**WEST ESSEX GP MANAGEMENT of EMOTIONAL DISTRESS in CHILDREN & YOUNG PEOPLE (CYP)**

Dr Alison Cowan: Updated August 2023

* **Mental Health** = on a continuum with emotional distress at one end.
* **Emotional Distress** = describes negative emotion triggered by stressful event or underlying mental health issue.

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

**T** *transient*

**R** *reactive*

**A** *appropriate*

**M** *manageable*

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

**GENERAL APPROACH**

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| **History Taking** |
| 1. **Presenting Symptoms**  * Psychological *(consider screening tools)* * Physical   + Sleep, appetite, energy, concentration   + CVS effects of anxiety * Functional impact: allows assessment of severity  1. **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   \**see additional document for pathway*   1. **PMHx of mental health issues and medication** 2. **FHx of mental health issues** 3. **HEADSSS tool includes alcohol and recreational drugs** 4. **General physical health** 5. **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** 5. **Perception** 6. **Insight and capacity:** *If no capacity may need to consider Mental Health Act* |
| **Risk Formulation** |
| * **Enhancing risk factors**   + **Feelings:** hopelessness   + **Thoughts** about the future; suicidal ideation   + **Behaviours:** self-harm; suicidal plans   + Predisposing factors   + Precipitating factors: internal and external triggers   + Perpetuating factors: patterns of presentation * **Protective risk factors**   + Internal resources   + External support |
| **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** | |
| **CYP Mental Health Support**   * **GP Hotline: 0300 300 1996***Mon-Thurs 10-12pm* * **CYP/parents/carers:**    + **CAMHS via SPA: 0800 953 0222***24/7*   + **YCT: 5-25yrs**Counselling and therapeutic support charity [www.yctsupport.com/](http://www.yctsupport.com/)     - **01279 414090** email [**admin@yctsupport.com**](mailto:admin@yctsupport.com)   **+/- Safeguarding referral via**[**https://eycp.essex.gov.uk/safeguarding/**](https://eycp.essex.gov.uk/safeguarding/) | |
| **Stage 1 - Ongoing Management** | |
| ***Low Level need*** (Emotional issue, mild mental health issue)  ***1.Simple Behavioural Strategies***   1. **Address specific problem:** goal setting 2. **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***  * (***H****ealth;* ***E****nvironment;* ***A****ttitude;* ***L****ifestyle)*  1. Well-balanced diet 2. Five ways to wellbeing logoReduce smoking/vaping, drugs, alcohol 3. Good digital hygiene    * + - ‘5 steps to wellbeing’   2. ***Signpost to Every Mind Matters*** [https://www.nhs.uk/every-mind-matter*s/*](https://www.nhs.uk/every-mind-matters/) | |
| **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***    1. ***Behavioural strategies*** - as above \*       1. Encouraging positive behaviours       2. Targeted to specific examples: recognise the behaviour in relation to the feelings    2. ***Cognitive strategies***        1. Challenging negative beliefs – *‘what would other people say?’* 3. ***Homework and follow up***    1. 1 general change to reduce emotional distress    2. 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’* | |

**Additional West Essex Mental Health Support Options**

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| **SET CAMHS NELFT**  ***Single Point of Access (including professional consultation line)***  Essex House,  200 The Crescent,  Colchester Business  Park, Colchester, CO4 9YQ  Tel: **0800 953 0222** option 2  Urgent help or out of hours **0800 995 1000** |  |
| **N.O.W is the time for change**  [www.nowsthetimeforchange.com](http://www.nowsthetimeforchange.com)  Tel: 0345 366 9755 | Online Wellbeing Community  Advice, Tips, Strategies to support CYP and their family:   * Creating a positive mindset * Building resilience * Improving self esteem and confidence * Eating for health and happiness * Manage low level behaviours * Reduce stress and anxiety with ways to calm * Meditation, Yoga, Pilates and Tai Chi |
| **Mental Health Support Teams West Essex (MHST)**  <https://www.mindinwestessex.org.uk/services/mhst/>  [talking@mindinwestessex.org.uk](mailto:talking@mindinwestessex.org.uk) | Our West Essex, Children and Young People Mental Health Support Team (MHST) is here to support education settings in Harlow, Epping Forest and Uttlesford.  We help to promote positive mental health within primary, secondary and higher education settings within these areas. |
| **MHST Special Schools**  <https://www.hct.nhs.uk/service-details-/service/positive-behaviour-autism-learning-disability-and-mental-health-service-palms-50/>  Contact us: Email: [hct.mhst@nhs.net](mailto:hct.mhst@nhs.net) Phone: 01727 582122 | School staff are able to refer your child to the MHST for 1:1 support. The following members of staff at your child’s school can make a referral   * Mental health lead (MHL) * SENCo * Family support officer (FSO) * Pastoral support * Teaching staff (including head of year / head of department / key workers and teaching assistants)   The referral will be considered by the team. If the MHST is not the most suitable team to support CYP needs, we will signpost to the most appropriate resources.  Please note that the MHST can only work with a limited number of children at a given time therefore referrals may be added to a waitlist.  Information regarding parent groups and workshops will be shared via school.  A young person would need to meet the following criteria:   * Attend a Hertfordshire or West Essex SEN school which is part of the MHST * Young person (if appropriate) and parent consent to the intervention * Difficulty is mild-moderate * For 1:1 work with a young person there needs to be some ability to identify and communicate their thoughts and feelings |
| **Kooth** | [Home - Kooth](https://www.kooth.com/) |
| **Beat** | [The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)](https://www.beateatingdisorders.org.uk/) |
| **YCT Counselling**  Tel:01279 414090  Txt: 07956 887921  Email: admin@yctsupport.com  Website: [www.yctsupport.com](http://www.yctsupport.com) | YCT is a counselling and therapeutic charity working with 5 – 25-year-olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training, and family work. In addition, we offer training, consultancy, clinical supervision, and counselling to those working with children and young people.  YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. |
| **Other useful contacts** |  |