



## Changing Lives Service Derby & Derbyshire

### REFERRAL CRITERIA

The Changing Lives Service is a Whole School Approach model made up of six Mental Health Support Teams based in six centres of excellence across Derby City and Derbyshire. These teams will provide short term (max 6-8 weeks) evidence-based psychological interventions to support children and young people aged 0-17 years with mild to moderate mental health concerns (0-25 where the child/young person has SEND needs or is a care leaver). The list of schools the service supports can be found here:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

This is an Early Intervention Service which aims to provide targeted support for children, young people and families before they reach crisis. Appropriate referrals should fall in line with the second area of the THRIVE model, which is:

**Getting Help:** This grouping comprises those children, young people and families who would benefit from focused, evidence-based treatment, with clear aims, and criteria for assessing whether aims have been achieved.

### Mental Health Support Teams (MHST's) can offer:

- Evidence-based psychological informed interventions with children/young people and families, which is focused and time limited (6-8 sessions).
- Individual evidence-based psychological interventions (6-8 sessions).
- Age-appropriate group interventions with children/young people and parents.
- Face to face and digital interventions where the focus is on positive parenting.
- Information and advice on signposting local services available to children, young people and families.
- Consultation based support to school staff working with children, young people and families.
- Telephone consultation to other agencies and professionals.
- Workshops/assemblies to pupils, staff and parents to support a whole school approach to Mental Health and Wellbeing.
- Be a bridge between CAMHS and school.



### **How MHST's can support children under 11 years**

- Parent led CBT in both group and 1-1 setting (for anxiety or behaviour)
- Brief guided self-help parenting intervention (for anxiety or behaviour)

### **How MHST's can support children over 11 years**

- Offer CBT based interventions for low mood, stress and or other mood difficulties.
- Support feelings around adjustment (i.e. managing transition, change).
- Offer CBT based interventions for mild to moderate anxiety and worry (panic, separation anxiety, simple phobias).
- Sleep hygiene support and advice.
- Age-appropriate group or individual interventions.

### **How MHST's can support parents/carers**

- Provide awareness training/workshops to support interventions with children. (For example: low mood, stress, managing transition, anxiety and worry).
- Offer brief parental support for behavioural difficulties.

### **How MHST's can support school staff**

- Provide awareness training to support interventions with children and young people. (For example: staff workshops on anxiety and low mood)
- Workshops to support staff wellbeing based on the 5 Ways to Wellbeing.
- Offer consultation to school staff to support with a referral or signposting.



## **EXCLUSION CRITERIA**

The Changing Lives Service will not provide direct assistance when:

- Children, young people, and their families are currently in receipt of mental health interventions from other agencies (excluding the Kooth service).
- 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 more specialist 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 moderate to severe in nature and requires medical attention or where there is a risk of death or serious injury by misadventure.
- Substance misuse is the primary presenting problem.
- Where the referrer believes a child or young person requires a neuro-developmental assessment and this is the purpose of the referral.
- Treatment for OCD, PTSD, eating disorders or trauma.
- Treatment for moderate or longstanding depression symptoms.
- Treatment for conduct disorders (unless this is supported through parent work).

### **\* 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.

### **Bridging the Gap**

Changing Lives work closely with other services across the city and the county and will always endeavour to signpost to a more suitable service or advise next steps where necessary.