Public Health 5-19 Service (2) 10/22

Prevention

Early Intervention

Targeted Support

Whole School Approach

- Annual Public Health Review completed with the Public Health 5-19 Team and a Public Health Plan in place.
- Designated senior staff member and governor leads on Emotional Health & Wellbeing. https://www.gov.uk/guidance/senior-mentalhealth-lead-training
- Positive staff wellbeing https://mentallyhealthyschools.org.uk/wholeschool-approach/supporting-staff-wellbeing/
- Policies in place which include clear expectations and consistent responses to incident management which considers safeguarding, behaviour, bullying and confidentiality.
- Development of a mental health and emotional wellbeing policy
- Spiralling curriculum across all Year groups and subjects which is clearly planned and includes positive mental health, aspirations, coping & resilience, decision making, body image, sexuality, internet, social media

https://pshe-association.org.uk/ https://www.annafreud.org/schools-andcolleges/resources/mentally-healthy-schools/

- Policy and teaching is monitored and evaluated then reviewed in partnership with staff, pupils, parents and relevant agencies
- Effective working relationships with relevant agencies who support children with mental health problems
- Process in place to address early concerns about individual children or a cohort of children.
- Regular Staff training and updates E.g. Youth Mental Health First Aid, ELSA

Indicators for concern

- Becoming disinterested in school and other activities
- Unusual tummy aches, headaches, tired
- Circle of friends reducing, becoming isolated
- Feeling bullied or starting to bully
- Irritable, no patience, snapping at people
- Sad, tearful
- Self-harm superficial, scratching
- Not sleeping well, increasingly late or absent from school <80%
- Increase of internet social media, especially late at night.
- Increasingly quiet and withdrawn
- · Friends reporting concerns
- · Change in eating habits.
- Family breakdown, bereavement or traumatic event.
- Provide space and time for them to speak and ask them what you can do and how you can help
- Get a supportive or trusted teacher to talk to the child about the concerns and whether there are issues at home or school
- All concerns, incidents and actions recorded on school database
- Access resources on https://www.cumbria.gov.uk/ph5to19/mentalhealth.asp https://www.annafreud.org/schools-and-colleges/resources/
- Advise parent to speak to their GP.
- Offer and gain consent for a school Individual Health Care Plan (IHCP) or support plan which clearly outlines school and home support. (SOS Assess & Plan)
- Consider the following; sleep pattern, diet, fluid intake, screen time, bullying, friendships, support at home, school pressures, substance misuse
- Consider peer mentoring
- Refer to school counsellor or mentor
- Review academic development and provide extra support with school work
- Discuss at an e-school nurse appointment. Telephone 01228 603973
- Referral to SAFA | Self Harm Awareness
- Discuss with Early Help Officer
- Discuss with CAMHS or My Time Cumbria
- Discuss with Education Psychology
- Refer to Eating Disorder and Risk Taking Behaviour pathways

Escalation of concern

- No energy, can't be bothered, no interest in school or usual activities
- Obsessive, tearful, panic attacks.
- Erratic mood changes very sad, angry, irrational or hyper
- Inability to focus/concentrate

to seek

attempt.

Review

Health Care

Plan before

and after

- Increasingly absent from school less than 60%
- Engaging in substance abuse and/or risky sexual behaviours
- Falling behind at school/ high personal/parental expectations
- Shutting out family and friends, increasingly isolated, not going out
- Unable to sleep till early hours, disturbing dreams, waking in the night
- Deterioration or significant change of appearance
- Not eating/overeating significant weight loss or gain
- Self-harm and/or thoughts of or attempts at suicide
- Family breakdown, bereavement or traumatic event

External support & Links Furness Council Early Help Advice parent Lancs & S. Cumbria Healthy Assessment Young Minds medical advice With consent from CCC - Early Help within 1 week parent/child where or within 1 day appropriate My Time Safeguarding Children Board if suicidal complete an EHA (LSCB) ideation or SAFA | Self Harm Awareness Invite parent/child Kooth online counselling and relevant NHS Child health health professional Health for Teens Individual or agency to the **YoungMinds** initial TAC

The Mix - support under 25s

APPS to support Children

and Young Peoples Mental

Childline

NSPCC

medical input. Early Help Panel With consent to Discuss with discuss if

Early Help progress is slow Officer or the or stuck HUB

Provide advice and support

Information and website addresses to be given to parent/child

Public Health 5-19 Service - Contact to arrange a Health & Wellbeing Review and plan

Public health Nurses are able to provide support to address the health needs of children aged 5-19 years and signpost to appropriate service or resources. www.cumbria.gov.uk/ph5to19/

IF CHILD IS ASSESSED TO BE AT IMMEDIATE OR SIGNIFICANT RISK OF HARM REFER TO SAFEGUARDING POLICY OR CONTACT **SAFEGUARDING HUB TELEPHONE: 0333 240 1727**

This pathway is to guide your response to a child aged 5–19 years who is presenting with health or wellbeing concerns. Please note this is NOT a diagnostic tool and age appropriate behaviour and safeguarding should always be considered.

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