](#)
- Community counselling [South West Herts](#)
- Community counselling [Welwyn Hatfield](#)
- [Families First](#) Early Help
- [Safe Space](#) Counselling or Mentoring in some Herts Schools
- [Educational Psychologist](#) can support CYP with EHCPs
- Education support centre / outreach
- Multi Agency Safeguarding Hub ([MASH](#))
- [Wellbeing](#) HPFT IAPT Service (16+)
- [CGL](#) drug and alcohol service
- [No More Service](#) support for drug and alcohol misuse (county-wide)
- [HarmLess](#) Framework for assessing / discussing self harm
- Parent [Training](#)
- Parents / carers can access the New Leaf Recovery College [courses](#)
- Referral to HPFT [Targeted Team](#)

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THRIVE NEEDS GROUP



Getting More Help

CYP and families who would benefit from more extensive or long-term treatment including potential inpatient care

POSSIBLE PRESENTATION

Mental health problems which are:

- Persistent, complex and severe
- Present in all environments – school, home, community, with peers
- Beyond a normal response range to life problems

Where prior intervention has not been successful OR the difficulties are of such a severity and are causing impairment to such a degree that a referral straight to specialist CAMHS is indicated e.g. psychosis (losing touch with reality as others see it), risk of suicide or severe self – harm, severe depressive episode, restrictive or binge eating, Emerging Borderline Personality Disorder

POSSIBLE INTERVENTION

- Psychotherapy
- Family therapy
- Psychological therapies
- Risk management plans
- Weight management plans
- Dialectical Behavioural therapy
- Medication



WHO CAN DELIVER THIS / RESOURCES

Mental Health Professionals

Specialised community, multi-disciplinary services:

- Specialist **CAMHS** (including Community Eating Disorders Team, Targeted Team, Home Treatment Team, Multi-Disciplinary Community Teams, DBT Team, Crisis Assessment and Treatment Team, Forensic Service and Inpatient Unit)
- Positive behaviour, Autism, Learning disability, Mental health service (PALMS)

(Additionally, for PALMS, a diagnosis or on the diagnostic pathway for either autistic spectrum disorder or learning disability with an additional emotional, behavioural or other mental health need.)



Getting Risk Support

CYP and families currently unable to benefit from evidence-based treatment but remain a significant concern and risk. May include CYP who routinely go into crisis but are unable to make use of help offered, or where help has not made a difference; or have ongoing issues and are unresponsive to treatment.

- Deliberate self-harm requiring hospital treatment
- Suicidal ideation with imminent plan and means
- Psychotic episode (hearing unexpected voices, disjointed, unrealistic or racing thoughts not related to physical or substance misuse factors)
- Intentional overdose
- Other mental health crisis
- Persistent inability to engage with services or support offered
- Risk taking behaviour with no underlying mental health disorder
- Unresponsive to treatment and continuing to decline

- Close interagency collaboration with shared responsibility and accountability
- Emergency / safeguarding / risk management / intervention (including possible use of the Mental Health Act)
- Short term treatment / intervention for high risk cases
- Sometimes a referral to Tier 4 for specialist inpatient support
- Short term respite
- Multi disciplinary planning
- Engagement planning
- Safety planning



Health, Mental Health and Social Care Professionals

Specialist HPFT CAMHS:

- CAMHS / Integrated Crisis Team **(24/7 via HPFT SPA)** or NHS 111, option 2
- Forest House / Home Treatment Team

ARC Services

Children's Services

FCAMHS Regional Forensic CAMHS

Complex Case Consultation Panel

Nearest Accident and Emergency Department

In the case of serious illness or injury, dial 999 for emergency services

