

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES, Tier 1, 2, 3 & 4, available to SLOUGH Children, Young People and Schools.

Areas of Need*	Tier 1	Tier1/2	Tier 2	Tier3/4**
*Taken from: Guidance for commissioners of child and adolescent mental health services				
Emotional disorders (e.g. phobias, anxiety, depression)	<p>1. Educational Psychology Service (EPS) offer regular training to schools to raise awareness.</p> <p>2. EPS training offered in schools for Evidenced based programmes to build resilience and reduce anxiety, such as 'Friends for Life' and the social skills group</p>	<p>1. Primary mental health workers offer Mindfulness training in schools</p> <p>2. EPS provides training to Teaching Assistants to work in their school (<i>NB GAP training to develop Emotional Literacy Support Assistants does not exist yet in Slough</i>).</p> <p>2. Slough emotional and behavioural outreach team (SEBDOS) offer:</p> <p>a) work in schools for 6-8 sessions with individual pupils and then review.</p> <p>b) work with children unable to attend school.</p> <p>c) work with schools to offer transition and nurture groups for vulnerable pupils moving from primary to secondary schools in Slough (BSW).</p> <p>d) Transition programme offered to all vulnerable pupils in the summer term.</p> <p>4. Youth Support offers a targeted support programme to vulnerable young people aged 8-19 years.</p>	<p>1. CAMHS T2 associate counsellors (via a framework agreement) offer a person-centred therapeutic service to anyone over the age of 10/11 years based in Slough.</p> <p>2. Counselling Service (Some schools offer this) offer assessment and short solution focussed service to all middle and secondary schools (75% of schools currently taking up the offer).</p> <p>3. EPS sometimes offer short focused Cognitive Behavioural therapy (CBT) if schools have purchased this service and if the EPS is trained in this provision. <i>GAP Training to be extended to all EPS via Reading University</i></p>	<p>CAMHS if severe (meets criteria for moderate or severe depressive episode) and enduring,</p> <p>Can offer cognitive behavioural therapy, initiation and monitoring of antidepressant medication, and family therapy</p>
<p>Conduct disorders (e.g. severe defiance, and physical and verbal aggression, and persistent vandalism)</p> <p>Attention deficit hyperactivity disorder</p>	<p>1. <i>Cambridge Education School Standards team provide support for schools with behaviour policies. Check this</i></p> <p>2. Training by EPS offered to school staff to understand the psychology around the different diagnoses. This is a by request service only.</p> <p>3. The SEBDOS team are reluctant to take a medical model and produce top tips for SENCOs. The team can support the identification and delivery of preventative services.</p>	<p>1. SEBDOS provides training to all Teaching Assistants to work in their school as learning mentors.</p> <p>2. SEBDOS</p> <p>a) work in schools for 6-8 sessions with individual pupils and then review.</p> <p>b) offer Peer Mediation support programme to schools and restorative justice programme</p> <p>3. Targeted Youth Support</p> <p>a) provides individual and group work support for 13-19 year olds..</p> <p>b) offer Intensive personal Advisors for young people aged 13yrs+ who are Not in Education, Employment or Training (NEET) or susceptible to becoming NEET.</p>	<p>1. EPS offer short focused CBT on an ad hoc basis if the EPS has been trained. <i>This is an are for development.</i></p> <p>2. Youth Offending Service (YOT/YISP) offer therapeutic sessions which include CBT and solution focussed therapy.</p> <p>3. CAMHS T2 offer holistic services such as Mindfulness and sport and play therapy</p> <p>4. <i>GAP Psychotherapist/ clinical psychologist through Intensive Family support.</i></p>	<p>CAMHS: diagnosis of attention deficit hyperactivity disorder, initiation and monitoring of medication for ADHD.</p> <p>Provide consultation and assessment of conduct disorder when present with a comorbid mental health disorder.</p>

Areas of Need*	Tier 1	Tier1/2	Tier 2	Tier3/4**
Obsessive compulsive disorder				CAMHS diagnosis and intervention: cognitive behavioural therapies and medication initiation and monitoring if severe & enduring
Tics disorders and Tourettes syndrome	Training by EPS offered to school staff if requested			CAMHS diagnosis, advice and medication where appropriate
Autism spectrum disorders (ASD)	<p>1. Training to schools provided by Slough ASD Outreach team based at SBC.</p> <p>2. Training to schools offered by EPS.</p>	<p>1. Pre-school group run by (GS to insert voluntary sector details).</p> <p>2. Early Bird training for parents offered by the Slough Autism Outreach team.</p> <p>3. Early Bird Plus training offered to parents by the Slough Autism outreach team.</p>	1. Support and intervention in schools for children/ young people with a diagnosis by (GS to insert details)	CAMHS diagnosis Consultation, support and advice when present with a comorbid mental illness
Substance misuse problems	<p>1. Training provided to school staff and other professionals by the Young People's Drug & Alcohol Team at T2.</p> <p>2. Awareness sessions provided to young people in secondary schools, colleges youth clubs and other venues by T2.</p> <p>3. Awareness sessions provided to parents in schools through the T2 Family Intensive Support service.</p> <p>4. Young people trained to become Peer Educators and run awareness sessions to younger students in their schools.</p>	1. Tailored sessions provided for targeted groups in schools & elsewhere by the T2 young peoples drug and alcohol team	1. Ongoing one to one support provided in schools or other venues for young people misusing substances professionals by the T2 Young People's Drug & Alcohol Team.	CAMHS tier 3 involvement if mental health comorbidity present
Eating disorders, e.g. pre-school eating problems, anorexia nervosa and bulimia nervosa.		1. CAMHS PMHWs support individuals and schools and parents	1. CAMHS T2 PMHWs support individuals, schools and parents and GPS and nurses	CAMHS diagnosis and intervention if severe & enduring, including individual work,

Areas of Need*	Tier 1	Tier1/2	Tier 2	Tier3/4**
				dietetic advice, family therapy, day programme and inpatient management depending on severity
Post-traumatic stress disorder			1. Educational psychologists refer to CAMHS T2 anyone over the age of 10/11 years based in Slough. 2. IAPT referrals by GPs and nurses	CAMHS diagnosis and CBT based interventions.
Psychological effects of abuse and neglect	Training by EPS offered to school staff Training by wellbeing team for foster carers and LAC	1. Positive Intervention for Children Affected by Domestic Abuse (PICADA). <i>GAP in DA service offered by Stonham .</i>	1. Family support through PMHWS in CAMHS T2.	CAMHS: support and consultation to multiagency team, management of comorbid mental health disorders
Attachment disorders	1. Training by EPS offered to school staff. 2. SEBDOS offer nurture group training and nurturing principles offered to schools	1. Nurture groups ongoing in all schools. 2. Littledown school BSW provide centrally-based nurture group (1/2 day per week). Rolling programme to cover needs. 3. A young carers pack is available but requires updating	1. <i>GAP Psychotherapist/ clinical psychologist through Intensive Family support.</i> 2. <i>No process for attachment disorders/ ADHD or ASD</i>	CAMHS support and consultation to multiagency team, management of comorbid mental health disorders
Psychological effects of living with a chronic illness	Training by EPS offered to school staff			
Psychosis or emerging borderline personality disorder.				CAMHS diagnosis and intervention for psychosis.

** A new website has been developed for young people who are disabled to find out more if they have been referred to CAMHS or are interested in finding out about it: aboutmycamhschoices.org

MindEd is a new FREE eLearning education programme to help adults (in schools, as parents or as primary care staff) to identify and understand children and young people with mental health issues.

It is funded by the **Department of Health** and has been developed and written by experts in the field of child and mental health.

It is easy to use and can be accessed in small bite sized sections or used to find out more about a particular concern. You don't have to register to access the service, but if you do it will log all your learning to date.

MindEd will also publish a review of online therapies which can be used by and with children and young people for

SLOUGH services, including commissioned services supporting children/young people at Tier 2

Service	Available to...	How to access service...
SEBDOS Behaviour Support Outreach Team	<ul style="list-style-type: none"> All children/young people at SLOUGH maintained schools All children/young people at academy schools who have purchased BS, (currently ?????). Children/young people not attending school as part of an emotional health and well-being concern. 	<ul style="list-style-type: none"> Direct request to service via a short form with parental signed agreement. Common Assessment Framework. Early Intervention Panel.
Slough Autism Support Service	<ul style="list-style-type: none"> Families who live in SLOUGH and have a child/young person aged 0-18 who has a physical or sensory impairment or learning difficulty/disability, which has a substantial and long term impact on carrying out day to day activities. 	<ul style="list-style-type: none"> Self/family referral (see SLOUGH website). Multiagency referral form. Common Assessment Framework.
Counselling Service: Accessible via framework agreement with the CAMHS T2 service	<ul style="list-style-type: none"> Open service for all children/young people (generally over 10/11 years), parents, carers. All children/young people in SLOUGH primary/secondary schools. Schools not currently engaged generally have their own mentors, counsellors etc. already working in their school. 	<ul style="list-style-type: none"> Self-referral, parent/carer on behalf of children/young people or with support from a professional. Common Assessment Framework. Early Intervention Support Panel.
Targeted Youth Support	<ul style="list-style-type: none"> Young people aged 13+ years at risk of becoming NEET. 	<ul style="list-style-type: none"> School link with Youth advisors. Common Assessment Framework. Early Intervention Panel.
Educational Psychology Services	<ul style="list-style-type: none"> All children/young people living in SLOUGH going through statutory assessment of Special Educational Needs. 	<ul style="list-style-type: none"> Request for Statutory Assessment. (Education, Health & Care Plan from September '14).
	<ul style="list-style-type: none"> All schools offered a core service. All schools purchasing additional time (?????). Children/young people at risk of school placement breakdown. 	<ul style="list-style-type: none"> Consultation with the Special Educational Needs Co-ordinator (SENCo) at the child's school.
		<ul style="list-style-type: none"> Direct referral through Annual Review, if pupil's school placement is at risk of breaking down.
Wellbeing service	<ul style="list-style-type: none"> Families who meet the criteria, such as antisocial behaviour, offending, parental unemployment. 	<ul style="list-style-type: none"> Referrals to be discussed directly with Team Manager.
Slough ASD Outreach Service	<ul style="list-style-type: none"> Support pupils in mainstream education aged 4-18 years with a diagnosis of Autism. 	<ul style="list-style-type: none"> School contact team directly.
T2 Young People's Drug & Alcohol Action Team (DAAT)	<ul style="list-style-type: none"> All children/young people living in SLOUGH who are under 18. 	<ul style="list-style-type: none"> Self-referral, parent/carer on behalf of children/young people or with support from a professional.
Youth Offending Team (YOT) & Youth Intervention Support Programme (YISP)	<ul style="list-style-type: none"> YISP is available for SLOUGH children aged 8-17 years who are at risk of offending or involved in anti-social behaviour. 	<ul style="list-style-type: none"> Early Intervention Support Panel. Onset referral form (Contact YISP directly). Common assessment Framework.

Interventions in SLOUGH schools, led by school staff and supported by SLOUGH services:

A needs assessment is underway to ascertain the numbers of schools offering

- Emotional Literacy Support Assistants.
- Nurture groups & Nurture Transition groups.
- Circle of Friends (Support system for CHILDREN/YOUNG PEOPLE struggling with friendships).
- Friends for Life programme (Programme to improve resilience and reduce anxiety).
- Peer Mediation programme for primary schools

At

Services commissioned by SLOUGH:

Services commissioned by Slough Borough Council

Drug and alcohol action team (DAAT)
Child and adolescent mental health team (CAMHS T2)
Wellbeing service
Slough autism support service

MindFull is a FREE national online **service** for 11-17 year olds. It provides support, information and advice about mental health and emotional wellbeing directly to young people.

MindFull is based on the award-winning BeatBullying model, which is:

- Endorsed by the Child Exploitation and Online Protection Centre (CEOP) as a safe and secure service for young people to get support;
- Credited as an example of best practice in early intervention and improving emotional resilience by The Centre for Excellence and Outcomes in Children and Young People's Services (C4EO);

MindFull is open every day, between 10am and midnight, and offers support in three different ways:

- 1) Self-Help:** Advice, information and resources section is written by professionals and young people. It is packed with really useful stuff, including activities and resources to help young people learn more about their own mental health and emotional wellbeing.
- 2) MindFull Mentors:** They're young people who are trained to help. A MindFull Mentor will be available most of the time to chat on line.
- 3) Counsellors:** MindFull mental health professionals and counsellors will give you one-to-one support. Keep an eye out for our group sessions and ad hoc online surgeries as these can be really helpful too.

The self-help section and Mindfull mentors are free to any young person who registers on the website. There is a charge for the counselling service.

To find out more: www.mindfull.org