North East Lincolnshire
Children & Young People
(0-19) Mental Health &
Emotional Well-being
Directory of Services
(Professionals)
This local directory is for professionals in schools, family hubs, school nurses, GP’s and other agencies working with children and young people (CYP) in North East Lincolnshire. It describes the NEL pathway for mental health and emotional well-being and signposts you to the appropriate services to ensure CYP get the right support at the right time. This directory has also been mapped to the North East Lincolnshire Family Support Pathway and child concern model. This directory places a particular emphasis on prevention and early help and highlights mental health and emotional well-being is everyone’s business.

Please note, the information included in this document was correct at the time of publishing, and as it is a shared document, information included is what has been provided.

Self-Care

When supporting children and young people it is also important to promote the following 5 steps to build resilience and positive emotional well-being. Evidence suggests that they can make you feel happier, more positive and able to get the most from life. There is some useful information on NHS choices which explains the five steps to wellbeing.

1. **CONNECT** with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. **BE ACTIVE** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

3. **TAKE NOTICE** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters.

4. **KEEP LEARNING** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

5. **GIVE** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

In an emergency...

The child/young person should attend A&E or call 999

If you are worried about a child or young person but it is not an emergency you should contact the Families First Access Point on 01472 326296, for more information see Page 4.
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School Nursing

The school nursing service is available to all children of school age, young people and their families, whilst also offering health support and advice to staff groups like teachers and social care staff. Each school has a named school nurse and the children or young people from that school, or their family, can approach the school nurse directly. School Nurses also care for children who are home educated or in other school provision.

We provide a service that aims to promote and protect the health and well-being of all children and young people.

The service can assist you by:
- Offering support to children, young people and families with concerns surrounding health issues such as continence, behaviour, eating and sleeping, and sexual health
- Offer emotional well being health assessment, and following this can offer Cognitive Behavioural Therapy (CBT) if required
- Referring to agencies such as CAMHS, audiology and speech therapy

In primary schools:
- Provide health screening for hearing and vision on school entry
- Undertake heights and weights of all pupils in Reception and Year 6 as part of the National Child Measurement Programme
- Provide health promotion sessions on hand washing and healthy eating

In secondary schools:
- Delivering sex and relationships education
- Offering a confidential drop-in service to give advice on diet, lifestyle, emotional and mental health
- Running sexual health clinics in some schools which offer condoms, pregnancy testing and emergency contraception

Families First Information Service

The Families First Information Service (FFIS) is a free, impartial information service for families with children aged 0-19 years. They provide up to date, accurate information about services and activities for children and families. The directory can be searched for information about activities that are taking place in the local area by visiting the website listed to left. FFIS also work with services in and around the surrounding areas to ensure that services that are needed at any given time can be easily found.

The process has been made as easy as possible, start by using the instant search facility if you know exactly what you’re looking for or choose from the categories listed on the website.

Universal

Support at this level is appropriate to all children and young people where no specific concerns are raised. Practitioners should provide information, advice and guidance around mental health promotion and recognise progress towards key childhood development milestones including good quality early attachment, good relationships with carers, siblings and peers, growing level of competencies and understanding in practical and emotional skills, no behavioural concerns and demonstrates appropriate responses to feelings and actions.

Contact:
(01472) 326292 (option 1)
fis@nelincs.gov.uk

Website:
https://www.nelincs.gov.uk/children-and-families/

Age Range: 0 - 19 years

Opening Hours: Phone Line answered during office hours

Contact: 01472 323660

Age Range: 4.5 - 16 years old

Opening Hours: School hours

Location: Child’s school
Young People’s Support Services (YPSS)

Young People’s Support Services (YPSS) is made up of a number of services that work in partnership to support young people with areas of vulnerability, to increase their resilience in order to help young people keep themselves safe. These areas include:

**Earning and Learning**
Offers careers information, advice and guidance to young people who are not in education, employment, or training (NEET)

**Young and Safe/Vulnerability Team**
Support for young people through the Safe Relationships 4 Young People (SR4YP) programme which delivers safe messages to young people in primary and secondary educational settings. The programme covers CSE, CEOPS, domestic abuse, sexual health, relationships and self-confidence and drugs and alcohol. The Street Based Team are also with Young and Safe and develop and deliver youth engagement and diversion with a wide range of partners.

Parenting Programmes

Across the Family Hubs in North East Lincolnshire there are a variety of parenting programmes available to parents.

**Family Links Nurturing Programme (For parents with children of all ages)**

This is a 10 week programme for 2 hours each week and covers many topics, such as:
- Understanding why children behave as they do
- Recognising the feelings behind behaviour
- Exploring different approaches to discipline
- Finding ways to develop cooperation and self discipline in children
- Learning the importance of looking after ourselves

**Parenting Puzzle (For parents with children aged 0 - 4 years)**

This is a 4 week programme for 2 hours each week, covering the following topics:
- Workshop 1 - Understanding children’s behaviour, listening and communicating praise and encouragement
- Workshop 2 - Praise and guidance versus criticism, child-led play and positive moments
- Workshop 3 - Boundaries and parenting styles, time out to calm down, dealing with stress and conflict
- Workshop 4 - Choices and consequences, behaviour to ignore, putting the puzzle together, looking after ourselves
School Nursing Text Service

11-16 years old can text their school nurse, who can offer confidential advice and support on many topics, such as:

- Mental Health
- Bullying
- Self-Harm
- Bereavement
- Any other help or support required by the young person

Nobody else will be informed, including parents and teachers. School Nurses may inform someone if there is a concern for the child’s safety.

Contact: 01472 326292
Website: https://www.nelincs.gov.uk/children-and-families/
Age Range: All
Opening Hours:
Mon-Thurs - 9am - 5pm
Fri - 9am - 4pm

Families First Access Point

Families First Access Point (FFAP) provides a simplified single point of access for all enquiries coming through to Children Social Care, bringing together MASH (Multi Agency Safeguarding Hub) in Children Social Care and FFAP (Families First Access Point) in Early Help as one team. When a worry or concern about a child or family has been identified, FFAP provides information advice and guidance, to the public, as well as professionals, ensuring that the right level of support is established first time, across all levels of the threshold of concern model.

Contact: 07507 331620
Age Range: 11 - 16 years old
Opening Hours:
Texts will not be seen outside of normal working hours

Early Help

Early Help indicates that an early problem or issue may have been identified by a parent/carer or professional supporting a child or young person, for example there maybe some evidence of inappropriate responses and behaviours, low level disruptive behaviour and/or slow to develop age appropriate self-care skills. Therefore it is necessary for that young person to receive some additional support to develop positive emotional health and self-esteem. This support can be delivered by the practitioner working with the young person if the practitioner has the appropriate knowledge and training or directed to a service which supports low level mental health and emotional well-being issues/problems.

Families First Access Point

11-16 years old can text their school nurse, who can offer confidential advice and support on many topics, such as:

- Mental Health
- Alcohol & Smoking
- Bullying
- Healthy Eating
- Self-Harm
- Contraception
- Bereavement
- Sex & Relationships
- Any other help or support required by the young person

Nobody else will be informed, including parents and teachers. School Nurses may inform someone if there is a concern for the child’s safety.

Kooth is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support on-line 365 days a year.

- A chat function for a young person to speak to a readily available counsellor
- A messaging function for young people to contact the service
- A schedule function to provide booked sessions with a named counsellor on a regular basis
- A range of forums, all of which are pre-moderated, offering facilitated peer support
- Live discussion groups - run by professionals (with all comments moderated) to enable groups of CYP to interact with each other in a safe environment
- An online magazine will full content moderation, creation and editing which includes opportunities for CYP to submit their stories or write articles, all of which is moderated
- Information, activities and self-care tools and resources on the site for CYP to download.

Website: www.kooth.com
Age Range: 11 - 25 year olds
Opening Hours:
Website available at all times.
Counsellors are available to chat:
Mon - Fri: 12pm - 10pm
Weekends: 6pm - 10pm

How to refer:
Self referral
Video Interactive Guidance

This programme uses film clips to show parents their strengths, building their confidence and encourages them to think about how they respond to their child. This helps parents of children aged between birth and 16 develop a better bond with their child and understand what they need.

- We visit a family at home and film the children playing a game or doing another activity with their parents.
- We watch the film with the parents.
- We highlight the positive things the parents have done, helping to build their confidence in their parenting.
- We help parents to find ways they could do things even better.

Visits normally take place over 8 weeks and at the end, we give the family a film to keep which shows how their relationship with their child has improved. We’ll also discuss how they can keep on track in the future.

Parenting Support

Helping parents who are struggling to care for their children can make a big difference, both now and in the future. Problems in parents lives can make it harder for them to care for their children, these include:

- Past abuse
- Domestic violence
- Mental illness

- Disability
- Poverty
- Drug or alcohol problem

NSPCC

North East Lincolnshire has numerous vulnerable groups that are at risk of developing mental health disorders. Examples of some of these groups include looked after children, children with learning disabilities, children with special educational needs, children with ADHD, children on the autistic spectrum, young people not in education or employment, young people who have offended and young carers.

The below are examples of specific services or pathways we have available in North East Lincolnshire to support these groups. However with the appropriate training and development, professionals can still support children and young people and their families where mental health issues are emerging.

Contact: 01472 803500
Website: www.nspcc.org.uk
Age Range: See individual programme
Opening Hours: 9am - 5pm (However is a flexible service)
Location: Freshney Green Primary Care Centre, Sorrel Road, Grimsby, DN34 4GB Or from home environment
How to refer: Referrals made by a healthcare professional when a single assessment has highlighted concerns of neglect

Young Smiles

Children aged between 6 and 16 years old and have at least one parent with a mental health problem. Children often feel isolated and frustrated when mental health difficulties affect the way their mum or dad behaves. Children can sometimes feel protective of their parent and so don’t seek out help or support for themselves.

Young Smiles aims to help children build:

- Self-esteem
- Resilience
- Life skills

Give the children confidence to talk about their experiences with other young people who face similar situations. Groups of children of a similar age meet together weekly to help them gain a better understanding of their parents mental health problems. Parents of children who are part of the Young Smiles programme are invited to join parents group work sessions to support their child.
Vulnerable

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SafeCare

Being a parent to a young child is a demanding job and it can be even harder when other worries and issues take hold. SafeCare offers practical support to parents of children from pre-birth to aged 6 years old. It aims to help parents to develop parenting skills and focus on the needs of their child.

SafeCare helps parents with 3 main areas:

- Keeping their child fit and healthy
- Keeping the home safe
- Having a good relationship with their child and managing their behaviour

Parents are given support to develop problem solving skills. These skills

Family Environment: Drug Using Parents (FEDUP)

FEDUP helps children and families where one or both parents misuse drugs or alcohol. It gives children aged between 5 and 12 years a safe, confidential, safe space to express their feelings and build self-esteem. Mutual support from other young people in a similar situation can help children feel less alone. Group sessions offer the opportunity to develop life skills to improve their ability to deal with difficult circumstances. FEDUP also helps parents understand how their children are affected by their drug or alcohol problems.

Sessions involve structured discussions, games, role play, and craft activities. Children work in groups and talk about topics such as family secrets and domestic violence, first aid, healthy eating, safety in the home and bullying. We also work with parents in one-to-one sessions, taking place over 8 weeks.

Referrals to be made by a Healthcare professional or self referral, however, to be eligible for referral parents must acknowledge their substance misuse.

NSPCC

Turn The Page

Turn the Page helps children and young people overcome feelings that have made them harm another child sexually. Turn the Page uses activities such as playing games or storytelling with children aged 4 to 17 years old.

Contact: 01472 803500
Website: www.nspcc.org.uk
Age Range: See individual programme
Opening Hours: 9am - 5pm
(However is a flexible service)
Location: Freshney Green Primary Care Centre, Sorrel Road, Grimsby, DN34 4GB
How to refer: Referrals to be made by a Healthcare professional or self referral.
North East Lincolnshire has numerous vulnerable groups that are at risk of developing mental health disorders. Examples of some of these groups include looked after children, children with learning disabilities, children with special educational needs, children with ADHD, children on the autistic spectrum, young people not in education or employment, young people who have offended and young carers. The below are examples of specific services or pathways we have available in North East Lincolnshire to support these groups. However with the appropriate training and development, professionals can still support children and young people and their families where mental health issues are emerging.

**North East Lincolnshire Supportive, Palliative and End of Life Care Partnership**

provides support for those who are living with and beyond cancer or those with progressive life limiting conditions and their families from birth, through a range of 1:1 or group sessions.

We also offer bereavement support for both adults and children through an Integrated Bereavement Pathway which is delivered by CRUSE, MacMillan and St Andrew’s Hospice. Anyone referred to the service will undergo an assessment and the type of service offered will be dependent on their individual need.

**Vulnerable**

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**Behaviour Service**

The Behaviour Service support schools, and other educational settings by providing advice and guidance to parents and schools to support students at risk of exclusion, facilitating managed moves to and from mainstream settings, providing a wide range of high quality support that is focused, accessible and personalised to the needs of the pupil to enhance educational outcomes. We manage the commissioning and brokerage of education provision for C&YP who are outside mainstream education, offer advice and guidance to parents in order to support positive transition into appropriate educational provision for their children. The service works across a wide range of demographics offering solution focused holistic approaches to complex situations using a multi-agency approach serving the whole of the North East Lincolnshire community including the most vulnerable children and young people.

**Young Carers Support**

Young Carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. The tasks undertaken can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole. Some young carers may undertake high levels of care, whereas for others it may be frequent low levels of care. Either can impact heavily on a child or young person.

Young People’s Support Service (YPSS) Young Carers Support is for those up to 18 who have a family member with an illness, disability or health condition that impacts upon the child/young person. There is a wide range of support on a 1:1 basis, through group sessions and positive activities. This will transition into adult services.
Barnardo’s Autism Outreach Support Service

Barnardo’s Autistic Spectrum Condition (ASC) Outreach Service works alongside NEL Specialist Support Service Teacher for ASC. Their role is to support mainstream schools, providing them with advice and strategies for teaching and learning, to meet the needs of pupils displaying Autistic type behaviours. No diagnosis is required to access the service.

The service will:

- Work with staff in mainstream school to identify needs and agree actions to achieve positive outcomes.
- Work in partnership with parents where possible through school
- Enable schools to achieve better outcomes for children
- Work with children’s services, health agencies, & community based services, to provide the most effective service for children & families.
- Support the school in identifying training requirements for staff in understanding and supporting children on the Autistic spectrum

Special Educational Needs & Disabilities

Independent Advisory Support Service (SENDAISS)

Provide confidential impartial support and advice for parents, carers, children and young people 0-25 years. SENDIASS are an impartial, confidential, free accessible service. SENDIASS can help with supporting parents/carers of a child with SEND (incl Autism), working with clients to explore their options, preparation and support at meetings, understanding rights in relation to SEND, providing information on education, health and care plans and training professionals, staff and school governors.

Educational Psychology

Educational Psychologists (EPs) work with children, parents, teachers and professionals to promote positive change in a child’s life. EPs are trained to understand how children learn, behave, think, feel & get on with others. They know how schools work & what helps young people to learn & do well. Educational Psychologists do all sorts of things including:

- Talking to young people about what helps them do well at school and what gets in the way
- Talking to parents and teachers about their worries and concerns they have about how a young person is doing
- Bringing young people and adults together to draw up plans which help everyone learn about what is going on and what may help
- Listen to young people to ensure that everyone is clear about their views and ideas.

The EPs can advise on many issues such as:

- Difficulties with learning.
- Mental health problems such as anxiety or depression.
- Reluctance to attend school.
- Difficulties with friendships or social interaction.
- Managing children’s behaviour at home and school.

Contact: Special Educational Needs Coordinator (SENCo)

Website: www.nelsafeguardingchildrenboard.co.uk/future-in-mind-local-services/

Age Range: 5 - 25 year olds

Opening Hours: Appointments can be scheduled

How to refer: School SENCo to refer
Core CAMHS

The service provides a range of comprehensive, multidisciplinary community mental health services for children and young people with mental health needs, along with support for their parents and carers. These mental health needs include moderate to severe mental health problems as well as severe and enduring mental health problems. Services are delivered through integrated, targeted and specialist teams.

Care is delivered via evidence based pathways for:

- Depression
- Eating disorders
- Anxiety disorders - including OCD
- PTSD
- Self-Harm
- Attachment disorders where there is an identified mental health need (primarily for children who are fostered or in the care of the local authority, children who have been adopted or children who are at risk of going into to the care of the local authority)

Services available:

- CAMHS advice line for all agencies
- An integrated CAMHS provision delivering evidence based pathways and outcome focused measures.
- Group therapy and individual psychological therapy.
- Support to vulnerable groups including young people with a learning disability, looked after children, youth offending service and pupil referral units where there is an identified mental health need.
- Support to universal services.
- Care and support through transition to adult services where needed.
- Specialist Autistic Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) assessment in partnership with other services.

Contact:
General Enquiries - 01472 626100
Advice Line (FOR PROFESSIONALS ONLY) - 01472 626111
Email: lpn-tr.nelcamhs@nhs.uk
Website: www.wearecamhslincs.nhs.uk
Age Range: Up to 18 year olds
Opening Hours: Mon - Fri: 9am - 5pm
Wed: 9am - 8pm
Location: Freshney Green Primary Medical Centre, Sorrel Road, Grimsby, DN34 4GB
How to refer: Any qualified or experienced professionals working with CYP can refer

Targeted

Targeted support is appropriate for those children and young people experiencing mild to moderate mental health problems requiring intensive support for emotional and behavioural difficulties. This support should be provided by trained specialists in community and primary care settings.

Contact:
General Enquiries - 01472 626100
Advice Line (FOR PROFESSIONALS ONLY) - 01472 626111
Email: lpn-tr.nelcamhs@nhs.uk
Website: www.wearecamhslincs.nhs.uk
Age Range: Up to 18 year olds
Opening Hours: Mon - Fri: 9am - 5pm
Wed: 9am - 8pm
Location: Freshney Green Primary Medical Centre, Sorrel Road, Grimsby, DN34 4GB
How to refer: Any qualified or experienced professionals working with CYP can refer

Open Minds provides short term support for people who are experiencing every day problems that cause stress, anxiety and/or depression. They offer various different therapies to suit the clients lifestyle to help improve their health and well being.

Open Minds encourage self-referral, meaning you can call or simply walk in to book an appointment. If preferred, GP’s can also refer.

Please note this service is only available for those aged 16+.
CAMHS

Child and Adolescent Mental Health Service (CAMHS) Tier 3+ are a crisis and home treatment team that offers assessment and support to young people experiencing these significant mental health difficulties.

Crisis and Intensive Home Treatment

This service is available 7 days a week, between 8:40 and 7pm, 365 days a year, with a range of multi-disciplinary practitioners accessible within these hours. Outside these hours, cover is provided by telephone (on-call) support to A&E and the Police, in addition to this face to face assessments are undertaken at the hospital out of hours where appropriate. The service is not a stand-alone service but an extension of the CAMH service thereby supporting continuity of care where possible for the child, young person and family and enabling an effective step up, step down model. The service works to maintain the child or young person in their ‘home’ setting and works closely with local Accident and Emergency services, Police, Adult Mental Health and the Duty Team within Children’s services.

Typically children and young people accessing this service will have one or more of the following:

- Admission for treatment at Diana Princess of Wales Hospital, Grimsby following an episode of self-harm
- Severe depression/emotional disorders
- Newly presenting or acute untreated psychosis
- Obsessive Compulsive Disorder
- Imminent risk of suicide or history of serious self-harm.

The service is available for:

- Children and young people meeting the criteria for moderate to severe mental health problems as a minimum requirement.
- Those whose mental health needs and emotional disturbance is to such a degree that the level of risk the young person poses cannot be contained by Core CAMHS alone, but support by a specialist community service could provide an alternative to admission to inpatient services.
- Those whose deterioration in mental state and functioning renders them liable for admission to an inpatient unit.
- Those requiring discharge from an acute inpatient service following an episode of care.
- Children and young people requiring an intensive acute care pathway.

Contact:
General Enquiries - 01472 626100
Advice Line (FOR PROFESSIONALS ONLY)- 01472 626111
Email: lpn-tr.nelcamhs@nhs.uk

Website: www.wearecamhslincs.nhs.uk

Age Range: Up to 18 year olds

Opening Hours: 24 hours a day, 365 days a year

Location: Freshney Green Primary Medical Centre, Sorrel Road, Grimsby, DN34 4GB

How to refer: Any qualified or experienced professionals working with CYP can refer
Specialist

Services for those children or people requiring mental health support for moderate to severe mental e.g. endangers life through self-harm and eating disorders. Referrals to specialist services should be made to support these children and young people.

Attention & Behaviour Pathway

If a child presents with persistent behavioural or attention difficulties, which have not improved with access to early intervention, referral can be made to the multi-agency Attention & Behaviour Pathway. Access to the pathway is by referral form, supported by an open and active multi-agency assessment (Early Help), and supporting information which evidence interventions which have been completed and reviewed. Parental consent is required and the child / young person's GP should be informed of the referral. Referrals are considered by a multi-agency professional panel and recommendations will be made. Recommendations may include specialist assessment via the CAMHS ADHD team or signposting to other appropriate agencies. Cases can be referred back to the Attention and Behaviour Pathway on completion of the recommendations if no significant improvement has been noted.

Autism Spectrum Disorder Pathway

Locally we have a communication and interaction pathway that helps families, with the support of other agencies, to determine what works best to support their child.

For children 0 to 5 years

Parents should discuss any concerns with a Health Visitor or the Portage Service in the first instance, following this, if appropriate they will make a referral to The Child Development Centre for assessment.

For children and young people aged 5 - 16

Parents who worry that their son or daughter is displaying Autistic type behaviours can talk to the Special Educational Needs Co-ordinator (SENCo) at their child’s school or setting. If parents/carers need support to talk to their child’s school they can ring Special Educational Needs and Disabilities Independent Advisory Support Service (see page 12).

In the first instance children should, ordinarily though there could be an exception, be referred into the early help assessment service through the Families First Access Point (FFAP) using the Single Assessment & Plan (SAP). In most cases it will be the school SENCO or School Nursing service / Health Visitor service who will make further enquiries/assess need which may include recommending a SAP.

It is really important to note that children and young people do not need to have a diagnosis in order to access the support services they need. The new Education, Health Care Plan does not require a diagnosis for support to be put in place; services are based on a child’s individual needs not a diagnosis so children’s treatment, education and support should not be affected. Where families have a concern that this isn’t happening then they should raise directly with the Local Authority to discuss with the Education establishment directly.

Families can also access information, advice, guidance and a range of universal activities through their local Family Hubs (formally Children's Centres).

Contact: CAMHS ADHD Team - 01472 626100
Age Range: 5 - 17
How to refer: Any qualified or experienced professionals working with CYP can refer

For Children 0-5 years
Portage
Contact: 01472 323177
Maggie.Smith@nelincs.gov.uk
How to refer: Parents/Carers or anyone with concerns regarding a child’s development

For Children 5-16 years
Contact:
Your child’s school SENCo
Families First Access Point (page 6)
SENIDASS (page 12)
**Specialist**

Services for those children or people requiring mental health support for moderate to severe mental e.g. endangers life through self-harm and eating disorders. Referrals to specialist services should be made to support these children and young people.

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**The Liaison and Diversion Team**

The Liaison and Diversion Team is a dedicated service to address health inequalities for vulnerable people who enter the criminal justice system. The service identifies the needs of users and then signposts and offers support for them. The service is all age and all vulnerability therefore we currently work with all people who are over the age of criminal responsibility. We are not a treatment service and can only accept referrals from the criminal justice system but can work alongside your service if you have service users who are currently involved with the police or court. We are made up of a mixture of staff who all have identified skills in one of many vulnerabilities we can work to support.

**Contact:** 01472 503150  
**Website:** www.navigocare.co.uk  
**Age Range:** 14+ years old  
**Location:** New Street Chambers, New Street, Grimsby, DN31 1HH  
**How to refer:** Only accepted from Criminal Justice System

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**The Early Intervention in Psychosis Team**

The Early Intervention in Psychosis Team offer support to young people aged 14-35 who have or may be experiencing their first episode of psychosis or are at risk of psychosis. We make our support and care person specific so a set care package is different for each individual. However, it will be forward thinking, challenging the stigma and misconceptions of mental health and illness. We work holistically and can support people on our caseload in all aspects of their life, moving forward and getting on.

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**Rharian Fields**

The eating disorder service offers help and support to individuals from 17.5 years and older who are living with eating disorders. The team provide specialist treatment that is developed as a bespoke care package with the service user to suit their stage of recovery.

Rharian Fields offers:
- Outpatient services
- Inpatient services
- Inpatient admission

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**Contact:** 03033303851  
**Website:** www.navigocare.co.uk  
**www.rharianfields.co.uk**  
**Age Range:** 17.5+ years old  
**Location:** Rharian Fields, The Gardens, Second Avenue, Grimsby, DN33 1NU  
**How to refer:** Any health or social care professional
Are you OK?

Developing the Workforce

As part of the Council's Creating Strong Communities Programme there was a recognition that its implementation would require a different way of working within the Council as well as with partners and the local community. To support this requirement a Children's Workforce Professional Capabilities Framework (PCF) has been developed to define the knowledge, skills and behaviours required for anyone who works, volunteers or leads work with children, young people and families within North East Lincolnshire. The framework includes key areas which workers need to demonstrate proficiency in. These areas include abuse, neglect, child sexual exploitation, emotional health, equality of opportunity for children with disabilities, bullying and healthy weight for children/young people. Mental Health and emotional well-being training is being developed to sit alongside this to support the children's workforce to achieve the appropriate, skills, knowledge and expertise to ensure children/young people can access the right support at the right time. Details of all training available for mental health can be found on the LSCB website.

Mental Health and Emotional Well-being Training Programme

Lifestyle Services has been commissioned to deliver training and support to the children’s workforce at a Universal and Early Help level to ensure they have the right mix of skills, competencies and experience to support children and young people with mental health and emotional difficulties and promoting positive mental health. Free training is available in the following topic areas. For further information or to book on to any of these courses please contact Natalie Justice on 01472 323837 or Natalie.Justice@nelincs.gov.uk

Emotional Resilience

A half day workshop designed to help and enable you to support your emotional resilience and well-being. Providing you with strategies to deal with everyday problems more effectively.

Youth Mental Health First Aid

A 2 day course promoting well-being when working with young people. It teaches how to spot early signs of mental health problems covering a range of topics such as depression, anxiety, self-harm and eating disorders.

Youth Mental Health First Aid Lite

A short half day workshop offering an introduction to young people’s mental health, enabling you to gain an overview of some of the common mental health issues affecting young people, including depression, anxiety and eating disorders.

Mental Health First Aid

The 2 day course provides the knowledge and confidence to help someone experiencing a problem and guide them towards the right support.

Mental Health First Aid Lite

A short half day workshop designed to give you an introduction and overview to adult mental health, enabling you to define some common mental health issues, identify stigma and discrimination and support people in distress.

Manager/Supervisor Mental Health Workshop

Half day workshop designed to equip managers and supervisors with the skills and knowledge to support staff/colleagues in respect of emotional well-being.

Suicide Awareness and Prevention Training

A half a day program designed to teach how to identify those children and young people most at risk of self harm and suicide, ways to respond to presenting crises and where to seek further support.

LSCB Training

LSCB also offer training for professionals. For information on these courses see the LSCB website. To book on to any of these sessions please contact learninganddevelopment@nelincs.gov.uk

Safeguarding Children Level 1

Neglect Awareness & Pathway Training

Substance Misuse & Its Impact On The Child

Working With Resistant Families

Targeted/Specialist

Targeted and Specialist Services are also offering training in more specialist topic areas or interventions, these include:

Attachment In Practice

Perinatal Mental Health Champions

Parental Mental Health & Its Impact On The Child

First Steps To Counselling

Delivered by Feelings First qualified counsellors this course offers the opportunity to learn counselling skills. Contact madeleine.vernau@nelincs.gov.uk for bookings.

Social, Emotional and Mental Health - A Whole School Approach

Free training for school staff delivered by NELC Educational Psychology helping show the importance of social, emotional and mental wellbeing for children and young people. Contact Gemma.WatsonButterworth@nelincs.gov.uk for bookings.

MindEd e-learning

MindEd offer free e-learning around counselling and CAMHS which can be found on the MindEd website.

If you require additional training which is not listed above then please contact Gemma.Dabb@nelincs.gov.uk
National Information, Advice & Guidance

**Bipolar**
Specific youth service for those aged 18-25 who are affected by bipolar
www.bipolaruk.org/youth

**OCD**
Support for children and adults affected by Obsessive Compulsive Disorder
www.ocduk.org

**Substance Misuse**
Information and support for children of alcoholics
www.nacoa.org.uk

**Self-harm**
Alumina is an online course started by selfharm.co.uk for young people aged between 14 & 18
www.alumina.selfharm.co.uk

**Suicide**
Advice and support for young people dealing with suicide, depression and emotional distress
www.papyrus-uk.org

**Support after suicide**
Help and support for those who affected by suicide
www.supportaftersuicide.org.uk

**Bereavement**
Support for families when a baby or child dies or is dying, or when a child is facing bereavement
www.childbereavementuk.org

**Eating Disorders**
Support for anyone affected by an eating disorder
www.beateatingdisorders.org.uk

**Anxiety**
Information to help support those living with anxiety and anxiety based depression
www.anxietyuk.org.uk

**Self-Harm**
Information and advice for those dealing with self harm
www.selfharm.co.uk

**Sexual Abuse**
Support service for rape victims
www.rapecrisis.org.uk

**Survivors UK**
Support for male rape and sexual abuse
www.survivorsuk.org

**Rise Above**
Rise Above is about us all sharing our experiences, questions and challenges to get us ready for anything life throws at us
www.riseabove.org.uk

**Are you OK? keep your MIND well**

www.nelincs.gov.uk/areyouOK
North East Lincolnshire Children & Young People Local Mental Health & Emotional Well-being Directory of Services

For further information on any service listed in this directory please contact:

Lauren King  
Children’s Health and Commissioning Lead  
Lauren.King@nelincs.gov.uk

Gemma Dabb  
Commissioning Support Project Manager  
Gemma.Dabb@nelincs.gov.uk

Information correct as of December 2017. For any amendments or changes to the services included please contact the above.

Review date: April 2018