

Mental Health and Wellbeing at Rucstall

Strong emotional wellbeing and good health can have a positive impact on teaching and learning. At Rucstall Primary School, we aim to foster and strengthen our children's emotional intelligence using our school values in daily school life, through assemblies and within the Personal Development Learning (PDL) curriculum. We also have access to an Emotional Literacy Support Assistant (ELSA), who can offer help to children requiring additional support in different areas following teacher referral.



It's OK to get help

I am worried about my child, what should I do?

If you have a concern over your child's mental health, please contact their class teacher in the first instance. They may then involve the Senior Leadership Team and SENCO. If you are very concerned, please make contact with your GP for further advice.

CAMHS (Child and adolescent mental health service) is a term used to cover services for children and young people with emotional, behavioural and wellbeing difficulties. This service does offer assessments and counselling, but there is often a long waiting time. This can currently be done through both your GP, or through the school, if we are in support of a referral.

www.hampshirecamhs.nhs.uk

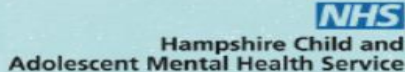
Hampshire CAMHS: Single Point of Access Service

Email: SPNT.HantsCamhsSpa@nhs.net

Tel: 0300 304 0050

This excellent website can offer advice and support to both parent/carers and children. This site gives information and ideas on ways to support your child.

CAMHS operate a tiered threshold pathway in order to ascertain the most appropriate help, outlined below.

Threshold Guidance					
		Getting Advice (pre CAMHS referral)	Getting Help	Getting Risk Support	Getting More Help
		Equivalent Children's Trust Threshold Level			
		Level 1 (Universal), Level 2 (Early Help)	Level 3 (targetted)	Level 4 (severe mental health disorders)	Level 4 (severe mental health disorders)
Presenting Difficulty		<ul style="list-style-type: none"> Anger outbursts Anxiety Beginning to isolate self from peers and activities Difficulties separating from caregiver Feeling Fed up Friend Issues (significant) Low Self Esteem Over activity Parental Anxiety Sleep Disturbance (difficulty getting to sleep or staying asleep) Superficial Self Harm 	<ul style="list-style-type: none"> Complex Trauma Depressive Symptoms Eating Issues (change in weight/eating habits, negative body image, purging or binging) Hyperactivity (levels of over activity and impulsivity above what would be expected and present in all settings) Increased levels of self-harm Mood Disturbance Obsessive thoughts and/or compulsive behaviours (e.g. hand-washing, cleaning, checking) Severe Anxiety Some thoughts of ending life with no plan or intent. 	<ul style="list-style-type: none"> Complex Trauma Delusional thoughts (grandiose thoughts, thinking they are someone else) Increased levels and risk associated with self-harming Psychotic symptoms (hearing and/or appearing to respond to voices, overly suspicious) Suicidal ideation with plan and intent Thoughts of harming others or actual harming/violent behaviours towards others and associated mental health disorder 	<ul style="list-style-type: none"> Symptoms described in Getting Help and Getting Risk support which require specialist intervention Difficulties have been assessed and a care plan has been developed with the relevant CAMHS team.
		If any of the difficulties are present below, a referral to the Child and Adolescent Mental Health Service should not be considered as a first response. Consider referring to other agencies in the first instance. Therapeutic interventions are likely to be more clinically effective if the wider social context issues have been or are being addressed and supported.			
Context		<ul style="list-style-type: none"> Bullying Housing and home environment Inconsistent care arrangements Inconsistent Parenting Parental Mental Health needs Poor parent/child relationship Poor response to emerging needs Risk of relationship breakdown School issues 	Those areas identified in "Getting Advice" plus: <ul style="list-style-type: none"> Child in Care Child in Need Child with a diagnosed Learning Disability Persistent problems in all areas of school Reduced attendance at school Reduced access to positive social relationships and activities 	Those identified in "Getting Help" plus: <ul style="list-style-type: none"> Family breakdown Increase in risky relationships Non-attendance at school Relationship breakdown Social Isolation 	Those identified in "Getting Risk Support".
		Consider the 4 D's (Disproportionate, Disruptive, Distressing, Duration)			
Severity		<ul style="list-style-type: none"> Disproportionate beyond that which is usual for a child's age and stage of development to family and child for short periods of time Disruptive Distressing Duration How long has the difficulty been present for? Symptoms are shown in some but not all environments 	<ul style="list-style-type: none"> Disproportionate beyond that which is usual for a child's age and stage of development across all environments to young person and family and not reduced with interventions tried Disruptive Distressing Duration Has been present over a period of time and not responded to support and intervention offered Symptoms are present in all areas of life 	<ul style="list-style-type: none"> Disproportionate beyond that which is usual for a child's age and stage of development across all environments to young person and family and not reduced with interventions tried Disruptive Distressing Duration Has been present over a period of time and not responded to support and intervention offered Symptoms are present in all areas of life plus: <ul style="list-style-type: none"> Increased risk of harm to self and/or to/from others Young person not able to engage in treatment Increased concern of the network around the young person 	Those identified in "Getting Risk Support" and the young person and/or family has been assessed as being able to engage in direct therapeutic interventions.

Accessing Help	Getting Advice	Getting Help	Getting Risk Support	Getting More Help
	<p>If the child is experiencing the above help can be sought from:</p> <p>Hampshire CAMHS Website - this website provides a variety of resources, self-help information and useful links: www.hampshirecamhs.nhs.uk</p> <p>Hampshire CAMHS Early Help provision - Support through CAMHS events such as Fit Fest and PACE (Parents and Carers Event) which offer workshops, information and training. The Hampshire CAMHS Website has further information.</p> <p>School – discuss the difficulties with your child’s school. The School will be able to offer support with emotional difficulties. If the difficulty is concerning behaviour and learning the school may feel it is appropriate to involve behaviour support services.</p> <p>School Nurses – your child’s teacher will be able to put you in touch with the school nurse.</p> <p>Barnardo’s Specialist Parenting Service offers a variety of courses to help parents manage emotional and behavioural difficulties. http://www.barnardos.org.uk/peps.htm</p> <p>Youth Counselling - Hampshire Youth Access provides youth counselling around the county. www.hampshireyouthaccess.org.uk</p> <p>Some schools also offer youth counselling services through the school.</p> <p>Early Help Services – A range of early help services are available throughout Hampshire. More details on how to access these services are available at https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/familysupportservice</p> <p>Young Minds – - this is a national website which provides a variety of resources, self-help information and useful links.</p> <p>MindED – this is a national website which provides free educational resources for families and professionals available at: https://www.minded.org.uk/</p>	<p>Unless there is an immediate need for the specialist mental health service to assess and intervene due to the level of risk identified, services identified in “Getting Advice” should be accessed in the first instance.</p> <p>Once this support has been accessed a period of watchful waiting should follow to allow the child/young person and family to consolidate the skills learnt. If following this there continues to be difficulties, refer to Hampshire CAMHS:</p> <p>www.hampshirecamhs.nhs.uk Tel 0300 304 0050 (for advice prior to referring)</p> <p>Pathways from referral</p> <ul style="list-style-type: none"> - If risk is assessed as low and early help services have not been accessed then referrals will be signposted to these agencies - Some cases may be signposted to appropriate groups run by Hampshire Youth Access and Early Help Hubs - Telephone or face to face assessment in CAMHS followed by guided self-help and evidence based group intervention <p>Referrals can be made by any professional, the family or young person. The referral form must be completed in full. This referral will be used to assess the appropriateness of ongoing assessment and intervention by the specialist mental health service. Where the need for a specialist mental health service is not identified in the referral form, the referral will be signposted to other appropriate services. A copy of the referral form and the response letter will be sent to the referrer, and if different, the family and young person (where appropriate).</p>	<p>If there is an immediate need for the specialist mental health service to assess and intervene due to the level of risk identified, refer to CAMHS:</p> <p>www.hampshirecamhs.nhs.uk Tel 0300 304 0050 (for advice prior to referring)</p> <p>Pathways from referral</p> <p>Face to Face assessment, risk assessment, safety management plan and care plan agreed with young person and family.</p> <p>Residual risks may be best managed and monitored outside of the specialist mental health service, if the young person has been assessed as currently unable to engage in therapeutic interventions.</p>	<p>Case will be open to CAMHS.</p> <p>Assessment and agreed care plan in place.</p> <p>Interventions will be appropriate and evidence based for the young person’s needs.</p> <p>Interventions include:</p> <ul style="list-style-type: none"> - Group intervention through evidence based groups (see previous column) - 1:1 evidence based intervention - Input from multi-disciplinary team - Consideration of support from the urgent assessment and home treatment team

There are many voluntary advisory organisations at hand to help:

Childline: 0800 1111

Relate: 0300 100 1234 www.relate.org.uk

Young Minds: 0808 802 5544 www.youngminds.org.uk

www.minded.org.uk

www.italk.org.uk

www.talkplus.org.uk