Emotional Wellbeing and Mental Health Pathway

Emergency medical help needed to preserve life - recent overdose or dangerous self-harm. Police help may be needed if child has absconded expressing suicidal ideation.

Urgent mental health support may be needed for serious mental health crisis (e.g. psychosis), or serious weight loss and signs of an eating disorder.

(NB: children/young people with significant learning disabilities may express their mental health needs as aggressive behaviour - be prepared to contact the Police and refer to LD CAMHS for an urgent appointment via CAMHS-SPA).

Specialist support to meet significant mental health needs: '...NEED FURTHER HELP'

A few children/young people will show signs of significant mental health problems that are impacting on activities of daily life, preventing them functioning within the norms for their age. These may be persistent and of a moderate to severe nature, causing significant difficulties with their achievement and relationships.

Targeted support to meet additional needs: '...MAY NEED SOME EXTRA HELP'

Some children/young people show signs of emerging mental health problems and/or are struggling with their emotional well-being, with problems outside the normal range for their age or gender and of a mild to moderate nature. These will be starting to cause difficulties with their school work, friendships or family relationships.

Universal level: '...COPING WITH LIFE'

Most children and young people thrive and cope with the 'normal' difficulties and challenges of life and of growing up. They usually cope with these through their own resilience, with the support of family and friends and of their school.

What should the school/college do?

Call 999

What can the school/college do?

Significant weight loss should be assessed urgently by a GP first to rule out a physical cause. Contact **CAMHS-SPA** on 01905 768300 for advice and for a decision on the urgency of the mental health need. After 5pm, contact the **out-of-hours GP** service by dialling NHS 111

What can the school/college do?

Continue to use school-based interventions to support the pupil, following advice from the CAMHS CAST team CAMHS CAST Service discuss making a referral to specialist CAMHS. Consider referring to an Educational Psychologist.

What can the school/college do?

Be alert to signs of emerging emotional problems; use data and evidence-based tools to assess and identify pupils who need targeted school-based interventions (see good practice checklist in the emotional well-being toolkit). Use Single View of the Child system to see who else is working with the child or family. Refer to the school health nurse or school counsellor. Speak to CAST CAMHS CAST Service. Consider www.Kooth.com or refer to R4W

What can the school/college do?

Promote an emotionally healthy whole school environment, following the 8 areas of good practice in the good practice checklist within the school's emotional well-being toolkit.

Suicide risk? Follow WSCB guidance 'What to do if you believe a child or young person is at risk of suicide'

http://westmidlands.procedures.org.uk/local-content/ykjN/suicide-prevention

Safeguarding concern? If a child is in immediate danger contact the Police on 999. If a child or young person is in need of protection or safeguarding ring Family Front Door on 01905 822666. Out of office hours contact the Emergency Duty Team (EDT) 01905 768020. Then complete a Cause for Concern https://capublic.worcestershire.gov.uk/FamilyDoorPortal/HomePage.aspx

Specialist CAMHS Single Point of Access (CAMHS-SPA): www.hacw.nhs.uk/camhs **Tel:** 01905 768 300

Worcestershire Healthy Minds: (from 16 years of age) www.hacw.nhs.uk/our-services/healthy-minds

Reach 4 wellbeing (R4W) NHS service for face to face emotional wellbeing support: www.hacw.nhs.uk/starting-well/reach4wellbeing

Kooth.com Self-referral for on-line emotional wellbeing support and counselling: www.kooth.com

Parenting advice or family support needed? www.worcestershire.gov.uk/familysupport

For Early Intervention Family Support complete Early Help Assessment (EHA) and send securely to EIFS via https://capublic.worcestershire.gov.uk/ Chs Portal/Home.aspx



Blakedown CE Primary School

Emotional Health and Wellbeing Graduated Response

| Universal Support-Stage 1 | Targeted Support-Stage 2 | Specialist Support-Stage 3 |
|---|---|---|
| Refers to adjustments, interventions and | Refers to support and interventions | Refers to support and interventions for |
| support accessible to all children, delivered | delivered using the school's resources, and | children who have more complex and |
| at a whole class level. | led by a staff member-small groups | enduring emotional or mental health needs |
| | | who generally requires some level of |
| | | involvement from an appropriately qualified |
| | | professional in addition to ongoing |
| | | adjustment, intervention and support |
| | | delivered from the school's resources. |
| Class THRIVE | Boxall Profiling | > WHP-Link Worker |
| Jigsaw PSHE scheme-mindfulness | > 1-1/group THRIVE | CAMHS Cast |
| Wider curriculum-music and PE | PE interventions | School Nurse |
| Forest School | Lunchtime clubs | Reach 4 Wellbeing |
| Brain Break activities | Time to Talk | Mentor Link |
| Peer Massage | Key adult | > CAMHS |
| Reflection time | Lego Therapy | |
| Worry Monster-Year R | Social Stories | |
| Zippy's Friends-Year 2 | | |
| Apple's Friends-Year 3 | | |
| | | |

Emotional Health and Wellbeing Resources for Parents and Children

| School Nurse-Christy Sivelle | 01562 514637 | |
|-----------------------------------|--|--|
| Reach 4 Wellbeing-anxiety | https://www.hacw.nhs.uk/starting-well/reach4wellbeing/ | |
| CAMHS CAST-advice and support | https://www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast/ | |
| MindEd-training and resources | https://www.minded.org.uk/ | |
| Anna Freud-resources | https://www.annafreud.org/ | |
| Hub of Hope-adult support | https://hubofhope.co.uk/ | |
| Family Links-training and support | https://www.familylinks.org.uk/ | |
| Child Mind Institute-resources | https://childmind.org/ | |
| Worry Monster | https://www.amazon.co.uk/Worry-Monster-Plush-Soft-orange/dp/B010NDN2IU | |
| Books-worry and anxiety | The Huge Bad of Worries by Virginia Ironside Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques by Cathy Cresswell. Starving the Anxiety Gremlin for Children Aged 10+: A Cognitive Behavioural Therapy Workbook on Anxiety Management by Kate Collins-Donnelly What to Do When You Worry Too Much; A Kid's Guide to Overcoming Anxiety for 6-12 year olds by Dawn Huebner. Hey Warrior for ages 5-12 (and up); A book for kids about anxiety by Karen Young. | |