

# North Yorkshire CCG

## Mini Marketplace

Mini Marketplace – Social and Emotional Health  
Offer for Children and Young People in North  
Yorkshire

Lorna Galdas, Commissioning Manager, NYCCG



# State of the Nation - Children and Young People's Mental Health



**Increased demand**



**System wide pressures**



**Increased offer**

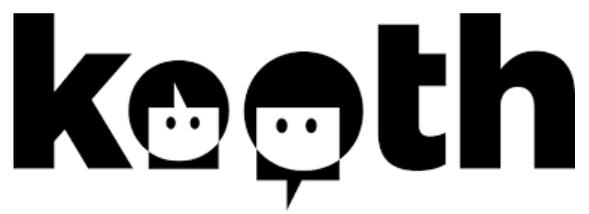


**Improving communication**

# Social and Emotional Health Offer for Children and Young People in North Yorkshire



**Tees, Esk and Wear Valleys**  
NHS Foundation Trust



**The Go-To**  
For healthy minds in North Yorkshire



**Early Help**  
**Local SEND Hubs**

# THRIVE Framework



<http://implementingthrive.org/about-us/>

## The Go-To For healthy minds in North Yorkshire



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p><a href="http://thegoto.org.uk">Thegoto.org.uk</a> is a North Yorkshire signposting website that provides information, advice and signposting to services for children and young peoples mental health and wellbeing.</p> <p>The website provides information for <b>young people, parents and carers and professionals</b> across North Yorkshire</p>	<p><a href="http://thegoto.org.uk">Thegoto.org.uk</a> is the home of wellbeing and mental health for young people in North Yorkshire. The website is there to help young people, parents and carers and professionals find the right help and support to stay well, whatever is going on in a young person's life.</p>	<p>Visit <a href="http://thegoto.org.uk">thegoto.org.uk</a></p>	<p>The website is accessible for all.</p>	<p><a href="mailto:ny.cyp@nhs.net">ny.cyp@nhs.net</a></p>



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>Kooth.com provides children and young people a safe, <b>online platform</b> available 24/7, 365 days per year, where they can explore and access professional and peer support around their emotional wellbeing and mental health.</p>	<p><a href="https://www.kooth.com">kooth.com</a> is a <b>safe and anonymous</b> online community that children and young people can access <b>support and resources</b> around their emotion wellbeing and mental health. Our service allows <b>free</b> access to optional support from <b>counsellors</b> and qualified emotional wellbeing practitioners, alongside the chance to access support from <b>peers</b>, join <b>forums</b> and learn coping skills to manage mental health in a safe and supportive way.</p>	<p>Young people can sign up for free, <b>without the need for a referral</b> by visiting <a href="https://www.kooth.com">kooth.com</a>. All they need to do to sign up is provide their month and year of birth and the area they live in, and they can sign up using a unique, anonymous username.</p>	<p>The service is <b>free to users</b> and requires <b>no formal referral</b>, instead only requiring the user to set up an account on the website.</p>	<p>Andrew Poinen Kooth engagement lead <a href="mailto:apoinen@kooth.com">apoinen@kooth.com</a></p> <p><b>Jaskaran Soomal</b> Kooth engagement lead <a href="mailto:jsoomal@kooth.com">jsoomal@kooth.com</a></p>
<p>The service is across the North East and <b>Yorkshire</b>, but locally is available for young people aged <b>11-18</b> across North Yorkshire.</p>	<p>All the content available to children and young people is pre moderated to ensure they are kept safe on our site. Kooth.com is accredited by the <a href="#">British Association for Counselling and Psychotherapy</a>, and the online counselling team are available from <b>12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, 365 days a year</b>, providing a much needed out-of-hours service for emotional support in an accessible and convenient way.</p>		<p>There is also no threshold of need required to access the service, so it can be used by children and young people aged <b>11-18 year old</b> across North Yorkshire, using any device (phone, tablet or desktop) with internet</p>	

# Wellbeing in Mind Teams (Mental Health Support Teams, TEWV)



**Tees, Esk and Wear Valleys**  
NHS Foundation Trust



## TEWV Wellbeing in Mind Teams (Mental Health Support Teams in schools)

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>MHSTs are part of a national pilot project providing specialist support within education settings. More locally these have been rebranded by children and young people as 'Wellbeing in Mind Teams' (WiMT).</p> <p><a href="https://youtu.be/8hH1crw10sw">https://youtu.be/8hH1crw10sw</a></p>	<p>MHSTs have three functions:</p> <p>1) Support educational settings to develop and embed a <b>whole school approach</b> to wellbeing. The focus of activities within this function is to support the wellbeing of everyone within the setting, rather than just focus on mental health needs.</p>	<p>Directly within the educational settings working with the WiMT. WiMT members are considered to be part of the staff team within each educational setting. Currently they are in <b>Scarborough and Selby</b> localities, and we have just received confirmation of funding to expand to <b>Harrogate and Rural District and Hambleton and Richmondshire.</b></p>	<p>WiMT currently works into <b>secondary and further education settings.</b> The service is open to any student or staff member enrolled in or employed by the educational settings in which the team works.</p>	<p><a href="mailto:tewv.wellbeinginmind@nhs.net">tewv.wellbeinginmind@nhs.net</a></p> <p><a href="https://www.tewv.nhs.uk/services/wellbeinginmind-parent/">https://www.tewv.nhs.uk/services/wellbeinginmind-parent/</a></p> <p><a href="https://www.tewv.nhs.uk/services/wellbeinginmind-yp/">https://www.tewv.nhs.uk/services/wellbeinginmind-yp/</a></p>
	<p>2) Provide timely <b>advice, consultation and signposting to teaching staff.</b> The aim is to provide support to the school as a system so that they in turn can provide support to young people enabling them to engage in education.</p>		<p>The service is also available for any student who is <b>electively home educated</b> or who has been <b>excluded from education.</b></p>	
	<p>3) Provide <b>evidence-based psychosocial interventions</b> to children and young people. These are based on CBT, are either 1:1 or in groups and are between approximately 6 – 10 sessions in duration.</p>			

# Mental Health Support Teams in Schools (Craven, BDCT)



**Bradford District Care**  
NHS Foundation Trust



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>In December 2017, the Transforming Children and Young People’s Mental Health Provision green paper introduced a new policy to create Mental Health Support Teams (MHSTs) <b>to work with children and staff in education settings.</b></p>	<p>Each MHST has three core functions:</p> <ol style="list-style-type: none"> <li>1. Delivering <b>evidence-based interventions for mild to moderate mental health issues</b> – This work is primarily delivered by Education Mental Health Practitioners (EMHPs) using <b>Low Intensity CBT approaches</b></li> <li>2. Supporting the <b>senior mental health lead</b> in each education setting to introduce or develop their <b>whole school or college approach</b>. This approach aims to maximize school’s cultures to be mentally healthy across the board. Inclusive of all children, young people, parents and staff.</li> <li>3. Giving timely <b>advice, consultation and offering signposting</b> to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education</li> </ol>	<p>Each MHST is required to meet a population criterion across schools.</p> <p>The service is available to <b>all CYP</b>, parents and staff that the MHST works in.</p> <p>MHST staff are integrated into the school setting.</p>	<p>The <b>Craven MHST</b> works into Primary, and secondary schools and a further education college.</p> <p>Education staff can approach the team about any child they have mental health concerns about for <b>consultation, advice, and signposting.</b></p> <p><b>Direct 1:1 and group psychological therapy</b> (evidenced based interventions) are offered to young people identified to be experiencing <b>mild to moderate mental health difficulty.</b></p>	<p><a href="mailto:mhst@bdct.nhs.uk">mhst@bdct.nhs.uk</a></p> <p><b>07525 872287</b></p> <p>Lead for Craven – Helen Capstick</p> <p>Clinical Lead – Lisa Stead</p> <p>Service Manager – Sadie Booker</p>

# Compass Phoenix



## Training and Consultation

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
Compass Phoenix provide support to schools and colleges across North Yorkshire to help increase the <b>skills, confidence and competence</b> of staff dealing with emotional and mental health concerns.	<p>A free programme of <b>training</b> to local schools, promoting a range of <b>early help and prevention</b> strategies that can support the <b>Whole School Approach</b>.</p> <p><b>Professional consultation</b> is available to school staff and provides advice, guidance and signposting in relation to the low-level mental health needs of pupils and students.</p>	<p>School workforce training is delivered via online webinars.</p> <p>Professional consultation is delivered remotely.</p>	Compass Phoenix works with all primary, secondary, special schools, colleges, pupil referral service, academies and private school in North Yorkshire.	<p>Lisa Gale Service Manager</p> <p><a href="mailto:lisa.gale@compass-uk.org">lisa.gale@compass-uk.org</a></p> <p>Mobile: 07917 186229</p>
Compass Phoenix also provide a confidential <b>text messaging</b> service for young people aged <b>11-18</b> called ' <b>BUZZ US</b> '. Text <a href="tel:07520631168">07520 631168</a>			<b>BUZZ US</b> text messaging service - young people <b>aged 11-18</b> years old who reside in North Yorkshire.	 <p>If something is <b>buzzing</b> around your head, don't keep it to yourself. <b>BUZZ US</b> on <b>07520 631168</b></p>

# Compass Phoenix



## Direct Interventions

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service Contact details
Compass Phoenix provide <b>early help and prevention</b> support to children and young people who have been assessed as having <b>mild to moderate</b> emotional wellbeing and mental health difficulties.	Following a comprehensive assessment and collaboratively agreed care plan the service can deliver up to <b>six evidence-based psychosocial interventions</b> on a one-to-one basis which may be delivered face-to-face or remotely.  Group work sessions are also offered.	Throughout the county on an <b>outreach basis</b> at a venue which is safe and convenient for the young person.	Children and young people who: <ul style="list-style-type: none"> <li>• Have been assessed as having <b>mild to moderate</b> needs.</li> <li>• Are <b>aged 9 – 19</b> (and up to 25 for those with special educational needs or disabilities).</li> <li>• Are a resident of North Yorkshire.</li> </ul>	Lisa Gale Service Manager <a href="mailto:lisa.gale@compass-uk.org">lisa.gale@compass-uk.org</a> Mobile: 07917 186229  <a href="https://www.compass-uk.org/services/compass-phoenix/">https://www.compass-uk.org/services/compass-phoenix/</a>

*Note: From 1<sup>st</sup> April 2021, Compass REACH are no longer commissioned to provide the support for drug or alcohol misuse. This is now provided by Humankind <https://humankindcharity.org.uk/service/north-yorkshire-horizons/>*

# Healthy Child Programme 0-19



Growing Healthy 0-19

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>The 0-19 Emotional Health and Resilience team offer a service for <b>5-19 year olds experiencing low level emotional health issues.</b> The Team includes a skill mix of Emotional Health and Resilience Nurses (ERNs), Staff Nurses and Psychological wellbeing Practitioners PWP).</p> <p>Children Young People and families will be offered <b>face to face or Virtual support</b></p>	<p>The 0-19 Emotional Health and Resilience team are a home visiting service. They will complete the Family Health Needs Assessment (FHNA) alongside the Home Environment Assessment Tool (HEAT). These tools provide analysis of family strengths and needs to improve outcomes for children and young people.</p> <p>The team are trained to deliver <b>evidence based 1-1 short term interventions to support:</b></p> <ul style="list-style-type: none"> <li>• Low self esteem</li> <li>• Low mood</li> <li>• Low level anxiety</li> <li>• Behaviour management linked to Emotional health and resilience</li> <li>• Low level risk taking behaviours</li> <li>• Bullying and relationship issues</li> <li>• Building resilience</li> </ul>	<p>The 0-19 Emotional Health and Resilience team work across North Yorkshire.</p> <p>We provide a resilience <b>virtual drop in</b> as part of our digital approach.</p>	<p>5-19 year olds experiencing <b>low level emotional health issues.</b></p>	<p>Ashley Iceton Service Manager <a href="mailto:Ashley.Iceton@nhs.net">Ashley.Iceton@nhs.net</a> 07392194267</p>

# Locality SEND Hubs



## Locality SEND hubs

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
The locality SEND Hubs support children and young people with SEMH that have been referred to the service by <b>schools and families</b> .	<b>Advice and guidance</b>	4 SEND hubs:	Schools should be able to demonstrate <b>two cycles of intervention using the Ladder of Intervention</b> prior to referral	<a href="mailto:NYSENDhubs@northyorks.gov.uk">NYSENDhubs@northyorks.gov.uk</a>
	<b>6 week intervention</b> bespoke to the child's need	Scarborough, Whitby, Ryedale		
	<b>12 week intervention</b> bespoke to the child's need	Hambleton and Richmondshire		
	Exclusion advice/guidance and support	Harrogate, Knaresborough, Ripon and Craven		
		Selby		

# Early Help



## Children and Families Services – Early Help Teams

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
The Children and Families Early Help Team works alongside services in the community to providing both 1-1 and group interventions to support the identified needs of children, young people, and their families.	<p>The offer includes:</p> <ul style="list-style-type: none"> <li>Targeted 1:1 support for children, young people and families</li> <li>Targeted evidence based interventions through a blended approach of virtual and small group activities for children, young people and families</li> <li>Parenting support</li> <li>Support and training for education settings and other agencies (including the VCS) working with children, young people and families</li> </ul>	<p>Early Help Central (Selby, Hambleton, Richmondshire) 01609 534829 <a href="mailto:EarlyHelpCentral@northyorks.gov.uk">EarlyHelpCentral@northyorks.gov.uk</a></p> <p>Early Help West (Harrogate, Knaresborough, Ripon, Craven) 01609 534842 <a href="mailto:EarlyHelpWest@northyorks.gov.uk">EarlyHelpWest@northyorks.gov.uk</a></p> <p>Early Help East (Scarborough, Ryedale, Whitby) 01609 534852 <a href="mailto:EarlyHelpEast@northyorks.gov.uk">EarlyHelpEast@northyorks.gov.uk</a></p>	Children, young people and families where additional needs have been identified and cannot be met by a single agency.	<p>For further information about the Early Help within NYCC Children and Families service <a href="https://www.safeguardingchildren.co.uk/professionals/early-help/">https://www.safeguardingchildren.co.uk/professionals/early-help/</a></p> <p>Access to group activities using the service locality contact details or for 1-1 support contact Multi Agency Screening Team (MAST) on the Customer Service Centre, number 01609 780780 or email <a href="mailto:children&amp;families@northyorks.gov.uk">children&amp;families@northyorks.gov.uk</a></p>

## Children and Families Services – Early Help Teams

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p><b>Solihull Virtual Training Programme</b></p> <p>The Early Help Teams offer a number of virtual training sessions that children, young people and families can access including our Solihull Programme, which is a web-based programme of online parenting courses.</p>	<p><b>Free</b> modular based courses which multiple family members and carers can complete at the same course, which supports shared understanding of presenting issues and strategies for coping with difficult situations. Courses include understanding your baby; understanding your child; understanding your child with additional needs; understanding your teenager’s brain; understanding your child feelings.</p>	<p><b>On-line.</b> Families can register via the website <a href="http://www.inourpace.co.uk">www.inourpace.co.uk</a> and apply the access code – NYFAMILIES to set up their account this enables them to return to the course at any time.</p>	<p>For all families including Grandparents and carers living in North Yorkshire</p>	<p>For further information about the Early Help within NYCC Children and Families service <a href="https://www.safeguardingchildren.co.uk/professionals/early-help/">https://www.safeguardingchildren.co.uk/professionals/early-help/</a></p>

# Specialist CAMHS (TEWV)



## Tees, Esk and Wear Valleys NHS Foundation Trust

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p><b>Specialist Child and Adolescent Mental Health Services (CAMHS)</b> is a specialist service for children and young people <b>up to the age of 18</b> experiencing mental health issues that are <b>significantly affecting their daily lives</b>.</p>	<p>Specialist CAMHS offer includes:</p> <ul style="list-style-type: none"> <li>Supporting <b>moderate to severe emotional /</b> mental health issues that are significantly affecting daily life despite other interventions</li> <li>Specialist CAMHS care pathways include; Emotional pathway, including moderate/severe depression, anxiety, Post-Traumatic Stress Disorder, obsessive compulsive disorder; moderate / severe self-harm; Eating Disorders, including anorexia / bulimia;; Attention Deficit Hyperactivity Disorder (ADHD); Other complex mental health presentations, including psychosis, personality difficulties; co-morbidity mental health issues including where these occur in Children &amp; Young People (CYP) with neurodevelopmental conditions.</li> <li>Difficulties that are of <b>high risk/severity</b> (e.g. self-harm; deterioration in self-care; significant family distress, non- school attendance as a result of significant mental health difficulties; severe social withdrawal)</li> <li>Evidence of complex neurodevelopmental difficulties e.g, Attention Deficit Hyperactivity Disorder (ADHD) or other that may require a multi-disciplinary assessment (CAMHS are not</li> </ul>	<p>CAMHS services are based in various locations <b>across North Yorkshire</b> including Harrogate, Scarborough, Northallerton and Craven.</p>	<p>Supporting <b>moderate to severe emotional /</b> mental health issues that are significantly affecting daily life despite other interventions</p>	<p>For new referrals please contact Single Point of Access (details below).</p> <p>Selby CAMHS: 01757 241070</p> <p>Northallerton CAMHS: 01649 718810</p> <p>Harrogate CAMHS: 01423 726900</p> <p>Scarborough CAMHS: 01723 346000</p>

# Specialist CAMHS (TEWV)



## Tees, Esk and Wear Valleys NHS Foundation Trust

Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
CAMHS Single Point of Access	Single Point of Access for TEWV CAMHS services.	CAMHS services are based in various locations across North Yorkshire including Harrogate, Scarborough, Northallerton and Craven.	Supporting <b>moderate to severe emotional / mental health</b> issues that are significantly affecting daily life despite other interventions	<b>York &amp; Selby:</b> T: 01904 615345 E: <a href="mailto:tewv.camhsspayer@nhs.net">tewv.camhsspayer@nhs.net</a>  <b>North Yorkshire:</b> T: 0300 0134778 E: <a href="mailto:tewv.northyorkshir.ecamhsreferrals@nhs.net">tewv.northyorkshir.ecamhsreferrals@nhs.net</a>
CAMHS Specialist Eating Disorder Service	<b>Enhanced Community Eating Disorder Service</b> – a specialist CAMHS service for children and young people up to the age of 18 who have a <b>diagnosed eating disorder</b> .	The service operates a hub and spoke model:  York Hub (with Scarborough spoke) and Harrogate hub (with Northallerton spoke).		<b>Harrogate CAMHS</b> T: 01423 726900  <b>York CAMHS T:</b> 01904 615300
CAMHS Crisis and Intensive Home Treatment Service (IHT)	<b>North Yorkshire Crisis and Home Resolution Service</b> is a service for young people up to the age of 18 with <b>immediate mental health needs</b> that require immediate attention in the community.			T: 0800 0516171



# Specialist CAMHS Bradford District Care Trust



**Bradford District Care**  
NHS Foundation Trust



Who the service supports	What the service offers	Where it is offered	Eligibility criteria	Service contact details
<p>The Service supports infant, Children and Young people from the age of <b>0-18</b>.</p> <p>There are 14 individual teams under the CAMHS umbrella service which have their own specialist area to support within IC&amp;YP MH.</p> <p>2 Teams have a separate identity:</p> <p>Mental Health Support Teams (MHST)</p> <p>Little Minds Matter (LMM)</p>	<p>CAMHS work with:</p> <ul style="list-style-type: none"> <li>Moderate/severe depression</li> <li>Attentional/hyperkinetic problems</li> <li>Assessment &amp; diagnosis of Autistic spectrum disorders</li> <li>Moderate to severe anxiety</li> <li>Habit disorders</li> <li>Mental health problems with learning disabilities</li> <li>Eating disorders</li> <li>Significant attachment / relationship difficulties</li> <li>Obsessive Compulsive Disorder</li> <li>Psychosis</li> <li>Parent/ Child attachment</li> </ul>	<p>Fieldhead in Bradford</p> <p>Hillbrook in Keighley</p> <p>Alongside ad hoc satellite clinics in the community.</p> <p>Microsoft Teams and Attend Anywhere are the consultation platforms virtually.</p>	<p>CAMHS:</p> <ul style="list-style-type: none"> <li>Age 0-18 with mental health problems</li> <li>LAAC</li> <li>Suspected eating disorder k diagnosis</li> <li>Other specified feeding or eating disorder</li> <li>Potential autistic spectrum disorders</li> <li>Psychosis</li> <li>Crisis</li> <li>Thrive model entry at 'Getting More Help' and 'Getting risk support'</li> <li>Parent infant relationship concerns</li> <li>Youth offenders with mental health problems</li> </ul>	<p>01274 723 241 (Bradford)</p> <p>01535 661 531 (Keighley)</p> <p>camhsdutybfd@bdct.nhs.u</p> <p>Fax- BDCT.CAMHS@bdct.nhs.uk</p> <p>Clinical Manager – Shamila Ahmad</p> <p>Service Manager – Sadie Booker</p>

# Specialist CAMHS Bradford District Care Trust (continued)



**Bradford District Care**

NHS Foundation Trust



Who the service supports (continued)	What the service offers (contined)	Where it is offered	Eligibility criteria	Service contact details
<p>12 Teams:                      Core Team                      Neuro Developmental Team                      Primary Mental Health Workers Team (PMHW's)                      Eating Disorders Team (ED)                      Early Intervention Psychosis Team (EIP)                      Looked After and Adopted Children Team (LAAC)                      Specialist Early Attachment and Development Team (SEAD)                      Be Positive Pathway Team (BPP)                      Psychological Therapy Team (PT)                      Youth Justice Service Team (YJS)                      Learning Disability Trauma Informed Care Team (LD/TIC)                      Crisis Team</p>	<p>The 12 teams offer assessment and treatment for C&amp;YP referred into CAMHS. Depending on assessment there are many different treatment options which include:                      FT - Family Therapy                      EMDR - eye movement desensitization reprocessing therapy                      Hypnotherapy                      DBT (dialectical behaviour therapy)                      MBT (mentalisation based therapy)                      DDP (dyadic developmental psychotherapy)                      Child adolescent psychotherapy                      FT AN (family therapy for anorexia nervosa)                      FT BN (family therapy for bulimia nervosa)                      GSH (guided self-help for CYP eating disorder)                      CBT E (eating disorder focused CBT)                      Circle of Security                      Child Parent Psychotherapy                      Parent-infant therapy                      LICBT (Low intensity CBT)                      HICBT (High intensity CBT)                      CBT (Cognitive behaviour therapy)                      Training from a CAMHS trainer for the system.</p>			

# Communications Plan - Social and Emotional Mental Health



- The SEMH Strategic Group is working to develop a communication plan to improve communication for SEMH.
- This will help to improve sharing of information about what services and support is available and how to access that support.
- We welcome any thoughts on how we can improve communication with professionals, young people and families.
  1. **What would help you navigate the system more easily?**
  2. **What are your thoughts of a unified brand and do you have any ideas?**