

## Rochdale Borough Children and Young People's Emotional and Mental Health Services

### Thriving (Prevention and Promotion)

There are a variety of services/schemes locally offering help, support and guidance to enable children and young people and their families to become more resilience and Thrive. These include:

- **Five Ways to Wellbeing** – is a programme delivered by Rochdale Mind, which includes promoting positive mental health, including: anti-stigma, suicide prevention, self-harm prevention and a peer led support group.
- **Education and awareness for drug and alcohol misuse** – is provided by Early Break, who provide education and raise awareness around substance misuse issues and the link with wider factors, such as offending, emotional health and wellbeing, family/friends and much more.
- **Mentoring and Peer Support** – there are a number of services/schemes within the Borough offering peer support, including:
- **Community Champions** - provide access to “peer support” for people in the Borough of Rochdale who have a range of short-term, low level needs. The support is available to anyone who wants it (no eligibility criteria) and aims to meet a wide variety of needs including: health, skills, employment, family support, poverty, budgeting, mental health, loss and bereavement, literacy and more.
- **Homestart Rochdale** – aims to give support to families who may be struggling to cope with a variety of challenges, including post-natal illness, disability, isolation, the demands of parenting young children, bereavement and multiple births - helping prevent these difficulties from escalating into crisis, and crisis from developing into family breakdown. The service provides a range of support to parents of children under 11 years old, including low level emotional and mental health support offered by parents to parents.
- **The Proud Trust** - provide a range of peer mentoring, peer support and befriending to LGBTQ+ young people. This includes face-to-face / one to one peer support where young people meet up and provide face to face support, peer support by text message, through Facebook and/or email or telephone contact. All support is coordinated and delivered within a safeguarding framework and at a time and place agreed with young people.
- **Rochdale Connections Trust** - provide a mentoring service for young people in the Borough. Providing a drop-in service where young people can meet up with a team of mentors and build a strong relationship that enables them to meet up away from the centre. The adult mentors are drawn from local services and the general public to provide a whole range of unique skills to be match with young people's needs.
- **Non-clinical and Leisure activities** – there are a range of voluntary/3<sup>rd</sup> sector facilities commissioned within the Borough, which are aimed at supporting and enhancing emotional wellbeing for children and young people. Further details can be found [here](#).
- **Link4Life** – is responsible for the management, operation and development of Rochdale Council's leisure facilities. Link4Life works in partnership with other agencies to improve the physical health and emotional wellbeing of children and young people within the Borough.
- **Mental Health Training** – there is a variety of training offered within the borough to build community resilience, support self-care, and promote early identification of mental health problems. The training is currently being mapped and will be published alongside this document and on the Family Services Directory.
- **MeMotional** - is a website developed by Early Break aimed at raising awareness around emotions. The website is specifically aimed at children and young people and helps them to learn about their

emotions and look at putting strategies in place to help them understand and respond to their emotions in healthy ways.

### Getting Advice (signposting, self-management and one-off contact)

There are a number of services locally offering help, support and guidance children and young people with emotional difficulties. These include:

- **General Practice and the wider community primary care team** - have an important part to play in supporting families, children and young people to develop resilience and in identifying and referring problems early. GPs have a number of far reaching priorities but are trained specifically to take an holistic approach to the physical and mental health needs of the whole family registered with them. Many GP practices are a less stigmatising environment than a mental health clinic and therefore offer increased potential for early identification of emotional and wellbeing concerns raised by children and young people.

In addition, there is a wide variation of confidence and competence in managing children and young people's mental health. HMR CCG is committed to providing ongoing education to primary care and encourages providers to engage with local surgeries and the clinical leads within the CCG. With NHS mental health services, the voluntary sector and GP Care Ltd (a provider organisation of a group of GPs) an education session is being developed specifically about emotional mental health to improve confidence amongst primary care clinicians.

It is understood that the dental health of children and young people can have a huge impact on their mental health and behaviour, particularly for those children and young people who may have poor dental health and associated problems, such as issues with speech and bullying. Work has taken place within the Borough to develop pathways and links into dental care for children and young people who are under the care of CAHMS. CAMHS are now able to directly refer children and young people to a salaried dental service. Locally, we are looking to implement the inclusion of Oral Health brief intervention training as part of the requirement/contract for staff working with children and young people as part of their induction to the role. Plans are also being made to deliver oral health brief intervention training to services, including CAMHS, Safeguarding for cared 4 children, Health Visitors, Midwives, School Health and social care.

- **Health Visiting** – our health visiting team provide universal support around the '6 high impact areas' including transition to parenthood and the early weeks, promoting secure attachment, positive parental and infant mental health, and parenting skills using evidence based approaches such as Neonatal Behavioural Observation and Neonatal Behavioural Assessment Scale. Our health visitors identify women/parents experiencing perinatal mental health issues, including postnatal depression, and provide care packages for maternal mental health.
- **School Health Service** – our school nurses deliver a wide range of Public Health interventions to school-age children and young people, including emotional health and wellbeing and substance misuse. They have a role in promoting emotional wellbeing throughout the school-age years identifying mental or emotional health issues and supporting those with emotional and mental health difficulties to access the appropriate level of mental health services. Our school nurses identify vulnerable children, young people, and families, and support them through the provision of co-ordinated, tailored packages of care. The school health service also provide an online text service – CHAT HEALTH, which enables young people to have access to confidential advice and support from a school nurse. An App has also been developed, which will allow parents and young people to

access emotional health advice and information, with links to all other services and websites available.

- **Young Peoples Sexual Health Support Service – Rochdale** - young people may be referred to the Young Peoples Sexual Health Support Service via already established pathways and by a range of agencies including Children’s Social Care, The Sunrise Team, Health, Education and Parents; young people can also self-refer. The service operates as a network with other services such as substance misuse services, mental health services and other young people’s support services to help ensure young people with multiple needs are provided for in a co-ordinated and holistic way. Ongoing work with young people takes place in partnership with all other agencies involved and will be tailored to the needs of each individual young person. Young people are seen in a venue of their choice, e.g. at school, home etc. Where appropriate young people will be taken on as clients of the service and offered ongoing support. Young people will also be referred to the Young Peoples Sexual Health Support Service by other staff in the Integrated Sexual Health Service. Emergency or urgent referrals – such as in cases of suspected cancer or where the patient has acute mental health problems – can be referred direct, by a sexual health consultant to a consultant in another discipline. Onward referrals may also be made to other relevant agencies or services / practitioners, including: inpatient services, young people’s services, dental services, general practitioners, and outpatient services, e.g. dermatology, urology, mental health.

#### Getting Help (Goals focused, evidence informed and outcomes focused intervention)

There are a number of targeted services within the Borough, provided by specialists working in the community and primary care settings in a multidisciplinary way, such as: youth offending teams, primary mental health workers, psychologists, counselling and advocacy, including voluntary/third sector providers, as well as support available in social care and education. Services include:

- **#Thrive** - children and young people’s emotional and mental health service providing dedicated emotional health and wellbeing support to children and young people, when they need it. The service is run by Pennine Care NHS Foundation Trust, Youth in Mind and Link4Life, and has been co-designed with young people. The service offers early support to children and young people up to the age of 19 years, including 1:1 drop in sessions and ‘sort it’ sessions in schools and community venues, solution focused therapy, early intervention, group work and counselling. Social prescribing, including exercise, culture and arts is also an important element of the service and something that was clearly articulated by young people through the co-design process. #Thrive helps those children and young people aged up to 19 years who may be: feeling worried, angry or upset; stressed about school or exams; feeling low and not enjoying things in general; or are experiencing bullying or relationship worries. Children and young people can drop in or ring the service if they feel they need some support without the need for a referral, which is something that our young people have advised is important to them. #Thrive can also offer advice and support to parents, carers and anyone who works with a child or young person.
- **Young People’s Mental Health Support Team** – prevention and early intervention service working directly with schools and education settings. The service is currently working in 38 schools in the borough, with plans to extend over the coming year until 2023/24. As well as supporting schools to develop their Whole School Approach to emotional and mental health, by skilling up staff, pupils and parents, the service also offers short term, goal focussed, person-centred, needs led and evidenced based 1:1 interventions to children and young people as well as group sessions to both pupils and parents. The service works closely with our wider children and young people emotional

and mental health services to ensure all children receive the right care appropriate to their needs. The service also offers a Mindful Movements programme, which supports children and young people in all primary year groups with their mental wellbeing and helps them to build their resilience and create a better understanding of how they can manage situations and feelings. The service offers a blended model using both NHS and VCSE emotional and mental health provision which supports a variety of therapeutic options to meet the needs of pupils, families and the schools.

- **Early Break** – is a drug and alcohol service for young people aged under 21 years and their families offering one to one support for children and young people who are using drugs and/or alcohol. The service carries out specialist drug and alcohol assessments to identify, plan and coordinate interventions to reduce/abstain from substance misuse.

Early Break have a link worker attached to Healthy Young Minds to ensure that consultation takes place for those young people experiencing mental health issues and using substances. The service will also provide training to CAMHS staff about new and emerging substances and trends, which can affect the emotional and mental wellbeing of young people. This links into young people presenting at hospital for overdose or self-harm where substance misuse is involved.

- **Holding Families** – is a multidisciplinary service that aims to help families with problems associated with significant parental substance misuse, where children and adults' needs are dealt with and responded to at the same time. The programme works with families where there is at least one young person under the age of 18 living in the family home, or where the substance misusing parent is pregnant. Holding families works with each family member separately and as a family unit. The aim is to:

- ❖ support and encourage the family to talk about substance use and associated problems
- ❖ highlight any significant harm caused by parental drug or alcohol use
- ❖ empower parents to make necessary changes
- ❖ encourage parents to remain in treatment for alcohol or drugs
- ❖ allow children's voices to be heard by parents and workers
- ❖ help families move down the safeguarding threshold
- ❖ build on the things families are already doing well

- **Online Counselling Service** – the Kooth service is now available to our children and young people aged 11 to 24 years providing a safe, confidential and non-stigmatised way for them to receive counselling and support online until 10pm each night.

- **Early Attachment Service** – our new integrated parent infant mental health pathway and early attachment service was launched in June 2019, which provides support to parents who are presenting with mental health difficulties, or where there are concerns about the parent – infant relationship. It offers early intervention through its Homestart peer mentoring service, supporting parents in their own homes, through to highly specialised assessment and intervention for severely unwell babies and parents. The service is multi-disciplinary including midwifery, health visiting, IAPT, and adult mental health, and is clinically led by a clinical psychologist in Healthy Young Minds. More recently, Dad Matters has also been commissioned to enhance the service offer with a focus on engaging, supporting and signposting Dads. This multi-agency approach ensures that a shared language and approach is adopted to keep baby in mind across all services.

- **Connecting You Development Fund** – offers short term grants to organisations aiming to improve the health and wellbeing of the borough's residents.

- **Early Help Assessment Framework** - The Early Help Assessment process is well embedded in our work with children and young people across the Borough. The assessment is initiated with the family when more help and support is required than a single agency can provide. The assessment enables an holistic approach to support the child or young person taking an asset based approach and agreeing key actions for both the family and practitioners to undertake to improve outcomes.
- **Specialist local provision for children affected by domestic violence and abuse -**

<b>Provider:</b>	<b>Service:</b>
Early Help and Schools	<b>15 schools trained to deliver messy play.</b>
Safenet (refuge provider)	<b>18.5 per week children and family worker:</b> offering therapeutic support for children living in the refuge, support for mums with attachment and parenting.
Rochdale Connections Trust	<p><b>With M6 Theatre:</b> Volunteers mentor CYP experiencing social isolation, parents with drug/alcohol/mental ill health/ domestic abuse. School drop in once a week, activities in the school holidays.</p> <p><b>Happier Children Project:</b> Therapeutic play in primary schools and after school club for CYP affected by DVA.</p> <p><b>Healthy Relationships:</b> Courses for year 7/8 will be delivered across some high schools</p>

#### Getting More Help (Extensive treatment)

The services available for children and young people who need specialist help and support in the community include:

- **Healthy Young Minds Rochdale (Core CAMHS Service)** – Healthy Young Minds offers a skilled children’s emotional health assessment and intervention service to children and young people with more moderate to severe mental health needs up to the age of 19 years, including those with severe learning disability and complex neurodevelopmental disorders (ASD and ADHD). The service offers specialist interventions for a range of conditions, in concordance with NICE guidance, where guidance exists.

A systemic approach to care planning is in place and specific interventions provided that have regard to caring for children/young people who are cared for and have emotional/behavioural/mental health difficulties. Where a cared for child/young person has a mental health need, the service will work with residential care providers and foster carers as necessary to support the prevention of a placement breakdown, and to avoid children being placed unnecessarily out of Borough.

For children and young people requiring intensive support the service provides a coordinated response, drawing down support from children’s services, the inreach / outreach/enhanced outreach service, paediatrics, day unit provision where available and schools to ensure that all agencies work effectively together to address the needs of the individual and avoid an inpatient or residential admission.

The service has strong pathways to drug and alcohol services for young people with dual diagnosis and young people who may have parents that have substance related issues as well as mental health issues.

Urgent care pathways are in place to provide a 24-hour response to young people presenting in crisis. Currently, all young people under 16 presenting as an emergency are seen on the same day between 9am to 5pm by Healthy Young Minds and by the core CAMHS on call service between 5pm and 9am, and 24 hours a day during weekends and holidays. All young people aged 16 to 18 are seen by the adult Rapid Assessment Interface and Discharge (RAID) team 24 hours a day if they present in an emergency to A&E or the 136 suite. Healthy Young Minds also provide an urgent response to the Rochdale Urgent Care Centre and assess Rochdale young people on the Paediatric ward in Oldham between 9am and 5pm. There are robust links and clear pathways with Tier 4 and the Trust wide Young People's Inreach / Outreach team, and so, if admission is appropriate, discharge and supported step-down planning can begin immediately. Going forward, as the Greater Manchester Crisis Care Pathway is mobilised, children and young people requiring an urgent response will be picked up by the Greater Manchester Rapid Response Teams; however, the service will work closely with these teams to ensure that the needs of our children and young people are met in a holistic and seamless manner in accordance with the Thrive principles.

- **Early Intervention in Psychosis Service** - works with young people aged 14 – 35 who describe having psychosis episodes or similar experiences. The service works with these young people to look at the experiences they are having and how it affects them, with a view to them making informed decisions around what can help in their recovery.
- **Section 136 Suites** – there are currently arrangements in place to record and incident report all episodes of young people attending 136 suites and such an episode triggers a follow up from core CAMHS for children and young people under 16 and known 16-18 year olds. Our Healthy Young Minds Service also has a protocol in place jointly with adults, such that if a young person presents to the 136 suite multiple times, a multi-agency review is required and will be convened.
- **Community Eating Disorder Service** – delivered from a vibrant, child/young person oriented hub located centrally in Bury supports young people from 8 to 18 years. The service offers drop in, group assessments and treatments and provides both routine and specialist support, including family based approaches. The hub provides somewhere that young people can come to for the day; however, a core element of the service is delivered in individual homes, schools and colleges. For those young people who present with additional complexity, including high levels of psychiatric risk, acute medical risk and significant co-morbidity or social adversity, the service has strong and routine interfaces with other professionals so that it can draw upon appropriate additional resource to meet the required need. This includes Tier 4 specialist CAMHS, social care or urgent medical intervention. The service has also maintained links with the Healthy Young Minds service to support joint working and to avoid unnecessary transitions and barriers for young people and families.
- **Early Attachment Service** – see description above.

#### Getting Risk Support (risk management and crisis response)

Services to support children and young people who require specialist support are:

- **Tier 4/Specialist Services** – the specialist services are intended for those children and young people who are suffering from severe and/or complex mental health conditions that cannot be adequately

treated by community-based services. The specialist commissioned services include: inpatient services, general specialist adolescent services, including day case and intensive outreach care, specialist autistic spectrum disorder services and specialist perinatal services. The Greater Manchester Health and Social Care Partnership was given delegated responsibility for commissioning inpatient general adolescents and eating disorder services from April 2018.

Locally, the Hope and Horizon Units are part of the CAMHS in-patient facilities, situated within Fairfield Hospital, Bury and managed by Pennine Care NHS Foundation Trust. Treatment and support are provided to young people, aged between 13 and 18 years old, who are suffering from a range of mental health difficulties. Both units are led by an expert team of healthcare professionals comprising psychiatrists, psychologists, nurses, occupational therapists, dieticians and teachers and their co-location enables the seamless assessment and treatment of young people with both acute and complex needs. Whilst these units are open to all young people within the UK, every effort is made to reduce the number of young people from Rochdale from being placed out with this service. For those young people who are placed out of area, CAMHS do, however, ensure continuity and consistency of care and will continue to be involved in their care planning. Our local specialist CAMHS inpatient provider, Healthy Young Minds received a rating of '**outstanding**' for its inpatient services following a CQC inspection in 2016. The full report can be found at: <http://www.cqc.org.uk/provider/RT2/inspection-summary#mhadolescent>

- **Specialist General Adolescent Services** – these are services provided for young people aged between 13 and 18 with a range of mental disorders (including: depression, psychoses, eating disorders, severe anxiety disorder, and emerging personality disorders), associated with significant impairment and/or significant risk to themselves or others, such that their needs cannot be safely and adequately met by Healthy Young Minds. The service provision includes young people with a mild learning disability and autistic spectrum disorders who do not require Tier 4 CAMHS Learning Disability Services. The Greater Manchester Health and Social Care Partnership was given delegated responsibility for commissioning inpatient general adolescents and eating disorder services from April 2018.

- **The Health and Justice Service:**

**NHS England's health and justice team** - are responsible for commissioning services for children and young people in secure settings, including secure children's homes and prisons, as well as sexual assault referral centres (SARC) supporting victims of sexual violence. They work with police and the criminal justice system to respond to forensic requirements and to meet the needs of the children and young people in that process.

**Police custody healthcare and liaison and diversion programmes** - the Health and Justice team have direct commissioning responsibility for Police Custody Healthcare and Liaison & Diversion programmes. The Youth Offending Triage provision can be accessed from police custody and liaison and diversion services (both within police custody and courts) in order to meet the needs of these children and young people and support the flow away from the criminal justice system. The Youth Offending Triage provision will assess young people who have been arrested for the first time and are admitting their offence. It is also used for those who are assessed as vulnerable and in need, including concern regarding mental health issues. The assessment may conclude with referrals to prevention services or to a specialist service, such as Early Break, to address issues around substance misuse.

**Local Support to the specialist health and justice service** - we will work with the specialist health and justice service to continue to improve local pathways for children and young people leaving the

justice system, or those children and young people, who are victims of sexual violence or are perpetrators of sexual violence.

**Local support for children and young people leaving Welfare only homes** - all children and young people returning from Welfare only homes will have 'Cared For' status, therefore close working relationships between the child's social worker and family/carer is imperative. Furthermore, this group of children are often extremely vulnerable, with complex needs, including CSE (child sexual exploitation) concerns, history of abuse and mental/emotional health issues. All children returning from secure accommodation are Cared for Children and will receive the support of their allocated social worker and a PA if they are over 16 years of age.

**Local support for children and young people who are victims of, or perpetrators of sexual violence** – locally there are clear pathways in place between Healthy Young Minds, the Sunrise team (child sexual exploitation) and the Complex Early Help and Safeguarding Hub. Our Healthy Young Minds Service and the partner agencies work collaboratively with young people who have been victims of CSE, sexual violence and with perpetrators of sexual violence/abuse offering interventions based on the young person's presentation, for example, post-traumatic stress disorder work, anxiety management, DBT, CBT and psychological interventions.

**The Sunrise Team** - Children and young people at risk of CSE will be supported by the Sunrise team. Sunrise comprises personnel from Greater Manchester Police, children's social workers, health professionals and charity workers, and has links to adult social care, the youth offending team, targeted youth support, licensing and housing departments. It works on the front line in Rochdale, Heywood, Middleton and the Pennines, reaching out to young people at risk in the community. The specially trained staff help children to break free of exploitative relationships, and ensure offenders are brought to justice.

**Child Sexual Exploitation (CSE)** - in addition to the Sunrise Team, the ACT (Achieving Change Together) service for victims of CSE has been launched. This service has been delivered jointly with Wigan Borough Council as part of the Department for Education (DfE) innovation pilots and was co-designed with young people, partners and parents. The service has been inclusive of a trauma therapist and through working in a strength based and relationship model of intervention it has provided intensive early support to 25 young people affected by sexual exploitation. This work builds on the success of the Sunrise Team, Project Phoenix and it is testament to the scale of our ambition to prevent and support victims of CSE.

In relation to the health and protection of young people experiencing/at risk of CSE, the Sunrise Health Co-ordinator has had a key role particularly in relation to hard to reach young people, such as young people absent from school and young people over the age of 16 who are not in further education etc. The Health Co-ordinator undertakes a health assessment on each child open to the team and will either liaise directly with the relevant health services involved or work directly with young people in respect of their health.

**The Youth Justice Service** - where young people are assessed as at risk of, or have perpetrated a sexual offence, AIM3 (assessment, intervention and moving on) assessments are provided by and overseen by the Youth Justice Service. Referrals can be made by Children's Social Care or the police and the young person does not have to be criminalised in the process.

The service has continued to be delivered as a multi-disciplinary team with a key focus on improving outcomes for young offenders. A key element of this has been the continued successful identification of sexually harmful behaviour, and implementation and delivery of AIM3 assessments

for young people in the Borough. Through this work we have developed a more consistent approach to addressing inappropriate sexual behaviour by young people who are either referred through Welfare pathways or through the Criminal Justice System. The Youth Justice Service staff are trained in 'AIM3' assessments and interventions and are able to lead and advise colleagues from Children Services dealing with these issues and therefore ensure that a holistic approach to meeting both victim and perpetrator needs is adopted.

The Youth Justice Service includes an embedded nurse who is col-located with the service. There are regular meetings with the School Nursing Service to ensure that all health needs are met, as well as linking with other health specialists, for example, sexual health and Early Break. The Senior School Nurse will proactively engage with Youth Justice Service clients to ensure health needs are met and healthy lifestyles promoted.

Working with the police, we have enhanced our pathways to avoid criminalising young people with emotional and mental health problems by considering implementing out of court disposals, such as: prevention, restorative justice, diversion and triage, all of which offer an assessment and package of intervention.