

Prevention

Early Intervention

Targeted Support

Whole School Approach

- Health & Wellbeing Review has been completed with the Public Health 5-19 Service and a Health & Wellbeing Plan has been developed
- A Spiralling curriculum is in place across all year groups which is clearly planned and includes health risks and dangers of [alcohol](#), drugs & [tobacco](#), staying safe, positive wellbeing, coping, decision making, media, advertising & social norms, and resistance skills.
- [Policy](#) in place which includes clear expectations and consistent responses to incident management which considers safeguarding, confidentiality and opportunity for positive development.
- School is a 'smoke free site' in line with [smoke free legislation](#)
- [Policy and teaching](#) is monitored and evaluated then reviewed in partnership with staff, pupils, parents and relevant agencies
- A designated staff member and governor to lead Substance Misuse policy
- Teaching is provided in a safe and nurturing environment.
- Pupils have access to and knowledge of up-to-date information on sources of help.
- 'Open door' policy for children to raise problems
- Positive and nurturing classroom management
- Parents/carers and pupils are aware of schools approach and rules relating alcohol, drugs & smoking
- Staff have access to training & support
- Effective working relationships with health, police and other relevant agencies
- Process in place to address early concerns in relation to individuals and cohorts of pupils

Indicators for concern

- Becoming disinterested in school and other activities
- Irritable, angry, no patience, snapping at people
- Tired, not sleeping well, increasingly late or absent from school <80%
- Falling out with friends, change in friendship groups, hanging around with older children or young adults
- Struggling academically, falling behind
- Craves attention, easily persuaded
- Self-harm – low level such as pinching.
- Concerns raised about overuse of internet, social media or sexting especially late at night
- Friends reporting alcohol, drug use or sexual relationships
- Exhibiting flirtatious and sexualised behaviour
- Family breakdown, bereavement or traumatic event
- Smelling of alcohol on breath or clothes

Escalation of concern

- Parents/carers reports that frequently out late or overnight
- Increasingly absent from school <60%
- Increased/secretive use of mobile phone/internet
- Deterioration or significant change of appearance
- Erratic mood changes - very sad, angry or hyper
- Involvement in offending
- Self-harm and/or thoughts of or attempts at suicide
- Smelling strongly of alcohol.
- Appears intoxicated unsteady, glazed blood shot eyes, slurred speech
- Alcohol use in spite of consequences
- Sudden inexplicable need for money
- Missing from home or care
- Family breakdown, bereavement or traumatic event

- All concerns, incidents and actions recorded on school database
- Get a supportive or trusted teacher to talk to the child about the concerns and whether there are issues at home or school impacting on them.
- Provide time and space for them to speak and ask them what you can do and how you can help?
- Speak to parents to assess their level of concern and if advice or action has been taken
- Advise parent to speak to their GP.
- Agree a support plan which clearly outlines what is going to happen and who will be doing what i.e. school and home support ([SOS Assess & Plan](#))
- Consider the following; screen time, bullying, friendships, support at home, school pressures, sleep pattern, diet, sexual health.
- Peer mentoring.
- Refer to school counsellor or mentor
- Review academic development and provide extra support with school work
- If 16 or over advise that smoking cessation support available at pharmacy.
- Refer to [SAFA | Self Harm Awareness](#)
- Refer to [Sexual Health Clinic](#)
- Refer to Risk Taking Behaviour, MHWB and CSE pathways.
- Refer to [Emotional & mental wellbeing support guide for professionals](#)
- Discuss with [Early Help Officer](#) – consider referral for targeted group work.

- Advise parent to take child to GP within 1 week.
- Review support plan with child and parent before and after GP appointment.
- Contact & discuss with the [HUB](#)

- **Early Help Assessment**
With consent from parent/child where appropriate complete an [EHA](#)
- Invite parent/child and relevant health professional or agency to the initial TAC meeting.

- **Early Help Panel**
With consent to discuss if progress is slow or stuck

- External support**
- [CCC - Early Help](#)
 - [CAMHS & My Time Cumbria](#)
 - [Kooth online counselling](#)
 - [Cumbria Sexual Health Brook](#)
 - [FPA - sexual health](#)
 - [NHS - Livewell](#)
 - [Health for Teens](#)
 - [Cumbria Local Safeguarding Children Board \(LSCB\)](#)
 - [SAFA | Self Harm Awareness](#)
 - [Cadas.co.uk](#)
 - [YoungMinds](#)
 - [Childline](#)
 - [NSPCC](#)
 - [Adfam | Family drug support](#)
 - [Addaction](#)
 - [FRANK](#)
 - [Childs GP](#)
 - [Education Psychology](#)
 - [Police – PCSO](#)
 - [NHS GO APP](#)
 - [DRINK TRACKER](#)
 - [SMOKEFREE](#)
 - [DRINK AWARE](#)

Provide advice and support
Information and website addresses can 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.
<http://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.