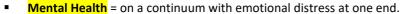
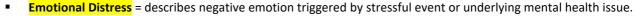
HERTFORDSHIRE GP MANAGEMENT of EMOTIONAL DISTRESS in CHILDREN & YOUNG PEOPLE (CYP)

Dr Alison Cowan: Updated Sept 2023





Is it a mental health problem or is it normal adolescent angst??

⇒ Depends on *impact on functioning (TRAM tool)*

GENERAL APPROACH

T transient R reactive A appropriate M manageable

History Taking

1. Presenting Symptoms

- Psychological (consider screening tools)
- Physical
 - Sleep, appetite, energy, concentration
 - CVS effects of anxiety
- Functional impact: allows assessment of severity

2. Risk Assessment

Significant risk of physical harm?

- Manifestations of significant distress
 - Self-harm/suicide) ways of coping with
 - Eating disorder*) intolerable feelings
- Safeguarding concern
- Protective factors

- 3. PMHx of mental health issues and medication
- 4. FHx of mental health issues
- 5. HEADSSS tool includes alcohol and recreational drugs
- 6. General physical health
- 7. Identifiable Triggers Helps to:
 - · explore patient's perceptions of issues
 - · identify their priorities
 - What is worrying you most? Why did you make an appointment?
 - What do you think is contributing to the way you are feeling?

Mental State Examination

- 1. Appearance and behaviour
- 2. Speech
- 3. Moods
- 4. Thoughts or formal thought disorders
- Perception
- 6. Insight and capacity: If no capacity may need to consider Mental Health Act

Risk Formulation

• Enhancing risk factors

- o Feelings: hopelessness
- Thoughts about the future; suicidal ideation
- o **Behaviours:** self-harm; suicidal plans
- o Predisposing factors
- o Precipitating factors: internal and external triggers
- Perpetuating factors: patterns of presentation

Protective risk factors

- o Internal resources
- External support

^{*}see additional document for pathway

General Management Stage 1 - Initial Management Listen: non-judgmentally and recap Validate: acknowledge distress Explain: with reference to triggers identified above by pts

Stage 1 - Ongoing Management (Depends on Risk Assessment) CYP Mental Health Service Directory

CYPMHs referral via SPA referral form +/- in a crisis 0800 6444 101 (24/7) (incl CCAT; CEDS, targeted team; PALMS)

High level need Significant risk of physical harm or moderate to severe mental health problem

GP Hotline number for queries (Mon-Fri 7am-7pm): 0300 777 0606

- General measures below +
 - Urgent: Immediate risk < 4hr, or If can keep safe < 7d
 - Routine: < 4wks

Moderate level need mild or moderate mental health problem

- STEP 2 referral via referral form or advise self-referral via 0800 6444 101 CYPMHS Step 2 01438 730570
- +/- Safeguarding referral via www.hertfordshire.gov.uk/childprotection
 - protectedreferrals@hertfordshire.gov.uk (email to follow up safeguarding referrals)

Stage 1 - Ongoing Management

matters/

Low Level need (Emotional issue, mild mental health issue)

- (1) Simple Behavioural Strategies
 - a. Address specific problem
 - b. General behavioural measures *
 - Timetable more valued enjoyable activities
 - Better work-life balance
 - Take up a relaxing hobby
 - Gratitude diary
 - Relaxation (mindfulness/ meditation)
 - Health behaviours:
 - 1. Regular Exercise
 - 2. Good Sleep: HEAL
 - (Health; Environment; Attitude; Lifestyle)
 - 3. Well-balanced diet
 - 4. Reduce smoking/vaping, drugs, alcohol
 - 5. Good digital hygiene
 - '5 steps to wellbeing'

Journal

Five Ways to Wellbeing elearning modules





















- (2) Signpost to: (see PILs appendix 3* and Just Talk Herts website https://www.justtalkherts.org/just-talk-herts.aspx) Every Mind Matters https://www.nhs.uk/every-mind-
 - a) Local Remote Digital Wellbeing Services
 - i. With YOUth www.withyouth.org HMN /BFB Labs
 - ii. The Sandbox: Sandbox Homepage (mindler.co.uk)

b) Local Face-to-face support

Supporting You	HCC SfYP: 0300 123 7538
Programme	Supporting You Referral
School Nursing Team	Public Health Nursing 0300 123 7572
5-19yrs	School Nursing Referral
School Mental Health	Details of schools and colleges with an
Support Teams	MHST are here
(MHSTs)	
Childrens' Wellbeing	Public Health Nursing
Practitioner (CWP)	hct.cwp@nhs.net (number to follow)
5-19yrs	CWP Referral
Talking Therapies	HPFT: 0800 6444 101
team >16yrs	www.hpft-iapt.nhs.uk/
Hertfordshire Community Counselling Organisations	

Hertrordshire Community Counselling Organisations

YCT (East and North Herts)	Youth Talk (St Albans district)
<i>11-18y</i> Tel: 01279 414 090	<i>13-25y</i> Tel: 01727 868684
www.yctsupport.com	www.youthtalk.org.uk
Rephael House WGC/Hatfield	Signpost (Watford and Hemel)
11-19y Tel: 020 8440 9144	<i>10-25y</i> Tel: 01923 239495
www.rephaelhouse.org.uk	www.oneymca.org/signpost

- (3) CYP with Special Educational Needs & Disabilities (SEND) support: Hertfordshire directory of SEND services
- (4) Coordinated support from a few agencies incl social care (Child in need not reaching safeguarding threshold) Complete green single service request form for early help and request: Families First (FF) assessment or ring FF triage: 01438 737 575 or direct parents to 0300 123 4043 to request a FF assessment

Stage 2

(depending on level of comfort)

- (1) ASK PATIENT TO GIVE SPECIFIC EXAMPLE and use CBT model to help identify vicious cycle
- (2) Discuss early solution-focused management to break vicious cycle
 - a. **Behavioural strategies** as above *
 - i. Encouraging positive behaviours
 - ii. Targeted to specific examples: recognise the behaviour in relation to the feelings
 - b. Cognitive strategies
 - i. Challenging negative beliefs 'what would other people say?'
- (3) Homework and follow up
 - a. 1 general change to reduce emotional distress
 - b. 1 specific strategy to impact on how he/she feels: Behavioural or Cognitive
- (4) Review and recap: 'let's review what we have just discussed, your priorities and action plan'