i-Thrive Concept

Thriving
A whole system approach to building:
- Resilient people
- Resilient places
- Resilient communities

Getting Advice
Promoting self-management and resilience to know when and where to seek help

Getting Help
Providing a range of evidence-based early intervention opportunities focused on needs and outcomes

Getting More Help
Providing more extensive treatment options for ongoing or complex needs

Getting Risk Support
Providing fast crisis response and specialist risk management where needed

Prevention, promotion and Early Intervention

Shared decision-making and partnership working

YOUR WELL-BEING MAP

Your well-being Map

"We want children and young people in Merton to enjoy good mental health and emotional wellbeing and be able to achieve their ambition and goals through being resilient and confident"

Mind Your **Health!**

Merton

Emotional Wellbeing Support Services for Children and Young People

A Guide for Professionals

We can help...

Five Ways to Wellbeing:

1. Connect with those around you
2. Be active - move your body in a way you enjoy
3. Practice Gratitude-Find experiences in your day that you're grateful for
4. Keep learning - enjoy a challenge and achieve something new
5. Give - do something nice for someone

How we can help

Advice and support
Feeling low but not sure why? Just want someone to help you understand what's going on?

Getting help
Been feeling this way for quite a while? Want some more targeted support to help you understand how you are feeling?

Getting More help/Support
Struggling with overwhelming thoughts and feelings, need specific help? These are some services that offer an extra level of help

These services can help you when you need support urgently!

South West London: **0800 028 8000** 24/7 The support line is run by expert clinicians from St George's Mental Health Trust and is open to children, young people, adults and professionals.

Off The Record

To speak confidentially to an Off The Record counsellor call the support line number on **0800 980 7475** (open every Saturday from 10am - 1pm).

Shout: Shout offers confidential 24/7 crisis text support for times when immediate assistance is required. **Text "SHOUT" to 85258 or visit Shout Crisis Text Line**

Samaritans Helpline: 24/7 365 days a year - they are here to listen and provide support. Call: **116 123 or email: jo@samaritans.org**

Papyrus: provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person Call: **0800 068 41 41 or Text: 07860039967** (opening hours 9am to midnight - 365 days a year)

Childline: confidential telephone counselling service for any child with a problem Call: **0800 1111** anytime or online chat with a counsellor

The Mix: provides free, confidential support for young people under 25. Call: **0808 808 4994** (11am - 11pm every day), text THEMIX to **85258 or click the link: https://www.themix.org.uk/get-support/speak-to-our-team/email-us**

Beat: provide support to help young people who may be struggling with an eating problem or an eating disorder. Call the Youthline (under 18's) **0808 801 0711** or Studentline **0808 801 0811** (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

SLP CAMHS crisis line Telephone: **0203 228 5980.** Monday to Friday 5pm - 11pm and On Weekends and Bank Holidays 9am - 11pm

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Merton Emotional Wellbeing Support Services for Children and Young People

Getting Advice & Signposting

1. Single Point of Access (SPA)

The Single Point of Access is an integrated multi-agency team, who work closely with a wide range of teams and partner agencies and facilitates different levels of support depending on the needs of the child, young person and their family.

This support includes:

• Providing professional advice with consultation and support
• Making referrals to partner agencies
• Access to Early Help Services
• Providing low level of interventions
• Making referrals to Children's Social Care Services
• Making referrals to Mental Health Support Teams in Schools
• Acute and Specialist support

The SPA also provides:

• 16-17 year old Self referral
• Brief Intervention – TAC/TAF worker Teams Around the Child (TAC)/ Teams around the Family (TAF)
• Professional consultations into CAMHs

SPA is also the 'front door' into the Getting More Help and Risk support services

Referrals to the SPA can be made by any professional working with children (for example GPs, schools, social workers) via telephone and online SPA referral form Self-referrals for 16 and 17 year olds can also be made via a self-referral form. Both forms can be found on our website.

(https://www.swlstg.nhs.uk/our-services/find-a-service/service/merton-camhs-spr)
Tel: 020 3513 5000

2. Local Offer

Information about services and support for children and young people with special educational needs and disabilities can be accessed by clicking on the link below:

https://directories.merton.gov.uk/kb5/merton/directory/results.page?qt=camhs&term=&localofferchannel=0&sorttype=relevance

3. Getting it on

The service provides information and services for 13-19 year olds on sexual and mental health issues, drugs, alcohol and relationship problems

Young people who need help and support, or who are uncomfortable with asking for help can go online using the link below and do not need to provide personal information. They will have easy access to relevant services at a time they need them most and without the fear of being judged

Simply click the link below to find the right service that is closest:

https://www.gettingiton.org.uk/services/merton

4. Incredible Years – Parenting Course

The Incredible Years is evidence based parenting programs focussing on strengthening parenting competencies and fostering parent involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems. The parenting programs are grouped according to age: babies (0-12 months), toddlers (1-3 years), preschoolers (3-6 years), and school age (6-12 years).

This is provided by the early years team in the local authority as part of the parenting programme.

https://directories.merton.gov.uk/kb5/merton/directory/service.page?id=PuhBbOhpBjs

5. Early years 0-5 Primary Mental Health team (SWLSTG)

The Early Years 0-5 Primary Mental Health Team provides assessment and treatment for children under 5 years experiencing emotional and/or behavioural difficulties and where they may be presenting with trauma, attachment and bonding difficulties. They offer individualised parenting therapy, consultation to the network and support with managing risk concerns. Referrals can be made by any professional working with the child using the Single Point of Access referral form.

Forms can be found on the website **(https://www.swlstg.nhs.uk/our-services/find-a-service/service/merton-camhs-spr)**
Tellephone: 020 3513 5000

6. MIASS

Merton Information, Advice and Support Service (MIASS) is co-commissioned by Merton Council and the NHS to provide free, confidential and impartial information, advice and support to children and young people (aged 0-25) with special educational needs or disabilities (SEND) and their parents/carers who live in Merton.
MIASS was formerly known as Merton Parent Partnership Service. Parents and young people should first contact their school's SENCo, learning support advisor, class teacher and other professionals who know the child/young person. Merton's SEN Local Offer also has a large number of useful guidance documents and services listed.
MIASS is aimed at families who have explored these options but require some additional direct and specialist help and advice.

Fran Turko (MIASS Officer) / Shazia Khan (Child and Young Person's Support Worker)
Telephone: 020 8543 8854
Email: miass@merton.gov.uk

Getting Help (GH)

7. Mental Health Support Teams in Schools (MHST)

It is a whole school approach to engage partners e.g health and education to provide emotional health and wellbeing interventions to children and young people within schools, when/where required.

• From January 2022, all schools in Merton will have a Mental health support team as part of the Getting Advice, signposting and getting help provision.
Referral can be made by schools within the Cluster to the MHST

8. Off the Record

OTR offers individual emotional support and counselling in-person, over the phone and via video, as well as through an online text-based counselling service.
Merton children and young people aged 11-25 can access this free and friendly service. We also offer emotional support in community settings and schools throughout the borough through our schools' team and outreach support.

Referrals can be made directly by young people over the phone on **020 3984 4004, merton@talkofftherecord.org or via our line web form (www.talkofftherecord.org/sign-up).** Referrals can also be made through CAMHS Single Point of Access, schools, GPs and other professionals.

For our text-based counselling, online workshops, and our weekly "Keeping Connected" group sign up at **www.talkofftherecordonline.org.** Parents/carers of young people strugling with self-harm can also sign up here for our two-part workshop.

To speak confidentially to an Off The Record Counsellor call the support line number on **0800 980 7475** (open every Saturday from 10am to 1pm).

9. Severe Learning disabilities schools Primary Mental Health team (SWLSTG) (CAMHS in special schools)

Merton CAMHS provides primary mental health support to two severe learning disabilities schools in the borough of Merton: Perseid and Cricket Green.
There are 2 primary mental health workers located between the schools and Merton CAMHS to provide:

• Assessment and treatment of children with Moderate to Severe Learning Disability and mental health, emotional or behavioural difficulties.

• The staff also work with families and assess the physical, psychological and emotional risks to the child, including those posed by parental mental health and substance misuse problems, and in partnership with other agencies, take the appropriate actions to safeguard the child.

• Provide support and consultation to staff in schools around the specific mental health needs of children and young people with learning disabilities and refer onwards to additional interventions (such as accredited parenting programmes) as appropriate.

• The CAMHS therapists also provide a link with the 'Getting more help' (Tier 3) learning disability team and to facilitate appropriate referrals from schools, primary care and the voluntary sector into CAMHS.

10. Youth Justice System (YJS) CAMHS clinician (SWLSTG) CAMHS in PRU Liaison and Diversion Worker

Merton CAMHS provides a Child and Adolescent Mental Health Service to young people and their families within the Youth Justice Service (YJS), which supports the Liaison & Diversion mental health assessment service and the Pupil Referral Unit (PRU) mental health team.

The service provides developmental and trauma informed consultation, advice, training, and assessment alongside direct individual and/or family-based interventions.
The YJS-CAMHS team is part of Merton's Liaison & Diversion network which also consist of a Speech and Language Team (SaLT) provision, brief counselling input.

11. KOOTH – Online Counselling

Kooth is an anonymous online counselling and emotional well-being service for children and young people aged 11-22. It is free at point of use.

Young people can search **'Kooth' or visit kooth.com** and get support for anything that's on their mind.

The service was introduced in some schools following feedback from young people that it is something they would find useful.

Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified Counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device, young people can log on wherever they are to access professional Counselling up until 10pm 365 days a year.

For more information about the service, you can visit the XenZone website **www.xenzone.com**

12. Merton Autism Parent Service (MAPS)

MAPS is parent-led and family-centred listening, support, information and advice service for parents of 0 – 25 year olds with a diagnosis of autism or who are likely to receive a diagnosis (e.g. referred for an assessment).

They provide confidential and informal session using a Parent Advisor (who also has a child or young person with autism) and a member of MAPS staff. The team has been trained to offer a range of evidence-based strategies – this means that the tools and information have been tried and tested and are approved by professionals in the field.

They are also able to provide advice on communication, positive behaviours, friendships, Anxiety, sensory needs and more strategies to help families in the home and out in the community.

Appointments are via phone, video calls etc.

Booking details:
office.admin@mertonmencap.org.uk/maps.
coordinator@mertonmecap.org.uk
www.mertonmencap.org.uk
Tel: 020 3963 0597

13. ACES Youth Club for young people with High Functioning Autism

This is a youth service for young people aged 14 – 18 who have a diagnosis of high functioning Autism Spectrum Disorder (ASD) or Asperger's. The club runs on Thursday evenings from 6.30pm to 8.30 pm either in the community or at Phipps Bridge base.

It requires participants to be able to use a mobile phone and be able to travel safely in the community using an Oyster card/Freedom Pass independently when part of a group. Participants are expected to fund their own travel.

Priority is given to young people who are finding it particularly hard to make or sustain friendships or who do not currently take part in many mainstream social opportunities.

ACES Youth Club offers:
Engaging in fun and relaxed activities such as table tennis, indoor basketball, games, music sessions, video evenings and more.

- sessions in the com.munity such as bowling, ice skating, cinema and more.
- facilitated discussions on topics that participants are concerned about or interested in such as internet safety, school pressure, friendships, aspects of computer gaming, relationships, mental health awareness and more.
- planning occasional fund-raising events or appeals on behalf of their club.

To find out more or to ask to become a participant, please contact
Niki Lowe
Email: office.manager@mertonmencap.org.uk
Telephone: 020 3963 0599

14. Early Bird

Early Bird Plus and Teen Programme.

Early Bird Plus is for parents whose child is between the ages of four and nine who have received a diagnosis of an autism spectrum disorder.

Teen Life is a programme for parents/carers of young people aged 10 to 16 years on the autism spectrum.

The Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by autistic teenagers.

To apply for a place, parents/carers need to self-refer by contacting Cricket Green school on **020 8640 1177** and select the option for Merton Autism Outreach Service.

15. Child Sexual Assault (CSA)

The service provides support for children aged 0-12 and 13-17 from Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth, boroughs who are survivors of sexual violence and abuse. The support includes emotional support, advocacy and onward referrals which is provided through phone calls, face to face, and professionals meeting with other professionals

For children aged 0-12 the
CYP advocacy team onkch-tr.
cypteammailbox@nhs.net
- For young people aged13-17 **Siân Ruddick** Lead Independent Sexual Violence Advocate (ISVA)
sian.ruddick@nhs.net
- The Havens general enquiries:
0203 299 1599

16. Virtual Behaviour Service

The Virtual Behaviour Service (VBS) offers advice and support to Merton primary and secondary schools for pupils experiencing a range of social, emotional and mental health needs. such as Autism, self-harm, learning disability etc. Schools can refer to the team for advice from specialist teachers and specialists behaviour support workers. By working with school staff VBS supports inclusion of children and young people.

They also provide mentoring to support primary and secondary transition and mentoring of secondary age pupils at risk of exclusion.

Referrals can only be made by schools. **0208 288 5692**

17. Merton Early Years and Family Wellbeing Service Parenting Programmes

A range of evidence based programmes for parents/carers with children aged 0-16yrs, aiming to support parents to understand their child / young persons emotional and behavioural development, building relationships and promoting positive behaviours Referral form can be found via Children's centres | Merton Council.

18. Merton Autism Outreach Service (MAOS)

The Merton Autism Outreach Service works in an advisory role with schools, supporting staff in developing their understanding of ASD and sharing tools and strategies to enable pupils to access learning and social opportunities.

The service is staffed by experienced professionals who have expertise in working with pupils with ASD in both mainstream and specialist settings.

The service can advise on:
- Organising and structuring the environment.
- Appropriate approaches and strategies.
- Structuring work and activities.
- Supporting transitions and unexpected events.

Referral from school SENCo only:
- The pupil should have a diagnosis of ASD from an appropriately qualified professional.

or
- The pupil's complex Social Communication Difficulties have been identified by an EP.

Contact: Merton Autism Outreach Service, Cricket Green School,
020 8 640 1177
Bonnie.brown@cricketgreen.merton.sch.uk

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For commissioning queries please contact
Mrs Sarah Keen
Senior Child and Adolescent Mental Health Service Transformation Manager **(Merton)**
NHS South West London Clinical Commissioning Group **(CCG)**

Getting More Help

19. Merton CAMHS in Social Care

Merton CAMHS in Social Care is a CAMHS team integrated within Merton Children Social Care. They provide consultation, reflective practice and training to Social Care professionals.

Referrals are only accepted for children and young people open with Social Care and only after consultation with the Social Workers to establish suitability of referral.

They offer assessment and treatment for Mild to Moderate emotional and behavioural wellbeing and mental health problems of children/young people alongside their parents/ carers, including Children in Care.

They specialise in trauma presentations, due to abuse and neglect.

Merton CAMHS in Social Care offer Getting More Help and Getting Risk Support in terms of the i-Thrive framework.

20. ADHD – 123 Magic Psychoeducation for ADHD

123 magic is designed to support parents and families after diagnosis of ADHD within Merton CAMHSGetting More Help.

The provision of a 123 Magic group forms part of the Merton diagnostic package and will complement the Merton psychoeducation pre medication awareness group.

The service is acessed via CAMHs (Getting More Help offer)

21. Merton CAMHS Single Point of Access (SPA)

The SPA team accepts referrals from any health, education or social care professional. All referrals are triaged within 24 hours and aim to offer assessment within 14 days.

After screening either face to face, telephone or virtual, interview is offered to determine most suitable treatment options. After initial screening and assessment, the young person will be offered a relevant intervention option, including referral to "Getting More Help" at Birches House or referral to another service within the borough that is best placed to meet the young persons needs.

The SPA Team will also send out screening questionnaires in order for the team to gain more insight into the young person's circumstances.
The SPA Team will link with CECS/ Liaison Services and co-ordinate/ provide follow-up as required.

22. Merton CAMHS (Getting More Help)

The team is made up of a range of mental health professionals such as Psychologists, Psychiatrists, Family Therapists, Nurses and others. The service provides treatment and further assessment for young people experiencing significant emotional and mental health concerns. The service offers a range of evidence-based talking therapies.

The most appropriate treatment for you would have either been discussed at the initial assessment or at the first appointment. Therapies can include Cognitive Behavioural Therapy (CBT), Interpersonal Therapy for Adolescents (IPT-A) and Family Therapy.

The service draws upon other treatment approaches when indicated and in some circumstances, may also consider medication, if appropriate.

The service uses a recovery approach and aim to support development of skills to help cope and start on the journey of feeling better. On average young people are seen for 4-12 sessions and regular reviews are held to check on progress.
The service also offers Attention Deficit Hyperactivity Disorder (ADHD) assessment for straightforward cases of ADHD without comorbidity more complex cases would require referral to the Neurodevelopmental service.

23. CAMHS Emergency Care Service (CECS)

CAMHS Emergency Care Service (CECS) support young people (under 18) who present to St Helier, St Georges and Kingston Hospital experiencing a current Mental Health Crisis.

A CAMHS Crisis Clinician will provide a therapeutic psychosocial assessment, risk assessment and safety planning. CECS also provide 7 day follow up appointments for young people who have presented in crisis to review the safety plan and plan ongoing care/ support. The service operates 9am-8pm (last referral 6pm) 7 days pw.

All young people/parents of young people in crisis are advised to contact the Trust's Mental Health Support Line **0800028 8000** 24/7 or within 9-5 if they are open to their local Getting More Help CAMHS team, they should initially contact them. If a young person requires immediate medical attention, they should emergency services or attend A&E.

Health Based Place of safety usually A&E/section 136 Suite
If the police are concerned about the wellbeing of a young person, they can be placed on a Section 136, it will be health-based place of safety usually A&E or a 136 suite where they can be assessed. There is no CAMHS specific 136 suite.

24. Neuro Developmental Services (NDT)

The NDT service offers a diagnostic assessment for Autistic Spectrum Disorder (ASD) /Attention Deficit with Hyperactivity Disorder (ADHD).

This is a specialist service for young people up to 18years old with a referral from their local CAMHS service, their parents/carers and other professionals who work with them.
Referral via local CAMHS SPA/Getting More Help team.

25. Eating Disorder Service

The Children and Young Person's Community Eating Disorder Service aims to see all children and young people with Eating Disorders with an emphasis on early intervention. The service covers all 5 boroughs of SWLSTG (Merton, Sutton, Wandsworth, Kingston & Richmond). Referrals are via SPA.

Getting Risk Support

26. Dialectical Behaviour Therapy Service

The Dialectical Behaviour Therapy (DBT) Service is based at Birches House, Mitcham, CR4 4LQ.

The multi-disciplinary service consists of Clinical Psychologists, Mental Health Nurses, and a Psychiatrist.

DBT is an evidence-based therapy, recommended in the NICE guidelines for both Self-Harm and Borderline Personality Disorder (BPD).

DBT is effective with clients with self-harm and suicidal behaviours and symptoms associated with BPD (e.g. impulsive behaviours, drug and alcohol abuse, marked reactivity of mood, excessive fears of abandonment) even though young people may not be formally diagnosed with BPD.

The treatment targets self-destructive behaviours and helps people to manage their emotions, improve their relationships with others and to cope with difficult thoughts and feelings.

Treatment can also help young people with comorbid difficulties, such as PTSD, once they have established and are maintaining their safety. Open to referrals from Getting More Help and Getting Risk Support CAMHS Services from 5 Boroughs of SWLSTG (Merton, Sutton, Wandsworth, Kingston & Richmond).

27. Adolescent Outreach Team (AOT)

AOT provides intensive community treatment to young people in the 5 boroughs of South West London presenting with a mental health crisis, and in many cases provides an effective alternative to hospital admission.

Commissioned and funded by South London Partnership. The team operates as part of the Trust's Getting Risk Support CAMHS service in SWLSTG which comprises of an acute general inpatient unit (Aquarius ward), a day programme and Adolescent Outreach Service (AOT).

The team works with young people aged between 12 and 18 years old, referred to the service by Getting More Help CAMHS Teams, who require more intensive support in the community for a period of time to help them through a period of crisis in their mental health.

The main aim is to help the young person to remain at home and avoid the need for an inpatient mental health admission.
The team works with young people with a range of mental health problems, including:

- Psychosis
- Bipolar
- Affective disorder
- Moderate or severe depression or anxiety
- Body dysmorphic disorder
- OCD

28. Emotional instability

AOT will see the young person within a few days of referral and following assessment will either make recommendations to the referrer about the young person's care, offer a shared package of care, or offer an outreach package and make a plan with the young person and their family to support them through their crisis and to manage any risks together.

Referral by Local Getting More Help CAMHS Psychiatrist.

29. General Adolescent Units (Snowsfield, Aquarius, GAU, PICU)

PICU (Adolescent Psychiatric Intensive Care) and GAU (General Adolescent Unit) beds are accessed via the South London Partnership (SLP) bed management system following referral by appropriate CAMHS professionals. In-patient units provide individual and group intervention for young people in mental health crisis.

30. Specialist Intensive Inpatient Eating Disorder Service (Wisteria)

This is a 10 bedded unit for young people age 11-18 years with severe eating disorders and weight loss related to mental health problems. This a national service.

Referral by Local Getting More Help CAMHS Psychiatrist.

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