

## **Northumberland Primary Mental Health Work Service**

### **The Service**

Northumberland Primary Mental Health service (PMHW) is an early intervention and prevention children mental health service provided by Northumbria Health care Foundation Trust. We deliver a range of services that contribute to Northumberland's graduated response to children's emotional well-being and mental health. Using the Thrive graduated model we offer targeted support within the 'getting help' section. Our borough wide service is also developing new models of working in line with the national trailblazer programme. This includes the development of mental health support teams building on existing sources of support to schools and a wait time initiative, to offer a 4 week wait from referral to treatment.

### **The service mission statement –**

The Northumberland Primary Mental Health (PMHW ) recognises the importance of:-

- Early mental health support to improve outcomes for children and young people
- The development of resilience and emotional coping through positive mental health promotion
- Positive inclusion of all children to prevent problems escalating while protecting the most vulnerable
- Acknowledging the social and environmental pressures on children and the need to develop resilience and capacity in local communities and wider systems around the child
- Strong collaborative working with colleagues in universal services to provide the skills and knowledge to identify issues early ,to effectively understand need and to provide effective first line supports
- All services having clear understanding of how to access our service and effective signposting support
- Providing support as near to home in a range of community settings
- Improving ease of access with reduced waits to support and advise
- Contributing to seamless transitions for children across the pathways from universal, targeted and specialist mental health support services.

### **The Team -**

The PMHW team is a multi-disciplinary group of qualified professionals with a range of professional backgrounds including Social Workers, Psychiatric, Paediatric and Learning Disability Nurses, Occupational Therapists and Counsellors. The team also includes Educational Mental Health Practitioners, who work closely with school settings. We provide dedicated PMHWs for each school partnership including special schools, Pupil referral units, further education colleges and those supported by the Virtual schools service. The care provided is tailored to meet the needs of the child and varying psychological therapies appropriate for children and families are used.

### Who can refer -

Referrals to the PMHW service are accepted from professionals currently working with children and young people and self-referrals.

### How to refer -

- Booking a consultation using the services consultation processes to consider the appropriateness of a referral
- Direct to the service using the PMHW service referral form
- The Northumberland Early help HUB process using the HUB referral form. <https://www.northumbreland.gov.uk/NorthumberlandCountyCouncil/media/Child-Families/Families>
- Consent will be required for all referrals from the parent / carer / young person.

### When to refer -

**Educational mental health practitioners** will accept referrals for support for children and young people up to the age of 18 who are registered with a Northumberland GP who are experiencing or at risk of developing **mild to moderate** emotional, behavioural, and psychological difficulties such as friendship or behavioural difficulties, anxiety, low mood, emotional regulation, poor sleep or those who require support to develop resilience.

**Primary Mental Health Workers** will accept referrals for support for children and young people up to the age of 18 who are registered with a Northumberland GP. A child or young person's emotional wellbeing and mental health have not been resolved despite the delivery of specific first line intervention from universal services. The difficulties are pervasive across different settings i.e. at home, at school and in the community and they are having a significant impact on the child's general functioning. The service supports children and young people who present with **moderate** emotional wellbeing and mental health problems. The following presentations would be eligible for input from the Service:

- Anxiety disorders including worry, stress, generalised anxiety, panic, social anxiety and phobias.
- Low mood, depression
- Emotional regulation and anger
- Early eating distress and poor body image
- Habit disorders including features of obsessive compulsive behaviours and tics
- Self-harm and thoughts of not wanting to be here, without specific intent or planning
- Adjustment reactions including or delayed adjustment to a bereavement, complicated parental separation or bullying
- Significant behavioural disruption
- Attachment difficulties
- Trauma related distress

### Local offers provided by the service-

#### **Educational mental health practitioners offer –**

- Support to schools to deliver whole school approaches

- Psychoeducation to support self-help , resilience building and signposting
- Providing 1:1 assessment, brief, low-intensity evidence based interventions and group work
- Timely advice to schools and liaising with specialist services to access right support and stay in education

### **Primary mental health workers offer**

- Psychosocial mental health assessments including a risk assessment
- Brief evidenced based self-help , individual and group based interventions- informed by cognitive behavioural therapy , behavioural activation , trauma focussed approaches, systematic and attachment practice, solution focussed and non-directive counselling
- Referrals on to all services across the pathways
- Consultation services to provide advice and guidance to professionals working with the child, young person and family.
- Liaison support through the multi-agency early help hub processes
- Teaching and training to raise awareness of children's mental health with colleagues in the SEND support services

### **Measuring impact -**

As a service we aim to ensure that meaningful improvements in outcomes for children and young people are measured using a range of outcome measures. We will measure the clinical needs at the beginning of the care episode and at the point of discharge using a range of routine outcome measures and service satisfaction questionnaires. We also seek feedback on the quality of our advice, support and training from professionals using a range of evaluation processes to continuously improve the quality of the services we provide.

### **Service contact details**

Contact Details: 01661 864588 Ponteland Primary Care Centre Meadowfield, Ponteland, NE20 9SD. Email address [PMHW@northumbria-healthcare.nhs.uk](mailto:PMHW@northumbria-healthcare.nhs.uk)

### **Emergency or safeguarding concerns**

As the Primary Mental Health Team offer a 9-5 Monday to Friday non urgent emergency service , if the referral requires a more urgent / crisis response please contact Northumberland Children and Young People's Service (CYPS) ICTS service on 01670 502700 . If you have immediate concerns about a young person's safety please contact out of hours GP, A&E, Walk in Centres or Children's Services on 0845 6005252.