

# Supporting Children and Young People's Mental Health



Working together for CYP mental health



# Welcome!



Please be aware that some of the sessions are being recorded for sharing later.

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others – together we want to create a safe, open and reflective space to learn.

You can turn live captions on by clicking on the 3 dots at the top of your screen if you need this.

Please do take the time to provide us with some feedback towards the end of the session.

# Thank you!



# Meet the Team



Holly is the Senior LINK Worker on the LINK team. She has a background in education and teaching and has previously taught in Primary schools across Norfolk and Essex. She also manages the #WeWill service, a youth-led social action service based in Great Yarmouth.



Deanna is a LINK Worker and comes from a healthcare background. Having trained as a paediatric nurse, Deanna has worked as a staff nurse on the school nursing team, as well as within a CYP inpatient unit.

# Why is this important?

- **1 in 6** children and young people have a diagnosable mental health disorder
- **50%** of all mental health problems start before the age of 14
- **10 years** is the average delay between first symptom and treatment
- Children and young people's services receive less than **5%** of all mental healthcare funding
- **35 - 50%** of people with severe mental health problems receive no treatment



# Our Vision

Safe, healthy, resilient families.

# Our Mission

To support families in the East of England to build resilience and make choices to improve the life chances of their children.



**Working with Families Affected by Offending**

**Prisoners' Family Services**

**Probation Family Services**

**Breaking Barriers**

**Mental Health and Wellbeing**

**Supporting Smiles & Link**

**Stars Bereavement Service**

**YOUnited**

**Working with Communities**

**YouCanBe and MPower**



**Ormiston  
Families**

Brighter futures

**[www.ormiston.org](http://www.ormiston.org)**

# Supporting Smiles

Our mental health service provides support for children and young people aged 4-14 years old, experiencing mental health difficulties that cause distress. This could include:

- Mild to moderate anxiety and/or avoidance
- Low mood
- Self-esteem issues
- Difficulties coping with life challenges resulting in anger, outbursts, heightened distress, anxiety or low mood



# Supporting Smiles

We can offer a variety of support to children and young people, ensuring that our help is led by the needs of the child. Support can include:

- Individual talking therapies
- Play and creative therapies
- CBT-based approaches, including group and 1:1 work
- Psychotherapy





# The LINK Team

Free Mental Health Champion training for any universal professional working with children and young people in Norfolk & Waveney. Available online or in-person.



- **What is mental health?**  
Reflecting on what mental health means for us, and the CYP we work with.
- **Talking about mental health.**  
Looking at ways to have the conversation with CYP about mental health.
- **Common mental health issues in young people.**  
Common signs to look out for, as well as strategies that you can use to support..
- **Getting further help.**  
Exploring the mental health services available in Norfolk & Waveney and how to access them.

# Follow Up Support

After completing the training, Mental Health Champions have access to further support from the LINK team.



- **Free Specialist Training**

Specific workshops on different areas of mental health.

- **Consultation Service**

Personalised advice & guidance service available for all MH Champions.

- **Networking Events**

Yearly events with guest speakers, workshops and networking opportunities.

- **Access to the LINK website and regular newsletters**

Regular newsletter with up-to-date research, mental health resources and additional training events.

# Bespoke Offer

We are able to offer free, bespoke training to organisations working with children and young people. These can be online or face-to-face.



**COMMUNITY  
SPORTS  
FOUNDATION**



**active  
norfolk**

*Horstead Centre*  
Residential Stays & Activity Days



**Norfolk and Suffolk**  
NHS Foundation Trust



**University of  
East Anglia**



# The Importance of Empathy

According to the Common Room, children and young people don't need an expert to 'fix' their problems right away - they just need someone who will **listen** and respond with empathy.

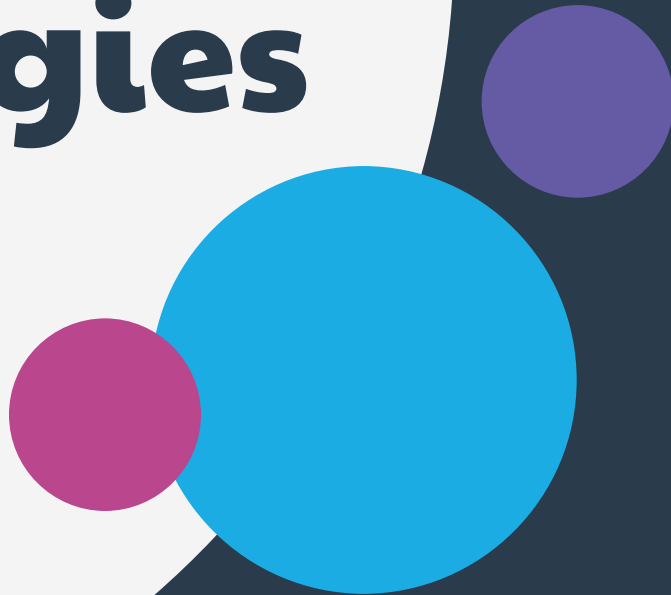
RSA



Shorts

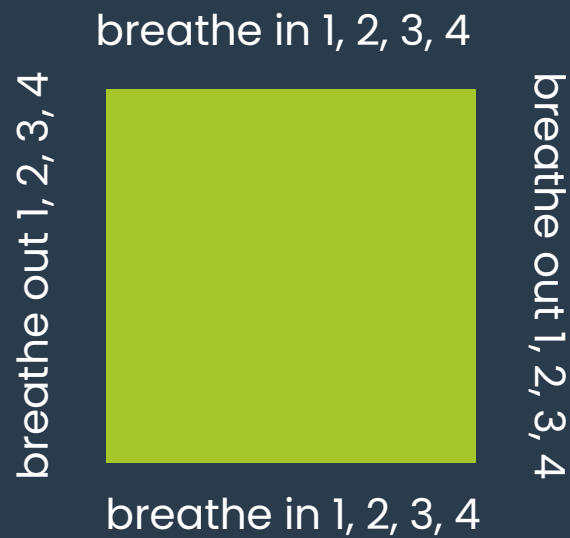
<https://www.youtube.com/watch?v=1Ewgu369Jw&t=1s>

# **Simple Strategies**



# Breathing and Grounding Techniques

Grounding and breathing techniques can support children to calm their bodies when they feel overwhelmed.



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 deep breath

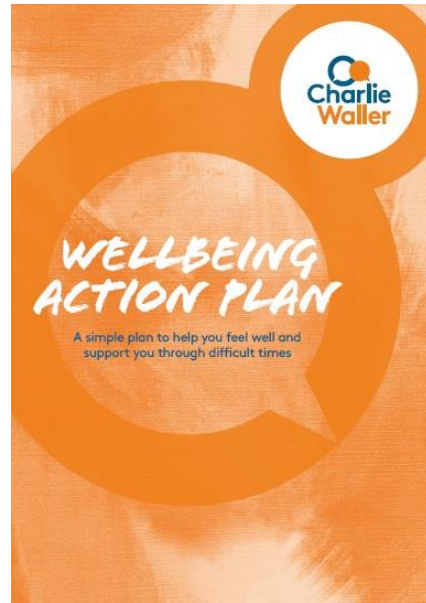
- <https://www.childline.org.uk/toolbox/calm-zone/>
- <https://www.annafreud.org/on-my-mind/self-care/>



# Self-Help

The Young Shoulders Report (2018) tells us that young people consider their 'first line of defence' is to deal with their issues themselves.

Although we are here to support young people, there are resources we can give young people to empower them to help themselves too.



<https://charliewaller.org/resources/well-being-action-plan-young-person/>

YOUNG  
MiNDS

<https://www.youngminds.org.uk/young-person/>

kooth

<https://www.kooth.com/>







# **Accessing Children and Young People's Mental Health Services (CYPMHS)**

**Previously known as CAMHS**

# Thrive

The Thrive model is recognised as the best practice approach for CAMHS by Public Health England.

Support is led by the needs of the child and interventions are goal-based.

The model steps away from thresholds and looks instead at the right service, at the right time.

Supported by the development of the Integrated Front Door.



# Integrated Front Door (IFD)

- From 1st April, all referrals for mild to moderate mental health services will go through the 'front door' as part of the Interim Arrangement.
- All referrals for support should be made using the new digital form, found here:  
[www.justonenorfolk.nhs.uk/mhsupport](http://www.justonenorfolk.nhs.uk/mhsupport)
- Families can still call Just One Number for advice and guidance on a variety of issues:

**0300 300 0123**

# Referral Top Tips

- Encourage self-referrals or work with the family to create the referral to ensure that the child's voice and family's experiences are accurately captured.
- Be as detailed as possible so that the team receiving the referral can make sure it goes to the correct service.
- Families can still call Just One Number for advice and support on writing their referral.



# Getting More Help

During the interim arrangement period, referrals for severe and complex mental health needs should still go directly through to Norfolk & Suffolk Foundation Trust. If you are unsure as to whether your young person needs this service, contact Just One Number for advice.

## Youth Team (14-25)

Central Norfolk – 80 St  
Stephens

**0330 058 1840**

West Norfolk – Thurlow  
House

**01553 609933**

East Norfolk, Gt Yarmouth &  
Waveney

**01493 337601**

## Under 14's SPOC

Central and West Norfolk

**0300 790 0371**

East Norfolk, Gt Yarmouth &  
Waveney

**0300 123 1882**

Suffolk – Meridian House

**01502 533500**

# Urgent Support

If you are in need of urgent support or advice, or you are working with a young person or family that may need urgent support, contact the number below.



## Call 111 and select Option 2

The helpline is available to **members of the public** of any age, regardless of whether they are an existing service user.

The line is also open to other **healthcare professionals**, as well as social care colleagues and police personnel. This is for advice when working with individuals who are undergoing mental health difficulties or may wish to refer someone.



# Get in Touch

If you are interested in attending our training, organising a bespoke session, or simply wish to learn more, please get in touch via:

**[linkwork.supportingsmiles@ormistonfamilies.org.uk](mailto:linkwork.supportingsmiles@ormistonfamilies.org.uk)**



# Norfolk Multi-agency Practice Week



Feedback can be provided through the QR code on the left or through this link which will be shared in the chat:

<https://forms.office.com/e/EM5kEwrFLJ>

