Public Health 5-19 Service. 07/2018

Prevention

Early Intervention

Targeted Support

Whole School Approach

- Health & Wellbeing Review has been completed with the Public Health 5-19 Service and a Health & Wellbeing Plan has been developed.
- Spiralling curriculum across all year groups which is clearly planned and includes positive mental health, aspirations, coping & resilience, decision making, body image, sexuality, internet, social media here
- Policy and teaching is monitored and evaluated then reviewed in partnership with staff, pupils, parents and relevant agencies
- A designated senior staff member and governor leads on Emotional Health & wellbeing.
- Policies in place which include clear expectations and consistent responses to incident management which considers safeguarding, behaviour, bullying and confidentiality.
- 'Open door' policy for children to raise problems
- · Positive and nurturing classroom management
- A sense of belonging
- · Positive peer influences
- Effective working relationships with relevant agencies who support children with mental health problems
- Process in place to address early concerns about individual children or a cohort of children.
- Regular Staff training and updates e.g. Youth Mental Health First Aid.

Indicators for concern

- Becoming disinterested in school and other activities
- Unusual tummy aches, headaches, tired
- · Circle of friends reducing, becoming isolated
- Feeling bullied or starting to bully
- Irritable, no patience, snapping at people
- Sad, tearful
- Self-harm superficial, scratching
- Not sleeping well, increasingly late or absent from school <80%
- Increase of internet social media, especially late at night.
- Increasingly quiet and withdrawn
- Friends reporting concerns
- Change in eating habits.
- Family breakdown, bereavement or traumatic event.

• Refer to Emotional & mental wellbeing support guide for professionals

- · All concerns, incidents and actions recorded on school database
- Get a supportive or trusted teacher to talk to the child about the concerns and whether there are issues at home or school
- Provide space and time for them to speak and ask them what you can do and how you can help
- Speak to parents to assess their level of concern and if advice or action has been taken
- Advise parent to speak to their GP.
- Offer and gain consent for a school <u>Individual Health Care Plan</u> (IHCP) or support plan which clearly outlines school and home support. (SOS Assess & Plan)
- Consider the following; sleep pattern, diet, fluid intake, screen time, bullying, friendships, support at home, school pressures, substance misuse
- Consider peer mentoring
- Refer to school counsellor or mentor
- Review academic development and provide extra support with school work
- Referral to <u>SAFA | Self Harm Awareness</u>
- Discuss with Early Help Officer
- Discuss with <u>CAMHS & My Time Cumbria</u>
- Discuss with Education Psychology
- Refer to Eating Disorder and Risk Taking Behaviour pathways.

Escalation of concern

- No energy, can't be bothered, no interest in school or usual activities
- Obsessive, tearful, panic attacks.
- Erratic mood changes very sad, angry, irrational or hyper
- Inability to focus/concentrate
- Increasingly absent from school less than 60%
- Engaging in substance abuse and/or risky sexual behaviours
- Falling behind at school/ high personal/parental expectations
- Shutting out family and friends, increasingly isolated, not going out
- Unable to sleep till early hours, disturbing dreams, waking in the night
- Deterioration or significant change of appearance
- Not eating/overeating significant weight loss or gain
- Self-harm and/or thoughts of or attempts at suicide
- Family breakdown, bereavement or traumatic event

External support & Links Early Help CCC - Early Help **Assessment** CAMHS & My Time Cumbria Advice Safeguarding Children Board With consent from parent to (LSCB) parent/child where take child to SAFA | Self Harm Awareness appropriate GP within 1 Kooth online counselling complete an EHA week. Child health 6-15 - Live Well Health for Teens Invite parent/child Review Healthtalk.org and relevant health Individual YoungMinds professional or **Health Care** Childline agency to the initial Plan before **NSPCC** TAC meeting. and after GP The Mix - support under 25s **Build Sound Minds** appt. NHS GO APP Discuss with **Early Help Panel REZONE APP** Early Help With consent to **CALM APP**

discuss if

or stuck

progress is slow

Provide advice and support

CHILL PANDA APP

BLUE ICE APP

CATCH IT APP

Information and website addresses to be given to parent/child

Public Health 5-19 Service - Contact to arrange a Health & Wellbeing Review and plan

Officer or the

HUB

Public health Nurses are able to provide support to address the health needs of children aged 5-19 years and signpost to appropriate service or resources.

www.cumbria.gov.uk/ph5to19/

IF CHILD IS ASSESSED TO BE AT IMMEDIATE OR SIGNIFICANT RISK OF HARM REFER TO SAFEGUARDING POLICY OR CONTACT SAFEGUARDING HUB TELEPHONE: 0333 240 1727