

North Yorkshire CCG

Mini Marketplace

Mini Marketplace – Social and Emotional Health
Offer for Children and Young People in North
Yorkshire

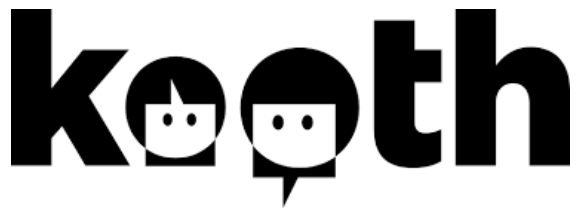
Lorna Galdas, Commissioning Manager, NYCCG



Social and Emotional Health Offer for Children and Young People in North Yorkshire



Tees, Esk and Wear Valleys
NHS Foundation Trust



The Go-To
For healthy minds in North Yorkshire

NHS
Bradford District Care
NHS Foundation Trust

Early Help
Local SEND Hubs

THRIVE Framework



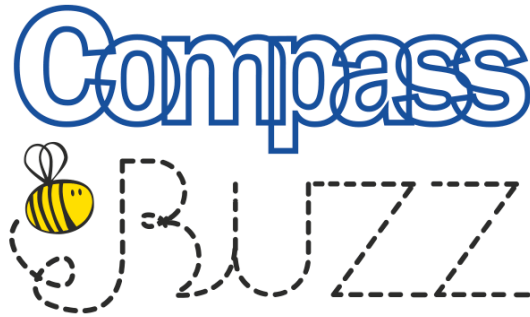
<http://implementingthrive.org/about-us/>

The Go-To For healthy minds in North Yorkshire



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>Thegoto.org.uk is a North Yorkshire signposting website that provides information, advice and signposting to services for children and young peoples mental health and wellbeing.</p> <p>The website provides information for young people, parents and carers and professionals across North Yorkshire</p>	<p>Thegoto.org.uk is the home of wellbeing and mental health for young people in North Yorkshire. The website is there to help young people, parents and carers and professionals find the right help and support to stay well, whatever is going on in a young person's life.</p>	<p>Visit thegoto.org.uk</p>	<p>The website is accessible for all.</p>	<p>ny.cyp@nhs.net</p>

Compass BUZZ



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>Compass BUZZ is an innovative project which works with the whole school workforce and other key partners in schools across North Yorkshire to increase the skills, confidence and competence of staff dealing with emotional and mental health concerns.</p> <p>Compass BUZZ also a confidential text messaging service for young people aged 11-18 called 'BUZZ US'. Text 07520 631168</p>	<p>Highly skilled Wellbeing Workers deliver a free rolling programme of tiered training to local schools and other key professionals, promoting a range of early help and prevention strategies as part of a wider integrated multi-agency approach.</p> <p>Our Wellbeing Workers also provide a telephone consultation service to school staff offering advice, guidance and signposting in relation to the low-level mental health needs of pupils and students.</p>	<p>Training and consultation can be accessed by all primary, secondary, special schools, colleges, pupil referral service, academies and private school in North Yorkshire.</p> <p>Face to face training can be arranged but the majority of training is now delivered via webinars.</p>	<p>Compass BUZZ works with all primary, secondary, special schools, colleges, pupil referral service, academies and private school in North Yorkshire.</p> <p>BUZZ US text messaging service - young people aged 11-18 years old who reside in North Yorkshire</p>	<p>Lisa Gale Service Manager lisa.gale@compass-uk.org Mobile: 07917 186229 https://www.compass-uk.org/services/north-yorkshire-compass-buzz/</p>

Compass REACH



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service Contact details
Compass REACH works with children and young people who may benefit from receiving early help and prevention work in relation to emotional wellbeing and mental health issues.	Compass REACH deliver evidence-based psychosocial interventions to children and young people.	Throughout the county on an outreach basis at a venue which is safe and convenient for the young person.	Compass REACH provide emotional wellbeing and mental health support at an early help and prevention level and therefore work with CYP are assessed as having mild to moderate needs .	Lisa Gale Service Manager lisa.gale@compass-uk.org Mobile: 07917 186229 https://www.compass-uk.org/services/north-yorkshire-compass-reach/
Children and young people aged 9 – 19 (and up to 25 for those with special educational needs or disabilities) who reside in North Yorkshire.	Our interventions are ordinarily delivered on a one-to-one outreach basis; however, telephone interventions can be arranged.			

Note: From 1st April 2021, Compass REACH are no longer commissioned to provide the support for drug or alcohol misuse. This is now provided by Humankind <https://humankindcharity.org.uk/service/north-yorkshire-horizons/>

Specialist CAMHS (TEWV)





Tees, Esk and Wear Valleys NHS Foundation Trust

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>Specialist Child and Adolescent Mental Health Services (CAMHS) is a specialist service for children and young people up to the age of 18 experiencing mental health issues that are significantly affecting their daily lives.</p>	<p>Specialist CAMHS offer includes:</p> <ul style="list-style-type: none"> Supporting moderate to severe emotional / mental health issues that are significantly affecting daily life despite other interventions Specialist CAMHS care pathways include; Emotional pathway, including moderate/severe depression, anxiety, Post-Traumatic Stress Disorder, obsessive compulsive disorder; moderate / severe self-harm; Eating Disorders, including anorexia / bulimia;; Attention Deficit Hyperactivity Disorder(ADHD); Other complex mental health presentations, including psychosis, personality difficulties; co-morbidity mental health issues including where these occur in Children & Young People (CYP) with neurodevelopmental conditions. Difficulties that are of high risk/severity (e.g. self-harm; deterioration in self-care; significant family distress, non- school attendance as a result of significant mental health difficulties; severe social withdrawal) Evidence of complex neurodevelopmental difficulties e.g, Attention Deficit Hyperactivity Disorder (ADHD) or other that may require a multi-disciplinary assessment (CAMHS are not 	<p>CAMHS services are based in various locations across North Yorkshire including Harrogate, Scarborough, Northallerton and Craven.</p>	<p>Supporting moderate to severe emotional / mental health issues that are significantly affecting daily life despite other interventions</p>	<p>For new referrals please contact Single Point of Access (details below).</p> <p>Selby CAMHS: 01757 241070</p> <p>Northallerton CAMHS: 01649 718810</p> <p>Harrogate CAMHS: 01423 726900</p> <p>Scarborough CAMHS: 01723 346000</p>

Specialist CAMHS (TEWV)



Tees, Esk and Wear Valleys NHS Foundation Trust

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
CAMHS Single Point of Access	Single Point of Access for TEWV CAMHS services.	CAMHS services are based in various locations across North Yorkshire including Harrogate, Scarborough, Northallerton and Craven.	Supporting moderate to severe emotional / mental health issues that are significantly affecting daily life despite other interventions	York & Selby: T: 01904 615345 E: tewv.camhsspayo@nhs.net North Yorkshire: T: 0300 0134778 E: tewv.northyorkshirecamhsreferrals@nhs.net
CAMHS Specialist Eating Disorder Service	Enhanced Community Eating Disorder Service – a specialist CAMHS service for children and young people up to the age of 18 who have a diagnosed eating disorder.	The service operates a hub and spoke model: York Hub (with Scarborough spoke) and Harrogate hub (with Northallerton spoke).		Harrogate CAMHS T: 01423 726900 York CAMHS T: 01904 615300
CAMHS Crisis and Intensive Home Treatment Service (IHT)	North Yorkshire Crisis and Home Resolution Service is a service for young people up to the age of 18 with immediate mental health needs that require immediate attention in the community.			T: 0800 0516171  Tees, Esk and Wear Valleys NHS Foundation Trust Call us free of charge... In a mental health emergency. 

Wellbeing in Mind Teams (Mental Health Support Teams, TEWV)



Tees, Esk and Wear Valleys NHS Foundation Trust



TEWV Wellbeing in Mind Teams (Mental Health Support Teams in schools)

<https://youtu.be/8hH1crw10sw>

<https://www.tewv.nhs.uk/services/wellbeinginmind-parent/>

<https://www.tewv.nhs.uk/services/wellbeinginmind-yp/>

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
MHSTs are part of a national pilot project providing specialist support within education settings. More locally these have been rebranded by children and young people as 'Wellbeing in Mind Teams' (WiMT).	MHSTs have three functions: 1) Support educational settings to develop and embed a whole school approach to wellbeing . The focus of activities within this function is to support the wellbeing of everyone within the setting, rather than just focus on mental health needs. 2) Provide timely advice, consultation and signposting to teaching staff . The aim is to provide support to the school as a system so that they in turn can provide support to young people enabling them to engage in education. 3) Provide evidence-based psychosocial interventions to children and young people . These are based on CBT.	Directly within the educational settings working with the WiMT. WiMT members are considered to be part of the staff team within each educational setting. Currently they are in Scarborough and Selby localities, and we have just received confirmation of funding to expand to Harrogate and Rural District and Hambleton and Richmondshire .	In Scarborough and Selby the WiMT currently works into secondary and further education settings . The service is open to any student or staff member enrolled in or employed by the educational settings in which the team works. The service is also available for any student who is electively home educated or who has been excluded from education .	tewv.wellbeinginmind@nhs.net

Mental Health Support Teams in Schools (Craven, BDCT)



Bradford District Care
NHS Foundation Trust



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>In December 2017, the Transforming Children and Young People’s Mental Health Provision green paper introduced a new policy to create Mental Health Support Teams (MHSTs) to work with children and staff in education settings.</p>	<p>Each MHST has three core functions:</p> <ol style="list-style-type: none"> 1. Delivering evidence-based interventions for mild to moderate mental health issues – This work is primarily delivered by Education Mental Health Practitioners (EMHPs) using Low Intensity CBT approaches 2. Supporting the senior mental health lead in each education setting to introduce or develop their whole school or college approach. This approach aims to maximize school’s cultures to be mentally healthy across the board. Inclusive of all children, young people, parents and staff. 3. Giving timely advice, consultation and offering signposting to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education 	<p>Each MHST is required to meet a population criterion across schools.</p> <p>The service is available to all CYP, parents and staff that the MHST works in.</p> <p>MHST staff are integrated into the school setting.</p>	<p>The Craven MHST works into Primary, and secondary schools and a further education college.</p> <p>Education staff can approach the team about any child they have mental health concerns about for consultation, advice, and signposting.</p> <p>Direct 1:1 and group psychological therapy (evidenced based interventions) are offered to young people identified to be experiencing mild to moderate mental health difficulty.</p>	<p>mhst@bdct.nhs.uk</p> <p>07525 872287</p> <p>Lead for Craven – Helen Capstick</p> <p>Clinical Lead – Lisa Stead</p> <p>Service Manager – Sadie Booker</p>

Specialist CAMHS Bradford District Care Trust



Bradford District Care
NHS Foundation Trust



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>The Service supports infant, Children and Young people from the age of 0-18.</p> <p>There are 14 individual teams under the CAMHS umbrella service which have their own specialist area to support within IC&YP MH.</p> <p>2 Teams have a separate identity:</p> <p>Mental Health Support Teams (MHST)</p> <p>Little Minds Matter (LMM)</p>	<p>CAMHS work with:</p> <ul style="list-style-type: none"> Moderate/severe depression Attentional/hyperkinetic problems Assessment & diagnosis of Autistic spectrum disorders Moderate to severe anxiety Habit disorders Mental health problems with learning disabilities Eating disorders Significant attachment / relationship difficulties Obsessive Compulsive Disorder Psychosis Parent/ Child attachment 	<p>Fieldhead in Bradford</p> <p>Hillbrook in Keighley</p> <p>Alongside ad hoc satellite clinics in the community.</p> <p>Microsoft Teams and Attend Anywhere are the consultation platforms virtually.</p>	<p>CAMHS:</p> <ul style="list-style-type: none"> Age 0-18 with mental health problems LAAC Suspected eating disorder k diagnosis Other specified feeding or eating disorder Potential autistic spectrum disorders Psychosis Crisis Thrive model entry at 'Getting More Help' and 'Getting risk support' Parent infant relationship concerns Youth offenders with mental health problems 	<p>01274 723 241 (Bradford)</p> <p>01535 661 531 (Keighley)</p> <p>camhsdutybfd@bdct.nhs.u</p> <p>Fax- BDCT.CAMHS@bdct.nhs.uk</p> <p>Clinical Manager – Shamila Ahmad</p> <p>Service Manager – Sadie Booker</p>

Specialist CAMHS Bradford District Care Trust (continued)



Bradford District Care

NHS Foundation Trust



Who the service supports (continued)	What the service offers (continued)	Where it is offered	Eligibility criteria	Service contact details
<p>12 Teams: Core Team Neuro Developmental Team Primary Mental Health Workers Team (PMHW's) Eating Disorders Team (ED) Early Intervention Psychosis Team (EIP) Looked After and Adopted Children Team (LAAC) Specialist Early Attachment and Development Team (SEAD) Be Positive Pathway Team (BPP) Psychological Therapy Team (PT) Youth Justice Service Team (YJS) Learning Disability Trauma Informed Care Team (LD/TIC) Crisis Team</p>	<p>The 12 teams offer assessment and treatment for C&YP referred into CAMHS. Depending on assessment there are many different treatment options which include: FT - Family Therapy EMDR - eye movement desensitization reprocessing therapy Hypnotherapy DBT (dialectical behaviour therapy) MBT (mentalisation based therapy) DDP (dyadic developmental psychotherapy) Child adolescent psychotherapy FT AN (family therapy for anorexia nervosa) FT BN (family therapy for bulimia nervosa) GSH (guided self-help for CYP eating disorder) CBT E (eating disorder focused CBT) Circle of Security Child Parent Psychotherapy Parent-infant therapy LICBT (Low intensity CBT) HICBT (High intensity CBT) CBT (Cognitive behaviour therapy) Training from a CAMHS trainer for the</p>			

Healthy Child Programme 0-19



Growing Healthy 0-19

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>The 0-19 Emotional Health and Resilience team offer a service for 5-19 year olds experiencing low level emotional health issues. The Team includes a skill mix of Emotional Health and Resilience Nurses (ERNs), Staff Nurses and Psychological wellbeing Practitioners PWP).</p> <p>Children Young People and families will be offered face to face or Virtual support</p>	<p>The 0-19 Emotional Health and Resilience team are a home visiting service. They will complete the Family Health Needs Assessment (FHNA) alongside the Home Environment Assessment Tool (HEAT). These tools provide analysis of family strengths and needs to improve outcomes for children and young people.</p> <p>The team are trained to deliver evidence based 1-1 short term interventions to support:</p> <ul style="list-style-type: none"> • Low self esteem • Low mood • Low level anxiety • Behaviour management linked to Emotional health and resilience • Low level risk taking behaviours • Bullying and relationship issues • Building resilience 	<p>The 0-19 Emotional Health and Resilience team work across North Yorkshire.</p> <p>We provide a Emotional Health and resilience virtual drop in as part of our digital approach.</p>	<p>5-19 year olds experiencing low level emotional health issues.</p>	<p>Ashley Iceton Service Manager Ashley.Iceton@nhs.net 07392194267</p>

Locality SEND Hubs



Locality SEND hubs and Children and Families Services

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
The locality SEND Hubs support children and young people with SEMH that have been referred to the service by schools and families .	Advice and guidance	4 SEND hubs:	Schools should be able to demonstrate two cycles of intervention using the Ladder of Intervention prior to referral	NYSENDhubs@northyorks.gov.uk
	6 week intervention bespoke to the child's need	Scarborough, Whitby, Ryedale		
	12 week intervention bespoke to the child's need	Hambleton and Richmondshire		
	Exclusion advice/guidance and support	Harrogate, Knaresborough, Ripon and Craven		
		Selby		

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
The children and families service provides targeted support and interventions for children, young people aged 0-19 and their families.	For more info: https://www.northyorks.gov.uk/children-and-families https://www.safeguardingchildren.co.uk/professionals/early-help/	The Children and Families Service work across the whole NY County.		EarlyHelpCentral@northyorks.gov.uk EarlyHelpEast@northyorks.gov.uk EarlyHelpWest@northyorks.gov.uk



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>Kooth.com provides children and young people a safe, online platform available 24/7, 365 days per year, where they can explore and access professional and peer support around their emotional wellbeing and mental health.</p>	<p>kooth.com is a safe and anonymous online community that children and young people can access support and resources around their emotion wellbeing and mental health. Our service allows free access to optional support from counsellors and qualified emotional wellbeing practitioners, alongside the chance to access support from peers, join forums and learn coping skills to manage mental health in a safe and supportive way.</p>	<p>Young people can sign up for free, without the need for a referral by visiting kooth.com. All they need to do to sign up is provide their month and year of birth and the area they live in, and they can sign up using a unique, anonymous username.</p>	<p>The service is free to users and requires no formal referral, instead only requiring the user to set up an account on the website.</p>	<p>Andrew Poinen Kooth engagement lead apoinen@kooth.com</p> <p>Jaskaran Soomal Kooth engagement lead jsoomal@kooth.com</p>
<p>The service is across the North East and Yorkshire, but locally is available for young people aged 11-18 across North Yorkshire.</p>	<p>All the content available to children and young people is pre moderated to ensure they are kept safe on our site. Kooth.com is accredited by the British Association for Counselling and Psychotherapy, and the online counselling team are available from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, 365 days a year, providing a much needed out-of-hours service for emotional support in an accessible and convenient way.</p>		<p>There is also no threshold of need required to access the service, so it can be used by children and young people aged 11-18 year old across North Yorkshire, using any device (phone, tablet or desktop) with internet</p>	