

# Mental Health Professionals Drop-In



Positive Choices  
Young People's Substance  
Misuse, Relationship and  
Sexual Health Service

Coventry



Coventry and  
Warwickshire  
Integrated Care Board



Coventry SEND  
Support Service

Social, Emotional,  
Mental Health and  
Learning



[www.coventry.gov.uk/mentalhealth](http://www.coventry.gov.uk/mentalhealth)

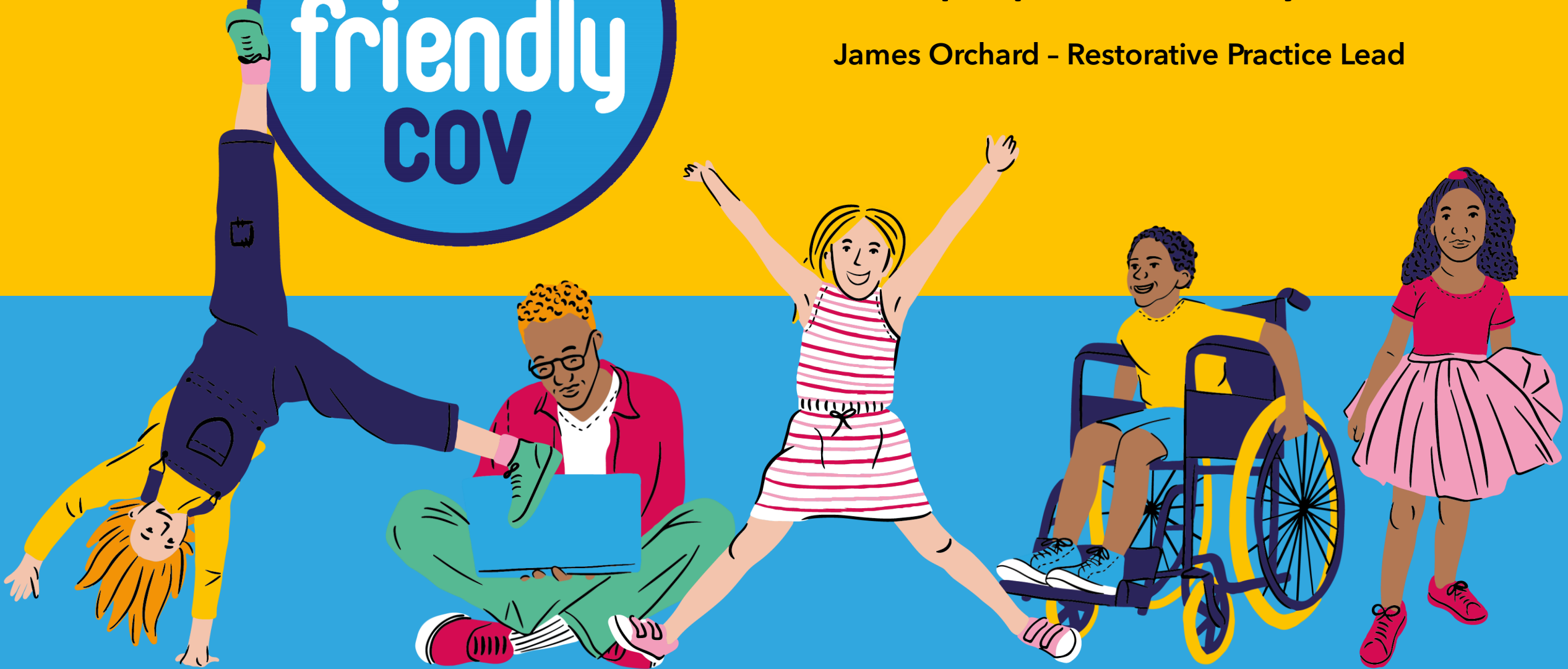
# Agenda

Time Slot	Organisation
9:40 – 9:45	Introduction
9:45 – 10:05	Child Friendly Cov
10:05 – 10:25	Kooth
10:25 – 10:45	Mind
10:45 – 11:05	Grapevine Coventry and Warwickshire (Teenvine)
11:05 – 11:25	Educational Psychology
11:25 – 11:45	Compass
11:45 – 12:05	Relate
12:05 – 12:25	Rise
12:25 – 12:45	
12:45 – 13:05	Change Grow Live (CGL)
13:05 – 13:25	School Nursing
13:25 – 13:45	Early Help



# Supporting mental health with young people in Coventry

James Orchard - Restorative Practice Lead







Making Coventry  
the **best** city in  
the UK for children  
and young people  
to live and  
grow up in







**“It takes a village to raise a child”**



# Working With...



Working with... children & young people

- ★ **Focus group sessions in schools - Barrs Hill, Cardinal Newman, Aldermans Green and Courthouse Green**
- ★ **Focus group at youth groups - PYF, Voices of Care and Little Voices**
- ★ **Engaging young people - Participation Awards, Looked After Christmas Event, Godiva Festival and Residential Children's Homes**
- ★ **School feedback survey - individual and whole class responses**



# Working With...



## Working with... partners

- ★ **During the first 12 months (until Launch), regular stakeholder meetings have been held**
- ★ **Working as a whole city - what is already taking place and what new opportunities are there**
- ★ **Partners already committed to supporting Child Friendly Cov include: Coventry City Council, West Midlands Police, Coventry University, Warwick University, West Midlands Safer Travel Partnership, NHS Coventry and Warwickshire Integrated Care Board (ICB), Positive Youth Foundation, Severn Trent, McDonald's, CV Life, Culture Coventry, Compass, E.ON, Etch & Pin, Sky Blues in the Community, Compass and more.**





# Pledges & Wishes



Children and young people in Coventry should always:



# Pledges & Wishes



## ★ be & feel safe

- ★ Children and young people feel safe when walking and travelling around the city.
- ★ Children and young people are aware of potential dangers when using the internet and know how, when, and where to report these issues.
- ★ Children and young people have access to and can enjoy child friendly spaces within the city.

## ★ have opportunities

- ★ Children and young people are aware of and have access to training, employment, and apprenticeships.
- ★ Children, young people, and their families are aware of the activities happening.
- ★ Children and young people have access to spaces and resources to enable them to learn, have fun, and be inspired.

# Pledges & Wishes



## ★ be & feel healthy

- ★ Children and young people know how to access mental health and well-being support and services.
- ★ People in Coventry have the means and the knowledge to take care of their physical health.
- ★ Everyone contributes towards making Coventry a more environmentally friendly city and reducing the impact of climate change.

## ★ be & feel valued

- ★ Children and young people have opportunities to share their views, feel like their voices are heard, and participate in decisions that impact them.
- ★ Children and young people have all basic rights met to prevent poverty, discrimination, and injustice.
- ★ When decisions are made that impact children and young people, organisations will ensure that these decisions are clearly explained and made accessible to read/watch.



# Looking Forward

How we will do it...



**Mental health and wellbeing in schools is one of our key priorities this year.**

**After talking to focus groups, mental health and physical health was a clear priority and something which our young people felt they needed more support and information about.**

**Our young people's voice is really important to us and helps to guide our focus and priorities.**



# Looking Forward

How we will do it...



**Our young people told us;  
They don't feel comfortable talking to teachers about their mental health.**

**Young people are more inclined to talk to peers about their mental health, however they were worried that they didn't have the skills or knowledge of how best to react and support their peers**

**The young people shared they felt a peer led mental health and wellbeing training package would be the best way to help support this.**



# Looking Forward

How we will do it...



**Alongside our colleagues at Compass, there will be a pilot programme being developed and delivered focusing on a peer led mental health and wellbeing Champions.**

**The commitment is for this to be offered City wide dependent upon review and evaluation.**

**The view is to provide young people with the skills to feel more confident in understanding some of the signs and symptoms, as well as skills in terms of how best to react to situations.**







**Website:** [www.childfriendlycov.co.uk](http://www.childfriendlycov.co.uk)

**E-mail:** [childfriendlycov@coventry.gov.uk](mailto:childfriendlycov@coventry.gov.uk)

**Twitter and Instagram:** [@Child\\_Cov](https://www.instagram.com/Child_Cov)





®

# kooth



**bacp** | Accredited  
collective mark Service

**NHS**  
Providing NHS services

**kooth**

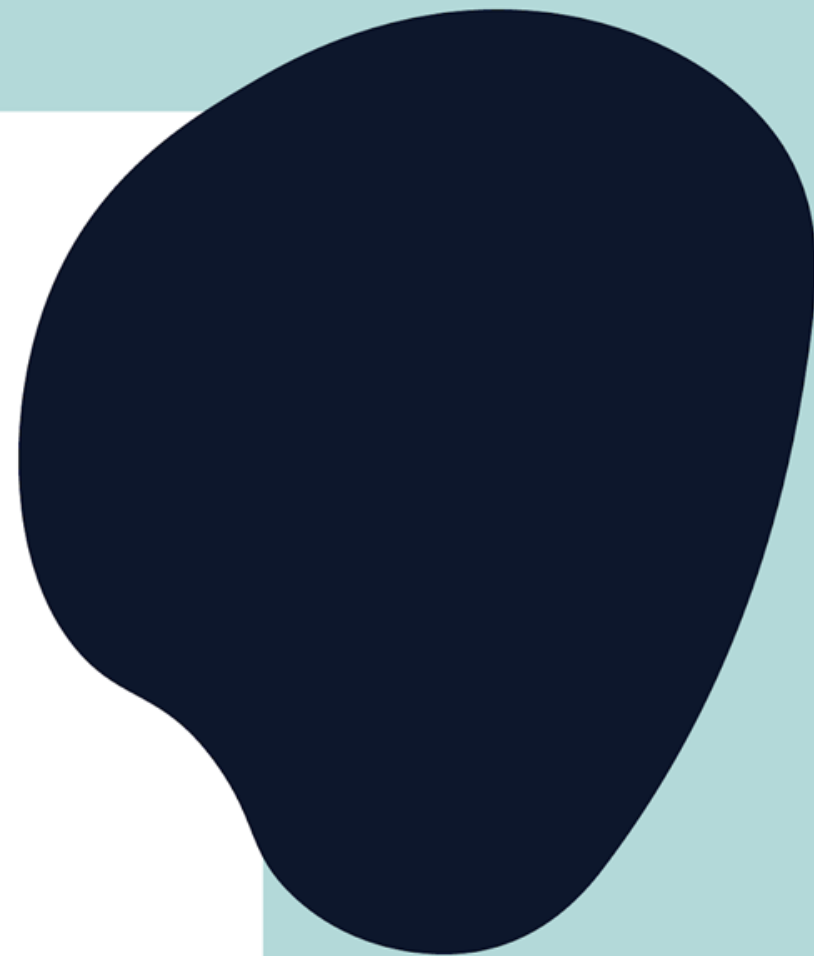


Here are some  
thing we'd like  
you to **always**  
**remember about Kooth...**





It's **completely free.**



Our service users are  
**anonymous** to us.



No formal referral is required.

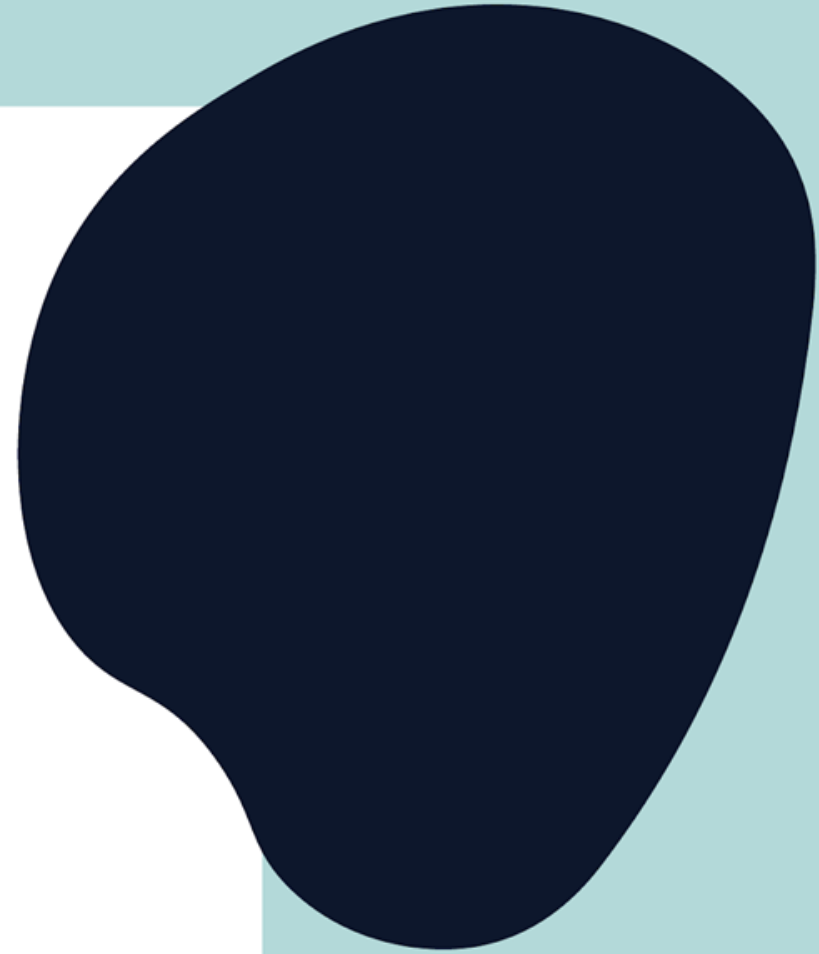
You can **self-refer**,  
online at anytime.







**No bullying** can  
take place anywhere  
on our site.



There are  
**no barriers**  
**or thresholds**  
to accessing Kooth



# No problem is ever too small at Kooth

If it's on your mind, we're here to help. Some of the feelings or difficulties we can support with could include:

- **Stress**
- **Anxiety**
- **Friendships**
- **Life at home**
- **Exam or coursework pressures**
- **Eating difficulties**
- **Loneliness**
- **Body image concerns**
- **Anger**
- **Confidence**
- **Big changes**
- **Social media**

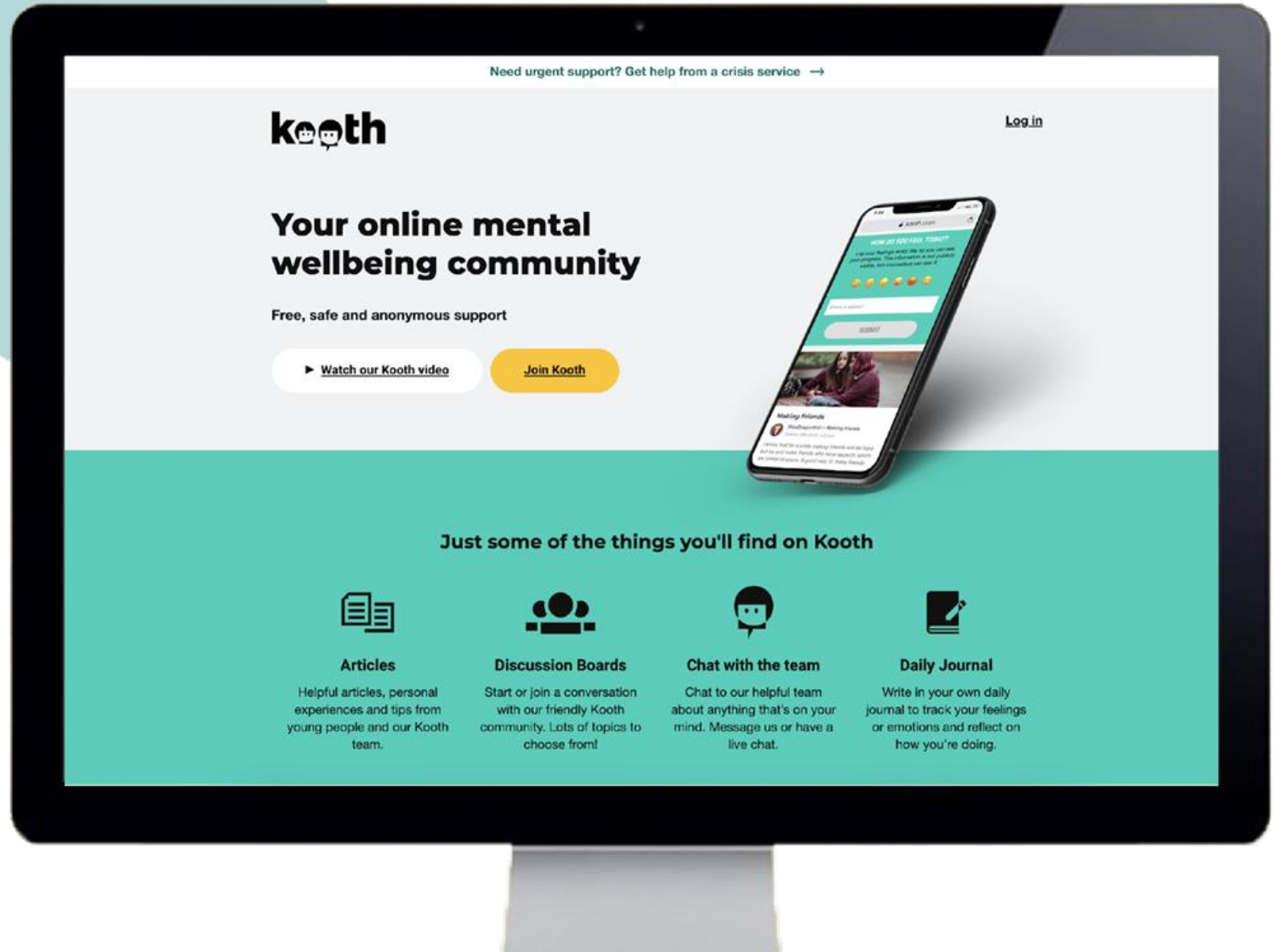


You can head over to  
our website at [kooth.com](https://kooth.com)  
on any internet enabled  
device.

As Kooth isn't an app, you  
won't be able to find us on any  
app stores.



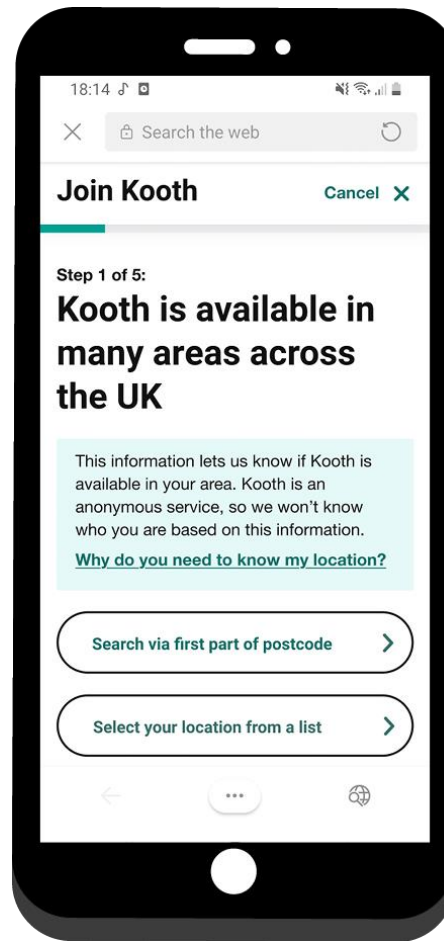
Click on the  
'Join Kooth'  
button to  
get started





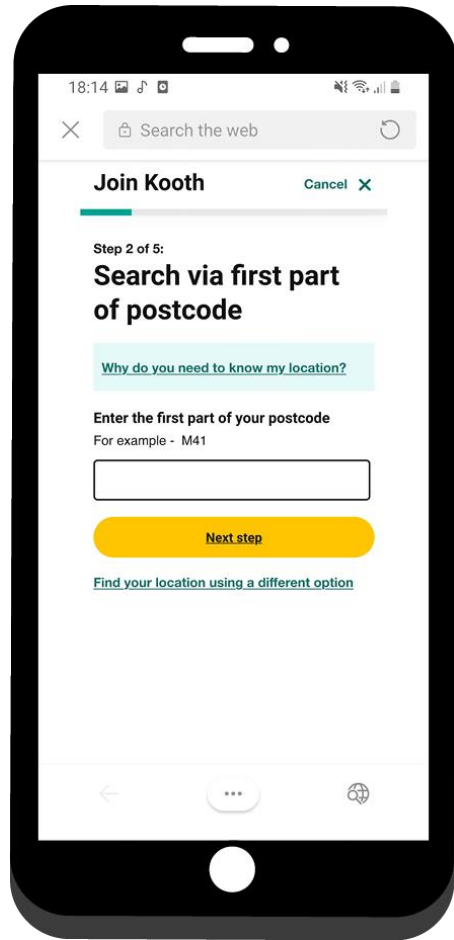


1. Select **Join Kooth**.



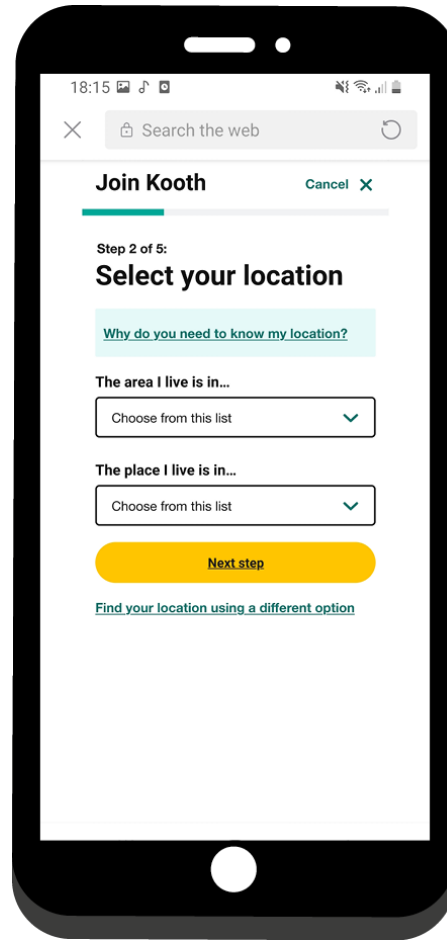
2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**

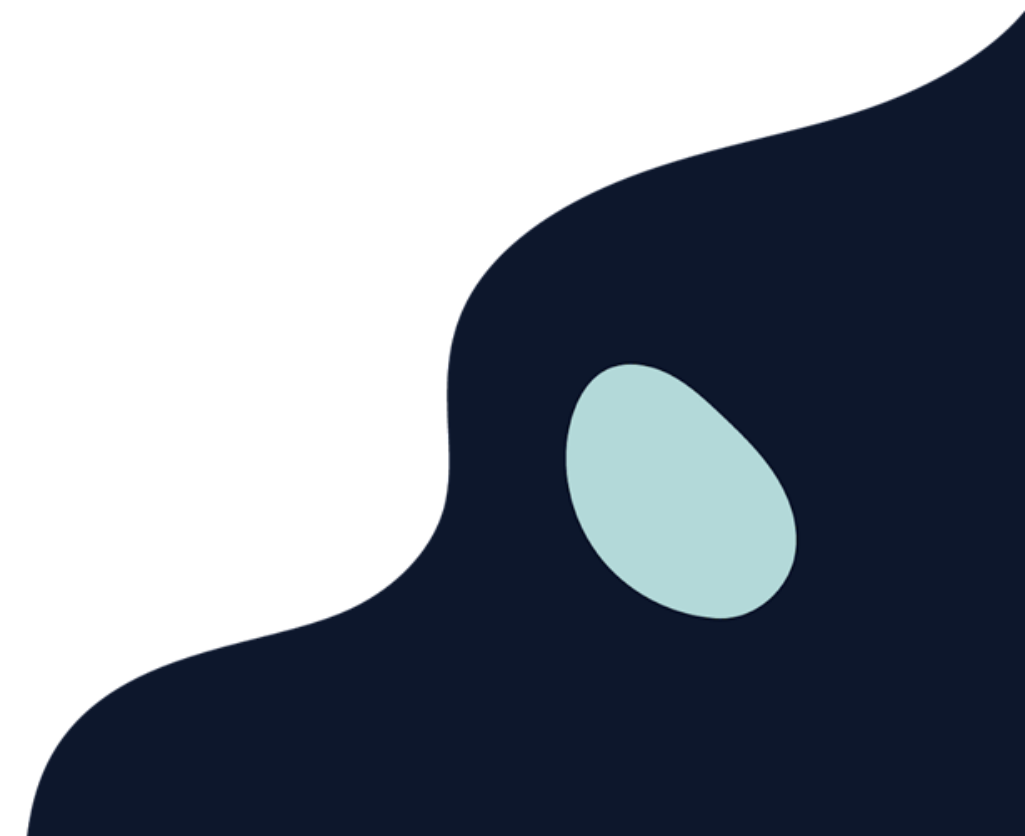


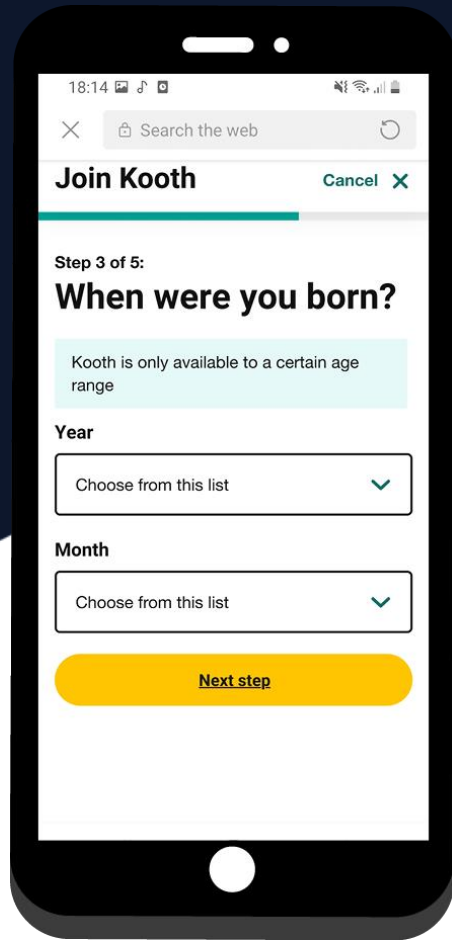
**3.** Enter the first part of your postcode.

OR

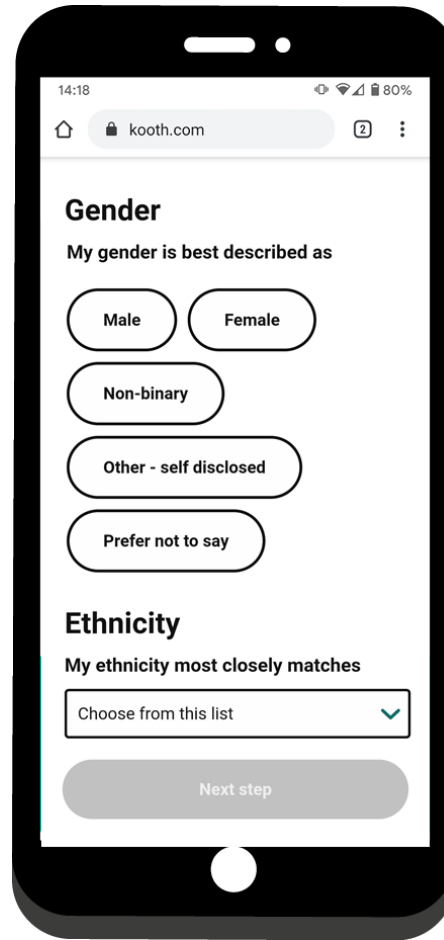


**4.** Choose your area from the dropdown.

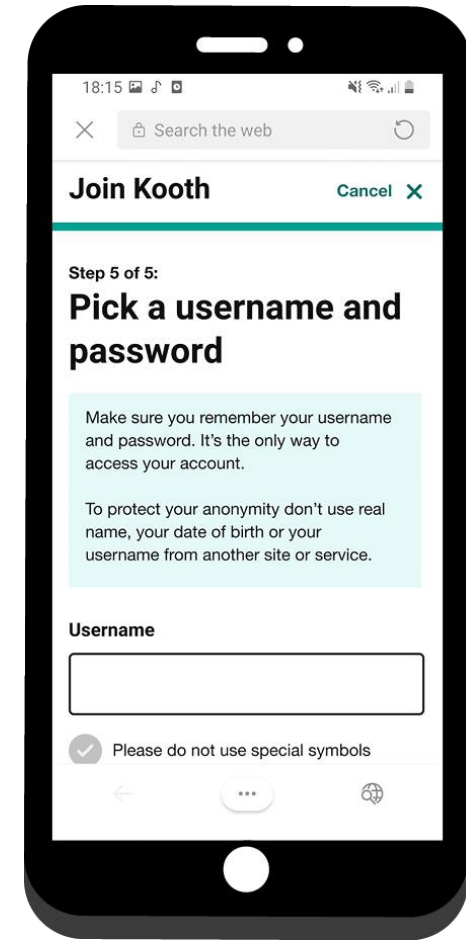




**5.** Select your month and year of birth.



**6.** Select your gender and ethnicity.



**7.** Create an **anonymous (not your real name)** username and secure password.

**We offer a range of support options** and the young person has **complete control** of the support pathway they enter





**Professional  
Support**

**Self-directed  
Support**

**Community  
Support**

**Live  
text-based  
chat**

**Send a  
message to  
our team**

**Goal  
Setting  
and  
Journal  
space**

**Helpful  
articles**

**Activities**

**Live  
forums**

**Discussion  
Boards**





Our team are available  
**365 days a year**

Live chat with us during the  
following hours:

Monday - Friday

**12pm - 10pm**

Saturday and Sunday

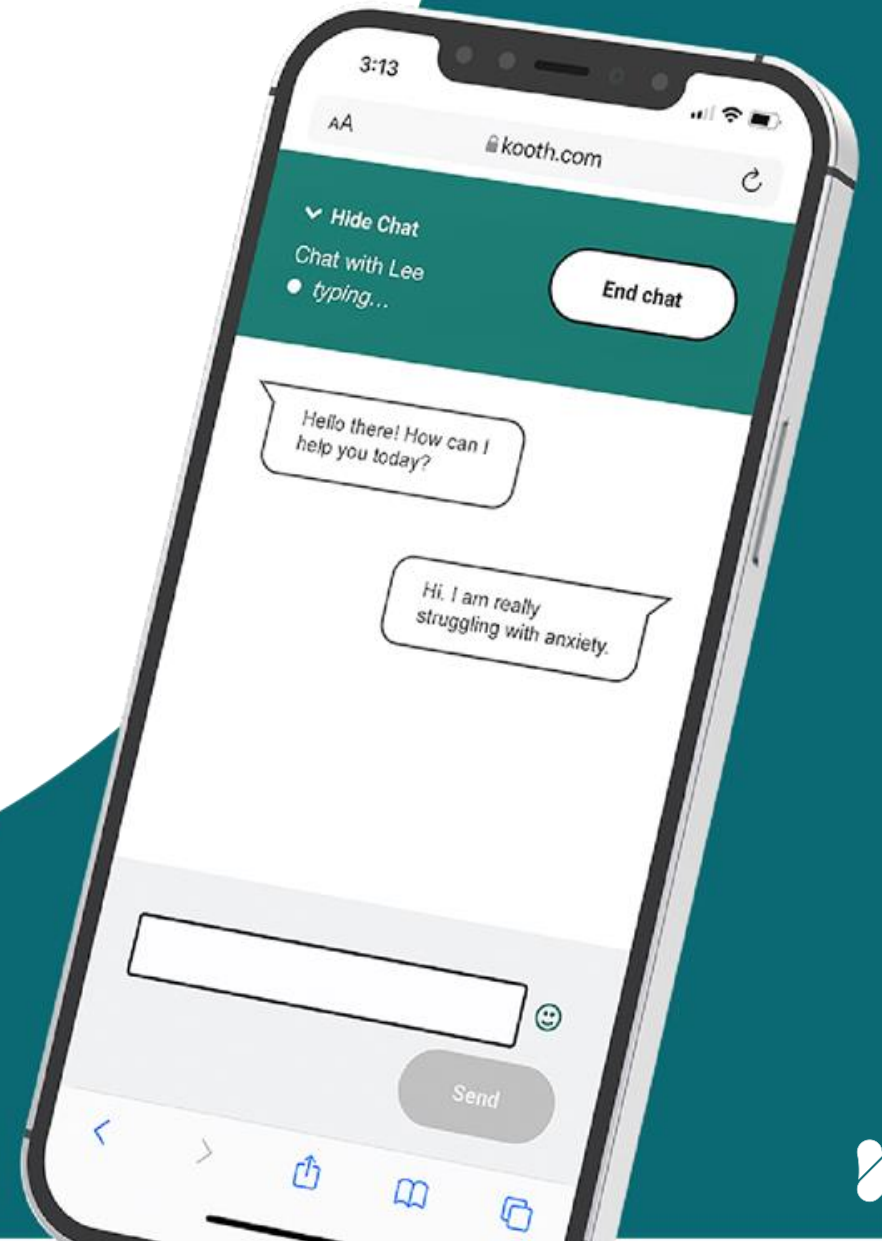
**6pm - 10pm**



# Your first chat session

When you first come to chat, we will talk with you about:

- Understanding a little bit about you
- Exploring your current difficulties and what's brought you to Kooth
- Thinking together about the best way we can support you

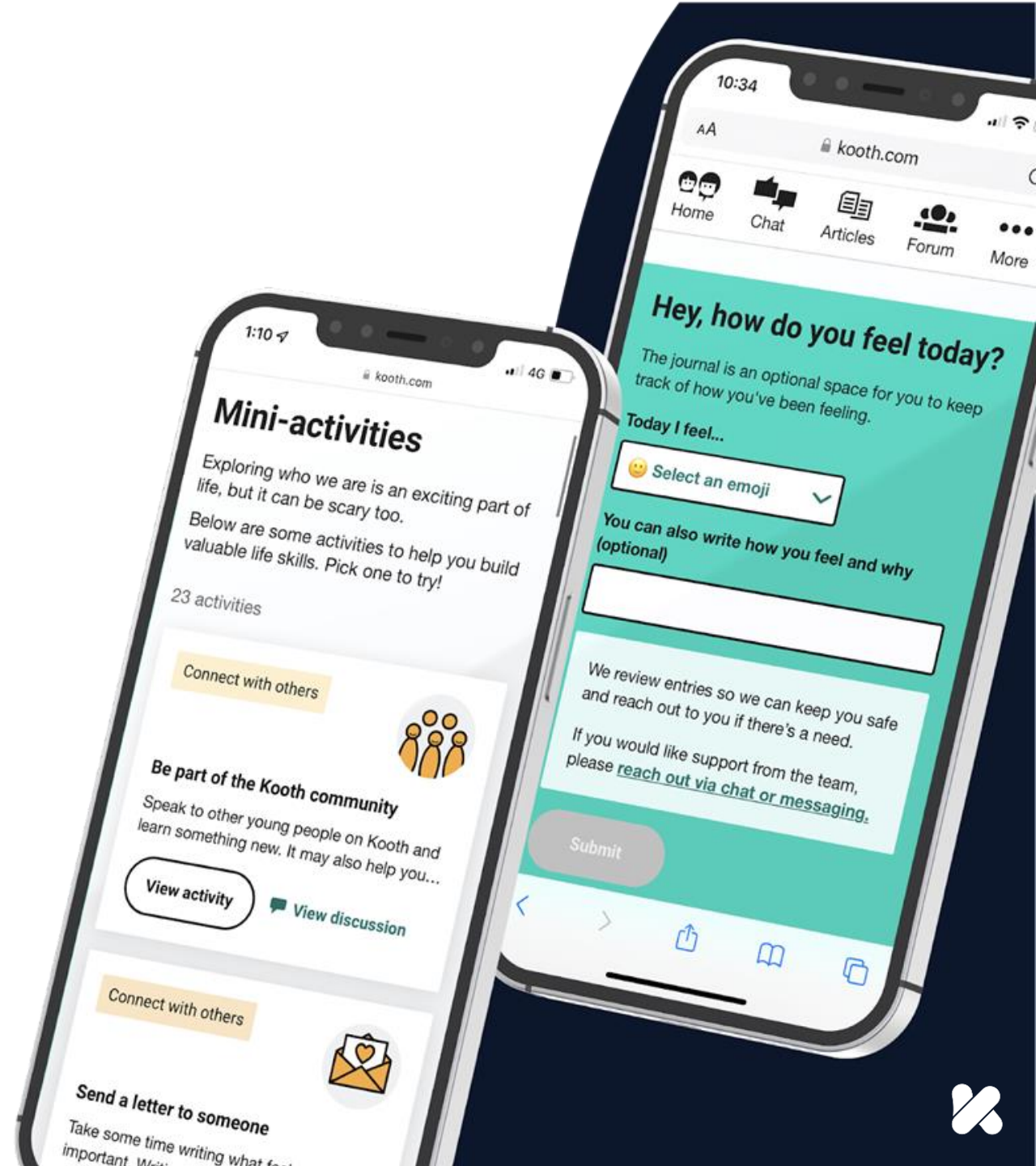


# A range of **self-help tools** all in one place

Our self-help tools can be accessed at any time.

Options include:

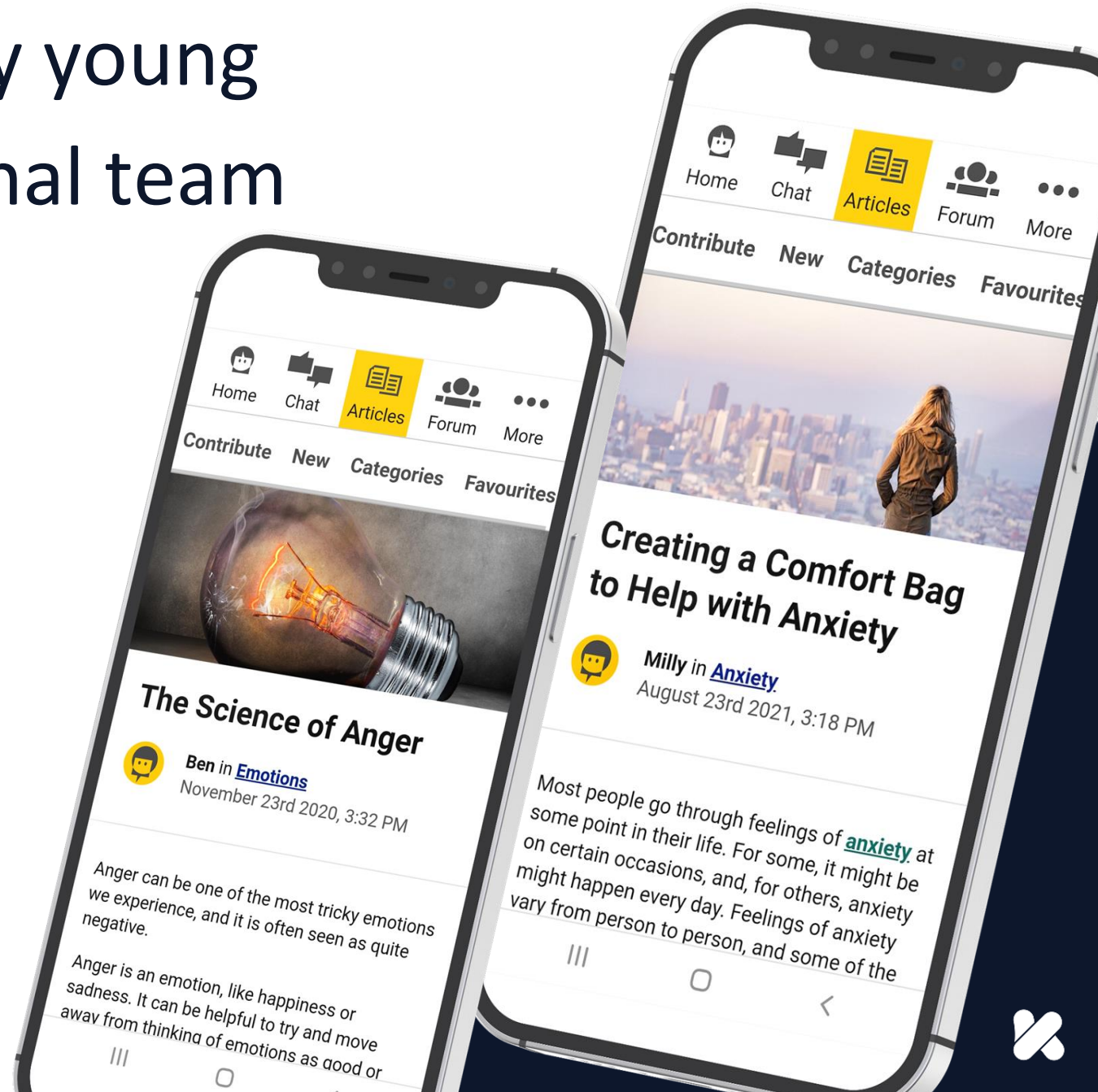
- Wellbeing mini activity hub
- Journal space
- Goal setting



# Helpful articles written by young people and our professional team

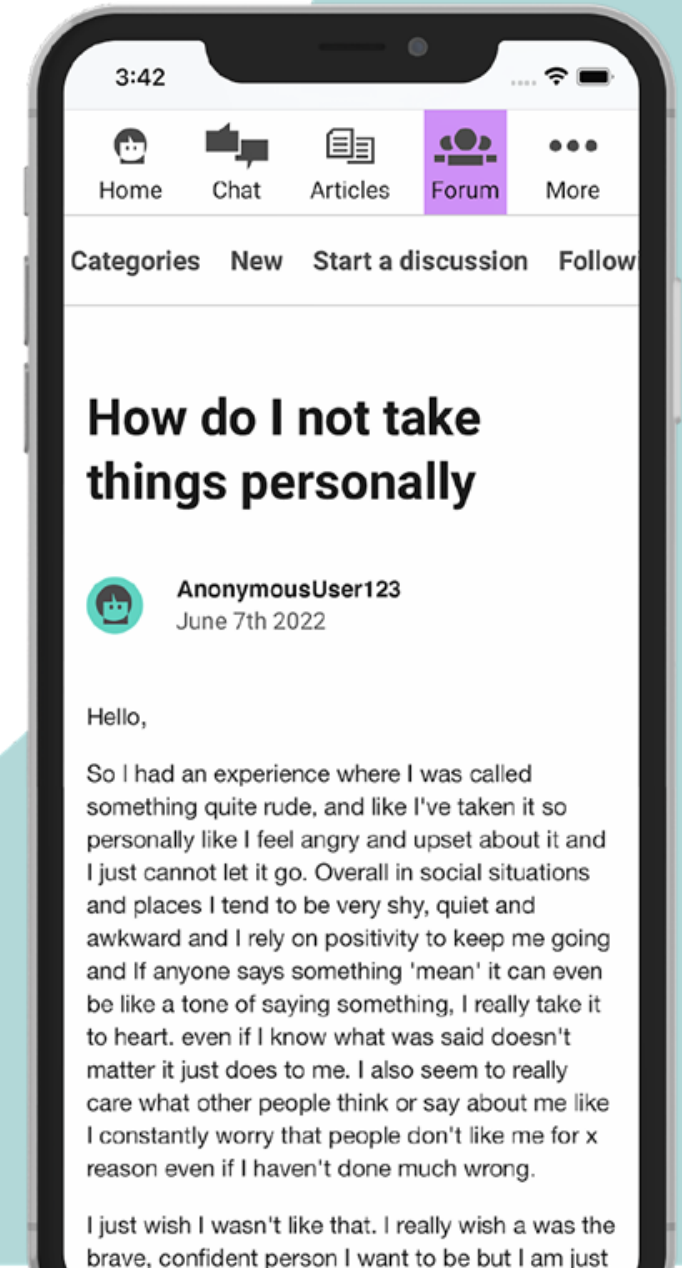
## Article topics include:

- Personal stories
- Identity
- Bullying
- Hobbies and interest
- General health and wellbeing



# Support from other young people in our **safe online community**

- **Join the conversation** on one of our many helpful discussion boards
- **Engage in a live forum topic** that's led by a professional member of our team







Providing NHS services



**Real people who  
want to listen  
and help,  
not bots**

**95%**

of our users would  
recommend Kooth to  
a friend

**You can trust us**



We're home to a **diverse range of practitioners** that are all fully qualified to work with children and young people effectively and safely.

Emotional  
Wellbeing  
Practitioners

Senior  
Practitioners

Counsellors



# Safeguarding is always a priority for us

At Kooth, we believe that **safeguarding is everybody's business.**

It is a core value amongst all our staff.

We have clear processes for escalating safeguarding concerns, supported by our safeguarding team which include:

- Online consent form
- Asking for personal details
- Safety planning
- Safeguarding markers



# Adapting our approach to support young people with SEND

We recognise that many young people using Kooth may have special educational needs and disabilities. In these events, we'll explore with them the different ways we can accommodate their needs in a person-centred and collaborative way that works for them. This may include:

- Adapting the information
- Enhancing visual information
- Using simple language




**“I feel safe  
to explore  
my feelings.”**

**“I’m more able  
to manage low  
periods in  
my life.”**

How our users feel ...





A large teal shape on the left side of the slide, with a large orange circle overlapping it.

What your local  
engagement lead  
can offer.

- Staff training
- Live demo of the Kooth site
- Free physical promotional materials – Kooth leaflets and posters.
- Free digital posters and resources for use on your website and welcome screens in reception.





# Thank you and Questions:

General enquiries:

[contact@kooth.com](mailto:contact@kooth.com)

Safeguarding questions:

[safeguarding@kooth.com](mailto:safeguarding@kooth.com)

Questions from parents and carers:

[parents@kooth.com](mailto:parents@kooth.com)

My contact:

[isokhey@kooth.com](mailto:isokhey@kooth.com)



Children and Young People's Services

Sabrina Gardner-Orr  
Service Manager

## Keyworker Project

Location: Coventry and Warwickshire

**Criteria:** 14-25, ASC or LD diagnosis, Significant risk of hospital admission, Registered on DSR at Amber or above

**Referral Pathway:** No direct referral access

Overview:

Provides a designated keyworker to ensure that the voice of the young person is heard. The team ensure that reasonable adjustments are made and remove obstacles to young people receiving support.

## Looked After Children

Location: Coventry - Rise CLA (MH) Team Coventry

Criteria: Looked After Child

Referral Pathway: Navigation Hub from Social Worker, other professional or Coventry Residential Home

### Overview:

A partnership between CW Mind and the NHS, the LAC team work with Coventry City Council Looked after Children's social care team. This is to create an operational Team Around the Child (TAC). Our aim is to reduce unnecessary assessments of LAC children and to support them, their carers and families in a collaborative non-stigmatising manner.

## Peer Mentor Support Service

Location: Coventry and Warwickshire

**Criteria:** 16-25, Care leaver or transitioning to adult MH services or never before accessed MH support

**Referral Pathway:** Online via CW Mind Website, professional or self-referral accepted

Overview:

The service aims to improve young people's mental health and support a transition into adult mental health support services.

The service provides buddy, peer mentoring, group and 1-1 support.

# Children's Community Autism Support Service

Location: Coventry and Warwickshire

**Criteria:** 7-19, diagnosis of ASC or on the neurodevelopmental waiting list, not receiving CAMHS Rise therapeutic support, no social care or family support worker support

**Referral Pathway:** Online via the CASS Partnership website

Overview:

Provides low-level support, focused on understanding and communicating feelings, sensory integration and processing, behaviour, boundaries and routines, and eating and sleeping. The service sets goals related to the management of the young person's neurodevelopmental needs.

The service offers parent/carer support, professional toolboxes, youth groups and 1-1 support.



## Vibes ASC Youth Groups

Location: Coventry

**Criteria:** 7-18, diagnosis of ASC

**Referral Pathway:** Online via CW Mind website, professional referrals only

Overview:

Youth groups for young people, divided into three age groups: 7-10, 11-15 and 16-18 years. The service is designed to meet the needs of young people who are able to independently participate in the activities. The clubs do not have the capacity to provide high level support.

## Supported Self-Help (Previously Active Monitoring for CYP)

Location: Coventry and Warwickshire

Criteria: Pre-screening tool, 11+

Referral Pathway: TBC

### Overview:

Short term intervention, supporting young people 11+ across 5 wellbeing sessions. Incorporates a trusted adult (parent, carer, sibling, cousin etc.) to take part in some of the sessions to support the YP achieve goals outside of the sessions.

The service offers 1-1 support.

## Whole School Approach

Location: Coventry & Warwickshire

**Criteria:** Secondary School

**Referral Pathway:** Via TL

Overview:

Supports secondary schools with teacher and parent training as well as support for young people.

## Wellbeing Advisers

Location: Coventry and Warwickshire

Criteria: 11-24 years old

Referral Pathway: Online via CW Mind Website, professional or self-referral accepted

### Overview:

A wellbeing adviser is trained to work with young people. They can find help if they are down or anxious – and make a plan with them. Then they'll catch-up to see how things are going. When they sign-up, they'll be paired with an adviser. We'll let them know when we've found someone for them and tell you a bit more about them. Then they can arrange the first chat.

# Young People's Helpline (Previously known as the Young People's Crisis Line)

Location: Coventry and Warwickshire

**Criteria:** Any young person under 18 years old who is in distress, or any adult/professional who has concerns about a young person under 18 years old.

**Referral Pathway:** 08081 966798 (select Option 2) 8am-8pm 7 days per week

Overview:

Providing telephone support to CYP who may be experiencing mental health difficulties, people looking for more general assistance and information about services, supporting with self-help techniques, parents/carers looking for advice and services, professionals seeking support for their service users and other community support services.

Email: [cyp.online@cwmind.org.uk](mailto:cyp.online@cwmind.org.uk)

[www.cwmind.org.uk](http://www.cwmind.org.uk)

[www.cwrise.com](http://www.cwrise.com)

[www.casspartnership.org.uk](http://www.casspartnership.org.uk)

Social Media: [@cwmindcyp](https://www.facebook.com/cwmindcyp) (Facebook & Instagram)

[@cwmind.org.uk](https://www.tiktok.com/@cwmind.org.uk) (TikTok)

Young People's Helpline: 08081 966798 (select Option 2) 8am-8pm 7 days per week. Outside of these hours, an advice-only service is available



grapevine

GROWING LIVES AND COMMUNITIES



# Connect with us



[www.grapevinecovandwarks.org](http://www.grapevinecovandwarks.org)



Grapevine Cov and  
Warks



@grapevinecovandwark

s



@grapevinecand

W



email [admin@grapevinecovandwarks.org](mailto:admin@grapevinecovandwarks.org)



02476 631040



@teenvineplus



Teenvineplus and Teenvine Next  
Steps



connectingforgoodcov



# What we do

## our work with individuals



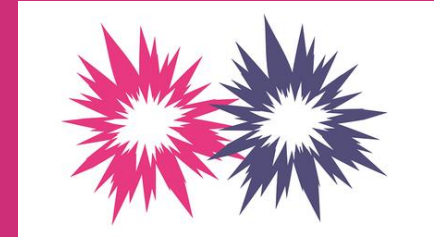
**Strengthening  
People**

## our work with systems



**Shifting Power**

## our work with communities



**Sparking  
Community  
Action**

**We work with all kinds of people across Coventry and Warwickshire facing  
Poverty, Isolation and Disadvantage.**

**Being at this meeting is a chance to share our work, but also gain the useful insight  
of other professionals working with young SEND people in Coventry.**



- 13 - 18 years old
- SEND- Diagnosed or undiagnosed
- Meet ups planned by young people.
- Travel training.
- Family self-advocacy sessions
- 1:1 Mentoring and Planning Sessions

- 13 - 18 years old
- SEND- Diagnosed or undiagnosed
- 1:1 and small group opportunities
- Working with young people **not attending or engaging with education**
- Reducing isolation
- Increasing community participation.
- Flexible approach based on the young person's needs- no two Teenviners have the same experience!



## Our Youth Work- Teenvine Plus and Teenvine Next Steps

Our two youth work projects have things in common:

- Good relationships.
- Experienced but open minded staff.
- We work for our young people.
- Advocating young people's views in meetings about their care.
- We develop independence, resilience, confidence and social confidence.
- In addition, Teenvine Next Steps helps those not accessing **education** to get back in to the system.



# E'S STORY



**Referred to Teenvine before the end of Year 11**

**Not in school for 18 months**

**Anxious about next steps.**

**A talent for interior design and love of art.**

**Now...**

**Found, enrolled on and attending a college place.**

**Working on her barriers.**

**Has socialised with other Teenviners.**

**Identifying her own solutions and working with those around her to make her life better.**

**'Staying with' Grapevine by moving to another project.**

**Referrals- we are taking them, but there are waiting lists (July for Next Steps, September for Plus)**

**Eligibility:**

- Has SEND (this does NOT need to be diagnosed)**
- Is aged 13-18 (or 10-18 for Next Steps)**
- Lives in Coventry**

***Contact us for further information:***

**Paul- Teenvine Next Steps- 07942 266 545 [pkedwards@grapevinecovandwarks.org](mailto:pkedwards@grapevinecovandwarks.org)**

**Sarah- Teenvine Plus- 07846 956 603 [sgrove@grapevinecovandwarks.org](mailto:sgrove@grapevinecovandwarks.org)**





**Any Questions?**

*Complex Communication Team*  
*Early Years Team*  
*Educational Psychology Team*  
*Social, Emotional, Mental Health & Learning Team*



Teams of the SEND Support Service that provide a mental health offer



**Coventry SEND**

- Assessment
- 1-to-1 intervention
- Group intervention
- Consultancy
- Training
- Whole school work
- City wide work

### Sample Assessments

Resiliency, Anxiety, Self-Image, Strengths, Well-Being

### Sample Interventions

Bespoke therapeutic support based on principles from Solution Focused Therapy (SFT)/ Cognitive Behavioural Therapy (CBT)/ Acceptance Commitment Therapy (ACT)/ Compassion Focused Therapy (CFT)

### Sample Group Interventions

Nurture groups, managing anxiety/exam anxiety, relaxation, yoga, deep breathing, mindfulness, increasing self-esteem, using strengths, emotion literacy, mental health awareness

### Sample Training

Supporting Children with Attachment Needs, Emotion Coaching, Stress & Trauma, Bereavement & Loss, Self-Harm, Self-Esteem, Anxiety/ Separation Anxiety, Restorative Approach, Flourish

### Sample School & City Wide Work

Embedding whole school approaches to support children with adversity and trauma. Accreditation for Trauma-Informed Schools.



# Coventry Children & Young People Emotional Health and Wellbeing Service

**Early Intervention and Prevention**

*Presentation to CYP Mental Health Drop-in Event  
16<sup>th</sup> May 2023*

Deborah Ellis-Johnson  
Clinical Team Lead

## WHO IS COMPASS?

A national charity working with CYP and families delivering a wide range of public health and wellbeing services:

- **Emotional Health & wellbeing**
- **Substance Misuse**
- **Sexual Health**
- **Risky Behaviours**
- **School Nursing**

Areas covered – Lancashire, North Yorkshire, Barnsley, North East Lincs, Coventry, Warwickshire, Tower Hamlets, Harrow, Enfield and Derbyshire

## Approach to delivery

Community and place-based

Allocating resource based on evidenced need

Universal / targeted / specialist service provision

Draw on different models of delivery and best practice to create innovative solutions

Service and system transformation partners

No one size fits all individuals/communities (every model is bespoke to the area and ever changing)

# COMPASS SERVICES



- ✓ **Compass GO... (North East Lincs MHST)**
- ✓ **Compass Be (Barnsley MHST)**
- ✓ **Compass Bloom (Central & West Lancashire MHST)**
- ✓ **Compass Phoenix (North Yorkshire CYP MHEW service)**
- ✓ **Compass Coventry (Emotional Health and Wellbeing service)**
- ✓ **Changing Lives (Derby & Derbyshire MHST – go live 1<sup>st</sup> Jan 23)**
- ✓ **Warwickshire CYP Drug & Alcohol Service**
- ✓ **Connect for Health (Warwickshire School Nursing Service)**
- ✓ **Warwickshire Family Weight Management Service**
- ✓ **Safe East (Tower Hamlets Risky Behaviour Service)**
- ✓ **Harrow Young People's Substance Misuse Service**

# Compass Coventry

## CHILDREN & YOUNG PEOPLES EMOTIONAL HEALTH AND WELLBEING SERVICE

Compass Coventry, Children Young People EMOTIONAL Health AND WELLBEING, CYPEHWPB Service aims to:

provide **early intervention and prevention** support to CYP and families within their local communities who are experiencing **mild OR MILD/moderate** EMOTIONAL health difficulties.

support CYP and families to access the right early help, at the right time, in the right setting, thus removing duplication and preventing CYP/families being 'bounced' between services.



# Overview of the service model

- **Who do we support ?**

- The service is aimed at children & young people with mild to moderate emotional health and wellbeing needs.

Children & young people from 5 to 18 years, and up to 25 years with a SEND need or are a Care Leaver.

Parents, carers & professionals who are worried about a child or young person's emotional health and wellbeing.

- **How ?**

Provide self-help resources, information & advice, 1:1 or group, counselling and family based support interventions (6-12 sessions)

Delivery of training, consultation and workshops to professionals, parents/carer & CYP.

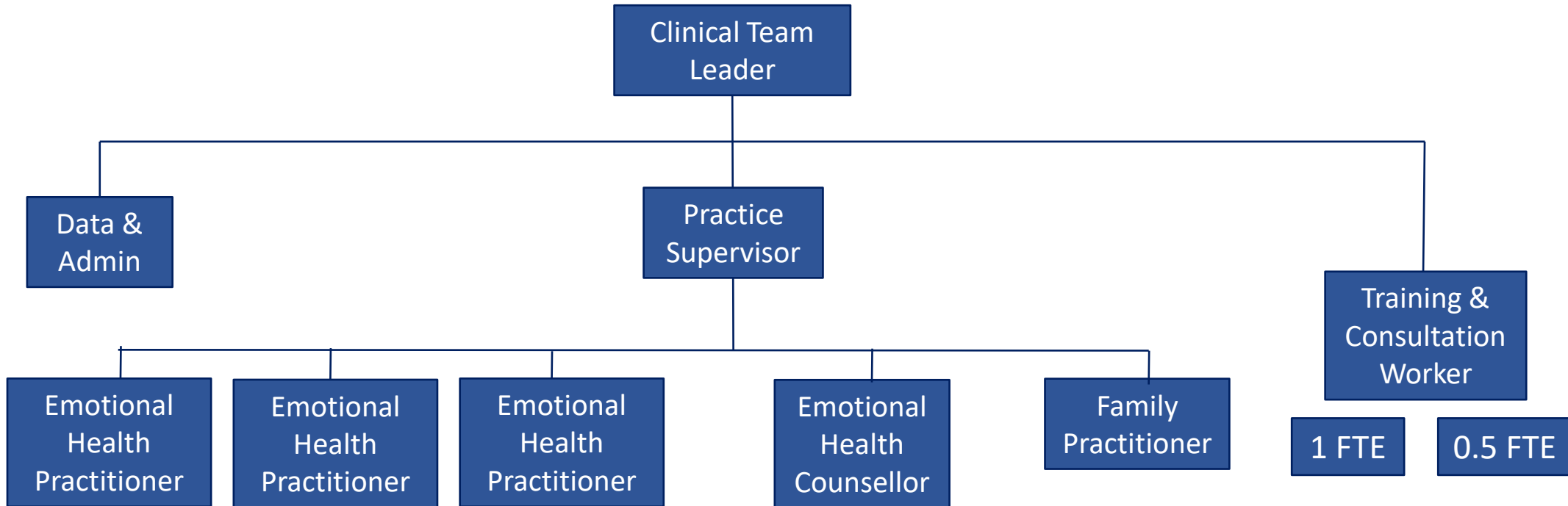
- **Where ?**

In the community via the Family Hubs, community venues, schools, and at times and spaces that suit young people across Coventry.





Coventry Emotional Wellbeing and Mental Health Service  
Staffing 9.5 FTE



Team are co-located in Early Help Family Hubs



# Current Picture

- Operations Manager – Richard Thomas
- Clinical Team Lead – Deborah Ellis-Johnson
- Phasing in of wider staff team – Admin & Data Lead, 2 xT&C Worker, 1x Practice Supervisor, 1x Emotional Health Counsellor and x1 Emotional Health Practitioner.
- 2 Remaining Vacancies for Emotional Health Practitioners and 1x Families Practitioner
- Referral Pathways and processes with RISE Nav Hub and Early Help in progress
- Remote Counselling offer commenced
- Online digital CBT platform is now live
- Direct 1:1 intervention commenced

# Next steps for Compass

- Ongoing recruitment and onboarding of staff
- Create service name and branding
- Update comms to partner agencies re: offer and eligibility criteria
- Agree effective and efficient referral pathway with RISE Navigation Hub
- Referral Pathway with Early Help in progress
- Embed co-location arrangements at Family Hubs with Early Help
- Continued collaborative work with partner agencies/stakeholders
- Scaling up to full offer that includes digital platforms, remote counselling, group work, families support and training offer

Compass

**ANY QUESTIONS?**

**THANK YOU!**

# Relate Coventry and Warwickshire

Supporting Children and Young People's Mental Health

Mandy Boothe - Director of Services

Jenny French - Project Co-Ordinator

**Relate**

# Community based Time For You Service

- We provide self funded counselling for children and young people ages 5-18 years of age.
- Counselling takes place at Relate premises
- Schools and community venues
- We incorporate therapeutic play techniques
- All under 11's work includes an assessment with parents only
- Parent support sessions – supporting parents to feel better equipped to support their child's mental health concerns

# Time For You – School based service

- Currently working in 31 schools across Coventry
- Schools self fund a Time For You counsellor
- School can refer directly to their counsellor and schools manage their own waiting list
- We provide individual counselling, group work and whole class work as requested.
- We can also provide counselling for teachers and parents

# Wish - Domestic Abuse Services for CYP

- Children and Young People age 5-18 years of age affected by domestic abuse
- Referrals into the service are required from a social worker  
CYP need to be LAC, CIN or CP plan
- Psycho – education and/or counselling
- Parent/Child joint sessions
- Advocacy work
- IDVA support



# Wish Parenting Groups

- ‘You and Me Mum’ 10 week face to face Domestic Abuse parenting programme
- WISE Parenting webinar, 2 ½ hrs online, delivered monthly throughout the year
- Focus of understanding the impact of domestic abuse on children and young people
- Improving parent’s ability to support their children and young people

# Family Counselling Services

- We offer a blended model of work including face to face and webcam.
- Appointments are offered until 9pm in the evening
- All family work includes an assessment for parent / carers
- Any number of family members can attend with no lower age limit on family members attending
- Referrals can be received via social care and other professionals

# Adult Counselling Services

- We offer counselling for individuals, couples and throuples
- We offer appointments from 8am until 9pm
- We offer a blended model of work including face to face, webcam and telephone counselling
- National Relate contracts – enabling more clients to access or services free of charge. People working currently or previously in certain industries can access free counselling for children, young people, families and adults
- We can provide parent support sessions focusing on co-parenting



# Coventry Mental Health Professionals Drop in Event Rise update 2023





## Aims of the Session

- Overview of Rise
- MHST







- Every child gets support when they need it:
  - No door is the wrong door



## Our Delivery Model



Our Great Place

*A journey with* **RISE**   
*is as unique as the person seeking support*



# The Mental Health in Schools Team



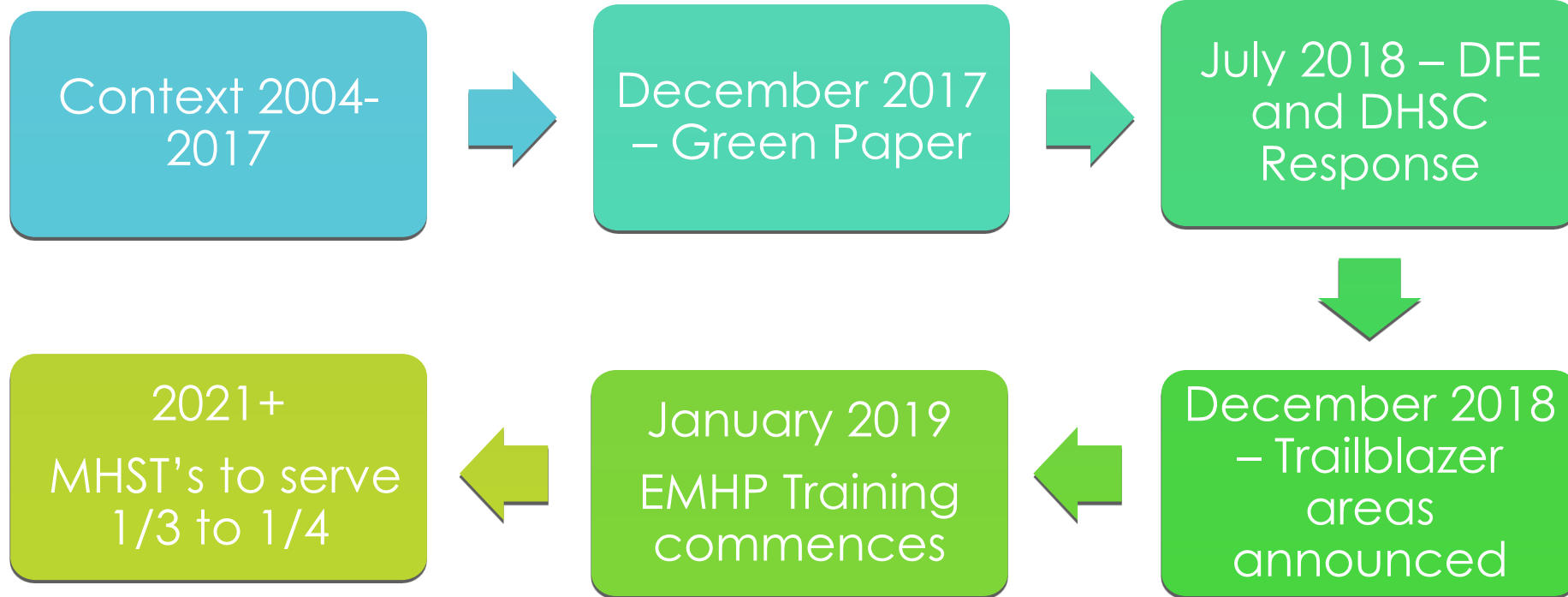


## Aims and Outcomes

- History, Context & Functions
- The RISE way
- The EMHP Role
- Whole School Approach
- Low Intensity CBT
- Specialist Interventions
- Multiagency and Interagency Working
- Supervision Model



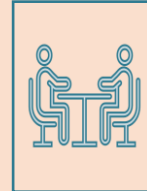
# The MHST Initiative Timeline:



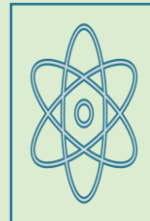
## Core Functions of MHST:



Delivering evidence-based interventions for mild to moderate mental health issues



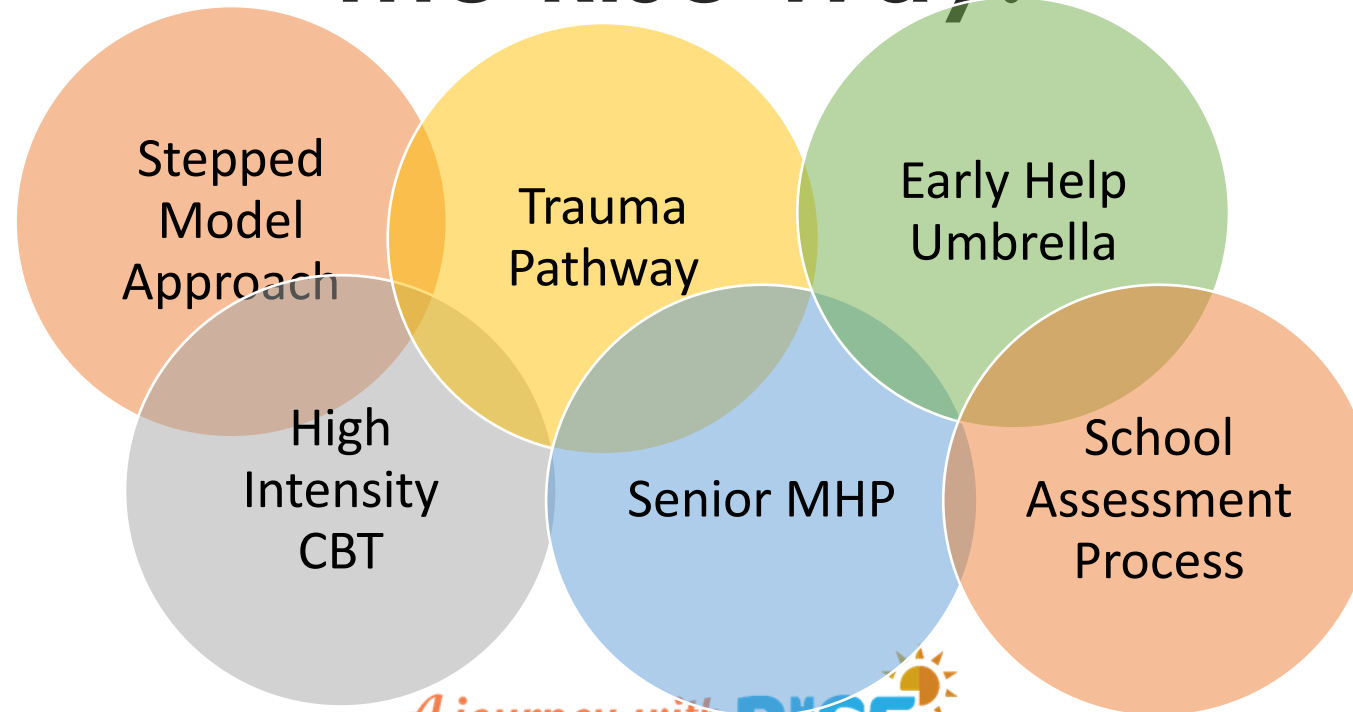
Supporting the mental health lead in each education setting to introduce or develop their whole school or college approach



Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education



# The Rise Way:

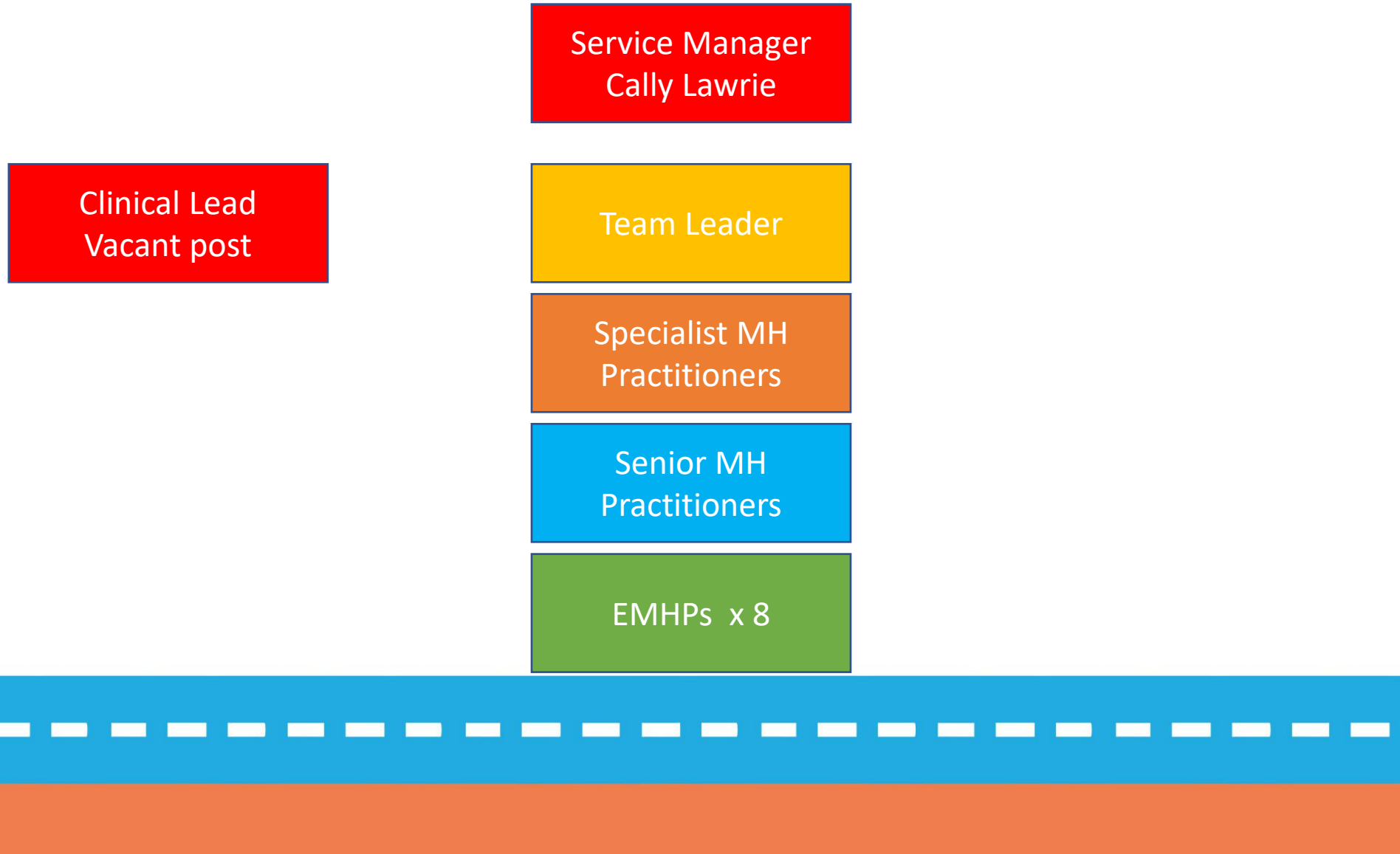


*A journey with*  **RISE**  
*is as unique as the person seeking support*

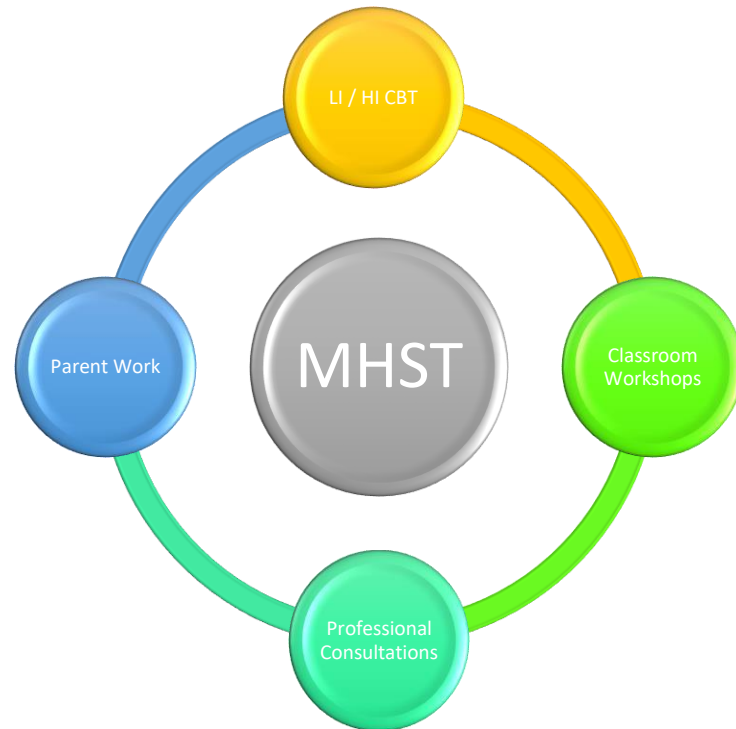




# The Rise Way



# How it all works...



EMHP Allocated to school

School Launch

School Assessment and Audit

Joint work with MHL

Referrals and Workshops





# The EMHP Role

Education Mental Health Practitioners work directly with the schools they are attached to. The aim of this role is to offer early intervention to young people as well as targeted support for the school.

Whole School  
Approach

1:1 Support  
Low Intensity CBT





# Whole School Approach



Classroom & Pupil Observations

MH Policy

Parent support

Curriculum / PHSE lessons



Assemblies / Parents Evenings

Staff consultations & Training

Audits

Class workshops





## First Step - 1:1 Low Intensity CBT Interventions

Low Intensity CBT provides brief interventions by using Cognitive Behavioural Therapy approaches. It is based on guided self help to support mild to moderate mental health needs.

*Example:*

Anxiety/Worry management ✓

social anxiety disorder, health anxiety ✗



Short term support



6-8 sessions  
30-45 minutes each



Guided self-help



Can work with:

- Low mood
- Anxiety
- Panic
- Phobia



# Next Step – Specialist Mental Health Intervention

Specialist Mental Health Practitioners

Senior Mental Health Practitioners



# Specialist Mental Health Interventions

- OCD
- Social Anxiety
- Single Incident Trauma
- Depression and Anxiety Presentations
- CBT based interventions specialised for Neurodevelopmental Disorders
- Increased complexity within an Early Intervention Framework





Any Questions





**Positive Choices**



**Change  
Grow  
Live**

**Believe in people**







## OUR VISION

To develop, deliver and share a whole person approach that changes society.

## OUR MISSION

To help people change the direction of their lives, grow as individuals, and live life to its full potential.

## OUR VALUES

Be open.  
Be compassionate.  
Be bold.

# Commissioned Strands of Support

## Substance Misuse

- Awareness and prevention work
- Psychosocial interventions to support behaviour change
- Reduction planning
  - Relapse prevention
- Clinical services where needed
- Holistic support planning

## Hidden Harm

- One to one and group packages of support
- Safety planning
- Holistic support
- Linking with the Adult service
  - Positive behaviour and wellbeing support

## Relationships

- Wellbeing support
- Domestic abuse awareness
- Developing healthy relationships
- Low risk harmful sexual behaviour work

## Sexual Health

- C-Card registration
- Contraception support and advice
- Sexual consent
- Are you ready?
- STI awareness

## Exploitation

- Commissioned to deliver low (emerging) risk support around those at risk of exploitation
- Diversionary activities such as boxing, football and art.
- One to one intervention work
- Exploitation awareness and prevention.



# Positive Choices Team



Sharon Bolesworth  
Service  
Manager



Craig James  
Team Leader / Designated  
Safeguarding Lead



Ashleigh Roach  
Volunteer and Peer  
Mentor Co-ordinator



Kelly Eyden  
Senior Data  
Administrator



Claire Marston  
Alternative Education  
Lead



Vicky Smith  
Children and Families  
Worker



Lauren Cramp  
Children and Families  
Worker



Tulula Carrigan  
Child Sexual Exploitation  
Lead



Amy Carus  
Mental Health and  
Digital Lead



Jess Eales  
Child Exploitation  
Lead



Jess Dempsey  
Relationships and Sexual  
Health Lead



Chloe McGinley  
Relationships and Sexual  
Health Lead



Chandler Cain  
Youth Justice  
Lead

# Hidden Harm

- At Positive Choices, our hope is to provide the highest level of support for those we work with.
- Young people may be impacted by the effects of what is known as Hidden Harm; that is if they live with parents/carers or other family members who are misusing drugs or alcohol.
  - One to one interventions
- Link with Change Grow Live Adult service where appropriate
  - Group sessions
  - Allotment (Ecotherapy)





## Parent/Carer Support

- Parent/Carer support offering a safe place for parents and carers who are concerned about their young person's behaviour.
- We appreciate that being a parent/carer can be tough at times, as can being a young person. Our hope is that we can utilise the Solihull Approach to come together and build on strengths, offer advice and promote resilience.
- Programme of 6 weekly Peer-led support sessions (online safety, child exploitation, substance misuse, relationships, sexual health and all underpinned by the Solihull approach).



# The Allotment and Ecotherapy

- We are lucky enough to have our very own allotment. The allotment allows us to offer our young people and families a place to bond, have fun and experience a range of activities!
- We hope our allotment space will encourage creativity, mindfulness, increase activity levels, and help foster positive connections.
- We have developed an Ecotherapy programme of 6 weekly therapeutic sessions focussing on improving anxiety, depression and self-esteem for young people aged 13-17. Referrals are internal only.
- In partnership with Public Health England and Coventry University our first course has been researched and is due to be published in March 2023.







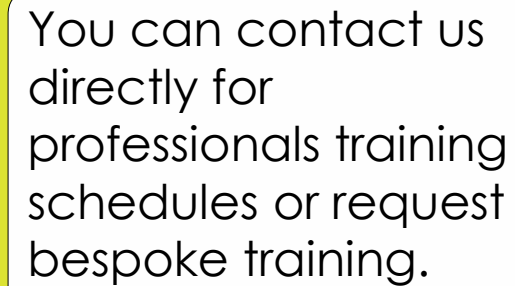
Group sessions give young people the chance to have lots of fun building dens, making friends, planting herbs, and produce from seed, and doing crafts whilst talking about their qualities.



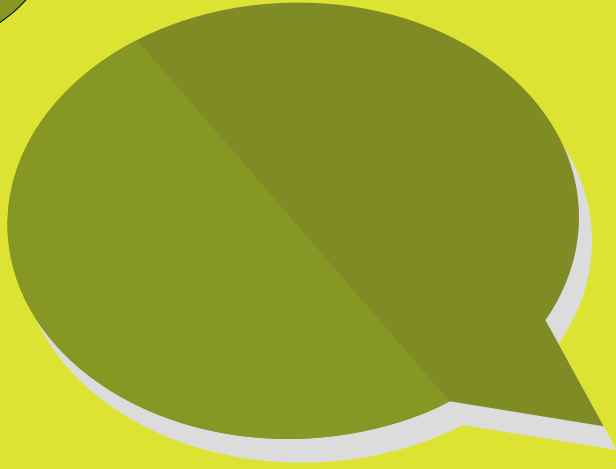
# Volunteering and Peer Mentoring

Ashleigh is our full-time volunteer coordinator and professionals training lead.

1. We partner with both Warwick and Coventry Universities and offer placements for students including student social workers.
2. We offer a Vocational level 1 qualification for young people aged 16+ in mentoring. They are also offered the opportunity to complete placements with us.
3. We take on volunteers.
4. We deliver training sessions to Professionals.

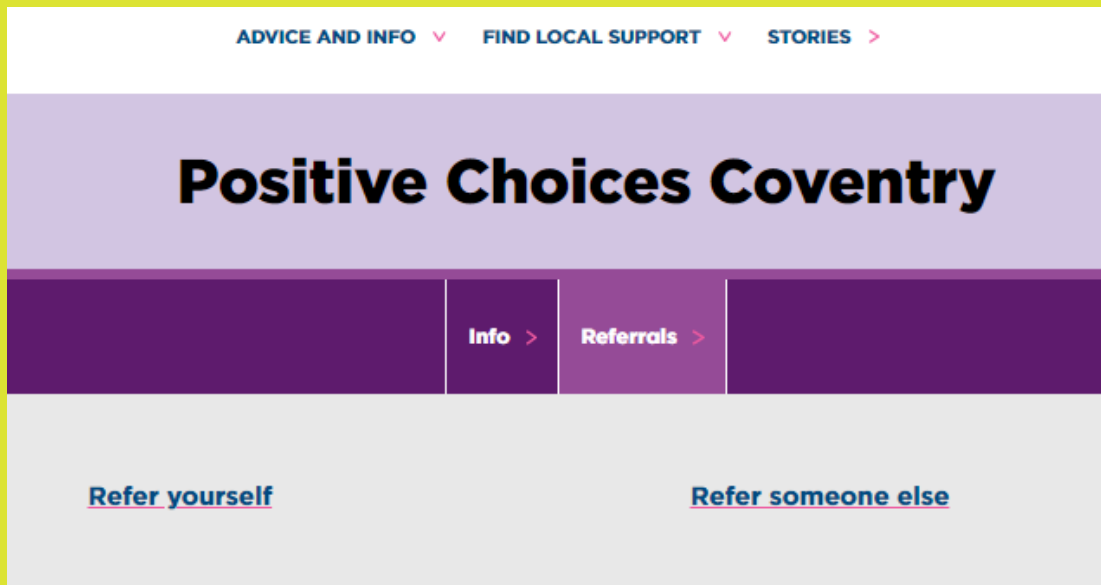


You can contact us directly for professionals training schedules or request bespoke training.



# Referral Process

- Make an online referral via our secure website
- The young person must consent to the referral being made
- If the young person is under the age of 13 we require parental/carer consent
- Call the service and discuss the young person with the duty worker if you would like further advice



Positive Choices Young people's  
Service

23-25 Arcade, City Centre, Coventry

coventryyp.info@cgl.org.uk

02476010245

[Positive Choices - Coventry service for  
young people \(changegrowlive.org\)](https://www.changegrowlive.org/positive-choices-coventry-service-for-young-people)

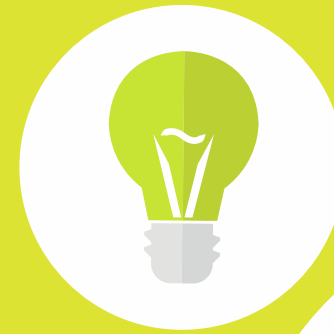
Facebook.com/PositiveChoicesCov

Instagram - Positivechoices\_Coventry

YouTube – Positive Choices – Coventry

Twitter - PosChoices\_Cov

**Any questions?**







**Make a difference**



**Change  
Grow  
Live**

# Coventry School Nursing Offer



**HEALTH FOR TEENS**

## CONTACT US:

### Moat House School Nurse Team:

01926 495321 Ext 7494

[swg-tr.MoatHouseSchoolNursing@nhs.net](mailto:swg-tr.MoatHouseSchoolNursing@nhs.net)

### Charter School Nurse Team:

01926 495321 Ext 7417

[swg-tr.CharterHouseSchoolNursing@nhs.net](mailto:swg-tr.CharterHouseSchoolNursing@nhs.net)



- On line Health Questionnaire for reception children, year 6 and year 9
- Emotional Health Outcome star
- Support schools with health care plan
- Height and Weight's carried out for reception and year 6 children
- Hearing Screening for reception children
- Health Promotion Sessions- on line and face to face
- New parents, Parents Evenings
- Health4kids web site
- School Nurse Drop In in person and virtual
- Health 4 Teens web site
- CHAT Health texting service for 11-18 year olds **07507 331 949**
- CHAT Health texting service for Parents **07507 329 114**
- Smoking cessation for under 18 year olds





# Early Help within Coventry

Harsharon Dehal  
&  
Sophia Mangera



# Family Hub offer – Supporting children and young peoples Mental Health

- Supporting children and young people through a Early Help Assessments and Plans.
- Here to Help offer from Family Hubs.
- What is the multiagency Family Matters meeting is.
- How to request support for a families.
- Partnership working in Early help.



# Coventry's Vision

- Early Help is a partnership of organisations that provide help, advice and support to children, young people and families in relation to a number of presenting issues including mental health
- Early Help aims to offer this support as soon as possible in order to prevent concerns or issues escalating.
- Early Help offers support at any point in a child's life and is a way of working together with families in a relational, restorative approach (to do with and not for).
- By working together, sharing information and focusing on the Family Hub Model in Coventry, we can aim to achieve the best possible outcomes for the child and their family.



# Using the Right Help Right Time

## Guidance to support children's physical and emotional mental health

### *Principles*

Once professionals have determined the level of need a child, young person, or family presents they are responsible for taking appropriate action. The following table shows the likely course of action dependent on the level of need and risk identified. However, this may vary depending on the individual circumstances.

More detail about the relevant assessment and referral processes is in the following pages.

	Level 1 - Universal No additional needs	Level 2 - Early Help Additional needs meaning there is a risk of poor outcomes	Level 3 - Multi-agency Early Help Additional needs meaning poor outcomes are likely	Level 4 - Statutory Intervention Acute needs - at risk of significant harm
SOURCE OF HELP AND SUPPORT	No additional help and support required.	Needs likely to be met through one agency acting alone.	Needs likely to require support through a co-ordinated multi-agency response.	Needs likely to require intervention from Children's Social Care and/or the Police.
ACTIONS	<ul style="list-style-type: none"> <li>No additional assessment needed.</li> <li>Check if children are in receipt of universal services and signpost to relevant service(s) if required.</li> </ul>	<ul style="list-style-type: none"> <li>Early Help Assessment should be considered, but is not a requirement.</li> <li>If an Early Help Assessment is not considered necessary, record action taken in single agency and to complete a record on Early Help Module (EHM) to show Early Help was provided with a reference number to where the case file is held.</li> <li>For help and advice refer to Early Help Handbook (Section 5) or seek advice from your nearest Family Hub (Section 10).</li> </ul>	<ul style="list-style-type: none"> <li>An Early Help Assessment is required.</li> <li>If the child, young person or family are currently in receipt of Early Help new information should be sent to the services already involved, to update the Early Help Assessment/Plan.</li> <li>For help and advice refer to Early Help Handbook (Section 5) or seek advice from your nearest Family Hub (Section 10).</li> </ul>	<ul style="list-style-type: none"> <li>If a child is in immediate danger you should contact the police and/or ambulance on 999. If there is no immediate danger a referral to Children's Social Care should be made using the online <b>Multi-agency Referral Form (MARF)</b>.</li> </ul>

Right help, right time | page 6

- Right level of support to meet the needs of children and families
- Relationships are important
- Flexible continuum
- Outcome focused
- Not **ALL** concerns require a statutory response
- Information sharing or recording your action (using the Early Help Module) is vital

Published by LSCB on 23<sup>rd</sup> April 2018

Available on our website and on in our online procedures manual

[www.coventry.gov.uk/cscp](http://www.coventry.gov.uk/cscp)



## Why is Early Help important in supporting children and young people's mental health

Early help services can be delivered to parents, children, young people or whole families depending on their level of need.

When Early Help support is achieved it can increase protective factors in a child's life and protect them from harm.

Protective factors can reduce risk to a child's well-being.

They include:

- Developing strong social and emotional skills.
- Having a strong social support network for the family – including support.
- Understanding the impact of parental mental health.
- Support and advice in accessing the relevant benefits.
- Access to community services and facilities.

(NSPCC.2022)



# 8 Family Hubs across the City

- Aspire (Gosford/Lower Stoke)
- Families for All (Foleshill)
- Harmony (Hillfields)
- Mosaic (Tile Hill)
- Pathways (Radford)
- Park Edge (Bell Green)
- The Moat (Wood End)
- Wood Side (Willenhall)



## **What is a Family Hub?**

A Family Hub is a place where children, young people and their families can go when in need of help and support.

The people working in the family hub will work in partnership with you and your community. They will help you find and get help from different services in the area and will be able to give you information, advice and support.

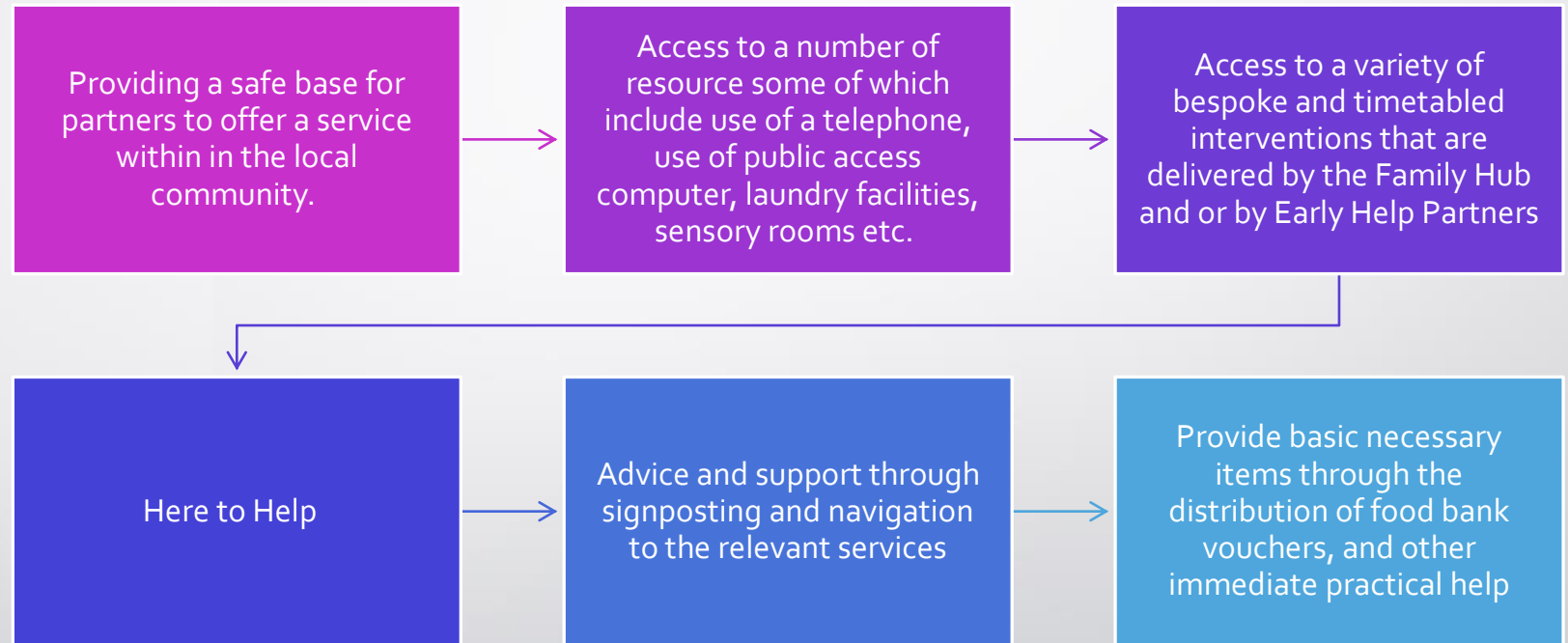
## **Who can access a family hub?**

There will be a range of services available. Some will be available only to those who have the greatest needs but there will also be services available to any individual, child or young person who needs them.



# Family Hubs

'Serving children and families in the local communities'





## Working with partnership organisations relating to physical and emotional Health needs

- RISE/CAMHS
- Compass
- Positive Choices
- Positive youth Foundation
- GP
- Education
- Primary Meath Health Service
- Relate Coventry
- Valley House
- YMCA


## Mental Health and Bereavement

- Child Bereavement UK
- CRUISE
- IAPT
- Guy's Gift
- Hope Again
- CRISIS Helpline



<https://youtu.be/6Qsy1LNKvR8>

A video sharing a day in the life of a family hub, join us as we follow Amber's account ( Family Hub Worker)



## Here to Help function within family hubs

- Uses the key skills and knowledge of the team to navigate the next step when a problem is identified.
- To understand the problems and offer immediate help if required
- To identify who would be able to help with the problem
- To assess risk using the Right Help Right Time guidance
- Forward request to the Family Matters Meeting if a RHRT level 3 multi agency discussion would be in the best interest for the child and family



## Family Matters – The 3 D's Discussion, Decision making, Doing the Do

- Weekly multi disciplinary and partnership discussions about the requests for early help in each Family hub team for families who are likely to need multiagency co-ordinated Early help (RHRT level 3 through and Early Help assessment and plans).
- Initial discussions - what are we worried about, who is already helping and what should happen next.
- Next steps – Agreement on should make contact with the family, and talk about the help that could be provided.



# What difference does a Family Matters discussion have on a child and their family?

- It identifies children where there are emerging problems and potential unmet need. To ensure that appropriate help is offered to safeguard children. The multi-agency team will deliver early help to families which will ensure that a range of skills and knowledge is effectively utilised.

The Family Matters meeting does this by:

- Identifying the most appropriate method to meet children and families including the use of family and community resources.
- Acting in an integrated way, utilising the knowledge, skills and expertise of a multi-agency team to improve outcomes for children and their families
- Allocating, when required early help requests, which requires a multiagency integrated response (Right Help Right Time level 3) to put into place the appropriate interventions as early and as responsively as possible
- Embedding Troubled/Families theory and practice into early help family support and achieve Payment by results
- Ensuring that every case has at least one multi-agency review, so that agreement to be reached regarding the most appropriate course of action and to identify that the Right Hep at the Right Time has been initiated
- Where there is clear evidence of a child being at immediate risk of harm the procedure to refer to MASH is followed.

- Family Matters Meeting dates and times.

Family Hub	Day and start time	Chair of Family Matters
Mosaic	Monday – 9.00am start	Sarah Burke <a href="mailto:Sarah.burke@coventry.gov.uk">Sarah.burke@coventry.gov.uk</a>
Pathways	Tuesday – 9.00am start	Joel Kendrick <a href="mailto:joel.kendrick@coventry.gov.uk">joel.kendrick@coventry.gov.uk</a>
Aspire	Thursday – 1.00pm start	Tracey Dickens <a href="mailto:tracey.dickens@coventry.gov.uk">tracey.dickens@coventry.gov.uk</a>
Woodside	Wednesday – 9.00am start	Danielle Barnett <a href="mailto:danielle.barnett@coventry.gov.uk">danielle.barnett@coventry.gov.uk</a>
The Moat	Thursday – 11.00am start	Sharon Bolton <a href="mailto:Sharon.bolton@coventry.gov.uk">Sharon.bolton@coventry.gov.uk</a>
Park Edge	Tuesday – 9.00am start	Dawn Carville <a href="mailto:dawn.Carville2@coventry.gov.uk">dawn.Carville2@coventry.gov.uk</a>
Harmony	Wednesday – 9.00am start	Andrew Fox – PCSO <a href="mailto:a.c.fox@west-midlands.pnn.police.uk">a.c.fox@west-midlands.pnn.police.uk</a>
Families for All	Monday – 9.30am start	Bharti Patel <a href="mailto:Bharti.patel@coventry.gov.uk">Bharti.patel@coventry.gov.uk</a>

# Early Help Assessment Co-ordinator?

## Early Help Co-Ordinator

- Supports Early Help partners to assess the needs of children
- Help partners to meet the needs of vulnerable children
- Access and inform the resources that are available in the community
- Safety planning
- Contact children and young people and their families to keep them updated on the next steps
- Discusses safeguarding concerns and offers guidance about what to do next?
- Offers guidance and support on the access and use of the Early Help Module





**Early Help**

**0800 8870545**

**Emergency Duty Team**

**024 7683 2222**

between 5pm – 8.30am and during weekends

**Multi-agency Safeguarding Hub MASH**

**024 7678 8555**



**Earlyhelp@coventry.gov.uk**



**[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)**

**[www.coventry.gov.uk/applyearlyhelp](http://www.coventry.gov.uk/applyearlyhelp)**

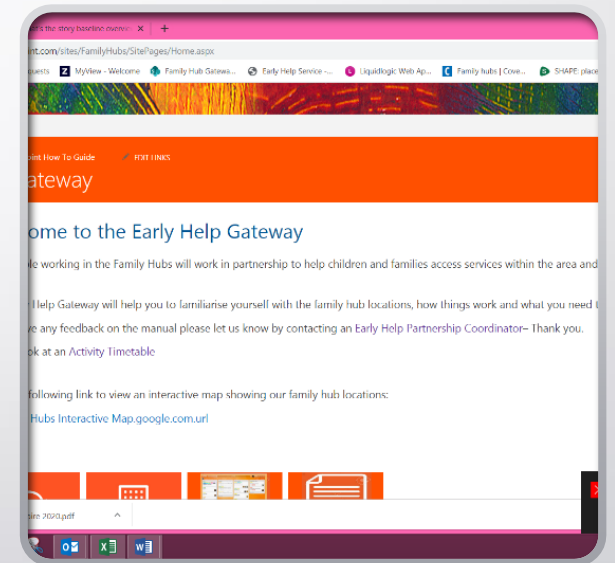


**Find Family Hubs on facebook**



# What is the function of the Early Help gateway ?

- The gateway is a SharePoint site held by Coventry City Council for the use of sharing information within Early Help and Hubs.
- Documents that are relevant to Early Help would be shared within the site instead of email as an attachment this way everyone will have the most current up to date document.
- What gets stored on the gateway? – all documents that are relevant to Early Help.
- Once in the site you can access individual Family Hub Information this includes Timetables, building documents and local information relevant to the Hub reach area
- To access the Gateway and Trello board contact Sarah Konrath Sarah.Konrath@coventry.gov.uk



# Early Help Directory - Trello board

The screenshot displays a Trello board titled "Early Help Directory" with six columns representing different categories of services. Each column contains a list of service cards, each with a title, a list icon, and a comment icon. The columns are:

- COVID 19 Help and Support 2020**: CRASAC, Health Visiting and School Nursing, Loan Shark Protection, St Giles, CGL, Food Banks, Community Resilience Team, Local food stores with delivery, Coventry Black Community Covid-19.
- Mental Well- being ,Health and Lifestyles**: Be Active Be Healthy - Family Weight Management, Bump and Buggy Workout, Boobie Buddies, Coventry and Warwickshire Mind, Family Nurse Partnership, Foleshill Women's Training (FWT)/ MAMTA, Health Visiting.
- Physical Activity/Exercise**: Active Kids, 14 years+ FREE Exercise Class.
- Domestic Abuse**: Age UK, Coventry Domestic Abuse Services (Coventry City Council commissioned services), Coventry Haven, Foleshill Women's Training (FWT)/ MAMTA, Mankind, Panahghar, Rise, Sahil Project.
- Money and Debt Issues**: Baby Godiva Coventry's Baby Bank, Benefits Advice line, Citizens Advice Coventry, Coventry and Warwickshire Gambling Service Aquarius, Coventry Food Banks/Clothes Bank, Coventry Independent Advice Service (CIAS), Coventry Law Centre, Groundwork Coventry.
- Homelessness**: Coventry Home Fi, Crisis Charity, Homeless Prevent, The Salvation Arm.

Each card has a list icon and a comment icon. Some cards also have a profile picture icon. The board interface includes a top navigation bar with "Boards", a search bar, and the Trello logo. The board name "Early Help Directory" is at the top left, and the user "Sarah Derham" is at the top center. The board is set to "Public" and has 58 members. The board is managed by "Butler" and has a "Show Menu" button.





Thank you for listening.

***‘ Early Help is how  
together we make a  
difference to the life of a  
child and their family’***