The following communication is intended to outline the mental health and wellbeing offer to schools across Derby and Derbyshire during the Covid-19 social distancing period**.**

**Targeted Intervention Community Triage (TICT)**

The **Targeted Intervention Community Triage (TICT)** has been set up as an interim service to direct referrals to a range of community providers offering additional 1:1 targeted interventions to support CYP across Derbyshire with low to moderate level mental health needs at this particularly difficult time.

Targeted Interventions include: 1:1 therapeutic counselling and 1:1 peer support sessions via multi-media platforms can help children and young people experiencing depression, low mood, bereavement, stress, panic or anxiety and aim to enable CYP to cope better and prevent further escalation of issues.

To make a referral complete the TICT [referral form](https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=91QOEyEIakuiT4Z2HWniwuQEqMmt3PJHptnhTj-WC-xUNzMwWVhZMU5GVkg1MVg1TjhHUDk0UjA2Ny4u&vt=130e54f7-0821-4b6a-a24f-86761d69e2c2_78a72f00-0cf3-434a-ac44-d9b7527ce17c_Hash7_zRkoAuh72nL5Cdvd4%2BxXSbJ%2BQ7KAK3SUZTgxMKADZNo%3D). An experienced therapist will contact the CYP / teacher or parent to complete a triage assessment and make individualised recommendations and appropriate onward referrals

If you need further guidance about the TICT offer and process, please contact your local CAMHS Specialist Community Adviser below.

**CAMHS -Specialist Community Advisors (SCA)**

CAMHS Specialist Community Advisors provide consultations to all professionals from statutory, community and voluntary organisations, about the mental health and wellbeing being of children and young people.

Consultations involve the SCA providing evidence based specialist mental health advice, appropriate ongoing support options, guidance, signposting or support to make onward referrals.

If you have already have established links then please continue to contact your SCA directly.

The SCAs service is being maintained during COVID-19 and will continue once services resume to normal functioning.

If you are unsure who your SCA is or how to contact them, please see below.

|  |  |  |  |
| --- | --- | --- | --- |
| **AREA** | **NAME** | **Tel No** | **Email address** |
| Erewash North & South | Amanda Selby, Clinical Lead | 07768 671397 | amanda.selby1@nhs.net |
| Southern Derbyshire | Dawn Wain | 07717 782268 | Dawn.wain@nhs.net |
| Amber Valley & South Dales | Rachael Mc Ilwrick | 07917 243130 | Rachael.mcilwrick@nhs.net |
| Derby City locality 1,2 & 5 | Sonia Simpson-Brown | 07833 927241 | Sonia.simpson-brown@nhs.net |
| Erewash and Southern Derbyshire  | Angela Jordan | 07787 274992 | angela.jordan6@nhs.net |
| Amber Valley and City locality 3&4 | Miriam Krepa | 07717 538764 | Miriam.krepa@nhs.net |
| High Peak and North Dales |  Sam Jones, Team Lead North | 07900 243 578 | samantha.jones27@nhs.net  |
| Chesterfield South and Central | Liz Stephens | 07795 354 988 | e.stephens1@nhs.net |
| Chesterfield North, Staveley and Brimington | Natalya Van Steenbergen | 07766 697 940 | natalya.vansteenbergen@nhs.net |
| Bolsover and North East District | Sophie Tipple | 07825 995 967 | sophie.tipple@nhs.net  |
| Dronfield, Eckington and Clowne | Marie North | 07899 962 773 | marienorth@nhs.net |

**Build Sound Minds Derby and Derbyshire**

**Our offer to Secondary schools in Derby and Derbyshire during the Covid-19 period**

**Bouncing back**

Bouncing Back is a two-session programme with each session lasting 1 hour. It is aimed at young people who are showing some early signs of struggling with their emotional health and teaches them techniques and understanding that improves their resilience and their ability to ‘bounce back’ when faced with adversity.

**Blues**

The Blues programme is a six-week programme, based on research and acclaimed internationally, that we have been delivering in Derbyshire since October and nationally for the last 2 years. Each session lasts an hour. The Blues Programme gives students the support they need to understand how they’re feeling. It helps them to build resilience and reduces low mood, depression and anxiety. Really importantly, it gets teenagers talking.

**We have now created a version of both these courses that can be delivered digitally to groups of young people in Year 9 to Year 11 and are able to offer this to secondary schools across Derbyshire and Derby City**

If you would like to discuss with us how we can provide this course to a group of your young people, please contact Caroline.Stodart@actionforchildren.org.uk

We will provide:

* Two members of staff trained to deliver the programme to facilitate
* Delivery of the programme via Microsoft Teams
* All paperwork required to be completed by the parent/young person in advance of the programme delivery
* All resources required for the programme which will be sent to young people, either by e-mail or hard copy

You will need to provide:

* A group of up to 8 young people who you feel will benefit from the course and are willing/able to participate
* Microsoft Teams will be used for communicating with the young people from your school if they are currently at home
* Completed paperwork and consent for all young people
* A named contact who will be available if we have any safeguarding or other concerns after the sessions
* Support to the service for student engagement in the programme

***Changing Lives***

**Referral Criteria for Mental Health Support Teams during school closures**

Changing Lives is a new service offering Mental Health Support through brief evidence-based psychological interventions, based on the principles of cognitive behavioural therapy (CBT). The service is available across Derbyshire and Derby City during the current school closures.

It will then revert to only accepting referrals from the Centres of Excellence and associated schools which form part of the project.

 The Child/ Young person must:

* Be 0-25 years (Over 18 only where the young person has SEND needs or is a care leaver)
* Not meet the threshold for CAMHS support
* Not be persistently or severely self-harming or actively suicidal

The Child/ Young person will be experiencing:

* Mild to moderate symptoms of anxiety
* Simple phobias
* Social/ General/ Separation/ Health Anxiety
* Panic
* Worry/ stress
* OCD (in some cases)
* Change/ Adjustment difficulties
* Experiencing mild to moderate symptoms of low mood
* Physical symptoms including poor sleep and appetite
* Cognitive symptoms including negative thoughts about self/others/world
* Anger/ irritability
* Interpersonal difficulties
* Loss

Support available to others:

* Brief parenting support for behavioural difficulties
* Supporting parent lead interventions for younger children
* Dedicated support line for School staff Mondays and Tuesdays only

**Contact us for more information:**

General enquiries: helen.skinner10@nhs.net

High Peak, Dales and North Derbyshire: emma.fox21@nhs.net

Amber Valley, Erewash, Derby City and South Derbyshire: vicky.vieselis1@nhs.net

**Information for Children and Young People, Parents and Professionals**

If you need urgent help you can call 0300 790 0596 between the hours of 9am and midnight, seven days a week visit: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>  where specialist mental health professionals will be there to help

**For self-help**, direct children, young people, their parents and carers to and local information about support available via the Derby and Derbyshire Emotional Health & Wellbeing Website: [www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)