



Supporting Families Practice Toolkit

Headline Criteria Three: Improved Mental and Physical Health



| Number | Criteria | Outcome |
|--------|--|---|
| 3.1 | Child needs support with their mental health | The child's mental health and or wellbeing has improved, and the family feel better equipped to manage the child's mental health and well being |
| 3.2 | Adult needs support with their mental health | The adult's mental health and/ or wellbeing has improved, and the family feel better equipped to manage the adult's mental health and wellbeing |
| 3.3 | Child and/ or parent require support with learning disabilities, neurodiverse conditions and or physical health needs that affect the family | Physical health needs are being well managed, and family have sufficient/ the right support in place |

| Who can help the Family Plan be Achieved? (Signposting, contribute to the Plan and TAF) | |
|--|--|
| COMPASS CAMHS/ RISE Positive Youth Foundation Health Visiting and School Nursing GP MAMTA Samaritans Mental Health Matters IAPT Primary Mental Health Team Coventry and Warwickshire MIND NCT- Parents in Mind Shout | Grapevine Teen Vine Plus / Teen Vine Next Steps Dear Life (Coventry and Warwickshire Suicide Prevention) Social Prescribers- Health Exchange AMPARO (Support following suicide) Wild Earth- wellbeing in nature (0-25s) Be Active Be Healthy Foleshill Women's Training Positive Choices Men's Shed (over 30s) CRASAC Sahil Project |
| What Interventions, Tools, Direct Work could be included in the Family Plan? | |
| Referrals to services (above) Support to access the services above Boomerang Specific direct work tailored to individual needs 3 houses Feelings cards Talking Dice Games/ drawing | WEMWBS (Warwick Edinburgh Mental Wellbeing Scales) Mind of My Own Dimensions Tool Words and Pictures Safety planning Direct work toolkit KOOTH |
| How can you Evidence the Outcome has been achieved? (Systems, methods) | |
| Recording in EHM (TAF, Case notes, uploaded documents- using scaling demonstrating improvement) Family/ Carer Feedback demonstrating improvement – scaling questions Young people's Feedback demonstrating improvement – scaling questions | |