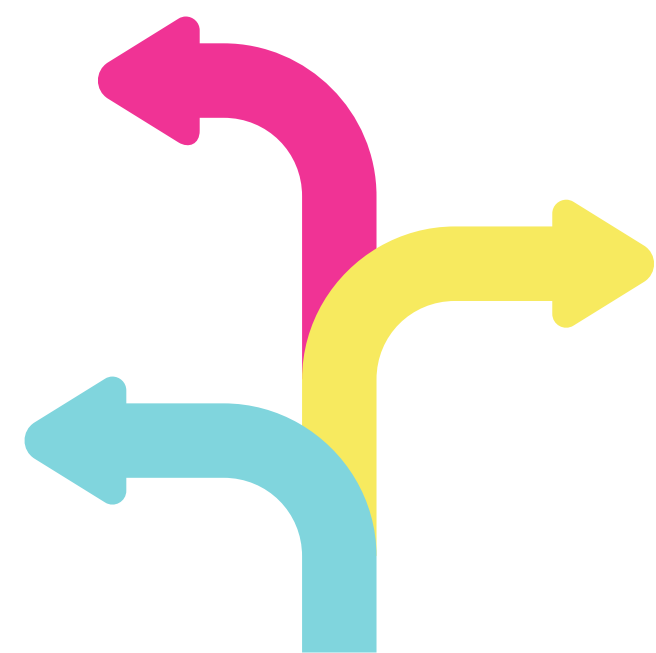


DUMFRIES & GALLOWAY'S CHILDREN AND YOUNG PEOPLES EMOTIONAL WELLBEING AND MENTAL HEALTH PATHWAY

A pathway that provides clarity to support mental health & wellbeing of young people. The goal is to ensure the Children & Young People have appropriate support from the right person/service at the right time. The pathway is designed to build upon the things already happening in school for young people e.g. Health & Wellbeing Curriculum, focus on positive relationships, pupil support, peer support.



LEVEL:	DESCRIPTION:	SERVICES:	
5	Urgent Intervention	Services for young people who are suffering or likely to suffer significant harm.	CAMHS INCLUDING CHILD PSYCHOLOGY, EDUCATIONAL PSYCHOLOGY
4	Specialist Services	Services for young people who require statutory or specialist services.	CAMHS INCLUDING CHILD PSYCHOLOGY, EDUCATIONAL PSYCHOLOGY
3	Targeted Services	Services for young people who require targeted & early intervention.	EDUCATIONAL PSYCHOLOGY, SCHOOL NURSING, YOUTH WORK SERVICES, CLINICAL PSYCHOLOGY, CAMHS
2	Early Intervention Services	Services for young people who require additional support, showing early signs of vulnerability requiring early help.	EDUCATIONAL PSYCHOLOGY, SCHOOL NURSING, YOUTH WORK SERVICES
1	Universal Services	Services for all young people.	EDUCATIONAL PSYCHOLOGY

Please ensure consent is gained to share information for all referrals.

LEVEL: 1 2 3 4 5

EDUCATIONAL PSYCHOLOGY

Dumfries & Galloway's Educational Psychology Service
Age Range: 0-24 years
(this tends to be in an advisory capacity for pre and post school)

Levels 1 and 2 – research and training in relation to: whole school approaches to mental health; critical incident response; mental health awareness; resilience; relationship-rich schools implementation; awareness raising through production of information leaflets; educational psychology page on Council website; quality assured resources available on GLOW wellbeing tile; virtual consultation for education staff, telephone consultation for parents.

Levels 3 and 4 – individual casework and consultation, group work, staff support, participation in child's plans, use of psychological interventions to overcome barriers to learning.

Level 5 – work in partnership with Health colleagues to plan and support the young person's educational needs.

How To Refer:

Virtual consultations available through link shared with all education staff

If it is felt that the assessed level of need means that an individual file with Educational Psychology may be required, then a pre-referral consultation should be arranged with the school's allocated educated psychologist.

For virtual or pre-referral consultation, consent from the parent/young person is required.

Every school has an allocated EP who can respond to general queries.

Other areas of focus to support mental health:

- The Principal Educational Psychologist (PEP) co-chairs and contributes to the actions of the Mental Health in Schools group. This group reports to Mental Health Strategy Group, on which the PEP also sits. The Mental Health Strategy Group takes forward the priorities of the Children's Service Plan.
- PEP contributes to Counselling in Schools Implementation Group in partnership with Youth Work
- An educational psychologist represents the Authority at Education Scotland Inclusion, Wellbeing & Equality
- PEP contributes to national Counsellors Coordinators Network
- PEP/Depute PEP sit on Association of Principal Educational Psychologists and work collaboratively with other educational psychology services around Scotland
- Educational Psychology is leading within education on the use of Video Interactive Guidance and Video Enhanced Reflective Practice with staff/parents to encourage reflective practice

LEVEL: 2 3

YOUTH WORK SERVICES

Low Level Mental Health Support in Schools
Age Range: 12 - 18 years

The Dumfries & Galloway Youth Work service offers a voluntary service for young people to help them identify acknowledge and work through difficulties they may be facing which are having an impact on their emotional wellbeing.

This project is aimed at young people who find challenges of adolescence too much to manage and presenting behaviours such as:

- Self-harm
- Low mood and mild depression
- Difficult relationships at home and with friends
- Anger issues
- Low self-esteem and confidence
- Anxiety / Sleeplessness

Through this project young people can access one to one support sessions, these usually lasts for 6 - 8 weeks meeting once weekly for 45 mins per session.

We also offer targeted and issue-based programmes which are usually delivered with between 6 -10 young people and the content of the sessions will be flexible to the needs of each group.

How To Refer:

<https://youthwork.dumgal.gov.uk/article/22355/Low-Level-Mental-Health-In-Schools>

Referral Form - tinyurl.com/3pdazzv

Tel: 01387 251322

E-Mail: YES@dumgal.gov.uk

LEVEL: 2 3

SCHOOL NURSING

School Nursing
Age Range: 5 - 18 years

Targeted, early intervention service covering 10 Priority Areas:

- Emotional health and wellbeing
- Child protection
- Looked-after children
- Domestic abuse
- Homelessness
- Transitions
- Young carers
- Substance misuse
- Sexual health and wellbeing (including pregnancy)
- Youth justice

School Nurses undertake a full GIRFEC Wellbeing Assessment, Wider World assessment and resilience framework to assess needs and create management plan with CYP/parents as required with proposed next steps.

One to One, face to face consultations in school or at home, NHS Near Me or telephone contacts including parents if assessed as necessary to plan.

How To Refer:

Professionals: Refer to a Single Point of Contact

dg.nithsdalschoolnurses@nhs.scot

Using SN referral form or Request for Assistance SPECIFYING which of the 10 Priority Area/s

Children, Young People or Parents can self-refer to a mobile telephone:
07795 291296

SN service can offer consultation to professionals prior to referrals via local team contact numbers:

Nithsdale 01387 244588
Wigtownshire 01776 707754
Stewartry 01556 505712
Annandale 01576 205538

LEVEL: 3 4 5

CAMHS including Child Psychology

Child and Adolescent Mental Health Service (CAMHS) & Child and Adolescent Clinical Psychology Service Speciality
Age Range: 0 - 18 years

CAMHS is a specialist multi-disciplinary team with expertise in the assessment, care and treatment of children and young people experiencing moderate to severe mental health problems. This includes ISSU18 specialising in young people with substance misuse and/ or mental health problems, or those affected by parental substance misuse. Child Psychology offer specialist psychological therapy and parenting work, working closely with CAMHS colleagues to ensure that children/young people receive the right support at the right time. Where there is clear indication that psychological therapy or parenting work is required and appropriate, referrals are made via CAMHS. Psychology main modalities of therapy are Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT/DNA-V). We also offer IPT (Interpersonal Therapy), CBT for Eating Disorders, Trauma Focused CBT and EMDR. Clinical Psychology offer both behaviour and attachment based parenting. The service also includes a multi-disciplinary team for care experienced Children and Young People experiencing mental health difficulties and they offer 1:1 work, consultation and training.

While some children and young people will need to come straight to CAMHS, i.e., those requiring urgent mental health care, most will require this service when an intervention within primary care, education or a community-based service has not been enough. For psychological therapies, this is for issues that have not responded to interventions from school nursing, youth workers and third sector services.

We work from 2 clinical bases, The Willows in Dumfries and Oak Tree Family Centre, Stranraer covering all Dumfries and Galloway. We offer evidence-based intervention and treatment for children, young people, and families. This includes –moderate-severe depression and anxiety, panic, OCD, trauma, phobias, psychosis, eating disorders, complex behaviour problems (which have not responded to other interventions IY, 3P etc), complex adjustment or bereavement/ loss in extreme circumstances (suicide, accident etc), significant self-harm (overdoses, hanging), mental health problems with comorbid drug and alcohol use, mental health problems comorbid with neurodevelopmental problems, children, and young people in the mentioned categories and who require intensive home treatment and support and diagnosis and treatment of some neurodevelopment disorders e.g., ADHD. CAMHS does not assess for, or diagnose Autism Spectrum Disorder (ASD)

CAMHS urgent criteria for referral include the following: profound depression, acute episode of psychosis, life threatening anorexia, imminent risk of suicide.

Consultation - Where direct work with families is not indicated, please contact us via email, as we may be able to offer other case consultation or advice to professionals already involved.

CAMHS have no restriction on who refers. CCPS accepts from GP's, NHS clinicians, Social Workers, Named Person, and Educational Psychologists. CCPS do not accept self-referrals. Both services would welcome a discussion in the first instance to ascertain if referrals are appropriate. All referrals or enquiries must have the knowledge and consent of the young person (age 14 yr. and over) and/ or parent or guardian. CAMHS and CCPS are voluntary services.

How To Refer:

By letter or Request for Assistance form. Provide information on all of the following:

- Reason for referral; please specify mental health symptoms, risk to child or young person and/or others and impact on day to day life. Past medical history
- Consideration of whether the parents/young person are motivated to attend therapy
- Are there any child protection concerns about the child or young person
- What else has been done to address the problem? Please give details e.g., name of the service, intervention etc
- If referral relates to a suspected eating disorder: Physical health data: HR, BP, Height, Weight, BMI, date, and results of any recent investigations
- Please ask child or young person to add any further information from them and school/college if appropriate about the difficulties

CAMHS (including ISSu18 and Psychology) -
Email to: dg.CAMHS-mail@nhs.scot
Post to: CAMHS: The Willows The Crichton Glencaple Road Dumfries DG1 4TG Telephone: 01387 244662

LAC – Email to: dg.lac@nhs.scot
Post to: LAC team, The Willows The Crichton Glencaple Road Dumfries DG1 4TG Telephone: 01387 244579/244568

OTHER APPROVED SERVICES:

- LGBT Youth Scotland - www.lgbtyouth.org.uk
- Young Carers - www.dgalcarers.co.uk/young-carers-project.php
- Parent Inclusion Network - www.parentsinclusionnetwork.org.uk

- Quarriers - www.quarriers.org.uk
- Rape Crisis - www.rape-crisis.org.uk
- Womens Aid - www.dumfriesshireandstewartrywomensaid.co.uk

- C U Through - www.supportinmindscotland.org.uk
- Relationship Scotland - www.rsdg.org.uk
- Advocacy Service (Barnardos) - www.dgadvocacy.co.uk