

## Comparison of Southwark’s Preventative & Early Intervention Well Being & Mental Health Support Provision for schools

Jan 2021 v8

	<b>KOOTH</b>	<b>The Nest Open Access</b>	<b>CWP (Children’s Wellbeing Practitioners), SLaM</b>	<b>Southwark School Nursing Service</b>
<b>CONTRACT FOR</b>	Online counselling and support service for children and young people <i>Note: service cannot refer on to other providers</i>	Free & confidential mental wellbeing advice and support for young people in Southwark.	Early Intervention service for children and young people and parents	Assist children & young people and their families to identify health needs and promote positive emotional health
<b>CORE PURPOSE</b>	<p>Early response to emotional wellbeing and/or emerging mental health issues</p> <p>Provide an online accessible early intervention for those with low level mental health and emotional wellbeing support needs</p> <p>Access to the provision of self-care tools and resources which support CYP and their families to help themselves and build resilience</p>	<p>A preventative service , aimed at young people, designed by young people, available at the point of need and a physical place where young people feel able and safe to attend.</p> <p>The service acts as a welcoming entry point and take an asset based approach to offer support for emotional issues and low level mental health such as worries, anxieties and stress. This provides an alternative provision to Child and Adolescent Mental Health Services (CAMHS).</p>	<p>‘Sub threshold’ team based in Southwark CAMHS offering direct help to children &amp; young people and parents.</p> <p>Offers rapid access to low intensity evidence-based interventions for mild to moderate difficulties in the areas of worry, low mood and/or problem behaviour for the following groups:-</p> <p>Adolescents (12 to 18) who are: Feeling low (eg. Sadness, lack of motivation, low self esteem, frustration)</p>	<p>Offer identification of emotional and mental health needs through holistic assessment and evidence based mental health diagnostic tools.</p> <p>Provide interventions for low level anxiety, body image, behaviours that impact of self-esteem, education or healthy living and low mood. The service monitors the outcome of interventions, for example using CORs &amp;</p>

	Provide a positive experience of counselling, which might then lead to face to face and/or clinical support for some CYP		Parents of children whose children are: Feeling anxious (5-11) e.g. separation anxiety, fears, general worries) Presenting with problem behaviour (5-8) e.g. following rules, tantrums	client feedback.  Agree actions and appropriate sign posting and resources with children/young people & their family.  Collaborate with agencies such as CAHMS to ensure appropriate assessment and level of intervention is identified and assist C&YP to access them.
<b>Providing IAG only (if required)</b>	Yes	Yes	No (but signpost to alternative providers as required, most typically to The Nest )	Yes
<b>REFERRAL REQUIRED</b>	No <a href="https://www.kooth.com/">https://www.kooth.com/</a>	No <a href="https://www.thenestsouthwark.org.uk/">https://www.thenestsouthwark.org.uk/</a>	Yes The service accepts referrals from clinical professionals, social care and school referrals at present (Dec 2020)	No :Opportunistic via school drop-ins, school visit or via texting Parentline/Chathealth and telephone (C&YP or parent & carer) Yes (education/professionals) via school nurse central access point.
<b>AGE RANGE</b>	10 – 19 Extended to age 25 for	11-25 The service will expand in 2021 to	• Child anxiety (ages 5 -11) , parent led	5 - 19

	those identified as 'vulnerable' groups	support under 11s	<ul style="list-style-type: none"> <li>• Child behaviour problems (ages 5 – 8 ) – parent led</li> <li>• Adolescent low mood (ages 12 -18) –work with young person</li> <li>• Adolescent anxiety (ages 12–18) –work with young person</li> </ul>	
<b>Access Criteria</b>	Living and/or attending school/college and/or with GP registration in the boroughs of Lambeth, Southwark, Bromley, Bexley and Greenwich Inc.	This service is for Southwark residents only.	The service is for the population served by Southwark CCG, i.e. with a Southwark GP.	Children attending school in Southwark
<b>INTERVENTIONS</b>	<p>Drop in online chats for service users with qualified psychotherapists, counsellors and Emotional Well Being Practitioners</p> <p>Booked 1:1 counselling sessions for service users with qualified psychotherapists and counsellors.</p> <p>Group chats and themed message forums</p>	<p>Non-clinical interventions including person-centred counselling, psychological wellbeing practices and traditional talking therapies via 1:1 sessions, group work, virtual resources and peer mentoring.</p> <p>Support can be accessed via phone, video chat and in person through appointments at the site on Rye Lane, Peckham.</p> <p>The service works with young people to identify the goals and outcomes they wish to achieve and the mental</p>	<p>Interventions utilise a Guided Self-Help (GSH) based on CBT principles</p> <p>Comprises telephone triage, assessment appointment, formulation appointment and up to 8 face to face or telephone sessions, depending on which is most appropriate or convenient</p> <p>GSH provided on an individual basis and in a group/workshop format</p>	<p>The service is delivered by qualified nurses &amp; specialist public health nurses employed by Evelina London school nursing service.</p> <p><i>Face to face:</i> Informal confidential drop ins based in schools. Groups and individuals can discuss their concerns, health and get support &amp; advice.</p>

		<p>wellbeing support they need to achieve these.</p> <p>Where appropriate the service may refer onwards or act as advocates to help young people access additional support outside of what The Nest can provide.</p>	<p>Booked appointments to discuss emotional health identify intervention and appropriate support in addition to school nursing service. <i>Digital Offer:</i> Attend anywhere, confidential/secure virtual platform for appointments. ChatHealth confidential, bi-directional texting service. Separate text numbers for 11-19 year olds &amp; parents/carers.</p> <p>Telephone Well Being Clinic for children &amp; young people or their families with concerns related to COVID impacting on their lives.</p> <p>School nurses work in schools with groups of students to discuss emotional wellbeing as part of delivering Relationships Sex Education and healthy</p>
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<p><b>HOURS OF OPERATION</b></p>	<p>Kooth platform will be accessible 7 days a week, 365 days a year</p> <p>Online live text chat counselling function will be available 12 noon to 10pm Monday to Friday and 6pm to 10pm Saturday and Sunday with reduced cover Christmas day, New Year's Eve and New Year's Day</p>	<p>The Nest is accessible from 12 noon to 6pm Monday to Friday. The service is closed on public holidays.</p>	<p>Monday to Friday 9.00am – 5.00pm</p>	<p>lifestyle.</p> <p>School nursing service has a central point of access and staff work, 9-5pm Mondays – Fridays throughout the year.</p> <p>Text lines have a duty nurse 9-5pm daily, throughout the year. No service weekends, bank holidays.</p>
<p><b>OUTCOMES</b></p>	<p>Increasing access to evidence based mental health provision</p> <p>Improved resilience</p> <p>Improved mental health and emotional wellbeing</p> <p>Reduced crisis presentations</p>	<p>Support to improve emotional or mental wellbeing</p> <p>CYP and their families are better able to manage their mental health and lead a full life.</p> <p>Increased awareness and access to appropriate services.</p> <p>Reduced number of avoidable referrals to specialist services.</p>	<p>Parents and young people are able to identify a problem they want to change and define a goal, and like the idea of self help intervention.</p>	<p>School nurses interventions uses tools to demonstrate shift in behaviour and emotional state, or when alternative services are required.</p> <p>Service works with individuals and groups to improve awareness of emotional health needs and reduce stigma associated with accessing services.</p> <p>School nurses support</p>

				schools/parents/carers to develop an increase awareness of mental health for the school age population and improve emotional wellbeing. They support schools to raise awareness regarding early identification and onward referral of children who may need support.
<b>VENUE</b>	Access to services and support through the use of digital services	The service is based at Rye Lane in Peckham and is open for pre-booked and walk-in appointments and also so offers 1-2-1 support and advice online and over the phone.	Sessions are facilitated either: <ul style="list-style-type: none"> <li>• virtually,</li> <li>• in CAMHS,</li> <li>• at schools</li> </ul> and have the potential to be facilitated in other venues if there is a mutual agreement.	C&YP/family can choose where & how they would like to be seen Face to face meetings in schools, health clinics or at home. Telephone or virtual online platforms. Confidential & anonymous texting service
<b>Additional USP/Other useful information</b>	Reducing the stigma associated with physically accessing a mental health service by offering an alternative to traditional face to face counselling that is easily accessible to young people	Available at the point of need without having to make a referral or be placed on a waiting list, tailored to meet the needs of its clients and available from a place which can be accessed easily by those who need it.	Service triages referral to CAMHS and can provide earlier intervention and avoid waiting lists as a result. Exclusions: Those c&yp with:- <ul style="list-style-type: none"> <li>• A formal diagnosis of moderate to severe</li> </ul>	Free, confidential, trusted advice from a health professional taking into consideration other health needs that may be impacting on emotions & mental wellbeing. School nurses

	<p>Providing a service on a virtual platform is very familiar with the younger demographic., with ease of accessibility through a website.</p> <p>All data collection is anonymised and therefore feedback on individual cases is not available</p>		<p>depression or anxiety</p> <ul style="list-style-type: none"> <li>• Concerns around risk to self, to others or from others</li> <li>• PTSD or OCD</li> <li>• Current school refusal</li> <li>• Complex family dynamic/needs and/involvement with other agencies</li> <li>• CYP who meet criteria for Tier2/3/4 Specialist CAMHS services</li> <li>• Neurodevelopmental cases will be considered on an individual basis</li> </ul>	<p>advocate for the C&amp;YP.</p> <p>The school nursing service offers healthy lifestyle advice, C-Card scheme/Sexual Health &amp; relationships and continence services complementing the emotional health offer.</p> <p>Evelina London school nursing service have unique links with partners in primary care, universal services and the wider community health services in Lambeth &amp; Southwark. Evelina school nurses are currently working with community mental health services to improve the offer for children and young people receiving the right services at the right time.</p>
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### Additional online support

#### **Troo**

Service to support young people's wellbeing in Southwark and Lambeth in partnership with Guys and St Thomas's Charitable Trust (GSTTC)

Young people (12-19 years old) can talk to a chatbot 'Troo' about anything from self-esteem, body image and friendships to school, family and relationships. The app has been updated to include a conversation about COVID 19 that young people will find helpful.

Troo offers:

Wellbeing information and self-help guidance across all of the areas for young people's wellbeing such as their personal lives, home lives and school experiences

The ability to carry out validated tests on stress and emotional/mental health with signposting to other sources of support depending on young people's scores (with a stress test validated by King's College London)

Provides signposting to other sources of support that young people may find helpful

<https://apps.apple.com/us/app/troo/id1488743592> or on Android devices : <https://play.google.com/store/apps/details?id=com.troonative&hl=en>

#### **Think Ninja**

ThinkNinja is a mental health app designed for 10 to 18 year olds which has been approved by NHS England.

Using a variety of content and tools, it allows young people who may be experiencing increased anxiety and stress to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

<https://apps.apple.com/gb/app/thinkninja/id1425884328> or on Android devices :

[https://play.google.com/store/apps/details?id=com.thinkninja&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.thinkninja&hl=en_GB)

The content provides an opportunity to understand the following:

- Fears relating to the COVID 19 virus
- Isolation struggles and how to stay connected to family and friends
- Worries about personal health and health of family members
- Mental strength
- Coping techniques to use during the crisis



## **The Mix**

The Mix is one of the UK's leading support services for young people. They describe their service as 'here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs' Access is via their online community, on social media through their free, confidential helpline or their counselling service.

<https://www.themix.org.uk/>

## **Good Thinking**

Good Thinking is London's Digital Mental Wellbeing Service. and promotes self-care for the four most common mental health conditions: anxiety, sleep problems, low mood, and stress. [Good Thinking](#) promotes self-care for the four most common mental health conditions: anxiety, sleep problems, low mood and stress. It provides free, 24/7, digital support to Londoners seeking mental health and well-being advice and help.

Although there is an array of resources for [young people](#), and [parents and carers](#) including tips, advice guides, blog and podcasts on Good Thinking the service is formally being extended to young people at the end of January, so look out for more details about this in the coming weeks.

New resources on Good Thinking include [teachers' toolkit](#), an [employer's toolkit](#) and [student toolkit](#), supporting young people to be mentally healthy in university.

## **Also note resources supported by :**

<https://www.annafreud.org/schools-and-colleges/>

### ***Note to reader:-***

**Southwark's Child and Adolescent Mental Health Services (CAMHS) is provided by South London and Maudsley NHS Foundation Trust (SLaM). CAMHS provides specialist mental health provision. Full details and referral procedures can be obtained from <https://localoffer.southwark.gov.uk/wellbeing/mental-and-emotional-health-services/southwark-camhs-service>**

*The service information provided above is in relation to services commissioned by Southwark Council and /or by SEL(Southwark) CCG, or as recommended by Guys and St Thomas's Charitable Trust (GSTT) or NHS England. Other emotional wellbeing and mental health support provision for children and young people is available in Southwark which is not detailed above. HR 26 Jan 21*