



Early
Help

Early Help Thrive Webinars

Monday 28th March 3-4 pm

Wednesday 30th March 3-4 pm

Thursday 31st March 3-4 pm

Friday 1st April 10-11 am



What we will cover today

Thrive Webinars are aimed at all professionals and partner agency's across the Early Help Partnership Network.

In today's session we will cover:

1. Brief overview of the Thrive Framework
2. Overview of support available in Hull for CYP emotional & mental health including thresholds
3. Spotlight on key service areas & how to access
4. What to do if you have a concern about a CYP emotional and mental health
5. Workforce development opportunities
6. Where to find information & next steps

Interaction

- Please mute your microphone
- Please use the hand up function and chat box throughout the session
- We will pause after inputs so you have the opportunity to ask questions
- We will also develop a frequently asked questions document after the series of Webinars
- Thursday's session will be recorded to share with people who could not attend
- Today is a brief overview of Thrive offer in the city; we have planned two Early Help Locality events on 21st & 22nd June 2022 to have more in-depth conversations/input.



Background & Year of Transition

- 2013 HeadStart Pilot work commenced
- 2013 – 2022 £11.35m of National Lottery Community Fund investment
- Test and learn approach / embed new approaches, shape policy and practice
- Raise profile and understanding of CYP Emotional and Mental Health needs
- 2022 – natural end to the National Lottery Community Fund funding
- Majority of areas sustained/embedded
- Other major investments secured...of which we will touch on today

Thrive: What is it?

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The Thrive Framework

Adopted in Hull in 2019
whole system 'thrive
framework'

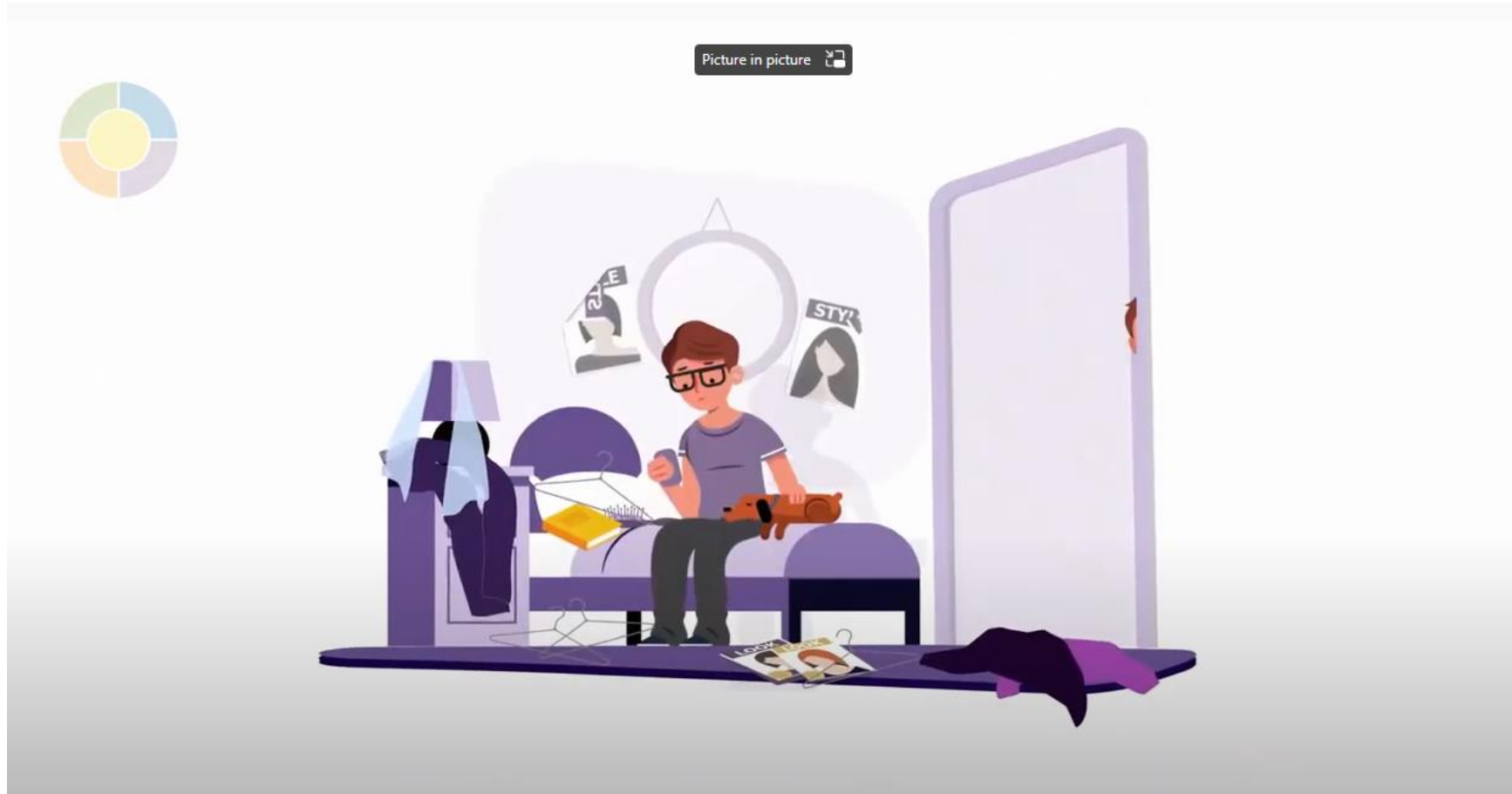
Re-shaped our system
wide partnership



[Thrive Framework \(annafreud.org\)](http://annafreud.org)

Thrive Framework for system change animation

<https://youtu.be/ARAAiEoVpjQ>



2. CYP Emotional and Mental Health Support available in the city Overview & Thresholds

Mapping The Offer

- Mapping document now available on: www.howareyoufeeling.org.uk

- User friendly mapping document to be developed aimed at different target groups: parents / young people / professionals

21.3.22 DRAFT V2

3a) **Thriving:** For those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies.

'Thriving' includes population health and wellbeing promotion, universal prevention, and selective prevention.

Offer/Service/Protective factors	Description / Offer	Age	Setting	Contact Details (service request info if applicable)
Parents, wider family members and friends	Healthy relationships can be a significant protective factor when dealing with the adversity of life. In terms of mental health, strong relationships are one of the biggest predictors of happiness. Research shows that the benefits of healthy relationships are profound and affect our lives in a myriad of ways. Healthy relationships can help buttress us from the stresses of life. Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life:	All	All	Self help
5 Ways to Wellbeing	<ul style="list-style-type: none"> • Connect with other people • Be physically active • Learn new skills • Give to others • Pay attention in the present moment (mindfulness) 	All	All	https://www.nhs.uk/mental-health/self-help/advice-tools-and-activities/5-steps-to-mental-wellbeing/ Self help
Schools / Education Settings: Including Pastoral Team / Teachers	Schools have an important role to play in supporting the mental health and wellbeing of their pupils, by developing approaches tailored to the needs of their pupils. The school role in supporting and promoting mental health and wellbeing can be summarised as: <ul style="list-style-type: none"> • Prevention: creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos. • School's role also includes the identification / early support / access to specialist support 	5-19	School / education	Individual schools / education settings

21.3.22 DRAFT V2

3b) Getting Advice: Those who need help

Within this grouping are children, young people and adults who need help and support. This group may also include, however, own health and/or are on the road to recovery.

Offer/Service	Description	Age	Setting	Contact Details
How are you feeling website (HAYF)	The HAYF profession regularly stress and it also provides support and Family			
Mind Helpline (Hull & ER)	Mind help... people or their parents/carers. Support to organisations working with CYP and Families and support for CYP. If you or someone you know is feeling down, please remember that you are not alone and we are here for you 24 hours a day. We are here to provide information, advice or support to children, young people or their parent carers.			Freephone 08001300660, or text 07520633477 info@heyhound.org.uk, or message on Facebook @MindHEY
Contact Point	Contact Point provides a single point of access to CAMHS services. It is staffed by clinicians and has been designed to make it easier for young people and their families to access services.	Up to 18		Contact Point teams can be contacted between 9am and 5pm weekdays excluding bank holidays. Hull Contact Point (tel) 01482 303688 Out of office hours: through to the Crisis



Thresholds

Thrive Area	THRIVING	GETTING ADVICE	GETTING HELP	GETTING MORE HELP	GETTING RISK SUPPORT
	Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies	Those who need advice and signposting	Those who need focused goal-based input	Those who need more extensive and specialised goal-based help	Those in crisis/approaching crisis who may present at risk to themselves and others, requiring an urgent /same day response
Presenting Need	<p>Around 80% of children at any one time are experiencing the normal ups and downs of life but do not need individualised advice or support around their mental health issues.</p> <p>They are considered to be in the 'Thriving' group and benefit from whole school practices promoting emotional wellbeing, for example:</p> <ul style="list-style-type: none"> Feeling low after a poor test result; Falling out with a friend Feeling sad after a bereavement. 	<p>This group includes both those with mild or temporary difficulties AND those with fluctuating or ongoing severe difficulties, who are managing their own health and not wanting goals-based specialist input, for example:</p> <ul style="list-style-type: none"> Coming to terms with neuro diversity issues Issues relating to sexuality Mild worries Friendship issues Family problems / home life 	<p>This group comprises of CYP and families who would benefit from focused, goals based support, with clear aims, and criteria for assessing whether these aims have been achieved, for example:</p> <ul style="list-style-type: none"> Anger outbursts Mild anxiety Friend / Family / Home Issues (significant) Low Self Esteem Mild depressive Symptoms Eating Issues (change in weight/eating habits, Negative body image. 	<p>This is not conceptually different from the previous group however requires more extensive, specialist goal based support, for example:</p> <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 Increased levels of self-harm Mood Disturbance Obsessive thoughts and/or compulsive behaviours Moderate Anxiety Some thoughts of ending life with no plan or intent 	<p>This group demonstrate the most complex mental health issues requiring highly specialist support for example:</p> <ul style="list-style-type: none"> Delusional thoughts 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
eg.	School Nursing Whole School Approach	MIND Helpline Contact Point	CWPS / MHST-if YP at School / ERC.	Mind Counselling	Crisis Line

Level of need:





3. CYP Emotional and Mental Health Support available in the city

**Spotlight on key support &
how to access**

Spotlight: Contents

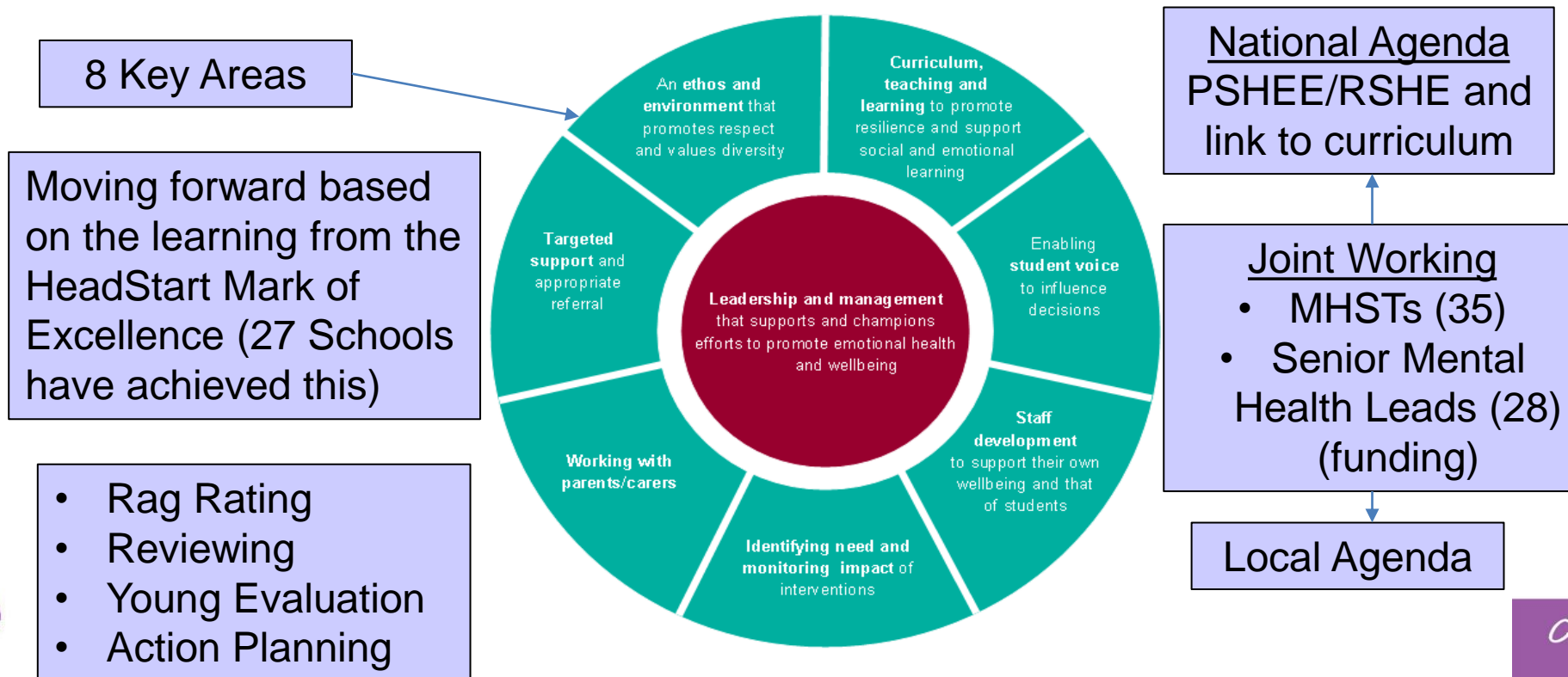
- Whole School Approach & Mental Health School Leads
- 0-19 Service
- MIND Helpline
- Mental Health Support Teams (MHST) in schools
- Childrens Psychological Wellbeing Practitioners (CWPs)
- Emotional Resilience Coaches (ERC)
- Post 16+ & Employment
- Contact Point
- MIND Counselling
- Crisis Line



Whole School Approach



- Policy and Practice Officers – Jill Brookes and Cat Jones
- Working with schools on implementing a whole school approach to mental health and well being based on the Public Health England 2021 guidance





0-19 Service – School Nursing



- The school nursing service helps children and young people with physical, emotional and social wellbeing. They deliver services to all children and young people in Hull aged 5-19 years in school, educated at home, missing from education, are in alternative education provision or looked after children by the Local Authority. They provide advice and support on issues such as body worries, alcohol, relationships, sexual health, bullying, drugs, smoking, stress, healthy eating and self-harm. They also offer confidential school “pop ins” in secondary schools or young people can contact their school nurse directly.
- The service from May 2022 will have champions that will develop partnerships and pathways etc, as part of the new contract the 16-19 (up to 25, with vulnerabilities) has been developed significantly, more promotion of the service to FE / Sixth Forms, Apprenticeships and training providers, as well as specialist teams working within this age range.

To request support:

telephone 01482 344301 or email: hull.cypcommunityservices@nhs.net





MIND Help Line



- A 24/7 all age information and advice line to support children, young people and their parent/carers.
- Support to organisations working with young people and families. If you or anyone you know is feeling down, please remember that you are not alone and the Mind Helpline here for you 24 hours a day.

To contact the Mind Helpline:

Telephone: 01482 240133

Freephone: 0800 1380990

Text: 07520 633477

E-Mail: info@hey mind.org.uk

Message on Facebook @MindHEY





Contact Point



- Contact Point provides a single point of access if you want advice and to the CAMHS services. It is staffed by clinicians and has been designed to make it easier for young people and their families to access services.
- It can be used by professionals working in health, social care, voluntary agencies or education as well as families and carers. Young people aged 16 and over can also refer themselves.

The Contact Point team can be contacted between 9am and 5pm, weekdays, excluding bank holidays on telephone 01482 303688 or visit <http://camhs.humber.nhs.uk>





Emotional Resilience Coaches



- Emotional Resilience Coaches (ERCs) provide an 8 -10 week session intervention available for young people aged 10-16yrs (school years 6-11).
- The team of six Emotional Resilience Coaches (two per Locality) provide tailored 121 support with a flexible approach aimed at engaging a young person in a way that suits them. The support can be delivered in school, in a local youth centre, home / garden, walk and talk or online / phone.
- The coaches help young people who are struggling to cope with a range of emotional well-being issues. They help a young person to talk through and understand their issues and create a plan to help build their confidence and develop coping skills.
- They support young people to get back on track and identify interest groups and wider opportunities they can choose to take up during or following the intervention.
- There are also two city wide Emotional Resilience Coaches working with young people aged 16 - 24

Requests for Support via the Early Help Portal or

E-mail using the Hull Emotional Wellbeing Checklist emotionalresiliencecoaches@hullcc.go.uk





Post 16: NEET and Employment



Springboard (formerly YEI – Youth Employment Initiative)

Learners accessing support must be on or eligible for Springboard or be a participant on the Youth Hub, which both target young people that are NEET (not in education or employment or training).

16-29

Eligible young people can be referred through any provider (e.g. directly to CHCP.LetsTalkYEI@nhs.net)

For young people who are experiencing mental and emotional health issues. CBT and Counselling. There is an expectation that the young person wants to move towards Education, Employment or Training.

<https://www.hull.gov.uk/jobs-and-volunteering/volunteering-and-work-experience/springboard-youth-employment-initiative>

Youth Hub

Criteria to access the Youth Hub the young person must have a Job Coach via the Job Centre and be referred in via that route (usually targeting those 16-24).

16-24

For young people who are experiencing mental and emotional health issues. CBT and Counselling. There is an expectation that the young person wants to move towards Education, Employment or Training.

Start Well (part of Work Well): HEY MIND

Work Well service is here to help individuals to improve their mental health, raise aspirations, and to achieve their personal goals. This includes START WELL helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help make mental health a priority in the workplace, by providing training and resources.

16-24

Referral (self / professional)

<https://www.heymin.org.uk/workwell/?msclkid=28b0a7c8a69611ecb4682456f6440319>





NHS

**Hull Mental Health
Support Teams**



Supporting young people aged 5-18

MHSTs will work with existing support across the Hull Thrive Model



MHSTs are working in 35 education settings in Hull. They provide support for mild to moderate mental health needs.

Requests for support are made via the school/college/settings that the MHSTs work in



MHSTs based in education settings in Hull

Evidence Based Interventions



1:1 and group work interventions
(e.g. anxiety/low mood)

Community engagement
(e.g. community events, user involvement and co-production)

Parent/carer workshops
(e.g. Parent Led CBT, self-harm/exam stress)

Digital offer
(including virtual interventions)



Professional consultation

For staff on concerns and/or individual cases

Workforce training

To increase confidence and competence of staff



Information and advice

MHEW policies and whole school approaches

Practical Support



CYP Improving Access to Psychological Therapies (IAPT)

- Hull's Children Psychological Wellbeing Practitioners (CPWP) are trained to support children and young people with **mild to moderate anxiety and low mood**, using short-term Low-Intensity Cognitive Behavioural Therapy.
- The CPWPs typically work together with young people for 6-12 sessions to help them develop skills to manage their difficulties.
- Also offer parent led CBT.
- For young people aged 10 – 18.
- Provided in partnership by Humber and HEY Mind.

Request for support are made through Contact Point
<http://camhs.humber.nhs.uk>
or telephone 01482 303688





Hull & East Yorkshire Mind Counselling



- HEY Mind offer 121 targeted counselling with young people aged 10-19 in schools and in the community.
- Issues they can address include bullying / anxiety, depression / living with domestic abuse / attachment issues / bereavement / separation and loss / sexuality and gender / self-esteem.

Requests for support via Hull Emotional Wellbeing Checklist e-mailed to counselling@hey mind.org.uk

YP/Parents can self-refer by calling 01482 240200





Crisis Line



- Our Child Adolescent Mental Health Service (CAMHS) crisis team covers Hull and the East Riding and operates 24 hours a day, 7 days a week.
- This service is for young people (under 18) who are in crisis, experiencing emotional distress and are struggling to cope.

To contact the crisis line between 9am – 5pm Monday to Friday

telephone 01482 303688

or out of hours telephone 01482 301701 option 2



4. What to do if you need advice?

What do I do if I need advice and/or worried about a CYP emotional mental health?

Consider how can you support the CYP before a request for support is made

E.g. Youth Support / Family Star / My Star / Thriving / Getting Advice



If you need more advice, if a child attends one of the current 35 schools seek support from the MHST, if not get advice from Contact Point /Mind Helpline.



If you think it is a clear single emotional / mental health issue make a request for support to the relevant service in mapping document

If you think a whole family approach is needed, or you are stuck with a case a request for support can be made to a Early Help for further support or discussion at an Early Help Action Meeting (EHAM)

5. Workforce Development

Workforce Development / Training

Face to Face Training includes:

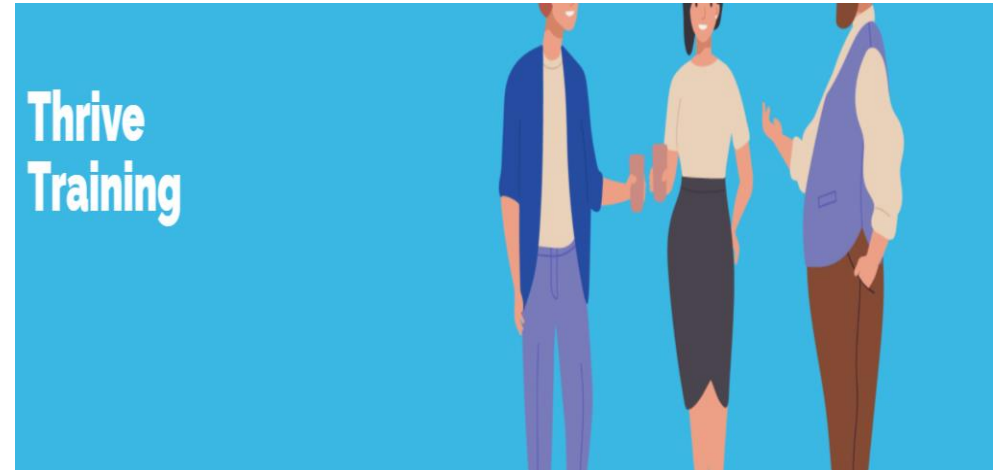
- Youth Mental Health First Aid: 2 days

Online Training Includes:

- MECC for mental health ½ day
- Becoming youth mental health aware ½ day
- Self-harm awareness and response ½ day
- CBT Skills for staff supporting YP with anxiety ½ day
- Talk Suicide: 20 mins
- Adverse Childhood experiences: 1 hour
- Free online bereavement training for schools

7 Minute videos including:

- Normalising anxiety
- Understanding behaviour
- Supporting your own mental health and wellbeing



Training offer can be found on the 'How Are You Feeling Website'
<https://www.howareyoufeeling.org.uk/headstart-training-programme-page>

Training if coordinated by Hull Learning & Development. Complete application form and send to: learninganddevelopment@hullcc.gov.uk

Early
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Hull Safeguarding Children Partnership



**Hull
Safeguarding
Children
Partnership**

Range of many courses including:

- Becoming Culturally Competent
- Substance Misuse: Drug & Alcohol Awareness
- Trauma Sensitive Practice with Children
- Domestic Abuser Awareness: The Impact on Adults, Children and The Community
- Many more....

LEARNING PROGRAMME

2021 – 2022

www.hullscp.co.uk/professionals/training/

Training if coordinated by Hull CC Learning & Development
Complete application form and email to: learninganddevelopment@hullcc.gov.uk

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6. More Information & Next Steps



Find Information & Next Steps

- Thrive focused Early Help Locality Events: 21st & 22nd June 2022
- How Are You Feeling website: www.howareyoufeeling.org.uk
- Thrive Strategy Group and Operations Group to coordinate offer across city and work on identified priorities



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Thank you

Any further questions?

Email: earlyhelp.communications@hullcc.gov.uk