



TRAFFORD  
COUNCIL



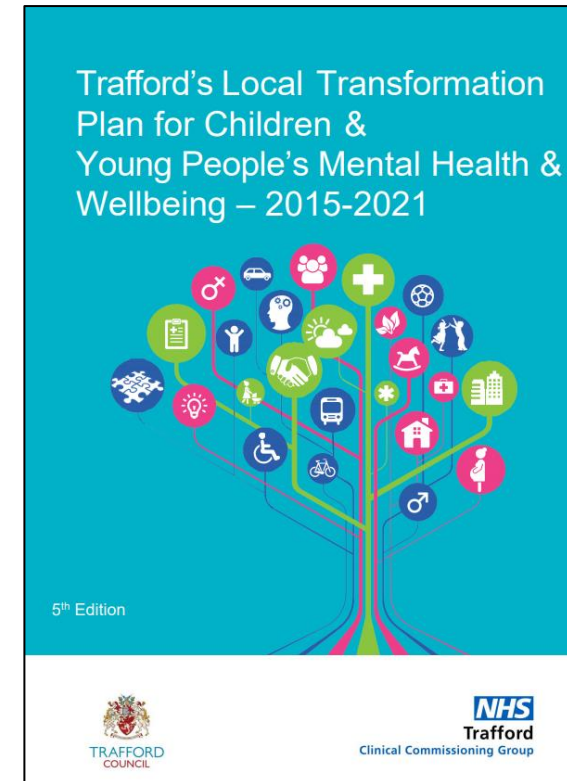
# Children and Young People's Mental Health Support in Trafford

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# Commissioning MH services overview (What and why?)



- The transformation of children and young people’s mental health is led locally by Trafford’s Children’s Clinical Commissioning Team, on behalf of NHS Trafford CCG, professionals from across the NHS, Public Health, Children’s Social Care, Education, Youth Justice and the Voluntary Sector working together with children, young people and their families to design and provide the best possible services to meet their needs.
- Trafford’s Local Transformation Plan for Children and Young People’s (CYP) Mental Health and Wellbeing was refreshed and published in March 2020 – you can find it [here](#).
- The Children and Young People’s Mental Health and Wellbeing Subgroup – key leads across CAMHS, the third sector, schools, social care and early help all meet on a monthly basis.
- Key priorities :
  - Promoting Resilience, Prevention, and Early Access.
  - Improving Access to Effective Support.
  - Caring For the Most Vulnerable.
  - Accountability and Transparency.
  - Shaping the Workforce.



# Trafford Subject Matter Expert



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Trafford has a strong voluntary, community and social enterprise (VCSE) sector, from which a broad range of providers deliver universal services including:

- Trafford Leisure: Various sports and fitness activities.
- Gorse Hill Studios: Gorse Hill Studios offers creative, social and personal development opportunities for young people and the community. We have an array of exciting workshops, activities and resources on offer in all art forms.
- Trafford Service Directory A one stop location for children, families & professionals.
- **Extra curricular activities at school**: All School clubs and activities
- Dove Self-Esteem Resources: classroom/small-group activities
- Samaritans DEAL Resources: classroom/small-group activities



# Getting Advice

Those who need advice  
and signposting

- Trafford Service Directory A one stop location for children, families & professionals.
- **Early Help Hubs:** The Hubs provides a range of parenting, behaviour management and family support services.
- **School Nurses:** Can offer ongoing advice and support to children and young people.
- Trafford Virtual Mental Wealth Hub: The hub is a collaboration between stakeholders in Trafford, to provide a single point of access which will link and signpost to information, advice, and guidance relating to anxiety and mental health needs in Trafford. The information is intended for schools, families and young people, but professionals should also find this resource useful.
- **Kooth:** Trafford Integration and Participation worker is available to work remotely with young people and staff in your school/setting to support the wellbeing of young people. This is delivered through free training and workshops on a range of mental health and emotional wellbeing topics. See attached Kooth sessions document. Please contact Eve Richards ([erichards@kooth.com](mailto:erichards@kooth.com)) to book in any sessions.



Kooth Autumn  
Sessions



# Getting Advice

Those who need advice  
and signposting

- Anna Freud: [Self-care resources](#)
- [Childline Toolbox](#) : Emotional Toolbox, games, Mindfulness
- [NHS recommended apps](#)
- [Young Mind Online School Resources](#): Resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.
- Every Mind Matters: [Back to school or college under covid-19](#)
- Greater Manchester Health and Social Care Partnership: developed a number resource packs to support educational staff to work with their children, young people, parents and carers. GM gathered issues and concerns about returning to early years setting, school and college from a wide range of children and young people and addressed these in the packs and films. Links are provided below.
  - [Early Years](#)
  - [Primary schools](#)
  - [Secondary schools](#)
  - [Further Education](#)



# Getting Advice

Those who need advice  
and signposting



## Early Years (0 – 4)

### Digital Offer

- Tiny Happy People : BBC website – Tiny Happy People is here to help you develop your child's communication skills.
- Solihull parenting courses: Understanding your pregnancy; and baby – accessed via [www.inourplace.co.uk](http://www.inourplace.co.uk) password; waterpark
- Me, You and Baby Too : is an online resource designed to help new and expectant parents adapt to the changes that parenthood can have on their relationship.

### Face to Face/Video/Telephone support

- The Counselling & Family Centre: Postnatal Support Group (free support group)
- Incredible Years (via Early Help): split into Baby, Toddler and age 3-8years. Parent courses aimed at strengthening relationships, setting boundaries, behaviour strategies.



Getting Advice

Those who need advice  
and signposting



## Early Years (0 – 4)

### Face to Face/Video/Telephone Support (continued)

- Young Bumps : a friendly group for pregnant young mums under the age of 20. A chance to meet new friends, celebrate your pregnancy, get advice, information and support while having fun. The groups are run by youth workers, midwives, Sure Start, health visitors and managed by Trafford Talkshop.
- Trafford Little Bundles : provides equipment and clothing for babies under a year old, for families who are experiencing significant financial difficulties.

### Getting Help/Getting More Help

- Parent and Infant Pathway: a network of midwives, peri-natal mental health professionals, health visitors and CAMHS support parents of under 2s with MH difficulties. Contact via GP or universal health professional





Getting Advice

Those who need advice  
and signposting



## Primary School Age (4 – 11)

### Digital Offer

- Childline Toolbox : Emotional Toolbox, games, Mindfulness
- Young Mind Online School Resources: Resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.
- Solihull parenting course: understanding your child -accessed via [www.inourplace.co.uk](http://www.inourplace.co.uk) password: *waterpark*

### Face to Face/Video Telephone Support

- Trafford Sunrise Parent Workshops (5 – 12 years): parent workshops addressing common mental health difficulties including anxiety, low mood, behaviour difficulties, parental separation, bullying.
- Sleep Tight Trafford: one-to-one sleep clinics for local parents & carers.
- Incredible Years (0 – 8 years) - (via Early Help): split into Baby, Toddler and age 3-8years. Parent courses aimed at strengthening relationships, setting boundaries, behaviour strategies.
- SCIL (School CAMHS Information Line): for any Trafford School to contact for advice for their students with early mental health difficulties (see poster)
- Trafford Young Carers : providing information, advice and support to carers, former carers and those working with carers in Trafford, to improve carers physical, psychological and social lives.



Getting Advice

Those who need advice  
and signposting



## Secondary School Age (11 – 16)

### Digital Offer

- [Kooth.com](https://www.kooth.com): online mental wellbeing community
- [Childline Toolbox](#): Emotional Toolbox, games, Mindfulness
- Solihull parenting course: understanding your teenager's brain -accessed via [www.inourplace.co.uk](http://www.inourplace.co.uk)  
password: *waterpark*
- [NHS recommended apps](#)

### Face to Face/Video/Telephone Support

- [Escape](#) (via Early Help): workshops for parents of children aged 8 to 16. Aims to empower parents/carers to live and communicate with older children harmoniously.
- [Trafford Sunrise Parent Workshops](#) (10 – 16 years): parent workshops addressing common mental health difficulties including anxiety, low mood, behaviour difficulties, parental separation, bullying.
- [Connexions](#): A young person's service providing advice, information, guidance, support and personal development for all 13-19 year olds in Trafford.



Getting Advice

Those who need advice  
and signposting



## Secondary School Age (11 – 16)

### Face to Face/Video/Telephone Support continued

- Talkshop: advice, support and information centre for young people aged 11 to 19
- SCIL (School CAMHS Information Line): for any Trafford School to contact for advice for their students with early mental health difficulties
- Trafford Young Carers : providing information, advice and support to carers, former carers and those working with carers in Trafford, to improve carers physical, psychological and social lives.



# Getting Advice

Those who need advice  
and signposting



## College/Sixth Form (16+)

### Digital Offer

- [Kooth.com](https://www.kooth.com): online mental wellbeing community
- [NHS recommended apps](#)
- [Shout \(text 85258\)](#): text service helping with a range of issues including anxiety, depression, suicidal thoughts, relationship problems, bullying or if you're feeling overwhelmed.

### Face to Face/Video/Telephone Support

- [Connexions](#): A young person's service providing advice, information, guidance, support and personal development for all 13-19 year olds in Trafford.
- [SCIL \(School CAMHS Information Line\)](#): for any Trafford School to contact for advice for their students with early mental health difficulties
- [Talkshop](#): advice, support and information centre for young people aged 11 to 19
- [Trafford Young Carers](#): providing information, advice and support to carers, former carers and those working with carers in Trafford, to improve carers physical, psychological and social lives.



## Getting Advice

Those who need advice  
and signposting



## Bereavement Services

- In Trafford, this service supplied by Child Bereavement UK for children and young people up to the age of 25.
- Supports Children and Young People (4 - 25) and parents / carers who have been bereaved of a baby or child at any age.
- More information can be found on their [website](#).



GREATER MANCHESTER  
BEREAVEMENT SERVICE

- Helps to find support for anyone in Greater Manchester that has been bereaved or affected by a death.
- To find out about support in your local area, visit their website.



- Founded in 2011 to provide emotional and practical support to bereaved families.
- For more information, and to make a referral (including self referrals) visit their website.



Manchester University  
NHS Foundation Trust



TRAFFORD CAMHS

## SCHOOLS CAMHS INFORMATION LINE (SCIL)

Need some help supporting your students' mental health since returning to school?

The Schools CAMHS Information Line offers information and advice on how to support your students with early mental health difficulties, such as anxiety, low mood, and sleep problems.

Tuesdays and Thursdays 2:30pm - 4:30pm

Telephone: **0161 549 6456** and ask for SCIL

Email: [mft.Trafford.CAMHS-SCIL@nhs.net](mailto:mft.Trafford.CAMHS-SCIL@nhs.net)

[For crisis support, please follow your usual safeguarding procedures in school.](#)



# Getting Help/Getting More Help



- Access via [www.kooth.com](http://www.kooth.com) – simple anonymous registration for CYP aged 11-18 in Trafford.
- Anonymous online counselling, advice and mental health support.
- Fully moderated forums and Self-help materials which are available 24/7, and qualified counsellors and therapists available.



- Mental health support, including counselling and psychosocial support (at a complex and early help level) for Children and young people aged 13-25.
- The service offers a broad range of services to young people including individual, therapeutic counselling and psychotherapy, group work and drop ins, and referral/signposting to specialist services. Blended offer of face to face and digital support is available in Trafford.
- Offer a wide variety of groups designed to provide support, both from workers and other young people to help build confidence and reduce isolation. In addition, the groups provide the opportunity to get involved in activities such as sport, art, drama and music.
- CYP can still access support digitally by signing up to 42<sup>nd</sup> street online offer. Online digital offer available at - [onlinesupport.42ndstreet.org.uk](http://onlinesupport.42ndstreet.org.uk)
- Professionals can refer into the core service by completing a referral form found [here](#).



# Getting Help/Getting More Help

Trafford Sunrise  Just Psychology

- Provides support for children aged 5-12 years in coping with difficult feelings and/or behavioural difficulties and promoting emotional wellbeing.
- This is delivered via one to one (1:1) work with children and group work support with children and their parent/carer. Professional referral required for CYP to access group/1:1 support.
- Parent workshops currently delivered online via Zoom, aimed at helping parents to support their children with emotional health and wellbeing topics. The sessions offered are separated into parents/carers of those aged 5 – 12 and 10 – 16 years. There is no referral needed to access these workshops.

## Early Help Support and Intensive Family Support

- Support for families can be accessed via the Early Help Panels and completing an Early Help Assessment. This can include support from other services and Intensive Family Support.





# Getting Help/Getting More Help

- MU Foundation : Inspiring young people to build a better life for themselves and unite the communities in which they live. Dedicated staff deliver educational and community outreach programmes to help young people make positive choices in their lives by improving their health, social wellbeing and employability.
- Coaching Inside and Out (13 years +): Life coaches focus on the future, not the past, and help individuals discover their own answers about what's holding them back.
- Engage Trafford : intensive mentoring and group activity sessions for young people aged 8-18
- Trafford Young Carers : providing information, advice and support to all carers, former carers and those working with and for carers in and around the metropolitan borough of Trafford, aiming to improve carers physical, psychological and social lives.
- Home Start Trafford: providing support for families who are struggling to cope with a wide range of situations
- Adult IAPT: talking therapy for adults experiencing difficulties with anxiety and depression based presentations. Referral is via GP or other healthcare provider or self-referral (16+)
- Early Break Trafford : 1-1 person-centred support for a range of difficulties including substance misuse physical health, emotional health, sexual health, family, education, finance and employment etc

# Getting Help/Getting More Help



For children and young people up to the age of 18 with complex emotional/mental health difficulties. Is a multi-disciplinary team made up of psychiatrists, nurses, psychologists, therapists, mental health practitioners, and family support workers.

The first appointment is goal focused and looks at making shared decisions with the child and their family. This may include support outside of CAMHS. If further interventions and specialist support are needed then therapies include:

- Behavioural Activation
- CBT
- DBT
- Family Therapy
- Play Therapy
- EMDR

Mental Health Difficulties treated include:

- Moderate to severe emotional & behavioural difficulties
- Attachment disorders
- Psychotic symptoms
- Anxiety disorders
- Depression
- Significant Self-Harm
- Complex ADHD



# Getting Help/Getting More Help



**Pennine Care**  
NHS Foundation Trust

## Community Eating Disorders Service

- Community-based service providing specialist support to children and young people aged 8 – 18 years, who are suffering with an eating disorder.
- Offer advice and support to families, carers and professionals who work with a child or young person. Aim to work together to decide what type of care and support might be best for a young person and their family.
- The service also offers a wide range of support including: Intensive community-based treatment, Parent and carer support group. And consultations and training to schools, GPs, and other professionals.
- Please email - [pcn-tr.ceds@nhs.net](mailto:pcn-tr.ceds@nhs.net) if you have any queries or require further support.

Getting More  
Help



# Getting Risk Support

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services



The aim of specifying a category of Getting Risk Support is for all partners to be clear that what is being provided is managing risk ONLY.

It is important to note that there are likely to be risk management aspects in all groupings. However, in the context of high concerns but lack of therapeutic progress for those in this group, risk management is the sole focus.

## GM Crisis Care Pathway – Rapid Response Team (RRT)

- Accessed by NHS 111 or attending A&E
- The service provides a rapid assessment to children and young people who present at A&E/PANDA/Urgent Care Centre (within each of the hospital sites) with suspected mental health difficulties/mental health crisis.





# Thank you!

# Any Questions?