

Rapid Needs Assessment: Children and Young People's Mental Health

Mental Health and Related Service Provision for Children and Young People

As part of the mental health services transformation work happening across Lancashire, services for children and young people's emotional health and wellbeing have been mapped against the THRIVE framework.^{1,2} From this document, local statutory services have been identified in the three tables below.

Other provision includes support and activities for families with young children through nine children's centres and support and activities available through individual schools and colleges e.g. pastoral care, activities/programmes to build resilience, access to counsellors. There is also activity being delivered through two lottery funded programmes, [Better Start](#) and [HeadStart](#):

Better Start: The Better Start partnership is responsible for implementing services which families need for their children to be healthy, happy and ready to learn. Projects include:

- Dads engagement work e.g. FRED (Fathers Reading Every Day)
- Parenting courses and programmes e.g. VIG (Video Interaction Guidance), Survivor Mums Companion and Mellow Dads
- Workforce development e.g. trauma informed care

HeadStart: Through HeadStart, Blackpool is initiating a Resilience Revolution. The Resilience Revolution aims for a sustainable, whole-system change to the town transforming systems to give people the right support at the right time and in the right place. Projects include:

- Friend for Life - matches Our Children with an adult friend
- Saddle up - equine and communication therapies
- Back on Track - keeps Our Children at risk of exclusion in mainstream school
- Moving on up 121 - individual wrap around support for moving from primary to secondary school
- Moving on up groups - group based support and co-production activities for transition from primary to secondary school
- Self-harm support - individual support for young people at risk of self-harm.
- VIG - video interactive guidance to support resilient therapies
- Walk and Talk - youth therapies outside of the traditional office environment
- Bounce forward - Year 5 wellbeing and resilience programme delivered in schools (delivery partner is Lancashire Mind)
- Academic resilience approach- pupil and staff resilience-focused audits and action plans including pupil resilience committees
- Resilient therapy training for council staff, local businesses staff and community groups.
- A range of youth engagement and co-production activities – digital group, research group, young executive group, junior park rangers Talbot and Brunswick group and campaign groups.

¹ Wolpert, M. et al (2015) THRIVE elaborated Press CAMHS

² <https://www.healthyyoungmindslsc.co.uk/news-events/latest-cyp-new/thrive-model-lancashire-and-south-cumbrian-camhs>

Table 5: Self-referral statutory support for mental health

Service	CYP Age Group	Description	Types of presenting problems	Provider
Health Visiting	0-5	Work with children and families to promote health and wellbeing from the antenatal period up to 5.	Perinatal mental health, sign-posting and self-management advice for parents. Some Health Visitors provide Behavioural Activation for parents with depression as part of a Better Start pilot.	Blackpool Teaching Hospitals NHS Foundation Trust
School Nursing	5-19	Public health nurses who specialise in child and adolescent health and cover all Blackpool primary and secondary schools and further education settings. Can work with families to provide support.	Self-harm, sign-posting and self-management for CYP and families.	Blackpool Teaching Hospitals NHS Foundation Trust
Youtherapy	11-25	Providing counselling, CBT (cognitive behavioural therapy), and EMDR (eye movement desensitisation reprocessing) plus drop in emergency support	Feeling anxious, unhappy, confused or angry. Thoughts of self-harm.	Blackpool Teaching Hospitals NHS Foundation Trust
Supporting Minds Improving Access to Psychological Therapies	16-25	Brief psychological interventions for mild – moderate conditions. Therapy provided by a range of therapists including psychological wellbeing practitioners (PWWs), CBT therapists, Counsellors	Mild to moderate anxiety disorders and depression.	Blackpool Teaching Hospitals NHS Foundation Trust
Blackpool Young People's Service (BYPS)	10-25	Helps young people into employment, education or training. Help to reduce dependence on alcohol and/or drugs. Group and individual support for reducing sexual health risk.	Risky sexual behaviour, substance misuse.	Blackpool Council

Table 6: Referral - Primary Intermediate Mental Health Services

Service	CYP Age Group	Description	Types of Presenting Problems	Provider
Early Intervention Service (EIS)	14-25	Professional referral. EIS is based on the early detection of psychosis and evidence based interventions aimed at ameliorating the onset of significant mental illness. EIS comprises of two	The NICE Quality Standard [80] 'Psychosis and schizophrenia in adults' is that all suspected FEP's will be assessed and if accepted will	Lancashire Care NHS Foundation Trust

		functions: First Episode Psychosis (FEP) and those at risk of developing psychosis.	receive a NICE recommended package of care within 14 days of referral.	
Eating Disorder Service	16-25	Provide an outpatient service to the population of Blackpool and North Lancashire for complex presentations of eating disorders, supporting eating disorder interventions across other services. Interventions provided include; Assessment and Care Planning and Therapy	Complex presentations of eating disorders.	Lancashire Care NHS Foundation Trust
Primary Intermediate Mental Health Team (Provides the referral pathway to Single Point of Access)	16-25	Professional referral. Telephone triage assessment of more complex mental health presentations. Signposting to other mental health services, interface meetings undertaken, link working in neighbourhoods and access to psychological therapy and consultant psychiatrist. Outreach team offers specialist intervention in perinatal, families in need, autism and ADHD.	Assessment, treatment and support for patients with moderate mental health problems leading to more complex issues. Advice support and signposting re: social inclusion.	Blackpool Teaching Hospitals NHS Foundation Trust and Blackpool Council
Child and Adolescent Mental Health Service (CAMHS)	0-16 (plans to extend to 19)	Professional referral. Specialist multi-disciplinary team providing assessment and a range of therapeutic interventions. Providing advice and consultation to other professionals.	Assessment and treatment for CYP with moderate to severe mental health problems. Offers a range of assessments and therapeutic interventions including 1-1 work, family therapy and group work.	Blackpool Teaching Hospitals NHS Foundation Trust
Children's Psychological Services Fylde Coast	0-16 (plans to extend to 19)	Professional referral to SPA following universal-level intervention. Presenting difficulties should be present across a range of settings. Specialist uni-disciplinary Clinical Psychology Service providing assessment, formulation and a range of therapeutic interventions to CYP and/or their carers. Providing advice, training and consultation to other professionals.	Emotional difficulties (e.g. anxiety, low mood, OCD, Panic), Behavioural difficulties associated with emotional distress, Complex relationship difficulties (e.g. Attachment, Separation difficulties), Trauma including PTSD, Psychological adjustment to chronic physical health difficulties, Psychological adjustment to developmental / neurodevelopmental difficulties	Lancashire Care NHS Foundation Trust
Children's Psychological Services - Children		Professional referral. Offer Psychological Consultation to Social Workers and other Staff	Types of referral considered: Request for psychological consultation to the social worker and/or professional network	Lancashire Care NHS Foundation Trust

<p>Looked After by Blackpool Council</p>		<p>working with children and young people who are Looked After by Blackpool Council</p> <p>Provide Psychological advice and support to Foster Carers and Residential Staff regarding children and young people in the care of Blackpool Council. Provide Training sessions, alongside partner agencies, to Blackpool Foster Carers.</p> <p>Following initial Consultations, carry out specialist Assessment work and Therapeutic interventions for children and young people in the care of Blackpool Council</p>	<p>regarding the psychological and emotional well-being needs of a looked after child</p> <p>Request for consultation regarding Assessment and Therapeutic support for a Child or Young Person (and their Carers), this would usually relate to complex and <i>persistent</i> problems with:</p> <ul style="list-style-type: none"> • Interpersonal relationships in placement, community and school (not arising from a developmental concern, such as ADHD, generalised Learning Disability or Autism) • Problematic or distressing experiences from the past impacting on everyday life as evidenced by the child's behavioural and/or emotional presentation 	
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Table 7: Urgent care/secondary mental health service

Service	CYP Age Group	Description	Types of Presenting Problems	Provider
<p>Child and Adolescent Self Harm Enhanced Response (CASHER)</p>	<p>0-25</p>	<p>Out of hours support in A&E. Shift times 5pm-10pm mon-fri, 10am-3pm sat and sun weekend clinic from 2pm-3pm every Saturday and Sunday</p> <p>Run a group for 10-16 yr olds every Tuesday from Talbot & Brunswick Family Centre, Gorton St, Blackpool from 6pm till 8pm</p>	<p>Thoughts of self- harm. Needs assessment following self- harm attempt</p>	<p>Blackpool Teaching Hospitals NHS Foundation Trust</p>
<p>Community Mental Health Team (CMHT) & Adult Mental Health Social Care</p>	<p>16-25</p>	<p>Assessment and support of patients with confirmed diagnosis, relapse of known mental health issues, significant social care statutory</p>	<p>Serious Mental Health problems, such as Bi-polar illness and Psychosis. Clozapine & Depot treatments.</p>	<p>Lancashire Care NHS Foundation Trust and Blackpool Council</p>

		requirements, relapse of personality disorder leading to high risk behaviours.	After care for those that have been sectioned (section 117) and commissioned services including residential care. Focus on improving physical health and wellbeing, promoting social inclusion and vocational needs. Access community resources.	
Crisis Home Treatment Team	16-25	Crisis assessment and treatment to prevent admission to inpatient services.	Adults whose coping mechanisms and resources have become overwhelmed by onset or relapse of a severe mental illness or through experiencing significant situational change. The crisis renders the individual / carer unable to safely manage the changed circumstances, presenting a significant risk to themselves or others, requiring an urgent specialist assessment of MH needs.	Lancashire Care NHS Foundation Trust
Mental Health A&E Liaison Team (Adult)	16-25 years	Specialist Adult Mental Health Services covering Blackpool, Fylde & Wyre providing an assessment and liaison service, 24 hours, 365 days a year.		Lancashire Care NHS Foundation Trust
Mental Health Decision Unit (MHDU) joint (LCFT & Richmond Fellowship)	18-25 years (16-17 year olds after discussion with senior management 1:1 support has to be provided)	The MHDU is available 24 hours, 365 days a year. Admission process is only via attendance at BVH A&E department and following triage by MH Liaison Triage Nurse. Admission to the MHDU is for a maximum stay of 23 hours and the 4 chairs are occupied by patients with mental health capacity and are agreeable to the stay. The MHDU allows time to reflect and carry out further assessment by providing a safe place for people to wait for an in-patient bed.	Access to MHDU is determined by the level of risk that the person has and if this can be managed within the facility. Provides an alternative for assessment for those who have attended the A&E department and supports people in emotional crisis with brief support planning, de-escalation, self- management and coping strategies.	Lancashire Care Foundation Trust/Richmond Fellowship
Criminal Justice Liaison and Diversion service	10-25	All age, all vulnerability service based in custody suites and magistrates courts throughout Lancashire providing a liaison and diversion service. Service operates 7 days per week, 365 days a year between the hours of 8am and 8pm (Blackpool only).	Those in contact with the youth or criminal justice systems as a result of being suspected of having committed a criminal offence are assessed and where appropriate, referred to appropriate treatment and intervention services.	Lancashire Care NHS Foundation Trust

Emergency Duty Team	0-25	Out of hours service 7 days per week providing support, advice for those in emergency situations.	Professionals and public can contact the team for support during emergency circumstances.	Blackpool Council
CAMHS Tier 4 in-patient provision - The Cove	13-18	18 bedded specialist inpatient unit for young people who are experiencing a variety of mental health problems. These problems are usually complex.	The young people who access The Cove are often struggling with difficulties: <ul style="list-style-type: none"> • in relationships with friends and family (past and present), • about their identities, their feelings about themselves and their hopes for the future, • coping with their experiences safely, in ways that leave those around them worried, they might come to harm (for example; self-harm, eating disorders and hearing voices). 	Lancashire Care NHS Foundation Trust

Third Sector Provision for Children and Young People

The Blackpool Children and Young People’s Mental Health Group has been formed as part of an effort to understand how third sector provision in Blackpool contributes to the mental health and wellbeing of children and young people and how this can be developed and link in more closely with statutory services. The services below are available free at the point of access.

Organisation	CYP Age Group	Description
Blackpool Carers Centre	5-18	Provides emotional and practical support for young carers.
Empowerment Charity – The Den		Children’s Independent Domestic Violence Advisor (IDVA) service offers specialised emotional and practical support to children and young people affected by domestic abuse – one to one support, group/peer support, positive activities, support for schools.
Home-Start Blackpool, Fylde & Wyre	0-5 (in some areas up to 13)	One-to-one support for parents provided by volunteers, run family groups and social events
Streetlife	16-25	For vulnerable young people who may be homeless. Provides an emergency night shelter and day centre. Drop-in sessions, skills building, counsellor, volunteer mental health nurse. ‘Be kind to your mind’ programme – 12 week rolling programme.

Blackpool Football Club Community Trust	0-25	Run a number of programmes for children and young people of all ages, focusing on physical activity, but also summer camps, National Citizen Service programme, traineeship programme for 18-25 NEET and Reading the Game, a programme for disengaged pupils to help with literacy.
Blackpool Boys and Girls Club	8-25	Run a number of youth club sessions across the week, run some sessions in partnership with CASHER. Bowness Avenue, Mereside site: 1,876 young people aged 8-11, 1,210 aged 11-18
The Boathouse Youth	5-18	Have a presence in Bloomfield and Grange Park. Range of opportunities on-site throughout the year, also active in organising camping trips and canal residentials, accredited skills training for life/work.
UR potential	10-25	One to one work with LGB&T young people and also commissioned by the CCG to work with parents. Runs an art group and a girls group, which receives referrals from CAMHS, along with the 'breaking the cycle' mental health group.
Effective Pedagogy Solutions (EPS)	7-18	Various sites across the town, work with CYP key stages 2-5. Delivers informal education to a core curriculum. Commissioned by the constabulary to work with PCSOs, buy houses for apprenticeships, support schools in behaviour management and run youth clubs across the town.
Aspired Futures	?	For vulnerable children and young people in Blackpool. Delivers tailored services to support each child or young person in overcoming their personal challenges, offers various activities for children facing specific challenges.
Lancashire Mind	9-25	Deliver school's programmes – Bounce Forward, resilience programme for children aged 9-11 years. Delivered in the classroom as a 12-week programme or on an individual basis. Wellbeing Challenge works with young people to help them identify the health and wellbeing needs of their school and wider community and supplies them with the training, skills and support they need to build and deliver initiatives delivered by young people for young people. Wellbeing Coaches can work with people aged over 10 and Together Workshops to support families of children and young people who have accessed (or who are at risk of accessing) acute mental health services.
Fylde Counselling Service (YMCA Fylde Coast)	16-25	Person-centred face to face counselling by trained and trainee counsellors for mild to moderate mental health problems - stress, anxiety, relationship difficulties, bereavement, loss, depression, anger.
CASCADE (Trinity Hospice)	4-16	For CYP who are bereaved due to any cause of death, or who are living with, or helping to care for someone with a progressive, terminal illness. One-to-one counselling sessions are available and there is also a therapeutic bereavement group which runs three times a year for eight weeks. This group provides peer support and friendship alongside the therapeutic work.
Cruse Bereavement Care	17-25	Offers telephone and face to face support with bereavement-support volunteers
Aiming Higher		For disabled children and their families, set up to improve the children and families' lives and offer them support. Provide a five session stay and play programme, family support, short breaks and counselling services.
The Ashley Foundation	18-25	Provide accommodation for those that are homeless (3 local hostels), support services and basic skills training.
Barnardo's Blackpool and North Lancashire Project		Child Safety Service -Targeting families with young children who are identified as more likely to experience accidents in the home. Blackpool Floating Support - The service enables people of all ages and from any background who live within the Council boundaries to access and sustain independent accommodation.

		https://www.fyidirectory.co.uk/kb5/blackpool/directory/service.page?id=5txcC0NpUWk
Redeeming Our Communities (ROC) Blackpool		Provide volunteering opportunities and training in conjunction with Blackpool Coastal Housing
Groundwork/ Grow Blackpool	15-25	Run @the Grange, a community hub (all ages). Delivery partner for Invest in Youth programme for young people aged 15-24 – 1 to 1 support for young people who are unemployed or economically inactive.

What does this information on services tell us?

- There are a significant number of statutory services that provide care for young people with mental health conditions
- There are a significant number of third sector organisations that provide activities for children and young people that may contribute to their mental health and wellbeing
- There are only a small number of examples where statutory mental health services are providing services in partnership with the third sector

What does this information not tell us?

- It is not clear who is accessing what. There is access data for some services but some children and young people may be accessing multiple services. It is not clear whether children and young people that are at risk are accessing appropriate services or any preventative activities e.g. sport, youth work
- It is not clear how effective services are e.g. national IAPT (Improving Access to Psychological Therapies) data shows that recovery rates are lower for young people and people living in deprived areas – they are less likely than average to recover from their condition after psychological therapy³
- Children in care are a key group for intervention as they can be some of the most vulnerable in society. Blackpool Council has a leaving care service that work with a young person aged up to 21 and 25 if they stay in education or training. It is not clear how young people aged 21-25 who are no longer in education are supported
- It is not clear if/how the needs of males and females and different age groups are met – e.g. are there any specific gendered interventions being offered
- Young people may access services from school and other educational settings but we do not have this data

³ House of Commons Briefing paper (2018) Mental health statistics for England <https://researchbriefings.files.parliament.uk/documents/SN06988/SN06988.pdf>