Children and Young People’s Mental Health Support Pathway
(Practitioner Guidance)
This document shares the Children’s Services Partnership vision contained in ‘Getting it Right for South Lanarkshire’s Children and Families 2017-2020”, our integrated children’s services plan.

Children, young people and families will be safeguarded and supported to reach their full potential and thrive within their communities.

Authors: The Children and Young People’s Mental Health Tasking and Finishing Group

Promoting positive mental health and wellbeing for our children, young people and families
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Introduction

The purpose of this document is to provide guidance for anyone working with young people when there is concern for the young person’s mental health and wellbeing.

Mental Health in South Lanarkshire is conceived as a continuum from shorter term issues to serious longer term mental health difficulties which can impact on an individual reaching their potential. It is acknowledged that difficulties can arise from a wide variety of reasons within the daily experiences of young people.

Partner agencies within Lanarkshire are committed to providing services to support children, young people their families and agencies working with young people to ensure quick access to the most appropriate service.

Getting It Right For Every Child (GIRFEC) promotes an integrated, common approach to understanding and developing children’s wellbeing.

It is important that everyone involved in the care of children and young people recognise and work with the underpinning principles and values of GIRFEC and apply the GIRFEC Practice model. This involves observing and recording concerns related to the wellbeing indicators, completing an assessment by gathering information and planning action and reviews with the key people involved.
Resources

Where a child or young person presents with a mental health and wellbeing concern, an appropriate support from family, local community and Education Pupil Support services should always be considered first as the least intrusive option. Schools play an important role as there is a wide understanding that staged intervention will be followed which will include planning and intervention from Joint Assessment Teams. Link Educational Psychologists can provide consultation, advice and direct support to schools and young people as appropriate and in conjunction with staged intervention. Support should be sought directly from a GP who could refer onto mental health or social work services. Emergency services should be contacted where there is an obvious need for urgent and immediate intervention.

The website [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk) is useful in offering practical advice which can be implemented in the first instance before seeking more formal support.

Information on local mental health services can be found online using the local e-bulletin Elament [www.elament.org.uk](http://www.elament.org.uk). There are a number of new initiatives being introduced by the Scottish Government under the ‘overcoming distress’ agenda. The services listed here and on the Elament website will be resources for information on this as things develop.

The most effective response from mental health services occurs when the request for assistance is matched to the appropriate level of service available.
Tiered approach to needs

Children and young people who are experiencing difficulties that could be related to their mental health are usually first identified within Tier 1 services, for example by a teacher, GP or health visitor. Similarly, parents/carers who identify that their child is experiencing difficulties will usually first seek help from the services at that level. Children and young people with an identified need may be subsequently referred into specialist Children and Adolescent Mental Health services (CAMHS) (falling within Tiers 2–4) for assessment and intervention if necessary.

In Scotland, CAMHS services are generally delivered through a tiered model of service organisation, as shown in the diagram below:
The following describes in more detail the services provided at each tier of CAMHS operation.

**Tier 1**

Child and adolescent mental health services at Tier 1 are provided by practitioners working in universal services who are not mental health specialists. This includes: GPs, health visitors, school nurses, teachers, social workers, and youth justice workers and voluntary agencies.

Tier 1 practitioners are able to offer general advice and treatment for less severe problems. They contribute towards mental health promotion by identifying problems early in the child or young person’s development and refer to more specialist services.

Pupil support staff in schools are a valuable resource for pupils and parents and will be the first port of call for support to children and young people experiencing difficulty within the establishment.

**Tier 2**

Mental health practitioners at Tier 2 level tend to be within CAMHS teams in community and primary care settings (although many will also work as part of Tier 3 services). They can include, for example mental health professionals employed to deliver primary mental health work, and psychologists and counsellors working in GP practices, paediatric clinics, schools and youth services.

Tier 2 practitioners offer consultation to families and other practitioners. They identify severe or complex needs requiring more specialist intervention, assessment (which may lead to treatment at a different tier), and training to practitioners at Tier 1 level.

Within schools Joint Assessment Teams (JATs) work with colleagues from other agencies to identify needs of children and young people and find local solutions to issues in a timely and proportionate way.

**Tier 3**

Tier 3 services are usually multidisciplinary teams or services working in a community mental health setting or a child and adolescent psychiatry outpatient service, providing a service for children and young people with more severe, complex and persistent disorders. Team members are likely to include: child and adolescent psychiatrists, social workers, clinical psychologists, community psychiatric nurses, child psychotherapists, occupational therapists, and play, art, music and drama therapists.

**Tier 4**

Tier 4 encompasses essential tertiary level services such as intensive community treatment services, day units and inpatient units. These are generally services for the small number of children and young people who are deemed to be at greatest risk (of rapidly declining mental health or serious self harm) and/or who require a period of intensive input for the purposes of assessment and/or treatment. Team members will come from the same professional groups as listed for Tier 3. A consultant child and adolescent psychiatrist or clinical psychologist is likely to have the clinical responsibility for overseeing the assessment, treatment and care for each Tier 4 patient.
Specialist resources

There are other highly specialised support services such as CAMHS Intensive Support Team or Social Work Resources’ Young Person’s Counselling Team. Any of the above agencies will be able to direct an enquiry towards any of these services where deemed appropriate.

Voluntary sector

There are other relevant services within the Voluntary Sector, often focussing on particular issues, such as Shelter (homelessness), Women’s Aid (domestic violence), PETAL (violent trauma), Lanarkshire Rape Crisis (sexual assault), Family Support Partnership Lanarkshire (family mediation) etc.

Matching emotional wellbeing issue to available supports

*Are the concerns for a young person’s emotional wellbeing at an early stage?*

- Universal services; Parents/carers, Named person, GP, Health visitor, School staff
- [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)
- South Lanarkshire Council Psychological Services
- Community supports (Integrated Childrens’ Services, Community Learning and Development)
- CAMHS Schools Counselling Service (secondary age group)
Are there significant learning/additional support needs issues?
- School staff
- CAMHS Learning Difficulties (moderate to severe learning difficulties)
- Education Psychological Services

Are there wider concerns about the emotional well being of the young person within the family, community, support network?
- Social Work
- Education Pupil Support
- Children and Young Persons’ Counselling Service
- CAMHS Primary Mental Health Team
- Education Psychological Services

Are there significant concerns for a young persons’ mental health?
- CAMHS
- Primary Mental health Team, mild to moderate mental health concerns
- Youth Counselling Service, mild to moderate mental health concerns
- CAMHS Locality Teams, moderate to severe mental health concerns
- CAMHS Accommodated Young People (looked after and accommodated young people, including those in foster care)
- Reach Out, young people affected by parental mental health concerns
- Education Psychological Services

Is the young person struggling to recover from traumatic or abusive experiences?
- Social Work Resources
- Police Scotland
- Children and Young Persons’ Counselling Service
- CAMHS
- Education Psychological Services

Are there significant issues around Child Protection or Adult Support and Protection?
- Social Work Resources
- Police Scotland

Are there immediate concerns for the young persons’ safety in relation to their mental health?
- Police Scotland
- Social Work Resources
- CAMHS
## Contact details

<table>
<thead>
<tr>
<th>Agency</th>
<th>Service</th>
<th>Age range</th>
<th>Contact details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Education Resources</strong></td>
<td>South Lanarkshire Council Psychological Services</td>
<td>0-18yrs</td>
<td>Hamilton: 01698 455800&lt;br&gt;East Kilbride: 01355 574121&lt;br&gt;Lanark: 01555 673249</td>
</tr>
<tr>
<td><strong>NHS Lanarkshire</strong></td>
<td>CAMHS Primary Mental Health Team Tier 2</td>
<td>0-18yrs</td>
<td>01236 703010</td>
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<tr>
<td><strong>NHS Lanarkshire</strong></td>
<td>CAMHS Youth Counselling Service Tier 2</td>
<td>11-18yrs</td>
<td>01236 703010</td>
</tr>
<tr>
<td><strong>NHS Lanarkshire</strong></td>
<td>CAMHS Locality Teams Tier 3</td>
<td>0-16yrs (0-18yrs if still living at home and in education)</td>
<td>Clydesdale: 01555 777417&lt;br&gt;Hamilton: 01698 723290&lt;br&gt;East Kilbride: 01355 597465&lt;br&gt;Camuslang/Rutherglen: 0141 232 4521</td>
</tr>
<tr>
<td><strong>NHS Lanarkshire</strong></td>
<td>CAMHS, Accommodated Young People, (CAYP) Tier 3</td>
<td>0-18yrs</td>
<td>01236 703010</td>
</tr>
<tr>
<td><strong>NHS Lanarkshire</strong></td>
<td>CAMHS Reach Out Tier 3</td>
<td>0-18yrs</td>
<td>01236 703010</td>
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<tr>
<td><strong>NHS Lanarkshire</strong></td>
<td>CAMHS Learning Difficulties, (LD) Tier 3</td>
<td>0-16yrs (0-18yrs if still living at home and in education)</td>
<td>01698 269651</td>
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<td><strong>Social Work Resources</strong></td>
<td>Children and Young Persons’ Counselling Service, (CYPCS)</td>
<td>0-21yrs</td>
<td>01355 806379</td>
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<tr>
<td><strong>Housing Resources</strong></td>
<td>Homelessness Team</td>
<td>Families and young people 16+</td>
<td>0303 123 1012</td>
</tr>
<tr>
<td><strong>Shelter</strong></td>
<td>Housing/Homelessness advice</td>
<td>Families and young people 16+</td>
<td><a href="scotland.shelter.org.uk/get_advice">scotland.shelter.org.uk/get_advice</a></td>
</tr>
<tr>
<td><strong>Women’s Aid</strong></td>
<td>Domestic abuse support</td>
<td>Women, children and young people</td>
<td>01355 249897</td>
</tr>
<tr>
<td><strong>PETAL</strong></td>
<td>Support to those experiencing bereavement and traumatic loss, through murder or suicide</td>
<td></td>
<td>01698 324502</td>
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<tr>
<td><strong>Lanarkshire Rape Crisis</strong></td>
<td>Sexual assault support</td>
<td>Women and girls</td>
<td>01698 527003</td>
</tr>
<tr>
<td><strong>Relationships Scotland – Family Mediation South Lanarkshire</strong></td>
<td>Family mediation support and counselling</td>
<td>Families, children and young people</td>
<td>01698 421333</td>
</tr>
</tbody>
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Useful documents/links

Elament website
www.elament.org.uk

Suicide Prevention for Looked After Children and Young People SCSWIS (2011)
The Mental Health of Children and Young People: A framework for promotion, prevention and care

Working with Children and Adults who may be at risk of self-harm: Practice Guidance on information sharing, protection and confidentiality

Mental Health Strategy 2017-2020

Lifelines Guidance for South Lanarkshire
www.elament.org.uk/self-help-resources/lifelines-guidance-for-south-lanarkshire/

Cyberbullying – Safe to Learn: Embedding anti-bullying work in schools