

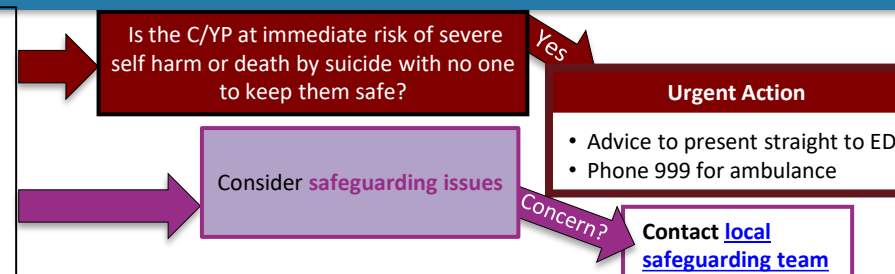
Mental Health Pathway

Clinical Assessment/ Management tool for Children & Adolescents



Management – Primary Care and Community Settings

- ASSESSMENT**
1. What are you seeking help with?
 2. Impact on functioning - what do you find difficult to do because of X?
 3. What kind of thoughts and feelings are connected with this?
 4. What have you tried so far?
 5. Risk – have you ever hurt yourself or thought about hurting yourself? (get an idea if there are concrete plans and intent)
 6. How long have things been like this?
 7. Do you have someone you feel safe with that you can talk to?



	Green – getting advice (universal and early help)	Amber – getting help	Red – getting more help and risk support
Review presentation	Anger outbursts Anxiety Beginning to isolate self from peers & activities Separation anxiety Feeling fed up Friendship issues Sleep disturbance Superficial self-harm Parental anxiety	Low mood that significantly impacts on usual functioning (IoUF) Anxiety that IoUF Experience of trauma (complex and single event) that IoUF Eating difficulties or change in eating habits, weight loss / gain associated with weight/shape anxiety Obsessive-compulsive behaviour that IoUF Significant self harm Thoughts to end life with no plans or intent	As per amber 'getting help' but difficulties have continued despite intervention – refer to CAMHs Delusional thoughts (e.g grandiose or persecutory) Hearing, responding to voices Risk to self associated with self-harm Suicidal thoughts with plan and intent Actual or intended harm to others For symptoms of psychosis & if YP 14+ refer to local early intervention in psychosis (EIP) team (Hampshire , IoW , Dorset)
Assess severity	Behaviour is a recent change (<1 month) Behaviour shown for short periods of time Behaviour not shown in all environments	Behaviour present for some time (1-6 months) Disruptive and distressing to CYP and family No improvement in severity following early intervention	Present for some time (>6 months) Significant impact on CYP and family (i.e. parent giving up employment or persistently unable to attend school) Severity increasing despite intervention Increased risk of harm to self and/or to/from others Young person not able to engage in treatment Increased concern of the network around the young person
Consider context*	Bullying Home environment / Parenting issues / financial issues including cost of living crisis Family relationships Care arrangements School issues Parental mental health issues Young carer responsibilities	Those contextual factors identified in "Getting Advice" plus: - Child in care / in need - Child with a diagnosed learning disability - Persistent problems in all areas of school - Reduced attendance at school - Reduced access to positive social relationships and activities	Those contextual factors identified in green "getting advice" & amber "getting help" plus: Family breakdown Increase in risky relationships Non-attendance at school Relationship breakdown Social Isolation

MANAGEMENT

*If any of the contextual factors are present above, a referral to CAMHs should NOT be considered as a first response. Consider referring to other agencies in the first instance. Therapeutic interventions are likely to be more effective when the wider social context issues have been or are being addressed and supported.

Mental Health Pathway

Clinical Assessment/ Management tool for Children & Adolescents



Accessing Help - Primary Care and Community Settings

Green – Getting Advice (universal and early help)	Amber – Getting help	Red – getting more help and risk support
<p>Signpost to online mental health resources and therapeutic interventions:</p> <p>Digital offers: HEEADSSS app to assess and signpost families to local services Kooth - a free mental health and well-being online service for 11-18 year olds Healthier Together website (parents / young people) Young Minds - national website that provides a variety of resources, self-help information and useful links.</p> <p>School, Mental Health in Schools Team or school nurse The School will be able to offer support with emotional difficulties. If the difficulty is concerning behaviour and learning the school may feel it is appropriate to involve behaviour support services.</p> <p>Parenting Services offer a variety of courses to help parents manage emotional and behavioural difficulties: Hampshire and IOW Dorset</p> <p>Local Youth Counselling: Hampshire Isle of Wight Dorset Some schools also offer youth counselling services.</p>	<p>Use the HEEADSSS app to assess and signpost families to local services</p> <p>Unless there is an immediate need for the specialist mental health service to assess and intervene due to the level of risk identified, services identified in the green “Getting Advice” section should be accessed in the first instance.</p> <p>Once this support has been accessed a period of watchful waiting should follow to allow the child/young person and family to consolidate the skills learnt. If following this there continues to be difficulties, access more targeted help available in your area. CAMHS triage: if risk is assessed as low and early help services have NOT been accessed, then referrals will be signposted to these services, which will delay the start of intervention. Self-referrals and referrals by schools can be made to these CAMHS services: CAMHS Dorset CAMHS Hampshire CAMHS Isle of Wight</p>	<p>Use the HEEADSSS app to assess and signpost families to local services</p> <p>NHS 111 (mental health desk) for urgent mental health advice</p> <p>If there is an immediate risk to safety, with concrete plans for suicide or intent, send to the ED.</p> <p>If there is an immediate need for the specialist mental health service to assess and intervene due to the level of risk identified, refer to CAMHS (Self-referrals and referrals by schools can be made to these CAMHS services): CAMHS Dorset CAMHS Hampshire CAMHS Isle of Wight</p> <p>If mental health difficulties and impact on functioning continues or declines further despite other interventions tried in Getting advice, refer to CAMHS</p>