



**Young People's Mental Health Early
Intervention - Support Services Chorley and
South Ribble**



MENTAL
health
MATTERS

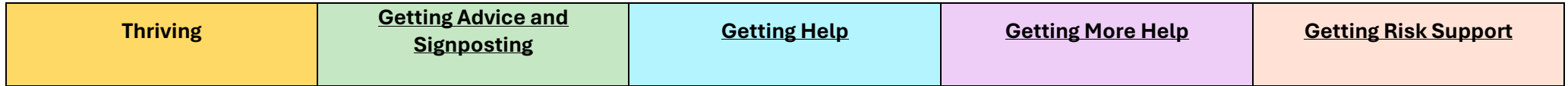


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The Thrive Framework

The **THRIVE Framework** thinks about the mental health and wellbeing needs of children, young people and families through five different needs based groupings:



This document discusses what support is offered in the ‘**Getting Help**’ Quadrant (early intervention or ‘pre-CYPMHS’ (formerly CAMHS)). A referral into Specialist CYPMHS is **more** likely to be accepted if the young person has engaged in some form of early intervention.

Children and Young People who are currently on specialist pathways for assessment for ASD and ADHD are not always open to CYPMHS for mental health support and intervention. If there are concerns regarding mental health and a Young Person currently on the ASD/ADHD Pathways parents and professionals can contact CYPMHS for advice and signposting. Other valuable Community services which offer support to CYP and their families on the ASD pathway include: <https://www.autismcentral.org.uk/hubs/north-west-delivered-great-minds-together> and the ADHD pathway <https://reception06660.wixsite.com/adhd-north-west>

If you have an **urgent** concern you can contact Shawbrook house on 01772 644644 in office hours. If there are any concerns outside of office hours you can contact the CYPMHS Response Team on 01744 627618 or the 24/7 Mental Health Crisis Line on Freephone 0800 0511508. In an emergency, services are available at our local Hospital Accident and Emergency department.

- Initial concerns identified by staff, parents/ carers or child/young person
- Discussed with appropriate person in your setting, for example, SENCO, Learning Mentor or Senior Mental Health Lead.
- Advice sought where needed from Primary Mental Health Worker or School Nurse Team
- Advice sought via websites / apps

- Risk Management ONLY
- CYPMHS, RAIST
- Young people who are in need of immediate support around risk.



- Early Intervention Face to Face Support (CYWP’S, CANW, Key, Lancashire Mind, Barnardo’s My Time to Thrive and Compass Bloom, Lancashire Healthy Young People & Families Service)
- Consider opening an EHA assessment
- Wellbeing Courses (Children and Family Wellbeing Service and INSPIRE)
- Family social prescribing

- Specialist Children and Young People’s Mental Health Service
- Eating Disorder Service

Different Types of Therapy

CBT informed interventions focuses on the patient's current situation, attempting to change a habit or thought pattern. It enables patients to recognise and investigate how their thoughts influence their actions and then change their negative thinking habits. Early intervention evidence-based CBT follows set program interventions.

Counselling Services are responsible for providing a safe environment for patients and encourage reflection of feelings and emotions. The therapist will listen and support you without judging or criticising. The therapist can help you gain a better understanding of your thought processes, feelings and behaviours and find your own solutions to problems. They will work with the individual to explore goals and facilitate changes.

Coaching works on what the young person wants to achieve in the future rather than exploring past experiences.

Play based therapy aims to help children understand muddled feelings and upsetting events that they haven't had the chance to sort properly. Rather than having to explain what is troubling those children use play to communicate at their own level and at their own pace, without feeling interrogated or threatened.

Type	Appropriate for:	Possible limitations:	Offered By:
CBT informed interventions	<ul style="list-style-type: none"> Evidenced based program Young people who are motivated to address their cognitions and changing repeated patterns Young people who would benefit from more tools to manage anxiety 	<ul style="list-style-type: none"> Young People with multiple issues complexities Young people whose difficulties can't be changed by addressing cognitions (i.e. environmental) Young people who struggle to address thought patters (engage with 'black and white' thinking) 	<ul style="list-style-type: none"> Education Mental Health Practitioners Children and Young People's Wellbeing Practitioner's CANW (Low Intensity) KEY
Counselling	<ul style="list-style-type: none"> Counselling is a therapeutic intervention that encompasses the past, present and the future; that is a person centred and integrative approach Counselling can address any issue impacting the young person 	<ul style="list-style-type: none"> Young people who struggle to discuss emotions Young people who would prefer something more practical 	<ul style="list-style-type: none"> Barnardo's MyTime To Thrive CANW Some CFW interventions Some schools have counsellors

	<ul style="list-style-type: none"> • Less restrictive program than CBT's – sessions are more led by what the young person wants to discuss • Might be more appropriate than CBT to address things that can't be changed (such as bereavement, loss or long-term illness) • Creative arts activities can also be utilised within counselling sessions 		
Wellbeing Coaching	<ul style="list-style-type: none"> • Goal orientated - can work with more specific non-traditional issues (such as issues with a sibling or teacher rather than anxiety or depression) • Underpinned by positive psychology and strengths based • Coaching can run alongside other support 	<ul style="list-style-type: none"> • Sessions are more directed to specific goal. May be less appropriate for young people who want to 'talk things through'. • Young people who are unable to engage with online/teams support 	<ul style="list-style-type: none"> • Lancashire Mind Children and Young People Virtual Wellbeing Coaching • NSPCC Connect (loneliness coaching)
Play Therapy / Therapeutic play skills	<ul style="list-style-type: none"> • Younger children • Children who may not be able to process/articulate their emotions • Needs led and child directive 	<ul style="list-style-type: none"> • Older Children 	<ul style="list-style-type: none"> • Key • Barnardo's MyTime to Thrive • CANW

What Services Offer

Please see our guide for what interventions are offered as direct work with children and young people at an early intervention level within school and community settings. Please be mindful that many young people often don't 'fit into boxes' and will need to be assessed on an individual basis but hopefully this guide will provide some information around the types of interventions that may be offered.

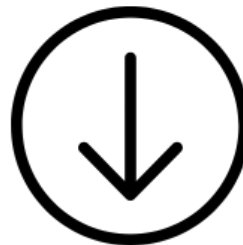
For children and young people with neurodevelopmental concerns such as ADHD and Autism, this is not an exclusion criteria for any intervention providing the need fits the intervention.

The guide below provides information about the interventions offered by each service. If the work is showing as 'black diagonal lines' it means that we do not have specific support.

We have used the colour coded system below.

- For green, treatments, this is something that we have a specific program of work for
- For orange, this is something that we may support with under specific circumstances (for example, low complexity)
- For black diagonal lines, this is something that they would not typically support with
- For blue, there is no specific intervention but an alternative program of work may be offered

See table below



Services Table

Presenting difficulty	CYPMHS CYWP	CYPMHS	Lancashire Healthy Young People & Families Service	Compass Bloom	Barnardo's My Time to Thrive	Lancashire Mind	CANW EHWB Service	CFW Family Hubs – Group Provision	CFW Family Intensive Support Case Work at L3	CFW – Targeted Youth Support	Other Services
ADHD Specific Support		Only with co morbid mental health concerns	Signposting and support initial referrals		Only with co mobility mental health concerns						<ul style="list-style-type: none"> • SENDIAS (0300 123 6706) • Educational Psychology (01772 531 597) • Stepping Stones (CFW) • CYPMHS ADHD Team (for post diagnostic support 01772644644) • Homestart (01257 241636, under 11's) • ADHD North West, parental support service only. 01254 886886
Adoption											<ul style="list-style-type: none"> • SCAYT+ Chorley and West Lancashire: 01772 530919 Central Lancashire: 01772 535066
Anger		With co morbid MH									<ul style="list-style-type: none"> • Parachute Programme (Wish Centre Website, ages 11 – 16) • No worries (CFW)
Anti-Social Behaviour		Assessed individually MH need			Low level and will be assessed individually re need	No ongoing police involvement					<ul style="list-style-type: none"> • Police Early Intervention (EarlyinterventionteamChorley-SR@lancashire.police.uk.) • Forensic CYPMHS (01613580585)
Anxiety											
Attachment			Advice and signposting								
Autism Specific Support		Only with co mobility mental health concerns	Signposting and support initial referrals.		Only with co mobility mental health concerns						<ul style="list-style-type: none"> • SENDIAS (0300 123 6706) • ASD Pathway Navigator (for cases on the ASD pathway 01772644644) • Riding the Rapids (for post diagnostic support for under 11's 01772644644) • Cygnnet (for post diagnostic support 01772644644) • Educational Psychology (01772 531 597) • Homestart (01257 241636, under 11's) • Cruise Vine House (01772 793 344)
Bereavement			Assessed individually								
Bullying											
Divorce			Assessed individually								
Domestic Abuse		With co-morbid MH concerns									<ul style="list-style-type: none"> • Nest (0300 111 0323) • Freedom for Children (CFW) • Young People's Recovery Toolkit (Wish Centre Website)
Drugs		with co-morbid MH concerns									<ul style="list-style-type: none"> • We are with you (0808 164 0074) • Youth Zone (0800511111) • Inspire (08081 698 673)
Emotional Regulation		with co-morbid MH concerns				Virtual Wellbeing Offer					<ul style="list-style-type: none"> • Inside Out (CFW, Under 11's)

Key: Unlined text are links.

Presenting difficulty	CYPMHS CYWP	CYPMHS	Lancashire Healthy Young People & Families Service	Compass Bloom	Barnardo's My Time to Thrive	Lancashire Mind	CANW and Key	CFW Family Hubs – Group Provision	CFW Family Intensive Support Case Work at L3	CFW - Targeted Youth Support	Other Services
Emotionally Based School Avoidance	Low Level	Will be assessed individually re MH need	Low Level		Will be assessed individually re need	Peer Support and Virtual Coaching Offer					
Friendships											<ul style="list-style-type: none"> • Move and groove group 5-11 yrs (CFW, under 11's)
LGBTQ+		With co-morbid MH concerns									<ul style="list-style-type: none"> • Arms Out (01772 717461) • Be yourself (07788 295521, ages 8-18) • POUT (01772 532930, ages 13-18) • Lancashire LGBT (07788 295521)
Low mood											<ul style="list-style-type: none"> • Horizons group for adults (CFW)
OCD	Low Level				Low level						
Behaviour Management		With co-morbid MH concerns			Will be assessed individually re need						<ul style="list-style-type: none"> • Colourful Footsteps (CFW, ages 5-11) • Homestart (01257 241636, under 11's) • The Incredible Years (0300 247 0040) • Parent Know How and Surviving Teens (0-19 Team) • Triple P (CFW)
Phobia		Only with co-morbid MH			Emerging phobias						
PTSD and Historic Trauma											
Resilience											
Selective Mutism		With co-morbid MH			Emerging						
Self Esteem			Low level & assessed individually								<ul style="list-style-type: none"> • EmpowerHer (ages 8-18) • HIMPact (over 12's, both through Inspire)
Self-Harm	Low Level					Low Level					
Separation Anxiety		With co-morbid M/H				Low Level					
Sleep		With co-morbid MH									<ul style="list-style-type: none"> • PMHW Sleep Drop In (01772644644) • 0-19 Team (0300 247 0040)
Social Anxiety											<ul style="list-style-type: none"> • Horizons group(CFW)
Suicidal Ideation	Low Level	Thoughts without intent and planning			Thoughts without intent						
Tics and Tourette's		With co-morbid MH	Signposting and support initial referrals								

Getting Advice

Getting Information and advice from your senior mental health lead or SENCO, Internal school pastoral and counselling and mentoring, you may require more specialist information from either Children and Families Wellbeing, Lancashire Healthy Young People & Families Service (5-19 School Health Team) and Primary Mental Health Workers.



**Lancashire &
South Cumbria**
NHS Foundation Trust

Primary Mental Health Workers

PMHWs provide the point of contact to access THRIVE services in their locality and promote inter-agency work across all sectors including schools, GP practices, Early Support and Voluntary Service Providers. They have strong working links and relationships which promote easy access to other quadrants of THRIVE delivery including other Getting Help or Getting More Help services.

PMHWs offer liaison, advice/signposting, consultation and training to the professional Children and Young Peoples workforce regarding the emotional wellbeing of children and young people (CYP). They can offer advice on referrals, implement pathways of support and provide information about other services available to CYP.

PMHWs work with staff to facilitate identification of the level of children's and young people's emotional and mental health needs, and support staff in providing appropriate support and intervention themselves. Where assessed as appropriate, PMHWs will deliver 1-3 sessions direct work.

PMHWs core training offer is Youth Mental Health First Aid.

To contact your PMHW team to request their service, please email pmhwChorleySouthRibble@lscft.nhs.uk

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Getting Help



LCC Emotional Health & Wellbeing Service (CANW & Partners) (4-18yrs)

The Emotional Health and Wellbeing (EHWB) service is commissioned by LCC, overseen by Child Action North West (CANW) and delivered by CANW in partnership with a number of different agencies (including Key, Lancs Mind, N-compass.)

The EHWB service, which sits within the 'Getting Help' quadrant of the Thrive model, provides short-term, targeted early help to children and young people (cyp), aged 4-19 years (up to 25yrs with SEND) who are experiencing 'mild to moderate' emotional and mental health difficulties (Levels 2,3 and 4 on the CON.)

There are a range of practitioners within the EHWB service who are trained in different therapeutic modalities, including person-centred counselling, low intensity CBT, art therapy, therapeutic play and systemic family therapy. All practitioners work with a trauma informed approach and are knowledgeable and experienced in working with cyp with neurodiversity. Sessions usually take place face-to-face in schools/colleges. Where this is not possible, sessions can be offered at a family hub venue or remotely. The service is open to those residing in Lancashire or who attend a Lancashire school.

For schools/colleges, referral is via the Child and Family Wellbeing Service. An EHA/EHP must first be completed [your-familys-early-help-assessment-version-12-feb-22.docx](#) which highlights the need for support from the EHWB service, followed by completion of an online 'request for support' form [Lancashire children's services request for support](#) with the EHP included as an attachment. For further information about the EHWB Service see [Emotional Health and Wellbeing Support - CANW](#)

Key: Unlined text are links.



Compass Bloom offer Early Intervention CBT in Schools (5-18 year olds)

Education Mental Health Practitioners (EMHPs) are based in schools offering focused (6-8 weeks) therapeutic intervention for mild to moderate level difficulties. This intervention uses **CBT techniques** focusing on how thoughts, feelings and behaviours are connected.

Compass Bloom are commissioned to work in a number of high schools across Chorley and South Ribble and a number of primary schools in Chorley. Compass Bloom have monthly link meetings with the SMHL in their commissioned schools where individual cases can be referred into the service.

A list of our commissioned schools can be found on our website here <https://www.compass-uk.org/services/west-and-central-lancashire-mhsts/>



CYWP's within CYPMHS offer Early Intervention CBT (5-18 year olds)

CYWP's offer focused (6-8 weeks) therapeutic intervention for mild to moderate level anxiety, panic, phobias, worry, sleep and low mood, with no risk. This intervention uses **CBT techniques** focusing on how thoughts, feelings and behaviours are connected. Work can include psychoeducation, mindfulness and worry management. Please gain consent from the family before referring the young person to the CYWP's. Referrals can be made into core CYPMHS requesting specific CYWP intervention. This can be done either by your school or GP service.

Email: C&F.ReferralCentre@lscft.nhs.uk



Barnardo's My Time to Thrive (5-18 year olds)

The service offers blended therapeutic support for children and young people, between ages 5 to 18 (extending to 25 years based on SEN need) covering the whole of the Lancashire & South Cumbria Integrated Care Board (ICB) area. The range of support available is either face to face or online therapy with qualified and experienced counsellors and psychotherapists (up to 10 sessions) group work or individual support from experienced mental health practitioners (up to 6 sessions) All of whom follow the Barnardo's CSSO model; Child directed, Systems focused, Strengths based, and Outcome informed and adapt their approach to the individual needs of the child and young person

To make a referral please complete the online referral form on webpage:

<https://www.barnardos.org.uk/get-support/services/lancashire-and-south-cumbria-thrive-service> They accept professional and self-referrals.

Key: Unlined text are links.



Lancashire Mind

Lancashire Mind offer a range of wellbeing and resilience support for children and young people aged 5-25. Our virtual wellbeing coaching offer is funded through Booths and we can offer young people aged 10-18 individual sessions with a Wellbeing Coach to remove barriers to wellbeing. During these sessions, the young person will identify a wellbeing goal to achieve by the end of the sessions and learn positive coping strategies to help improve their wellbeing. Email: cypcoaching@lancashiremind.org.uk for more information about how to refer.




We also offer our Peer Support service across Lancashire commissioned through Spring North. Through innovative, peer-led support systems, this programme aims to enhance the mental health and wellbeing of young people aged 10 to 19 (up to 25 with SEND) across Lancashire. With children facing an alarming increase in mental health challenges, we can help support them to find coping strategies and build resilience. Our Peer Support Programme is run across Lancashire in the following areas: Central Lancashire, North Lancashire, East Lancashire, Blackpool and Blackburn with Darwen. Email: sharonsutcliffe@lancashiremind.org.uk

Our CYP Early Intervention Hubs, located in Burnley, Pendle, Preston, Fleetwood, Blackpool, and Blackburn with Darwen, provide a wide range of accessible and effective mental health services. Funded by the Department of Health and Social Care, our hubs are designed to support young people at the earliest point of need. Through the Early Intervention Hubs, Lancashire Mind will offer a range of wellbeing services from universal and preventative services to more targeted services for individuals. Young people aged 11-25 will be able to access this face-to-face service, as well as access our virtual wellbeing coaching. Email: hannahholden@lancashiremind.org.uk

The PEAK Project is a fantastic initiative, co-created with young people aged 12-18 to enhance mental health support for youth and their families. PEAK stands for Personal, Encouragement, Achievement, and Knowledge—values chosen by young participants to embody the spirit of the project. Our PEAK Project is fully funded (with thanks to Children in Need) and is run across Lancashire in the following areas: Burnley & Pendle. Email: sharonsutcliffe@lancashiremind.org.uk

For schools we are delivering our Resilient Minds programme to schools across Lancashire with a whole-school approach to wellbeing support for parents, staff and children available. Funded through Lancashire and South Cumbria Integrated Care Board, we are working with schools who do not have access to a Mental Health in Schools Team. Please contact: hannahholden@lancashiremind.org.uk

Key: Unlined text are links.

	<p>We also are delivering Bounce Forward, our universal resilience programme, to Year 5 and 6 pupils in rural areas of Lancashire: Wyre, Ribble Valley and West Lancashire. This project has been funded by Eric Wright Charitable Trust. For more information, please contact: jamesniven@lancashiremind.org.uk</p>
<p>Lancashire Healthy Young People and Families Service (5-19 School Health Team)</p>	<p>Lancashire Healthy Young People & Families Service (5-19 School Health Team (age 25 for SEND)) Our team consists of Specialist Community Public Health Nurses, Staff Nurses, Healthy Family Support Workers & CYWP's who specialise in delivering care to School Age children and young people. We work across the county, delivering health advice and support to school-aged children, young people, and their families within Schools, family homes, Family Hubs or other community settings. We can offer initial support sessions across a broad range of low-level emotional health issues leading to further signposting and referral when appropriate. Young people in secondary school can also independently access School Nurse Drop-in for support around their health.</p> <p>Professionals can refer into the service by completing a request for service form which can be downloaded from our website: https://lancyoungpeoplefamilyservice.co.uk/ and returning it to single point of access: Email vcl.019.singlepointofaccess2@nhs.net</p>
 	<p>Children and Family Wellbeing Service</p> <p>CFW service is part of Lancashire County Council (LCC) and provides early help and family intensive support for children and young people 0-19 n(up to 25 if SEND). The Family hubs offer an array of courses, groups and parenting support. They offer a number of courses, drop ins and some direct support. Referrals into courses (such as Inside Out) can be made directly by schools/parents by calling for Chorley Duke Street 01257 516316 or Highfield 01257 516466 and South Ribble 01772 532930. Referrals for direct work can be made by opening an early help assessment and sent to Lancashire children's services request for support</p>
 <p>supported by Chorley Together PCN, Chorley Central PCN, LCC and UK Government Grants</p>	<p>Family Social Prescribing</p> <p>The service offers free confidential personalised support specifically tailored around what matters to you and your family. We can help you build the confidence and motivation to overcome barriers that you may be facing by using health coaching techniques and working closely with various services and partners. The Families Social Prescriber works with families and young people of Chorley to enable better health and wellbeing.</p>

Key: Unlined text are links.



Inspire

Inspire Youth Zone is a purpose built space for young people age 7-19 (up to 25 with SEN) Open 7 days a week when schools are closed, we provide an inspirational and fun environment.

Offering everything from climbing to cooking and football to pottery, there really is something for everyone. We also open our doors to hundreds of opportunities outside of the Youth Zone, whether it be the chance to complete a duke of Edinburgh expedition or learning to ski... we believe in equal opportunity for everyone and will never allow cost to be a barrier.



As well as a world of activities, our Green Team is also made up of qualified Youth Workers, there to support young people through whatever challenges life throws their way. Whether that be transitioning to high school, identity, improving their wellbeing or building their social skills.

We give young people the opportunity to meet friends, have new experiences, learn new skills and access the support they need to develop and achieve their potential.

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Getting More Help

 <p>NHS Lancashire & South Cumbria NHS Foundation Trust</p>	<p><i>CYPMHS Referral Criteria: A Routine referral</i></p> <p>A presenting mental health difficulty that is impacting on the young person’s life and is preventing them from participating in routine and expected activities and relationships as developmentally appropriate for their age and capacity.</p> <p>The difficulty remains and is enduring following a first line community intervention from the school or appropriate agency. The presenting difficulty is believed to be impacted on by an underlying and undiagnosed concern that needs further screening and or assessment.</p> <p>Specialist CYPMHS does not accept referrals just for medication, sleep difficulties and or toileting difficulties.</p> <p><i>CYPMHS Referral Criteria: An urgent referral</i></p> <p>Follow routine referral guidance along with “where there is the potential for imminent risk to self or others with little or no mitigating support in place”</p> <p>Please note that for young people to access support in school and be considered for an Education Health Care Plan (EHCP), this is independent of a CYPMHS referral and a diagnosis is not necessary to proceed as the assessment is needs led. Email: C&F.ReferralCentre@lscft.nhs.uk</p>
 <p>NHS Lancashire & South Cumbria NHS Foundation Trust</p>	<p><i>Lancashire and South Cumbria All Age Eating Disorder Service</i></p> <p>The Eating Disorder service is an all-age service with 5 teams across Lancashire and South Cumbria, offering treatments in line with NICE guidance for people meeting the diagnostic criteria for an Eating disorder.</p> <p>Referrals can be accepted from a variety of avenues however generally would be through GP due to the referral requiring up to date physical health monitoring and bloods.</p> <p>We are a multi-disciplinary team including a range of professionals including nurses, dieticians, CBT therapists, psychologists, systemic and family therapists with some access to medic and psychiatry input.</p>

Key: Unlined text are links.

Getting Risk Support



RAIST (Rapid Assessment and Intensive Support Team)

A CYPMH service that can offer up to two weeks of person-centred, intensive support and interventions for young people under age 18 that are in or experiencing crisis. Referrals are welcomed for young people that have received a proportionate assessment from a suitably qualified mental health practitioner; clinical discussions are encouraged with RAIST prior to submitting a referral form into the service. The presenting difficulties would be new/acute in nature or whereby risks/are escalating and there are concerns regarding managing this safely in the community.

RAIST will generally see young people daily for at least the first week, with a view to reducing support leading up to discharge. Support is personalised and can include home visits and school visits. RAIST does not have medical oversight, so cannot accept referrals for medication queries. These needs would need to be addressed through core community teams. Young people do not necessarily have to be open to a community team to be referred into the service.

Please note that young people need to be explicitly consenting to the referral prior to submission. RAIST covers South Cumbria, The Bay, Central, West Lancs and Fylde & Wyre localities and is open 8am – 8pm, 365 days of the year. Referrals that are accepted into RAIST will be offered an initial assessment within 72 hours.

Email: RAIST@lscft.nhs.uk **Central Base: 01772 215389 North Base: 01524 550877**

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GLOSSARY

CYWP's – Children and Young People Wellbeing Practitioners

CYPMHS (formerly CAMHS) Children and Young People Mental Health Service

SMHL – Senior Mental Health Lead

CANW – Child Action North West

EHA – Early Help Assessment

PMHW – Primary Mental Health Worker

RAIST - Rapid Assessment and Intensive Support Team

CBT – Cognitive Behavioural Therapy

CFW – Children and Families Wellbeing Service



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