

Supporting the positive mental health and wellbeing of our children and young people

(Mental Health Champions Pathways Guidance document)



This guidance should be used alongside the support of the Lancaster and Morecambe Mental Health Champions Network.

If you are not already a member of this network please email wendy.hart@lancashirecare.nhs.uk or sam.harding@lancashirecare.nhs.uk

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Child and Adolescent Mental Health service (CAMHS) Primary Mental Health workers (PMHW) offer consultation and advice to professionals about services in the area who can support children and young people's mental health and emotional wellbeing.

Please be aware that we do not need children's details or parent/carer consent to offer consultation to professionals.

We are based at the Ross Children's Centre, Euston Road, Morecambe, LA4 5LE and can be contacted via phone on 01524 550 650 - or individually via our mobiles or email addresses. We endeavour to return calls and emails as quickly as possible.

Please note that all acute/urgent presentations must be directed to the CAMHS team on 01524 550 650.

No urgent messages should be left on these mobile answerphones or email accounts.

Wendy Hart Mobile: 07507 845966 Email: wendy.hart@lancashirecare.nhs.uk

Sam Harding Mobile: 07960 868083 Email: sam.harding@lancashirecare.nhs.uk

Joy Holmes (YMHA facilitator only)

Vision for the guidance document and the Mental Health

Champion role

This guidance document is intended to support professionals in general practice and not in crisis situations. It should help you to run through options of support and point professionals, parents and children/young people towards appropriate support both in the local area and online.

The role of the mental health champion is as a point of contact in a team to access a network of support, advice, guidance and local resources. Our vision is that this role will support the use of this guidance document and keep the information up to date and relevant for use.

Our aim is to build a peer supported network of informed, empowered and knowledgeable local professionals who support the mental health and wellbeing of the children and young people in our area.

The MH champion role should compliment your role within your team and promote positive mental health and mental health awareness.

The champions network meet three times per year in the local area. These dates are sent out via email to the network. Youth Mental Health First Aid Training is also available to MH champions.

What is this guidance for?	
✓	✗
Support, advice and guidance	A diagnostic tool
A toolkit to be used to inform practice after safeguarding/emergency needs have been met	A definitive or tick box style pathway of access to support for every child, young person, family or agency
Linked to a network of support via Primary mental health workers and Mental health champions	Override safeguarding policy or professional judgement

The THRIVE model



Example support pathway linked to THRIVE model

Concerns are raised about a young persons wellbeing

Get advice —Discuss the concerns in house with the SENDCo/learning mentor/MH champion. Use resources in this document and try suggested strategies if appropriate.

Make an action plan in the form of an Assess, Plan, Do, Review cycle

Get advice —If concerns still apparent, discuss with carers/primary care givers.

Continue to observe, try different strategies and seek advice from others

Get help — a CAF is a useful tool to access further help and manage a plan of support for the YP/family

Unsure? explore other avenues to support family and child. Consider other pathways.
Get advice from a PMHW

Get help— the CFW can help you and the YP/ family

<u>School/agency</u>	<u>Parents</u>
<p><u>Seek advice (record evidence of steps taken)</u> From other local schools and SENCOs Use traded services / specialist teachers Buy in services Local advice and websites -see resource page</p>	Support parents to access advice available from local support groups, services, websites, CFW service etc
<p><u>Strategies</u> Try a range of <u>strategies</u> to support– continue using the ASSESS, PLAN, DO, REVIEW cycle</p>	
<p><u>Consider other areas of need –</u> Are we looking at the main issue?</p>	
<p><u>Referral for assessment of other difficulties (if needed)</u> Do other difficulties need assessment or support to alleviate the current concern?</p>	
Make sure to keep a record of other things tried and services accessed as evidence of needing further specialist help—using the CAF/TAF process or Assess, Plan, Do, Review cycle	

Getting more help—

Will further specialist help support to the child and family?

Have other support options been tried? Can you evidence this?

Need support with which specialist service could help? Contact a PMHW

Referral via education provider is preferred as you hold more information about the child than most professionals do

If the child is open to CSC share the current plan and ask the named CSC professional to support the referral to support joined up working

Please note advice and guidance is available from CAMHS Primary Mental Health Workers if needed (details page 3)

How to use the guidance pathways

Step 1: Concerns raised by staff, parents/carers or child/young person

Step 2: Discuss with SENDCo/ Learning mentor/ MH Champion

Step 3: Start to gather information from the child/ young person, family and appropriate staff (including other agencies—with consent) and initiate an ASSES, PLAN, DO, REVIEW cycle (page 11)

Consider the individual, family and environmental factors—using the risk and resilience resource (page 16) including basic health information (i.e. sleep and diet)

Query of Autistic Spectrum Condition (ASC) see separate support pathway (page 18)

Query of ADHD see separate support pathway (page 20)

Query of eating disorder see separate support pathway (page 22)

Emotional health and wellbeing is main presenting issue and focus for in house intervention			
Behaviour and conduct support pathway (page 24)	Bereavement and loss support pathway (page 26)	Trauma support pathway (page 28)	Emotional issues support pathway (page 30)
			Harm to self support pathway (page 32)



Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

Chat to our friendly counsellors Read articles written by young people Join live moderated forums

kooth
www.kooth.com

Kooth.com is a free, safe, confidential and non-stigmatised way for young people aged 11-16 to receive counselling, advice and support on-line. A newly commissioned service across Lancashire, Kooth delivers 1000's of counselling sessions each year across the UK.

Available until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and help. As 50% of referrals to CAMHS are deemed inappropriate to their criteria, Kooth gives professionals an alternative way of ensuring young people can access free support when they need it, in a medium young people know and use.

They deliver CBT, solution focused and humanistic approaches such as narrative and other relational therapies. They work closely together to ensure the best outcome is achieved for the young person. The counsellors have clear pathways into others services too, ensuring the young person gains information needed and are signposted to the most appropriate provisions.



Having a mental health crisis?

Text **YM** to **85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

YOUNG MINDS
Crisis Messenger

powered by
CRISIS TEXT LINE

Other helpful documents	
Resilience Framework	http://www.boingboing.org.uk/index.php/resources/category/9-resilience-frameworks
CAF guidance	http://www.lancshiresafeguarding.org.uk/media/15003/Thresholds-Guidance-2016.pdf http://www.lancashirechildrenstrust.org.uk/resources/?siteid=6274&pageid=45056
Thrive guidance	https://www.thriveapproach.com/ https://www.ucl.ac.uk/ebpu/publications/Thrive Elaborated 2nd Edition011216.pdf
LSCB 7 minute briefings	http://www.lancshiresafeguarding.org.uk/learning-development/7-minute-briefings.aspx
Youth Mental Health First Aid Handbook	anyone who accesses the training gets a handbook which is an excellent resource. Website has free resources too - https://mhfaengland.org/
Time to change	- Whether you are a teacher, school leader or young campaigner, we have free tried and tested resources to download .
Heads Together	- Information advice and resources to help primary schools understand and promote children's mental health and wellbeing. https://www.mentallyhealthyschools.org.uk/
Anna Freud Schools in Mind	- free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. https://www.annafreud.org/what-we-do/schools-in-mind/
Mental Health and Behaviour in Schools	https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2
A whole school framework for emotional wellbeing and mental health	A self-assessment and improvement tool for school leaders https://www.ncb.org.uk/sites/default/files/uploads/documents/Policy_docs/Briefings/NCB%20School%20Well%20Being%20Framework%20Leaders%20Tool%20FINAL.pdf Supporting resources for school leaders https://www.ncb.org.uk/sites/default/files/field/attachment/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf

General mental health and wellbeing resources

General Mental Health advice and information websites

Mind Ed—Free e-learning to help adults to identify and understand children and young people with mental health issue www.minded.org.uk (useful for parents or professionals)

Mind—Lots of advice and guidance on various mental health issues www.mind.org.uk

Mental Health Foundation—lots of publications on mental health—www.mentalhealth.org.uk

Young Minds—www.youngminds.org.uk

Royal College of Psychiatrists—www.rcpsych.ac.uk

Helpful guides for emotional health —www.onyourmindglos.nhs.uk/

Resources for emotional wellbeing—www.handsonscotland.co.uk

Information about MH medication- www.headmeds.org.uk/

Stem 4 - Stemming teenage mental illness - <http://www.stem4.org.uk/>

Resources for professionals to use to support CYP

Pesky gNATs - Free CBT workbook - <http://peskygnats.com/workbook/>

Centre for Clinical Interventions (CCI) - Module based booklets for many different conditions <http://www.cci.health.wa.gov.au/resources/consumers.cfm>

Free therapeutic resources— www.getselfhelp.co.uk

NSPCC Solution-focussed practice toolkit- <https://learning.nspcc.org.uk/research-resources/2015/solution-focused-practice-toolkit/>

Growth Mindset Coach (book available on Amazon) Teachers month by month handbook for empowering students to achieve

My Mind Feed - Cheshire and Wirral CAMHS page <http://cwpcamhscentre.mymind.org.uk/>

Helplines and helpful websites for parents

Samaritans—www.samaritans.org.uk

Childline—www.childline.org.uk

Young Minds Parent Helpline—<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

LGGS school website - mental health and well-being resources they have compiled for students and families to access

<http://www.lggs.org.uk/mental-health-support-material/771861.html>

Parenting

Rollercoaster parent /carer support group— For parent/carers who are supporting children or young a young person with any kind of emotional or mental health problem. Meets every second Tuesday of the month 10-1pm, at Brew Me Sunshine Community Café Morecambe (next to main Post office). For further info please ring Claire 07846332609/ Becca 07939685408 /Suzanne 07909584135 or Wendy at Ross centre 01524550650.

Parenting groups list— local list of parenting groups on the NLDG website—<http://www.nldg.org.uk/>

Understanding Childhood - information leaflets for families and professionals -

<http://www.understandingchildhood.net/>

NSPCC Positive Parenting booklet —<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/>

ACE's and attachment—https://westsussex.local-offer.org/information_pages/405-trauma-free-beacon-house-resources

Sleep and lifestyle websites

Advice for better sleep and about the effects of technology - www.sleepcouncil.org.uk/

Healthy lifestyle advice from NHS- www.nhs.uk/livewell/

Five Ways to Wellbeing for Children and Young People—www.eastlancshealthyminds.co.uk/youth/stress.html

Living life to the full - <http://littf.com/>

Life Babble by CBBC - <http://www.bbc.co.uk/cbbc/shows/lifebabble?section=music&page=2>

Wheel of Wellbeing (WoW) - <https://www.wheelofwellbeing.org/>

Greater Good Magazine (website and podcast) - <https://greatergood.berkeley.edu/#>

Action for Happiness—<https://www.actionforhappiness.org/>

LGBTQ

Lancashire LGBT — <https://lancslgbt.org.uk/>

PYRO - PYRO is CFW service's LGBTQ group running every Tuesday in Lancaster from 6pm to 7:30pm at White Cross. They tend to keep the location private though until a member of the PYRO team has spoken to the young person or their key worker if they have one. Nicole's number can be handed out to any young people/professional.

Nicole Cobb - Key Worker Youth Offer. Children & Family Wellbeing Service

Mob: 07887631335 Tel: 01524 581 280 nicole.cobb@lancashire.gov.uk

Out in the bay - LGBT support in the Lancaster Area - <https://oitb.co.uk/>

Gender Identity Development Service (GIDS) - information for YP, parents and carers - <http://gids.nhs.uk/referrals>

Mermaids— Mermaids is a British charity and advocacy organization that supports gender diverse and transgender youth in the United Kingdom—<https://www.mermaidsuk.org.uk/>

Stonewall - includes page about supporting schools—<https://www.stonewall.org.uk/>

Albert Kennedy Trust—supporting homelessness and home life issues — <https://www.akt.org.uk/>

Resources for professionals

Self Help guides— www.ntw.nhs.uk/pic/selfhelp/

Self help resources—www.moodjuice.scot.nhs.uk (professional area too)

ELSA Support—**supporting emotional literacy**—<https://www.elsa-support.co.uk/>

Young carers and siblings

Young carers - <https://carers.org/about-us/about-young-carers>

Young Carers - Barnardo's - [http://www.barnardos.org.uk/what we do/our work/young carers.htm](http://www.barnardos.org.uk/what_we_do/our_work/young_carers.htm)

Young sibs – Information, peer support chatroom and separate sections for professionals. <https://www.youngsibs.org.uk>

Suicide prevention and after suicide support resources

Prevention of young suicide—www.papyrus-uk.org

ASIST and SafeTalk Training for professionals—www.livingworks.net/

Help is at Hand—information booklet—<http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

Finding the Words—information booklet—<http://supportaftersuicide.org.uk/support-guides/finding-the-words/>

Healthier Lancashire and South Cumbria—suicide prevention resources—<https://www.healthierlsc.co.uk/suicide-prevention-resources>—**including free Zero Suicide**

Alliance online training module

Support after Suicide—<http://supportaftersuicide.org.uk/>

Suicide Bereavement UK— <https://suicidebereavementuk.com/>

Samaritans and Papyrus will visit schools to support after a suicide death

Apps for mobiles and tablets

(available via App stores on devices mostly free - some have some in app purchases)

Sleepio—sleep hygiene

7 cups—Anxiety and Stress Chat

SAM - Self-help for Anxiety Management - Observe how anxiety affects you over time, learn how thinking and lifestyle can contribute to anxiety and practice self help options for managing anxiety

Smiling mind - Meditation app with programmes designed to assist with dealing with the pressure, stress and challenges of daily life with programmes for 7-9, 10-12, 13-15 and 16-18 years olds, adults, sport, mindfulness in the classroom and mindfulness in the workplace

Headspace - Meditation app offers free basics pack to teach how to meditate.

Useful and informative videos too

WellMind - Free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and wellbeing

MindShift - Designed to help teens and young adults cope with anxiety

Brain in Hand - Used by people with autism or mental health problems to help remember activities and reduce anxiety and feel supported

Calm Harm - Provides tasks that help you resist or manage the urge to self harm

Brili - Routine system for kids and parents can set reward targets

NHS Weight Loss Plan - develop healthier eating habits and be more active

These apps have been tested and rated by Orcha. They have been commissioned by Healthier Lancashire and South Cumbria to support professionals to use and recommend apps.

Visit their website at <https://lancashire.orchha.co.uk/> and sign up to check the rating of apps you use and find their tops rated apps for all different conditions and issues.



Ways to well-being

In 2008, NEF (New Economics Foundation) produced their five ways to well-being framework for adults. This set of five actions - connect, be active, keep learning, take notice and give - were beneficial to adults.

The Children's Society wanted to find out whether this approach could work for children and young people, as well.

They have been working with NEF to create the Ways to well being report.

They asked around 1500 young people aged 10 to 15 a number of questions related to the five ways that we felt might be relevant to children's lives

Key findings

- There's good evidence that four of NEF's five ways - connect, be active, take notice, keep learning - work for children
- Evidence for the fifth - give - was more mixed, although children did talk about being kind and doing things to help others

However, they have found evidence for another way to well-being relating to creativity, imagination and play.

The full Ways to well-being report, parent guide and postcards are available at

<https://www.childrenssociety.org.uk/what-we-do/>



Adverse Childhood Experiences

Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

Abuse

- Emotional abuse
- Physical abuse
- Sexual abuse



Household Challenges

- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent



Neglect

- Emotional neglect
- Physical neglect



1/8 of the population have more than 4 ACEs

People with 6+ ACEs can die

20 yrs

earlier than those who have none



www.70-30.org.uk
@7030Campaign

4 or more ACEs

3x the levels of lung disease and adult smoking



14x the number of suicide attempts



4.5x more likely to develop depression



2x the level of liver disease



11x the level of intravenous drug abuse



4x as likely to have begun intercourse by age 15



“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today”

Dr. Robert Block, the former President of the American Academy of Pediatrics



70/30 CAMPAIGN: EMPOWERING COMMUNITIES TO PROTECT OUR CHILDREN

ACE-informed

Approach

“An ounce of **PREVENTION** is worth a pound of cure”
Benjamin Franklin

Negative impacts of ACEs are significantly mitigated by having an

Always Available (trusted) Adult (AAA)

People with 4+ ACEs and **NO** CONSTANT SUPPORT are

3X

more likely to do any two of the following:



than people with 4+ ACEs and
CONSTANT AAA SUPPORT

PROTECTIVE FACTORS

can often mitigate the consequences of ACEs

The presence of



Concrete support for families in times of need



Safe, stable, nurturing relationships



Caregiver knowledge & application of positive parenting skills



Parental resilience



ACE-aware, supportive communities and social systems



Child's social and emotional skills

TRAUMA-INFORMED CARE

All children need to develop:



Holistic, multi-agency, non-stigmatising, information sharing among all professionals

EMPATHY
ability to understand & share the feelings of others

RESILIENCE
tools to respond to the challenges of life

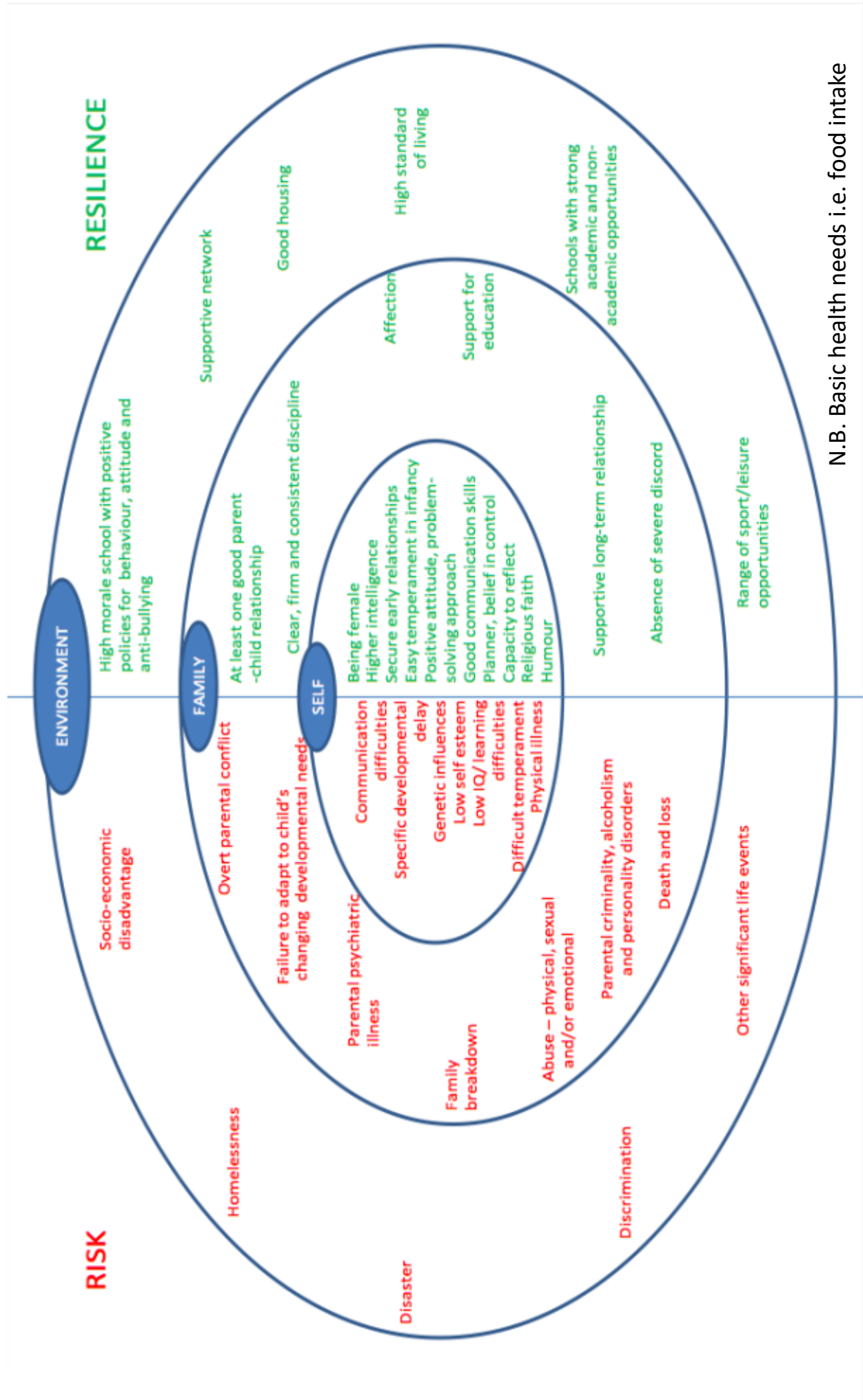


www.70-30.org.uk
@7030Campaign

Link in with some of the fantastic work local schools are doing to be more ACE aware via the MH champions and Early Help networks

ACE's animation <http://www.lscb.org.uk/adverse-childhood-experiences-aces-animation/> plus link to e-learning module and other resources

Please note this is only one example of risk and resilience factors



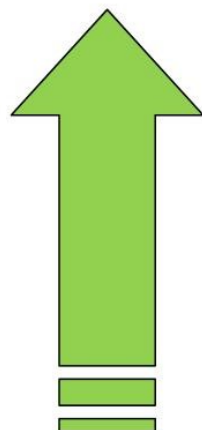
N.B. Basic health needs i.e. food intake and sleep should also be considered

The Assess, Plan, Do, Review cycle



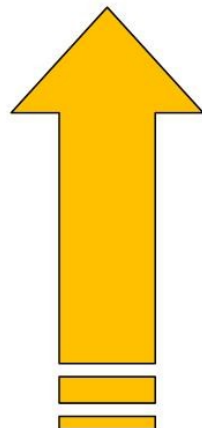
Assess

Assess the child/YP's strengths and needs using a range of methods (observation, CAF, assessments, teacher assessment, assessments from external agencies) with the child/YP (and parents/carers where appropriate) with consent from the YP.



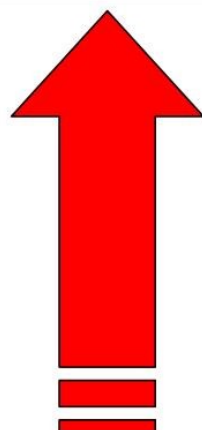
Plan

Using the assessments and advice from a range of people (parents, teachers, outside agencies—with consent) plan the support or intervention that is needed. This should be 'outcome focused' and state clearly the aims of the plan.



Do

Implement the planned support whilst continuing to work together.
Set a clear review date.



Review

Discuss with all involved how effective the support is and the impact of the intervention for the child/YP.
Plan carefully the next step with all involved before the cycle begins again.

Query of Autistic Spectrum Condition (ASC) support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with the SENDCo/learning mentor/mental health champion.
Use ASC resources overleaf and try suggested strategies if appropriate.
(Initiate ASSESS, PLAN, DO, REVIEW – SEND SUPPORT)

If concerns still apparent, discuss with carers/primary care givers.
Observe and help to suggest strategies (ASSESS, PLAN, DO, REVIEW).
Seek advice from others (e.g. SENDCo/school staff, mental health champion, other professionals)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Not enough evidence at present to support ASC – explore other avenues to support family and child. Consider other pathways.

Both of these to run alongside each other. All strategies may not be appropriate, they are suggested options and support

<u>School/agency</u>	<u>Parents</u>
<u>Seek advice (record evidence of steps taken)</u> From other local schools and SENCOs Local SEND schools Traded services specialist teachers Educational Psychologists (County or private) Local advice and websites -see resource page	Look at support on the local offer Look at a range of websites for support (see resource page)
<u>Strategies</u> Try a range of <u>strategies</u> to support– ASSESS, PLAN, DO, REVIEW	Look at advice available from local support groups (see resource page)
<u>Consider other areas of need –</u> communication, sensory needs, emotional and social needs, medical needs, ADHD	Look at local courses
<u>Referral for assessment of other difficulties (if needed)</u> Eye or hearing test SALT drop in/referral Educational Psychologist (County or private)	
At a later date, if necessary, collect evidence to apply for an EHC Plan	

Health

Referral to health if it will offer further support to the child and family.

Referral via education provider is preferred.

Referral to Lancashire Care – request for assessment with regards to Autistic Spectrum Disorder for school aged children

Please post request for involvement form to:

Referral Hub

Learning Disability Service

Darwen Resource Centre

Edward Street

Darwen, BB3 1AY

Telephone No: 01772 520202

Email: LDReferralHub@lancashirecare.nhs.uk

Autistic Spectrum Condition (ASC) resources

Local offer—

Special Educational Needs and Disabilities Lancashire County Council Local Offer

Lots of useful information on the Lancashire Local Offer and support with Education, Health and Care Plans can be found here: <http://www.lancashire.gov.uk/SEND>

Children and Family Wellbeing - see appendices for more details

Learning Disability/Complex Needs team - see appendices for more details

Local support—

AOK is a parent peer support group based at Lune Park Neighbourhood Centre in Lancaster.

Parents can bring children aged 0-8 with/without a diagnosis and their siblings to meet other parents, get advice and support and use the sensory equipment available. Phone 01524 581280 for info.

National Autistic Society Includes information advice and resources for parents/carers and professionals. www.autism.org.uk The Lancaster and Morecambe group of the National Autistic Society offer information and advice to parent carers of children and young people with/working towards a diagnosis. They currently only maintain a closed Facebook group but a website with info can be found at www.naslandm.co.uk

Unique Kidz Weekly Stay and Plan for children with Special Educational Needs and Disabilities for pre school children with / without a diagnosis. They also provide respite for children and young adults 0-25 on site at their premises during school holidays. Contact 01524 831132.

North Lancs Directions Group A helpful website with a useful timetable of additional needs support groups www.northlancsdirectionsgroup.com

AOK + - Youth Group for children and young people aged 12-19 with a diagnosis of autism, and their siblings Contact Lune Park 01524 581280. Held at Morecambe Library.

Piccadilly School holiday activities / respite for young people with additional needs, age 11+.

Autism Group for ages 16-24 Contact: Ju.Richmond@googlemail.com

Prop Up Project— find them on facebook or contact Keeley Wilkinson by email on propupproject@gmail.com

Wise Up Workshop Afterschool and respite provision drama club for children with additional needs, disabilities and autism www.wiseupworkshops.com

FIND in Partnership with Lancashire Parent Carer Forum

A newsletter packed full of useful information and details of local support groups

Email copies / subscription can be obtained by emailing: find@lancashire.gov.uk

The Autism Show A national annual event for parents, carers, professionals and individuals on the autistic spectrum www.autismshow.co.uk

Reach Out ASC - <http://reachoutasc.com/>

Bright Ideas—for visual resources—<https://www.asdbrightideas.co.uk/asd/>

Contact—helpline for parents www.contact.org.uk

Resource for parents following a diagnosis—<https://www.asdinfowales.co.uk/resource/Autism-English-download.pdf>

Books—

Freaks, Geeks and Aspergers by Luke Jackson and The Out of Sync Child by Carol Stock Kranowitz

Remember the general resources on page 6 of this document too!

Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.

Query of ADHD support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with the SENDCo/learning mentor/mental health champion.
Use ADHD resources overleaf and try suggested strategies if appropriate.
(Initiate ASSESS, PLAN, DO, REVIEW – SEND SUPPORT)

If concerns still apparent, discuss with carers/primary care givers.
Observe and help to suggest strategies (ASSESS, PLAN, DO, REVIEW).
Seek advice from others (e.g. SENDCo/school staff, mental health champion, other professionals)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Not enough evidence at present to support ADHD—explore other avenues to support family and child. Consider other pathways.

Both of these to run alongside each other. All strategies may not be appropriate, they are suggested options and support

<u>School/agency</u>	<u>Parents</u>
<u>Seek advice</u> From other local schools and SENDCos Local SEND schools Traded services specialist teachers Educational Psychologists (County or private) Local advice and websites -see resource page	Look at support on the local offer Look at a range of websites for support (see resource page) Look at advice available from local support groups (see resource page)
<u>Strategies</u> Try a range of <u>strategies</u> to support– ASSESS, PLAN, DO, REVIEW	Look at local courses
<u>Consider other areas of need –</u> Communication, emotional and social needs, medical and basic health needs i.e. sleep Consider ASC and parenting support	
<u>Referral for assessment of other difficulties</u> Eye or hearing test, SALT drop in/referral, Educational Psychologist (County or private), Sleep, CFW for family support	
At a later date, if necessary, collect evidence to apply for an EHC Plan	

Health

Referral to health if it will offer further support to the child and family.

Referral via updated CAMHS/ADHD referral form sent to the Ross Centre.

Referral via education provider is preferred. Referral should include evidence of previous early help support, assessments and referral outcomes e.g. CAF/SALT assessment

ADHD resources

Local offer—

Special Educational Needs and Disabilities Lancashire County Council Local Offer
Lots of useful information on the Lancashire Local Offer and support with Education, Health and Care Plans can be found here: <http://www.lancashire.gov.uk/SEND>
Learning Disability/Complex Needs team - see appendices for more details

Local support—

FIND A newsletter packed full of useful information and details of local support groups. Email copies / subscription can be obtained by emailing: find@lancashire.gov.uk
Unique Kidz—Weekly Stay and Plan for children with Special Educational Needs and Disabilities for pre school children with / without a diagnosis. They also provide respite for children and young adults 0-25 on site at their premises during school holidays. Contact Jane: 07544570384 or email: Jane@uniquekidzandco.org.uk
ADHD North West - www.adhdnorthwest.org.uk

Other local activities-

North Lancs Directions Group

A helpful website with a useful timetable of additional needs support groups
Local activities are listed on www.northlancsdirectionsgroup.com or text Lucy Ellis 07873818153

Online resources—

ADHD Foundation Support, advice and self-management of ADHD

www.adhdfoundation.org.uk

ADDitude—Inside the ADHD mind—www.additudemag.com

ADDISS—The National **A**ttention **D**eficit **D**isorder Information and **S**upport Service —www.addiss.co.uk

ADHD voices—www.adhdvoices.com

Living with ADHD Useful resources, hints and tips for those living with ADHD, parents and professionals. <http://livingwithadhd.co.uk>

ADHD & YOU Information, support and resources for children, young people, parents, carers and professionals <http://www.adhdandyou.co.uk/>

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx> (factsheet)

<http://www.adhdandyou.co.uk/wp-content/uploads/2016/01/New-combined-Teachers-Guide-v14.pdf>

Sleep and ADHD resources - <https://www.psychology-services.uk.com/resources.htm#resource-20>

Books recommended by the network—

All dogs have ADHD (Book available on Amazon)

Parenting the ADD Child – Can't do? Won't do? Practical Strategies for Managing Behaviour Problems in children with ADD and ADHD by David Pentecost

Remember the general resources on page 6 of this document too!

Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.

Any extreme weight loss or change in attitude towards food should be directed to the eating disorder service ASAP.

Details of the (all age) Eating disorder team is in the appendices.

Query of Eating disorder support pathway

Concerns raised by staff, parents/carers or child/young person or friend of YP

Discuss with the School Nurse/pastoral staff/mental health champion or GP.
Use ED resources overleaf and try suggested strategies if appropriate.
(Initiate ASSESS, PLAN, DO, REVIEW – SEND SUPPORT)

If concerns still apparent, discuss with child/young person and carers/primary care givers.
Observe weight/attitude towards food (if appropriate) and help to suggest strategies
(ASSESS, PLAN, DO, REVIEW).
Seek advice from others

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Not enough evidence at present to support ED– explore other avenues to support family and child. Consider other pathways.

These options run alongside each other.
All strategies may not be appropriate, they are suggested options and support.

<u>School/agency</u>	<u>Parents</u>
<u>Seek advice</u> From other local schools and SENDCos PMHW's for general health and wellbeing advice and early help services Eating Disorder team for advice Local advice and websites -see resource page	Look at a range of websites for support (see resource page)
<u>Strategies</u> Try a range of <u>strategies</u> to support– ASSESS, PLAN, DO, REVIEW	
<u>Consider other areas of need –</u> Emotional and social needs, medical and basic health needs i.e. sleep, illness	
<u>Referral options for early help support–</u> Child Action North West - via CFW Service A.C.E for therapeutic support	

Health

Referral to all age Eating Disorder team for assessment if further support for the child/YP and family needed.

Referral via ED team referral form

A phone consultation can be utilised before referral. The team can be contacted on 01772 647 004

Eating disorder resources

Local offer—

Child Action NW - Commissioned service - referral via CFW - see appendices

Online resources—

B-eat - UK Eating Disorder charity - www.b-eat.co.uk

The Beat website features extensive information and links to other organisations, the Helpfinder, message boards, research recommended reading and other resources

Anorexia and Bulimia Care (ABC) - www.anorexiabulimiare.org.uk/

Centre for Clinical Interventions (CCI) - Module based on Disordered Eating

Overcoming disordered Eating Part A

http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=48

Overcoming disordered Eating Part B

http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=49

Other useful modules on the 'workbooks' tab include

Building Body Acceptance - overcoming body dysmorphia,

Building Self- Compassion - from self- criticism to self- kindness

Improving low self-esteem

Perfectionism in Perspective among others.

The website also holds a large number of information sheet on eating disorders and the effects of eating disorders including information for parents and carers

http://www.cci.health.wa.gov.au/resources/minipax.cfm?mini_ID=19

Hunger for understanding PDF

<http://www.wales.nhs.uk/sitesplus/documents/866/Hunger%20for%20Understanding%20%20-%20Workbook.pdf>

Eva Musby—Help for parents of children and teens suffering from anorexia and other eating disorders—<https://anorexiafamily.com/>

The Eating Disorder service also recommend the Recovery Record app and the following self-help books and further reading documents

Self help books

Compassionate Mind Approach to Beating Overeating – Ken Goss

Overcoming series (Anorexia Nervosa – Christopher Freeman; Binge Eating – Christopher Fairburn; Bulimia Nervosa – Peter Cooper)

Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders – Treasure & Schmidt

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers - Treasure

Further reading

Eating and Its Disorders – Fox & Goss

Kings College Guidance for Medical Risk Assessment of Eating Disorders: <http://www.kcl.ac.uk/ioppn/depts/pm/research/eatingdisorders/resources/GUIDETOMEDICALRISKASSESSMENT.pdf>

MARSIPAN guidelines: <http://www.rcpsych.ac.uk/usefulresources/publications/collegereports/cr/cr189.aspx>

Remember the general resources on page 6 of this document too!

Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.

Behaviour and conduct support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with SENDCo/ Learning mentor/ MH Champion

Start to gather information from the child/ young person, family and appropriate staff (including other agencies—with consent)

Consider the individual, family and environmental factors—using the risk and resilience resource (page 16) including basic health information (i.e. sleep and diet)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Behaviour and conduct is main presenting issue and focus for in house intervention

All strategies may not be appropriate, they are suggested options and support

Seek advice

From other local schools and SENDCOs/ network of MH champions
School nurse
Local SEND schools/PRU/Police Early action team
Educational Psychologists (County or private)
PEIS (bought in service from schools)—Jacqui Wilson/in-house parenting support
Traded services specialist teachers
Local advice and websites (see resource page)

Strategies

Try a range of **strategies** from advice to support– ASSESS, PLAN, DO, REVIEW

Consider other areas of need –

Communication/SALT/ hearing, SEND, emotional issues including possible trauma, social needs, medical and basic health needs i.e. sleep

Referral options

Parents should be supported to seek advice from services and websites overleaf.

Local offer from CFW service

Educational Psychologist (County or private)
CAMHS for Incredible Years group

Please note advice and guidance is available from CAMHS PMHW's if needed

If further support is required consider referral to Children's Social Care or Health for diagnosis or specialist education settings

Behaviour and conduct resources

Local offer—

Children and Family Wellbeing Service - see appendices for more details

Learning Disability/Complex Needs team - see appendices for more details

Local support —

Youth and community groups/afterschool clubs/community sports groups - CVS hold a database of local resources contact the team on 01524 555 900

Strawberry Fields - <http://strawberryfieldstraining.org.uk/> or phone 01524 874 246

Lancashire Youth Challenge - www.lancashireyouthchallenge.co.uk or email team@lancashireyouthchallenge.co.uk or contact 07885974782

YMCA - <http://fyldecoastymca.org/young-people/lancaster-ymca>

Local courses—

Parenting groups in locality— document of all groups held on the North Lancs Directions Group website <http://www.nldg.org.uk/index.html>

Incredible Years courses for parents are available locally

Articles and handouts for Parents available at <http://www.incredibleyears.com/parents-teachers/articles-for-parents/>

In house courses in schools—Triple P/Family Links etc

Free downloads for parents from Family Links <https://www.familylinks.org.uk/parents#free-downloads-for-parents>

Online resources -

DDP Network Information about DDP therapy, online resources and links for parents/carers of children with emotional and behavioural difficulties

<http://ddpnetwork.org/about-ddp/meant-pace/>

Zones of regulation (book and CD) www.zonesofregulation.com

Youth zone - <http://www.lancashire.gov.uk/youthzone>

Books recommended by the network—

There's a volcano in my tummy (anger management book available on Amazon)

Bubblegum guy- by Joost Drost (Book/practical resource available on Amazon)

Helping children deal with conflict- by Jenny Moseley (Book available on Amazon)

A Solution Focused Approach to Anger management with Children- by Berni stringer (Book available on Amazon)

Attention games- Barbara Sher(Book available on Amazon)

The Anger Alphabet – By Tina Rae (Book available on Amazon)

The Powerhouse- Elizabeth Morris (Available online) An all-in-one resource for building self-esteem in primary schools

Starving the anger gremlin (Book available on Amazon)

Seeing red – by Jennifer Simmonds (Book available on Amazon)

Helping children deal with anger- Helen Sonnet (Book available on Amazon)

Ideas to go series – various titles on behaviour for various ages (Books available on Amazon)

Remember the general resources on page 6 of this document too!

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Bereavement and loss support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with SENDCo/ Learning mentor/ MH Champion

Start to gather information from the child/ young person, family and appropriate staff (including other agencies—with consent)

Consider the individual, family and environmental factors—using the risk and resilience resource (page 16) including basic health information (i.e. sleep and diet)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Bereavement and loss is main presenting issue and focus for in house intervention

All strategies may not be appropriate, they are suggested options and support

Seek advice

From other local schools and SENDCos/ network of MH champions

School nurse

Local advice and websites (see resource page)

Primary mental health workers at CAMHS

Strategies

Try a range of **strategies** from advice to support— ASSESS, PLAN, DO, REVIEW

Consider other areas of need –

Emotional issues

Referral options – Parents should be supported to seek advice from services and websites overleaf.

School based services—i.e. counsellor Local offer from LCC CFW service or Educational Psychologist (County or private)

Community resources—overleaf

Please note advice and guidance is available from CAMHS PMHW's if needed

Health

Referral to CAMHS if it will offer further support to the child and family.

Referral via referral form — See referral guidance in appendices

Please note any agency can refer - GP not required for every referral to CAMHS

As discussed at the MH champions meeting focussed on Bereavement in April 2019 schools were advised to have a bereavement policy in place to support when a bereavement affects the wider school. A useful document has been sent out to champions—contact us for a copy

Bereavement and Loss resources

Local offer—

Children and Family Wellbeing Service - see appendices for more details

Local support —

CancerCare - <http://www.cancercare.org.uk/> CancerCare is a unique independent charity dedicated to helping families affected by cancer and other life limiting conditions living in North Lancashire, South Lakeland and the Barrow and Furness area. Our service for children also works with children bereaved for any reason. **For more information contact the CancerCare Therapy Coordination Team on 01524 381 820 or email tct@cancercare.org.uk**

A.C.E—Achieve Change and Engagement—a charity committed to improving emotional health and well being, Contact Sally Temple 07717316883. <https://a-c-e.org.uk/>

Bereavement support Group CAYP—<http://www.lancsteachinghospitals.nhs.uk/cayp>

Bereavement Directory—<https://www.england.nhs.uk/north/north-west-coast-strategic-clinical-networks/our-networks/palliative-and-end-of-life-care/key-resources-and-documents/bereavement-services-directory-lancashire-cumbria/>

Brake—Road Traffic Accident deaths—including helpline—<http://www.brake.org.uk/victim-support/helpline-for-road-crash-victims>

Salvation army and local church groups may also offer support to bereaved families

Co-op support the cost of funerals for children and young people

Schools have accessed trainee counsellors via the University of Cumbria - no contact information given

Online resources—

Winston's Wish—a charity for bereaved children. Freephone helpline 08088 020 021.

Mon– Friday 9am –5pm www.winstonswish.org.uk

Rainbow Trust— supporting families with a seriously ill child—<https://rainbowtrust.org.uk/>

Child Bereavement UK—Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. 0800 0288840

www.childbereavement.org.uk

www.compassionbooks.com

<http://seasonsforgrowth.co.uk/>

Suicide bereavement specific resources on general resources pages

Books recommended by the network—

Always and forever - by Debi Gliori and Alan Durant (book available on Amazon)

Badgers parting gifts - by Susan Yarley (book available on Amazon)

Michael Rosen's sad book (Available on Amazon)

A monster calls - by Patrick Ness (Available on Amazon)

Winstons wish work books are great

Remember the general resources on page 6 of this document too!

Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.

Trauma support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with SENDCo/ Learning mentor/ MH Champion

**Start to gather information from the child/ young person, family and appropriate staff
(including other agencies—with consent)**

Consider the individual, family and environmental factors—using the risk and resilience resource (page 16) including basic health information (i.e. sleep and diet)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Trauma is main presenting issue and focus for in house Intervention

—after safeguarding concerns have been dealt with

All strategies may not be appropriate, they are suggested options and support

Seek advice

Consult school bullying policy and use in house restorative justice approaches

Local advice and websites (see resource page)

LCC CART (for further advice)

Police and PCSO's / Early action team (for further advice)

Primary mental health workers at CAMHS

School nurse

Contact Core Assets for advice

From other local schools and SENDCos/ network of MH champions

CSE team (for advice if CSE is a concern)

Strategies

Try a range of **strategies** from advice to support— ASSESS, PLAN, DO, REVIEW

Support for parents via local services for Domestic abuse

—Let Go / Safenet

Core Assets and other websites (resource page)

Referral options

Core Assets/ Safenet (for support for the child)

Local offer from CFW service

Birchall Trust / CSE team / YMCA / Strawberry Fields

Please note advice and guidance is available from CAMHS PMHW's if needed

Health

Referral to CAMHS if it will offer further support to the child and family.

Referral via referral form
— See referral guidance in appendices

Please note any agency can refer - GP not required for every referral to CAMHS

Trauma support resources

Local offer—

Children and Family Wellbeing Service - see appendices for more details

Local support —

Birchall Trust—Young People’s Counselling Service for Survivor’s of Rape and Sexual abuse. www.birchalltrust.org.uk Tel: 01229 820828. Email: info@birchalltrust.org.uk

Lancashire Victim Services – [0300 323 0085](tel:03003230085) info@lancashirevictimservices.org <http://www.lancashirevictimservices.org>

NEST Lancashire – [0300 111 0323](tel:03001110323) Text NEST and your number to 60777 info@nestlancashire.org <http://www.nestlancashire.org>

Local support for parents —

Victim support - see commissioned services in appendices

Positive futures - <http://mypositivefuture.net/>

Online resources—

Supporting children after a frightening event available - PDF document <http://davidtrickey.com/wp-content/uploads/2012/05/aftertheevent280410.pdf>

Rationale for Trauma Focused Work - Why it’s good to talk- PDF document <http://davidtrickey.com/wp-content/uploads/2012/05/Rationale-Good-to-talk-070312.pdf>

Supporting children and young people involved in major trauma - PDF document.

This includes a valuable link to a longer document produced by the Norwegian Centre for Crisis Psychology. The pdf: <https://goo.gl/wvhw4v>

Trauma Informed Approach - being aware of Adverse Childhood Experiences (ACE’s) and the effects they have on a child’s life and development.

Beacon House—resources to support developmental trauma—<https://beaconhouse.org.uk/useful-resources/>

The National Association for Children of Alcoholics - <http://www.nacoa.org.uk/>

Books recommended by the network—

A terrible thing happened - by Margaret M. Holmes (book available on Amazon)

How Are You Feeling Today Baby Bear?: Exploring Big Feelings After living in a stormy home - by Jane Evans (book available on Amazon)

Why Love Matters by Sue Gerhardt (book available on Amazon)

Dan Hughes—prominent author on trauma

Book review—

Blog by a teacher in response to reading a book on working with children who’ve had a trauma – article worthwhile, clear advice, plus there are additional resources at the bottom

<http://ddowning.net/how-does-a-teacher-intervene-and-improve-learning-for-students-who-may-have-experienced-trauma/>

Remember the general resources on page 6 of this document too!

Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.

Emotional issues support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with SENDCo/ Learning mentor/ MH Champion

**Start to gather information from the child/ young person, family and appropriate staff
(including other agencies—with consent)**

Consider the individual, family and environmental factors—using the risk and resilience resource (page 16) including basic health information (i.e. sleep and diet)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

**Emotional issues are the main presenting issue and focus for
in house intervention**

All strategies may not be appropriate, they are suggested options and support

Seek advice

School nurse

Primary mental health workers at CAMHS

Educational Psychologists (County or private)

Local advice and websites (see resource page)

From other local schools and SENDCos/ network of MH champions

Self help resources / Kooth online counselling (kooth.com)

See page 8 for details of Kooth

Consider communication issues—talk to SALT/Hearing service

Strategies

Try a range of **strategies** from advice to support— ASSESS, PLAN, DO, REVIEW

Referral options

Parents should be supported to seek advice from services and websites on resource page.

School nurse

Local offer from CFW service or Educational Psychologist (County or private)

School based services—i.e. counsellor Local offer from LCC

**Please note advice
and guidance is
available from
CAMHS PMHW's if
needed**

Health

**Referral to CAMHS if it
will offer further support
to the child and family.**

Referral via referral form
— See referral guidance
in appendices

Please note any agency
can refer - GP not
required for every
referral to CAMHS

Emotional issues resources

Local offer—

Children and Family Wellbeing Service - see appendices for more details

Learning Disability/Complex Needs team - see appendices for more details

Local support—

A.C.E—Achieve Change and Engagement—a charity committed to improving emotional health and well being, Contact Sally Temple 07717316883. <https://a-c-e.org.uk/>

Access counselling— Lancaster. Tel: 01524 39138. Email: wewillhearyou@access-counselling-cic.co.uk

Lancashire Youth Challenge - www.lancashireyouthchallenge.co.uk or 07885974782

Strawberry Fields - <http://strawberryfieldstraining.org.uk/> or phone 01524 874 246

Local courses for professionals—

Lancashire Emotional Health in Schools Service—for professionals in secondary schools. Email: r.slinger@lancaster.ac.uk

LSCB Young People's Safety Toolkit—see appendices

Online resources—

Boing boing - <http://www.boingboing.org.uk/>

Resilience framework—<https://resilienceframework.co.uk/0>

Calm – Campaign Against Living Miserably Targeted at young men aged 15-35. Helpline and website set up in response to the high suicide rate among young men. 0800 585858 (free helpline 5pm – 12pm) www.thecalmzone.net

Depression in teenagers—An interactive site with resources for young people with depression using self-help ideas and relaxation techniques.

<http://www.depressioninteenagers.co.uk/>

Charlie Waller Trust - Depression - Lets get talking <https://www.cwmt.org.uk/>

Students against Depression - <http://studentsagainstd Depression.org/>

Anxiety UK - <https://www.anxietyuk.org.uk/>

No panic - <https://www.nopanic.org.uk/>

Canadian website about anxiety with a good Youth section <https://www.anxietybc.com/>

Seasons for growth (website) <http://seasonsforgrowth.co.uk/>

<http://www.antibullyingworks.co.uk/resources/intervention-strategies/circle-of-friends/>

Emotional issues 'game' developed in Finland designed to help children learn emotional and social skills—<https://www.mielenterveysseura.fi/en/pelit-ja-teht%C3%A4v%C3%A4t/elevator-emotions>

Breathing and relaxation exercises for stress—<https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises-for-stress>

Books recommended by the network—

Books by Tina Rae for children and young people (available on Amazon)

Starving the anxiety gremlin (Book available on Amazon)

Banish your self-esteem thief (Book available on Amazon)

Stress less cards (Available on Amazon)

Ideas to go series – various titles on emotional health for various ages (on Amazon)

Huge bag of worries (Book available on Amazon)

All birds have anxiety (Book available on Amazon)

Remember the general resources on page 6 of this document too!

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Harm to self support pathway

Concerns raised by staff, parents/carers or child/young person

Discuss with SENDCo/ Learning mentor/ MH Champion

Start to gather information from the child/ young person, family and appropriate staff (including other agencies—with consent)

Consider the individual, family and environmental factors—using the risk and resilience resource (page 16) including basic health information (i.e. sleep and diet)

CONSIDER OPENING A CAF - a gateway for multi-agency support (most agencies will require a CAF to be open)

Harm to self is the main presenting issue and focus for in house intervention

-after safeguarding or emergencies have been dealt with

All strategies may not be appropriate, they are suggested options and support

Seek advice

School nurse
Primary mental health workers at CAMHS
Educational Psychologists (County or private)
Local advice and websites (see resource page)
From other local schools and SENDCos/ network of MH champions
Self help resources

Strategies

Try a range of **strategies** from advice to support– ASSESS, PLAN, DO, REVIEW

Consider other areas of need –

Emotional issues including possible trauma, social needs, medical and basic health needs i.e. sleep

Referral options – Parents should be supported to seek advice from services and websites on resource page

School nurse
Local offer from CFW service or Educational Psychologist (County or private)
School based services—i.e. counsellor Local offer from LCC
Young Addaction

Please note advice and guidance is available from CAMHS PMHW's if needed

Health

Referral to CAMHS if it will offer further support to the child and family.

Referral via referral form — See referral guidance in appendices

Please note any agency can refer - GP not required for every

Harm to self resources

Local offer—

Children and Family Wellbeing Service - see appendices for more details

Local support —

Young Addaction Lancashire—including Mind and Body Programme .

Tel: Telephone number for North: 01524 239570

A.C.E—Achieve Change and Engagement—a charity committed to improving emotional health and well being, Contact Sally Temple 07717316883.

Lancashire Traumatic Stress Service -

<http://www.lancashiretraumaticstressservice.nhs.uk/> or telephone 01772 647 071

Helplines -

The Wellbeing and Mental Health Helpline (Lancashire Care) - full leaflet in appendices

Free phone 0800 915 4640

lines open Mon - Fri 7pm -11pm & Sat/Sun 12 noon - 12 midnight

PAPYRUS (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

Samaritans (116 123) operates a 24-hour service available every day of the year.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

Online resources—

National self-harm network—www.nshn.co.uk

Self-harm guide for practitioners (made for Cambridge area but contains good information)—<http://www.cpft.nhs.uk/U%20R%20CYP%20at%20risk%20of%20selfharm%20and%20suicide%202014%20v1%20electronic.pdf>

Self Harm guide for parents and carers—<https://www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-a-guide-for-parents-and-carers>

Young Addaction - <https://www.addaction.org.uk/help-and-support/young-persons-services>

Training courses -

Harm Ed Training courses - <http://www.harm-ed.com/>

Mind Ed—Free e-learning to help adults to identify and understand children and young people with mental health issue www.minded.org.uk (useful for parents or professionals)

Remember the general resources on page 6 of this document too!

Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.

Abbreviation used	Glossary of abbreviations used
ACE	Achieve. Change. Engagement
ADHD	Attention Deficit Hyperactivity Disorder
ASC	Autistic Spectrum Condition
ASIST	Applied Suicide Intervention Skills Training
CAF	Common Assessment Framework
CAMHS	Child and Adolescent Mental Health Service
CANW	Child Action North West
CART	Contact and Referral Team
CAYP	Children, Adults and Young People
CFW	Children and Family Wellbeing Service
CSC	Children's Social Care
CSE	Child Sexual Exploitation
DDP	Dyadic Development Psychotherapy
ED	Eating Disorder
EHC plan	Education Healthcare plan
FIND	Family Information Network Directory
LCC	Lancashire County Council
LGGS	Lancaster Girls Grammar School
LSCB	Lancashire Safeguarding Children's Board
MH	Mental Health
NAS	National Autistic Society
PCSO	Police Community Support Officer
PEIS	Prevention Early Intervention in Schools
PMHW	Primary Mental Health Worker
PRU	Pupil Referral Unit
SALT	Speech and Language Therapy
SEND	Special Educational Needs and Disability
SENDCo	Special Educational Needs and Disability Co-ordinator
YP	Young Person

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