

**Emotional Wellbeing and Mental Health
Intervention Support Pack – for universal
services professionals working with
children and young people**

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1. Introduction

Over the past year Surrey and Borders Partnership (SaBP) NHS Foundation Trust has cited an increase in demand for children/young people needing support to manage their emotional wellbeing and mental health needs. This has resulted in an increased number of children waiting for Community CAMHS (Tier 3); Behavioral, Emotional and Neurodevelopmental (BEN) pathway and Primary Mental health CAMHS. As a system we need to work differently by changing how we respond to the emotional wellbeing and mental health of children and young people. To help facilitate change the Surrey CCGs, Surrey County Council and Surrey & Borders Partnership have agreed a temporary change to the CAMHS access criteria for 'routine' referrals (the classification of routine referrals is explained in section 3.4 of this document). The temporary changes to access criteria will go live week commencing 4 June 2018 and will run for a period of 16 weeks.

2. Purpose of this support pack

The purpose of this support pack is to ensure that, all professionals working in primary care and universal services know how best to respond to a child/young person with mental health, emotional and wellbeing needs.

3. CAMHS Access Criteria

This section outlines the access criteria, what you should do and where you can access support for children, young people, their families and you as a professional.

3.1 Urgent & Crisis Criteria & referral process

Condition/Disorder	Before referral to CAMHS via One Stop consider the following:	Refer to One Stop
<u>CRISIS (within 4 hours)</u>		
Suicidal Thinking and related behaviours	Current suicidal thinking with evidence of clear plan to act on this and high intent. NB. History of past significant suicidal attempts or inpatient involvement should raise level of concern	✓
Physical harm to others	Very high risk of significant harm to others, associated with mental health symptoms	✓

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Condition/Disorder	Before referral to CAMHS via One Stop consider the following:	Refer to One Stop
Hearing voices and bizarre fixed ideas	First episode of psychosis (15 and under – CAMHS/16 + EiiP) inc Elation with increased energy, resulting in over activity, pressure of speech, and a decreased need for sleep. Attention cannot be sustained, and there is often marked distractibility. Self-esteem is often inflated with grandiose ideas and overconfidence. Loss of normal social inhibitions may result in behaviour that is reckless, foolhardy, or inappropriate to the circumstances, and out of character.	✓
<u>URGENT (within 5 working days)</u>		
Severe distress/impairment/Aggression	Associated with significant mental health symptoms. (Duration of presentation should be considered)	✓
Unable to or significant reduction in ability to perform essential task	Unable to perform essential activity of daily living such as washing, dressing etc with an acute on set in relation to a mental health presentation	✓
Self-harm such as cutting	Significant increase in frequency and severity of behaviour – not requiring medical attention	✓
Lower levels suicidal thinking and expression of this such as 'I wish I was dead' but no attempts or plans to act on this	Lower level suicidal thinking on a daily basis Protective factors such as supportive family and future hope and plans remain	✓
Sudden and unexplained deterioration in emotional state and behaviour at home and school	Not thought to be due to substance misuse	✓

3.2 Services with no change to access criteria

There is **NO** change to the access criteria for referrals to:

- Sexual Trauma and Recovery Services
- Children in Care/Post Order/Looked After Children – via the CAMHS social work team
- Children's Eating Disorder services
- Children with a Learning Disability
- Hope/Extended Hope
- Youth Support Services
- Mindful

For these services please continue to use 'One-stop'

www.sabp.nhs.uk/mindsightsurreycamhs/about-us/practitioners/info-gps

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www.sabp.nhs.uk/mindsightsurreycamhs/about-us/practitioners/info-schools - access to information about SaBP children services including making referrals via the online portal

3.3 Access to Generic Counselling and Parent Support

All face to face counselling services (school based and community based) from Eikon and other Surrey & Border's subcontractors and parent support via National Autistic Society and Barnado's will continue to be available via referral to One Stop.

3.4 What should I do if a child/young person doesn't have an urgent or crisis need?

Most young people with mild emotional or behavioural difficulties are best served by universal services e.g. families, community support, direct access, counselling services, national associations, schools, health visitors and GPs.

Whilst Mindsight Surrey CAMHS is working to address those children/young people currently waiting to access services and current caseload levels, a child/ young person without an urgent or crisis need would be considered as 'Routine'. Please refer to Appendix A for the presentations/need considered as routine.

Children and young people should be supported to use the emotional well-being and mental health resources (listed below), as part of Step 1 in child/young person's care.

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Resource type	Condition specific	Resources	Access route	All ages	Under 11s	Over 11s	Families
Information, advice & Support	Generic	<p>Family Support Services offering emotional wellbeing and mental health information, advice, well-being assessments and local support</p> <p>Runnymede - Addlestone Youth Centre, Church Road, Addlestone KT15 1SH <i>Wednesday: 5pm – 7pm</i></p> <p>Surrey Heath - Old Dean Youth Centre, Kingston Rd, Camberley GU15 4AF <i>Wednesday: 3.30pm – 6pm</i></p> <p>Frimley Green Youth Centre, Wharfenden Way, Frimley Green, Camberley GU16 6PJ <i>Thursday: 3.30pm – 6pm</i></p> <p>Woking - Sheerwater Youth Centre, Blackmore Crescent, Woking, GU21 5NS Wed 4.30pm – 7pm</p> <p>Elmbridge - Molesey Youth Centre, Ray Rd, West Molesey KT8 2LG <i>Thursday: 15:00 – 18:00</i></p> <p>Mole Valley - Malthouse Youth Centre, Mill Ln, Dorking RH4 1DU <i>Tuesday: 15.45 - 17.15</i></p> <p>Reigate and Banstead - YMCA Sovereign Centre, Slipshatch Road, Reigate, RH2 8HA <i>Monday: 15.45 - 17.15</i></p> <p>Tandridge - Harry's Youth Centre, 181-183 Station Rd, Oxted RH8 0QE <i>Friday: 15.45 - 17.15</i></p>	Drop – in/self-referral		5+	√	
Self-help	Generic	Young Minds Parents line - available to offer advice to anyone worried about a child or young person under 25 operating Mon-Fri from 9.30am to 4pm Tel: 0808 802 5544	Tel				√
Support	Generic	services providing Help and support for behaviour and emotional wellbeing within Surrey www.surreylocaloffer.org.uk/helpandsupportweb	Website	√			
Self-help	Generic	Self-help leaflets www.ntw.nhs.uk/pic/selfhelp/	Website			√	
Self-help	Generic	Self-help worksheets, downloads and leaflets - www.getselfhelp.co.uk	Website	√			

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Support	Generic	<p>CYP Havens - accessible, safe young person friendly places for support and advice alongside peers and supported by CAMHS staff https://www.sabp.nhs.uk/our-services/mental-health/safe-havens/SafeHavenEpsom Guildford & Waverley The Haven, 7 Ward St, Guildford, GU1 4LH Monday: 4pm-8.30pm Wednesday: 4pm - 8.30pm Sunday: 12pm-6pm Spelthorne - Leacroft Youth Centre, Raleigh Crescent Staines, TW18 4PB Tuesday: 16.00-20.30 Saturday: 12.00-18.00 Epsom - Focus Youth Centre, 9 Depot Rd, Epsom KT17 4RJ Tuesday: 16:00 – 20:30 Thursday: 16:00 – 20:30 Saturday: 12:00 – 18:00</p>	Drop – in/self-referral		10 +	√	
Support	Generic	<p>https://kooth.com/ - on line counselling support/peer support and self help/psych educational materials</p>	Website			√	
Support	ADHD	<p>123 Magic Parenting Course - a behavioural management programme for parents and carers of young children age 2 to 12 years old. This course can be particularly useful for parenting children who have ADHD. Some schools and Children's Centres in Surrey run the 123 Magic course throughout the year. Contact ADDISS for more information Telephone 020 8952 2800; E-mail info@addiss.co.uk Website www.addiss.co.uk/./index.html</p>	Telephone/ Website		√		√
Information & literature	Anger Management	<p>Littleparachutes for information and book recommendations for younger children - www.littleparachutes.com</p>	Website		√		
Information and advice	Anger Management	<p>Familylives (parenting advice) http://www.familylives.org.uk/</p>	Website				√
Self help	Anger Management	<p>What To Do When Your Anger Flares By Dawn Huebner – CBT based work book 7-11 yrs</p>	Online		√		

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Resource type	Condition specific	Resources	Access route	All ages	Under 11s	Over 11s	Families
Self help	Anxiety	What To Do When You Worry Too Much by Dawn Huebner – CBT based workbook for 6-12 year olds. www.littleparachutes.com	Website		√	12	
Self help	Anxiety	Mood Juice provides online self-help materials for young people experiencing anxiety and can be accessed on this link http://www.moodjuice.scot.nhs.uk/mildmoderate/Anxiety.asp	Website		√		
Self help	Anxiety	MindShift™ is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. https://www.anxietybc.com/resources/mindshift-app	app			√	
Self help	Anxiety	www.getselfhelp.co.uk Online resources for a range of ages.	Website	√			
Support	Bereavement	CRUSE are a national charity that offer specialist support via telephone and e mail and have a specific programme called RD4U which is aimed at helping young people who are affected by the loss of someone close. 01932 571177 http://www.cruse.org.uk/	face-to-face, tel, email and website support	√			
Support	Bereavement	Jigsaw4U 0208 6871384 group and individual support for children and families.	Tel	√			
Support	Challenging behaviour	Parenting Puzzle workshops for parents with children aged 5 – 11 providing a 10 week Nurturing Programme provided adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships.			√		√
Support	Challenging behaviour	Relate offer family counselling and online parenting support (means tested) - If problem appears to be related to family relationships, further information at: www.relate.org.uk	Website				√
Support	Depression	Emotional Well-being and Mental Health school nurse can be accessed via school nursing service for advice and support around mild depression.	School/ Referral via CFHS	√			
Support	Depression	Relate offer youth counselling (10-18 year olds) Tel: 01483 715285	Tel			√	
Support	Divorce and	Surrey Family and Mediation Services – child counselling programme www.sfms.org.uk/child-	Free, self-		√		

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Resource type	Condition specific	Resources	Access route	All ages	Under 11s	Over 11s	Families
	separation	counselling/ for 5-13 year olds. Tel: 01372 749911.	referral				
Information and advice	Divorce and separation	Young Minds offers free, confidential support to parents concerned about the impact of parental separation on their child's wellbeing: 0808 802 5544 http://www.youngminds.org.uk/for_parents/worried_about_your_child/divorce_separation	Website				√
Support	Gender identity support for parents and young people	Mermaids is a support group for gender variant children and teenagers, and their families. Their goal is to relieve the mental and emotional stress of all persons aged 19 years and under who are in any manner affected by gender identity issues, and their families and to advance public education in the same. They offer support to parents, families, carers and others, and raise awareness about gender issues amongst professionals (e.g. teachers, doctors, social services. etc.) Further information can be found on their website: http://www.mermaidsuk.org.uk/	Website	√			√
Support	Lesbian Gay Bisexual Transgender and Questioning (LGBTQ)	Services for Young People in Surrey offer support specifically for young people who are lesbian, gay, bisexual, transgender and questioning+ (LGBTQ+) through youth groups at various locations in Surrey. The groups offer a safe space for LGBTQ+ young people aged 13-19 to meet and socialise and provide information and guidance when needed. For enquiries please email: lgbtqyouth@surreycc.gov.uk	Website		√		
Information and advice	OCD	OCD-UK http://www.ocduk.org/ a national charity working with children and adults affected by OCD which provides online information and support for young people with OCD and their parents to understand how best to support their child.	Website			√	√
Support	OCD	OCD Action http://www.ocdaction.org.uk/ Tel: 0845 390 6232 provide a helpline and online support for people affecting by OCD and seeking support.	helpline and online support	√			√
Self –help workbook	OCD	OCD Action: A free workbook for Teens with Obsessive-Compulsive Disorder by Timonhy Sisemore http://www.ocdaction.org.uk/	Website			√	

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Resource type	Condition specific	Resources	Access route	All ages	Under 11s	Over 11s	Families
Self help CBT guide	OCD	OCD Action: 'Breaking Free from OCD: A CBT guide for Young People and Their Families' by Jo Derisley and colleagues http://www.ocdaction.org.uk/	Website			√	√
Self-help	OCD	What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD by Dawn Huebner – CBT workbook for 6 – 12 year olds. http://www.dawnhuebnerphd.com/tips-for-parents/	online		√	12	
Support	Parenting support	Family Lives offers parenting and family support and advice, online chat/ parenting courses and helpline. website www.familylives.org.uk Free phone help line open form 7 am to 12am Tel: 0808 800 2222	Online & Telephone	√			√
Support	Parenting support	Home-Start is a national family support charity that provides one to one support for parents with young children up to the age of 5, also running family groups and support services. http://www.home-start.org.uk	Self-referral		√		√
Support	Parenting support	Henry Parenting Courses - an 8 week course designed to give parents and carers of children up to the age of 5 years of age the tools and skills they need to provide a healthy family lifestyle. http://surreynurturinglinks.org.uk/henry-groups-in-surrey/	School/self-referral		√		
Support	Parenting support	Children centres – for parents/carers and under 5's to access information and services	Self-referral		√		
Self help	Self-Harm	Calm Harm provides tasks to help you resist or manage the urge to self-harm. The app then provides you with four categories of tasks to help you surf the urge. 'Distract' helps in learning self-control; 'Comfort' helps you care rather than harm; 'Express yourself' gets those feelings out in a different way and 'Release' provides safe alternatives to self-injury. http://calmharm.co.uk/	Website			√	
Information and advice	Self-Harm	Harmless provide support for people who suffer from self-harm. Based in Nottingham but provide support online to individuals who self-harm with a number of resources on their website. http://www.harmless.org.uk/	Website			√	√
Support	Self-Harm	National Self Harm Network online forum http://www.nshn.co.uk/index.html	Online fourum	√			

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Resource type	Condition specific	Resources	Access route	All ages	Under 11s	Over 11s	Families
Support	Self-Harm	TESS (Telephone and email support for self-harm) provide support for girls and young women up to the age of 25 who are engaging in self-harm behaviour. They provide email and txt support and more information can be found on: http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service	Tel & Email	√			
Information and advice	Self-Harm	Royal College of Psychiatrists http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/self-harm.aspx	Website				√
Information and advice	Trauma	Royal college of Psychiatrist http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/traumaticstressinchildren.aspx	Website				√

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4. What do I do if I need to discuss a child/young person with a CAMHS Professional?

To discuss any concerns you have about a child or young person, a Clinical Advice and Guidance Support Service is available offering bookable 15 minute sessions to support you if you are unclear whether a child or young person needs additional support. This is available via the CAMHS One Stop.

The Clinical Advice and Guidance support service provides a CAMHS clinician which could be a clinical psychologist or a CAMHS Psychiatrist.

5. What do I do if a child/young person needs more support than can be provided by universal services?

For some children/ young people their symptoms will have been occurring over several months and won't have responded to prevention and early intervention services, such as counselling and behaviour support or evidence based parenting.

Within the 16 week period, it is extremely unlikely that any family will have completed the interventions identified in section 3.4 above. It is envisaged that there will be minimal need to initiate step 2 referred to in Appendix A.

As part of the referral process to Mindsight Surrey CAMHS, a pro-forma has been developed with primary care and schools to support access. The purpose of the pro-forma is to capture interventions that have been tried within universal settings and detail the impact of these interventions.

The pro-forma is to be led by schools and will require GPs to complete the health section and to be signed by both the child/young person's GP and school. This will help provide further context to what has been tried and enable Mindsight CAMHS to provide a tailored package of care.

For a pro-forma to be completed, please ask family to liaise with their child/young person's school directly.

6. Appendix: A

All the symptoms and signs for Routine presentations- these presentations will need to be supported within universal services for 16 week period

<p style="text-align: center;"><u>ROUTINE</u></p> <p style="text-align: center;"><u>Referrals to One Stop should be the final option after considering referring to counselling/support services or GP management</u></p>		<p>Refer to information, advice and support (section 3.4)</p>	<p>Refer to One Stop</p>
<p>At least two symptoms of one of the following:</p> <p>Anxiety-based symptoms and signs</p>	<ul style="list-style-type: none"> • inc sudden onset of palpitations, chest pain, choking sensations, dizziness, and feelings of unreality (depersonalization or derealisation). • inc fear of dying, losing control, or going mad. Persistent nervousness, trembling, muscular tensions, sweating, light-headedness, palpitations, dizziness, and epigastric discomfort. Fears that the patient or a relative will shortly become ill or have an accident are often expressed. • inc recurrent obsessional thoughts or compulsive acts. recognised as his or her own thoughts, even though they are involuntary and often repugnant. • inc Phobia- situations are avoided or endured with dread. 	<p>Step 1</p>	<p>Step 2</p>

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<p>Mood-based symptoms and signs</p>	<ul style="list-style-type: none"> • inc -lowering of mood, varies little from day to day, is unresponsive to circumstances decrease in activity. Capacity for enjoyment, interest, and concentration is reduced, and marked tiredness after even minimum effort is common. Sleep disturbed and appetite diminished. Self-esteem and self-confidence reduced, ideas of guilt or worthlessness are often present. • inc "somatic" symptoms, such as loss of interest and pleasurable feelings, waking in the morning several hours before the usual time, depression worst in the morning, marked psychomotor retardation, agitation, appetite, weight & libido loss • inc Increased sociability, talkativeness, over-familiarity, increased sexual energy, decreased need for sleep (but not to the extent that they lead to severe disruption of work or result in social rejection). Irritability & boorish behaviour possible. 	<p>Step 1</p>	<p>Step 2</p>
<p>Complex Trauma/Somatoform symptoms and signs</p> <p>*Somatoform disorder is any mental disorder which manifests as physical symptoms that suggest illness or injury, but which cannot be explained fully by a general medical condition or by the direct effect of a substance, and are not attributable to another mental disorder</p>	<ul style="list-style-type: none"> • inc repeated presentation of physical symptoms together with persistent requests for medical investigations,(in spite of repeated negative findings and reassurances by doctors that the symptoms have no physical basis). 	<p>Step 1</p>	<p>Step 2</p>

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<p>Other Abnormalities in social functioning and behaviours inc ADHD and ASD</p>	<ul style="list-style-type: none"> • ADHD, ASD , Elective mutism & tics- motor and vocal (involuntary in nature) <p>And at least one of the following:</p> <ul style="list-style-type: none"> • Requires a specialist mental health assessment due to evidence of mental health symptoms and having a significant impact on their functioning of daily living for more than 3 months. • Have attended previous mental health intervention (Voluntary Counselling Service) in recent months where no improvements have been made /symptoms remain 	<p>Step 1</p>	<p>Step 2</p>
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