

# Children and Young People's Mental Health Support in Bolton

*Sarah Whitehead – Children and Maternity Commissioner  
(NHS Bolton CCG)*



Greater Manchester  
Mental Health  
NHS Foundation Trust

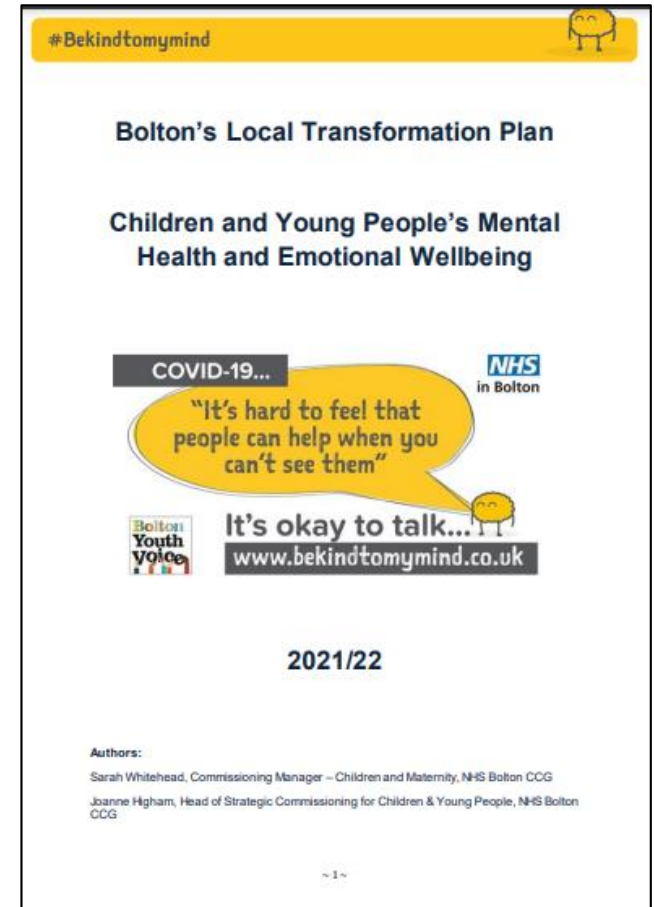


Bolton

Clinical Commissioning Group

# Background/Context

- The transformation of mental health services in Bolton is led locally with a significant amount of work also delivered across Greater Manchester.
- Bolton's Local Transformation Plan for Children and Young People's Mental Health – [2021/22 Refresh](#)
- National Requirements to increase access to mental health interventions (NHS Long Term Plan).
- Recommendations from Professionals Survey and Anna Freud Link Programme
  - Support to Parents and Carers
  - Coordinated Information
  - Simplified Access to Mental Health Support
  - Mental Health Training
- Children and Young People want to reduce stigma
- Embed Thrive – needs based, shared decision making, common language. [Click here to view the Thrive Animation](#)

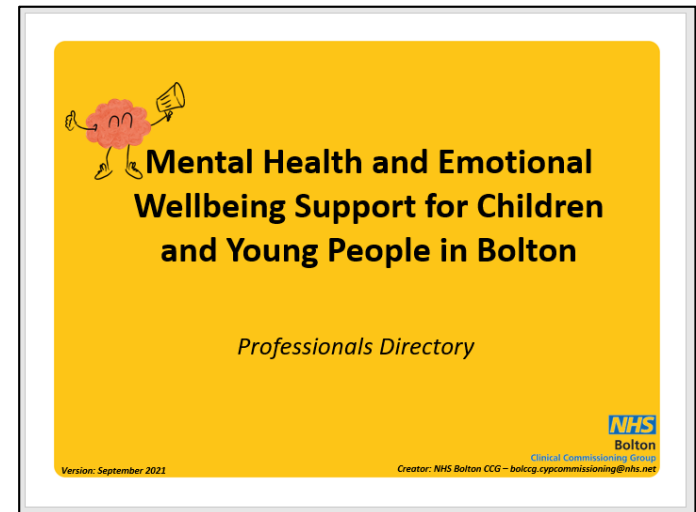


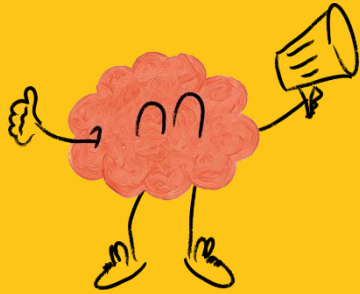
## Background/Context

- A&E attendances for mental health related conditions is higher this year (669) than 2020/21 (507) and 2019/20 (572)
- Referrals to Bolton CAMHS are now higher this year (1747) than in 2019/20 (1736) and more than double 2020/21 (827)
- Top 4 referral reasons to Bolton CAMHS are
  - Anxiety (387)
  - In Crisis (352)
  - Depression (256)
  - Neurodevelopmental (247)
- Increase in acuity and complexity of mental health referrals across all services
- Mental Health Liaison Assessments for under 16s are significantly higher this year (446) than in 2020/21 (265) and 2019/20 (280)
- Bolton are performing well against the national Access to Mental Health Treatment target; achieving YTD forecast of 46% against a 35% target- 265 more children and young people than 2020/21 and 363 more than in 2019/20

# How can you find out what is available?

- There are currently two main resources to find out Bolton's overarching mental health offer.
  - [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)
  - [Bolton's Mental Health Professionals Directory \(PDF\)](#)
- Children and Young People from Bolton's Healthy Minds Youth Project talked to Bolton CCG about the work they have been doing to reduce mental health stigma across Bolton
- They had developed a campaign called **Be Kind to My Mind** and wanted support to deliver it at scale spreading a powerful message that **it's okay to talk** about mental health.
- Young people wanted an online central place where they could find information about what was available locally. In 2019, Bolton's Be Kind to My Mind website was launched and continues to be developed and expanded each year.
- From May 2022 the website will be expanded to include Professionals section, parent/carers section, A-Z mental health and an improved directory. [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)





**What mental health support can  
children and young people in  
Bolton access?**

# Bolton's Mental Health Offer

## *Children & Young People*

**Kooth  
(10 – 25)**

**Chat Health  
(11 – 19/25)**

**I-Thrive  
(2 – 19/25)**

**Bolton CAMHS  
(0 – 18)**

**Bolton CEDS  
(0 – 18)**

**24.7 Crisis Line  
(All Age)**

## *Parents & Carers*

**Qwell**

**Chat Health**

**I-Thrive Peer Support**

**Solihull Parenting**

**Parent and Infant  
Relationship Service**

**24.7 Crisis Line  
(All Age)**

## *Service Information & Resources*

[www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)

**Professionals Directory Slides**

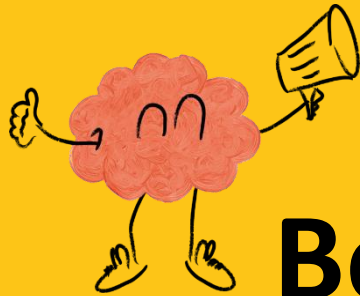
**I-Thrive Offer**

# Bolton CAMHS Referrals

- The Bolton CAMHS referral form can be found on the GMMH Website - <https://www.gmmh.nhs.uk/bolton-camhs/>
- Referrals should be sent to [boh-tr.boltoncamhs@gmmh.nhs.uk](mailto:boh-tr.boltoncamhs@gmmh.nhs.uk)
- The more information included about a child/young person, the easier and quicker the triage process.
- Bolton CAMHS are happy to receive referral letters providing they contain:
  - Name, Address and DOB of patient
  - Up to date phone numbers for both the patient and their parent/carer
  - Names and DOB of individual(s) with parental responsibility
  - School Attended
  - Social Care History - e.g. on child protection plan/previous child protection plan,/ subject to early help or child in need plan/ looked after child, special guardianship order/ name of social worker if involved
  - Communication Needs - if interpreter required for young person or their carer and if so what language
- When this information isn't included it takes longer to triage referrals and if people are not contactable a lot of hours are spent on safeguarding checks prior to safe discharge

# Bolton CAMHS Referrals

- To ensure the Single Point of Access can triage based on urgency/severity of need the following information should be explored with the child/family and included within the referral form or letter.
  - **Symptoms of mental health difficulties** – *including the duration, severity and impact on day-to-day functioning*
  - **Risk to self** – *if self-harm, make note of the frequency, method and whether there is suicidal intent. Safety advice should be given to the child/young person and family*
  - **Risk to others** – *levels of aggression*
  - **Vulnerability** – *exploitation, substance and alcohol use*
- Safeguarding concerns must be referred to social care via the Integrated Front Door  
<https://www.boltonsafeguardingchildren.org.uk/worried-child>



# **Bolton I-Thrive**

Bolton Together

## How to Refer to Bolton's I-Thrive Offer (2 – 19)\*

\* 25 years for young people with SEND

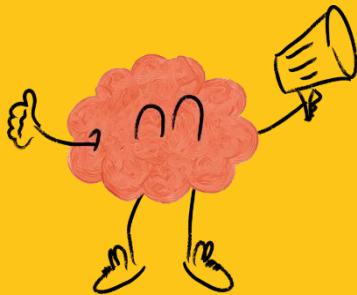
### One point of referral\*\*

Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner

[Click here for Two Page Referral Form](#)

Email: [IThrive@boltontogogether.org.uk](mailto:IThrive@boltontogogether.org.uk)

Website: <https://bolton-together.org.uk/>



*\* \*The one point of referral currently applies to accessing Bolton Together's mental health and emotional wellbeing offer. If you feel a child or young person requires CAMHS please refer directly to the service*

<https://www.qmmh.nhs.uk/bolton-camhs/>

# Bolton Together's I-Thrive 2 – 11 Offer

## **Action for Children**

Decider skills Group Work therapy to teach children, and adults the skills to recognise their own thoughts, & to monitor and manage their own emotions.

## **Bolton Toy Library**

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits.

## **Bolton Wanderers In the Community**

One to one mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered.

## **Child Action North West**

Offers a range of therapies and activities for children and their families, both one to one and group work.

## **Fortalice**

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/ carers in how they can support their child. Fortalice offer a range of interventions and support to children and young people

## **Homestart HOST**

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five.

## **Urban Outreach**

One to one support for the child and the family, exploring issues and challenges, learning tools to manage emotions and developing coping strategies.

## **Zacs Youth Bar**

Group and one to one mentoring focusing on preparing for the move to High School in Year 6, delivering to those living in the South of Bolton.

## **Bolton Together's I-Thrive 11 – 19 Offer (25 years for young people with SEND)**

### **Bolton Lads and Girls Club**

Information advice guidance and signposting. A range of emotional health and wellbeing workshops and group sessions to support positive emotional health and wellbeing. One to one support using a range of therapeutic interventions to support young people who are feeling anxious, low, and struggling to manage how they feel.

### **Breaking Barriers North West**

One to One Listening Service for young people with Special Education Needs and Disabilities. Exploring emotions and identifying and explaining coping mechanisms.

### **Bolton YMCA**

Information, advice, guidance and signposting. Group sessions and one to one listening service to support young people aged 13 and over to talk through the difficulties they are experiencing and agree steps to address these.

### **Fortalice**

Information, advice, guidance, and signposting for young people affected by domestic abuse. One to one support and group work provided to support young people using the recovery toolkit and exploring healthy relationships.

### **The Proud Trust**

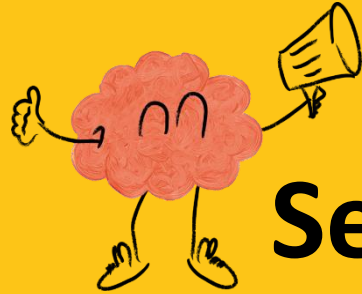
One to one, group sessions and mentoring available for young people experiencing emotional health and well being difficulties due to their sexual identity. Support is also available for those questioning their gender identity.

### **Zacs Youth Bar**

Information, advice, guidance and signposting. Healthy Minds Workshops and one to one listening service exploring coping mechanisms.

## I-Thrive School Network

- Part of the Wellbeing for Education Return / Mindfulness initiative through Bolton Council
- Aims:
  - A bi-monthly I-Thrive School Network meeting arranged for both primary and secondary schools to focus on how professionals can support children and young people with their emotional health and wellbeing.
  - Network is facilitated by Matthew McCloskey – I-Thrive Referral Hub Coordinator (Bolton Together) / CAMHS Well Being Practitioner
  - To explore different topics, develop skills and problem solve together.
  - To continue the 'Mindfulness for Education' conversation and how to apply these principles in education settings.
  - To share new learning, support each other and to overcome barriers to providing a preventative offer.
  - To provide advice on Getting Help and Getting More Help quadrants of the IThrive Model including the I-Thrive offer delivered by Bolton Together
- Membership is given to those who have attended the Mindfulness for Education Course and expressed interest, but can also be opened to the wider staff team within schools who have an interest in this area
- Bolton Together will host the I-Thrive School Network and be a point of contact but another member or guest speaker can be elected to facilitate development
- Network meetings will be delivered via MS Teams and topics for discussion will be sent out before the meeting
- If you need any further support or want to join or feedback on the I-Thrive School Network or Mindfulness for Education programme then please contact [matthew.mccloskey@boltontgether.org.uk](mailto:matthew.mccloskey@boltontgether.org.uk)



# **Senior Mental Health Leads & Mental Health Support Teams**

## Mental Health Support Teams & Senior Mental Health Leads

- As part of '[Transforming Children and Young People's Mental Health Provision: a Green Paper](#)' there is an aspiration that every school and college appoints a **designated lead for mental health**.
- This is separate to the delivery of local Mental Health Support Teams of which Bolton are in the next wave of recruitment for Educational Mental Health Practitioners with delivery expected from 2022/23.
- The Department for Education are currently providing **fixed training grants of up to £1,200** to approximately one third of state-funded schools and colleges.
- A quality assurance process has taken place by the DfE to identify a list of senior mental health lead [training courses](#) that Schools and Colleges can pay for using the training grant. As the courses differ, settings are encouraged to use the [online tool](#) to establish the most appropriate course to meet their needs and preferences
- All the information about senior mental health leads can be found on the government website within the [Senior Mental Health Lead Training Guidance](#) section.

## Mental Health Support Teams

- Bolton, alongside Bury and Stockport are the final 3 localities in Greater Manchester to receive funding to develop **2 Mental Health Support Teams** to work in a number of schools and education settings across the borough
- As we are currently only able to develop 2 MHSTs, we are unable to offer this support to all schools. We will therefore be required to deliver a clear Expression of Interest process within the 2012/22 academic year to be able to mobilise the teams over the summer in preparation for delivering within the Autumn Term. This will be followed by an agreed shortlisting process accounting for additional data and intelligence.
- Initially, the 2 MHSTs will support approximately 16,000 pupil population and total education settings in other areas vary from 25 to 40 schools and colleges.
- MHSTs are additional investment and are mobilised to **ADD** to the locality mental health offer.. not replace or duplicate.
- Team Around the School will remain – evaluation is soon to take place and alignment to MHSTs will be considered. Schools will not be able to access both but all schools have the option to express an interest in being part of the MHSTs

# What do Mental Health Support Teams Provide?

The MHSTs will deliver 3 core functions:

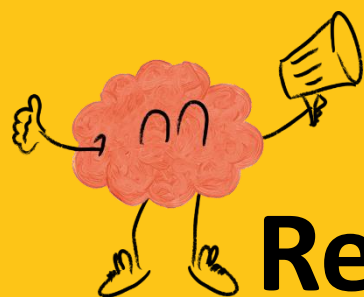
Delivering evidence-based interventions for children and young people with mild-to-moderate mental health problems (see Section [3.1](#))

Supporting the senior mental health lead in each education setting to introduce or develop their whole school/college approach (see Section [3.2](#))

Giving timely advice 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 (see Section [3.3](#))

- The MHST will provide:
  - Individual face to face work: for example, effective, brief, low-intensity interventions for children, young people and families experiencing anxiety, low mood, friendship or behavioural difficulties, based on up to date evidence
  - Group work for children and young people, students or parents for conditions such as self-harm and anxiety.
  - Group parenting classes to include low intensity group approaches to issues around conduct disorder, communication difficulties





# **Resources & Training**

## **Resources to help Education Staff deliver support**

**Be Kind to My  
Mind**

**Mental Health  
Education Hub**

**Crisis Tools**

**Greater Manchester  
Resilience Hub**

**GM Mental Health  
Resource Hub**

**Mentally Healthy  
Schools**

**Young Minds**

**Bolton SEND  
Handbook**

**Anna Freud  
School Resources**

# Free Mental Health Training for Bolton Professionals

**Bolton's Mental Health Training Programme (All Age)** – Bolton Council have funded a range of Mental Health training courses for anyone in Bolton that works with children and young people. This includes but isn't limited to 5 ways to wellbeing, Connect 5, Mental Health Awareness, Mental Health Champions and SafeTALK. All details can be found <https://www.bolton.gov.uk/skills-training/working-children/1>. If you are a staff member that works with Adults the free training courses can be found <https://www.bolton.gov.uk/skills-training/working-adults>

**MindEd** – A free e-learning resource for professionals working with children and young people.

<https://www.minded.org.uk/catalogue/FolderView>

**Psychological First Aid Training**– A free online three week course produced by Public Health England for any professional working with children and young people. The Psychological First Aid course focuses on children and young people's mental health and what you can do to help them cope and access the support they need during and after emergencies and crisis situations. <https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

**Shining a light on suicide** –Free online suicide awareness training for anyone who lives or works across Greater Manchester

<https://shiningalightonsuicide.org.uk/learn-to-save-a-life/>

**ME Learning** – A range of e-learning modules are available on the ME Learning platform including bereavement and loss training. If you have a Bolton council email, there is access to the ME learning platform; for those already with an account go to

<https://boltonc.melearning.university/user/login>. For those Bolton Council workers who don't have an account please contact [wpd-elearning@bolton.gov.uk](mailto:wpd-elearning@bolton.gov.uk) regarding access.

**Bolton Safeguarding Children E-Learning Brochure** – A large range of online training delivered to professionals who work with children and young people in Bolton. Includes training such as Child Bereavement, Transgender Awareness, Parental Mental Health and Working with children affected by domestic abuse. <https://www.boltonsafeguardingchildren.org.uk/downloads/file/173/multi-agency-safeguarding-training-brochure>

**Greater Manchester Learning Hub**– A new training platform has been developed which can be accessed for free by anyone working in Greater Manchester. Access is via <https://app.melearning.co.uk/auth/validate-key?registerKey=NBCHYTMQ> and there are currently two GM i-Thrive training modules available "Intro to THRIVE" and "Intro to Arts, Culture and Mental Health."

# Mental Health in Education Priorities

## Mental Health in Education +

IThrive Schools Network facilitated bimonthly in primary and secondary school - Bolton Together, starting in November onwards

+ 0

Mindfulness training for all primary and secondary school

+ 0

A group of 10 schools had a EHWB project about 3 years ago as we were preparing for the introduction of Mental Health leads in schools.

+ 0

The briefing around Senior mental health leads needs to go out through both Staying Safe and Inclusion and Engagement consultation groups .

+ 0

Promotion of IThrive support and promotion of IThrive Hub in schools - BT

+ 0

Promote awareness of Trauma Practitioners as part of Team Around the School

+ 0

I think a lot of schools are doing their 'own thing' using the multitude of resources and training

+ 0

Would be great to extend the use of Kooth to Y5 and Y6 in primary - it is hard to know where to signpost children to

+ 0

Schools being encouraged to sign up for the Mental Health for Senior Leads training/ funding

+ 0

Do we need to bring together or have we got a 'good practice in EHEB/Mental Health' for education settings all schools are at different points - community of practice

+ 0

For primary schools; Is there a way that a school can gain recognition for their mental health work There was talk of this for a SEND kitemark

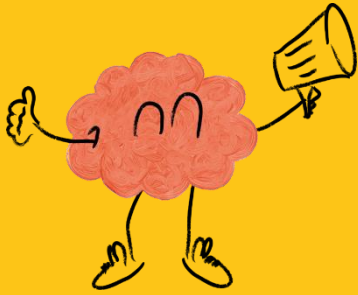
+ 0

Time line for expansion of TAS

+ 0

Trauma Informed Schools Model

+ 0



# Any Questions?

[sarah.whitehead5@nhs.net](mailto:sarah.whitehead5@nhs.net)