



Staffordshire Emotional Health and Wellbeing service

SERVICE CRITERIA

REFERRAL CRITERIA

The Service is an inclusive service for all. We will work with children/young people from 5 to 18 years (up to 25 for those with an EHCP or Looked After by the Local Authority) and their families where there is mild to moderate emotional or behavioural difficulties or concerns around emotional wellbeing who are below the threshold of CAMHS but above the level of need which universal services can support. The service is available to children or young people living in Staffordshire, (please note not Stoke on Trent).

TYPES OF REFERRALS/TARGET POPULATION

- Children affected family difficulties - where these are having an adverse effect and the child or young person is showing signs of developing a mental health problem
- Emotional and behavioural difficulties (Mild to moderate)
- Behaviour problems once physical causes have been considered and the behaviour falls outside what might be considered to be within the range of normal behaviour
- Anxiety, depression, stress and or other mood difficulties
- Adjustment reactions (i.e. managing transition, change)
- Simple phobias
- Self-harm - where this is mild to moderate
- Support with bereavement & loss/separation
- Bullying where this is having a significant impact on emotional wellbeing (direct/indirect/cyber)
- Anger management difficulties
- Relationship difficulties

- Parental need where support in managing and understanding behaviour could be beneficial

WE CAN OFFER

- Psychologically informed interventions with children/young people and families, which is focused and time limited and where a short-term intervention is indicated, as per the NICE guidelines
- Age appropriate group interventions with children/young people and parents
- Face to Face and digital interventions where the focus is on positive parenting
- Digital interventions for children and young people aged 9-18 or up to 25 for those with an EHCP or looked after by the Local Authority
- Individual psychological interventions (average of 6 sessions)
- Group psychological interventions
- Targeted school-based programmes and 'Train the Trainer' offer to school
- Information and advice on signposting local services and self-help resources available to children and families
- Telephone consultation to other agencies and professionals.

Please note due to COVID19 all our interventions are currently delivered digitally which means we don't have the full range of services available.

EXCLUSION CRITERIA

The Staffordshire Emotional Health Well Being service will not provide direct assistance when:

- Children, young people and their families are currently in receipt of mental health interventions from other agencies
- Children and young people presenting with lower level emerging needs and emotional wellbeing issues who could be supported by universal services
- Child or young person is not willing to engage

- Parent/person with parental responsibility does not consent (where child/young person is under 16)
- Referrals where another service would be more appropriate
- Complexity of presentation is not suitable for short term intervention
- The child is in a current mental health crisis*
- Self-harm which is severe in nature and requires urgent medical attention or where there is a risk of death by misadventure
- Substance misuse is the primary presenting problem
- The neuro developmental presentation of the child or young person is severe and enduring and would not be supported by a short-term intervention
- Where the referrer believes a child or young person requires a neuro-developmental assessment and this is the purpose of the referral
- Children and young people who present with chronic or acute eating disorder presentations and are both psychologically and physically compromised by their presentation.
- Children and young people who present with complex and enduring sexually harmful behaviour who require specialist interventions to support their recovery.

* Mental Health Crisis

A situation that a child, young person, parent, carer or any other person believes requires emergency support, assistance and care to prevent an acute and immediate risk to life or mental health.