

Brighton and Hove: Helping Children and Young People Mental Health Threshold Framework

	HEALTHY	STRUGGLING	UNWELL	IN CRISIS
How a young person's mental health & wellbeing appears	The young person may experience difficulties or worries from time to time but there is no current or long-term impact mental health and wellbeing. They mostly feel emotionally well and healthy.	The young person's difficulties occur regularly, and their health and wellbeing may have been noticeably affected. They often find it difficult to cope.	The young person is experiencing constant difficulties that may occur every day. The impact on their mental health and wellbeing is extreme and noticeable. They are experiencing daily mental health difficulties.	The young person is experiencing severe mental health difficulties and is unable to keep themselves safe. They need urgent mental health support.
Impact on day to day life	The child/young person is generally secure and managing well in all areas (school, home and with peers). Occasional worries may have an impact (e.g. anxiety associated with an important exam, arguments with peers etc..) but this is manageable.	The child/young person is experiencing difficulties that may have an impact on daily life such as school, family or peers (e.g. they may have some anxieties or changes in mood that may affect relationships or school life). They will need some support to manage.	The child/young person is experiencing difficulties that have a constant impact on their daily life (e.g. they stay at home in bed and are unable to take part in social activities, need periods of constant supervision due to level of difficulties, no longer able to manage self-care). They may be a risk to themselves but not in need of urgent/crisis support.	The child or young person is unable to manage daily life including their ability to keep themselves safe (e.g. they don't feel able to keep themselves safe, need constant supervision and their life may be in danger). They need urgent, professional support for their mental health.
Areas of life that may further impact on mental health and wellbeing				
	Factors below may be/have been present but do not have an impact on the wellbeing of the child/young person:	Factors below may be/have been present and may have some impact on the child/young person, but they are mostly able to manage with some support:	Factors below may be/have been present and may have significant impact on the child or young person and contribute to their daily mental health difficulties:	Factors below may be/have been present and may have severe impact on the child or young person meaning they are in need of urgent support:
Individual Present for the individual <u>in addition to</u> their mental health.	Drug and alcohol use Not in education/employment/training Migrant/refugee/unaccompanied asylum seeker Looked After Child Learning Disability Physical Health difficulties Developmental/neurodevelopmental needs		Experience of abuse or neglect Parental health issues Conduct disorder Eating disorder LGBTQ+ BAME	

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Social External to the individual that may affect their mental health.	Family Parental separation/family conflict Children of prisoners Family income affects child's achievement Parenting advice needed Isolated family Parental mental health Family bereavement Unstable housing Parental physical health Siblings known to physical/mental health services Financial difficulties Young carer Involved with social services Domestic violence/abuse		School Bullying Attendance issues Peer difficulties Risk of exclusion EHC Plan Community Anti-social behaviour Social isolation Harassment/discrimination Difficulty accessing services Contact with youth justice system Online bullying	
What would support look like?	Information, advice, guidance, signposting information, support to access self-help materials.	Access to a Mental Health Wellbeing Assessment. Short term support ranging in intensity (typically 10 weeks but may be shorter or longer). These may be 1-1 clinical treatments e.g. Counselling, Digital Therapy, Cognitive Behavioural Therapy etc. or workshops and emotional health and wellbeing support. Outreach support is available in some cases.	Access to a Mental Health Wellbeing Assessment. Assessment for ADHD and ASC. Intensive Treatment. E.g. Dialectical Behavioural Therapy, Cognitive Behavioural Therapy, Psychotherapy, EMDR, Family Therapy. Medication reviews and ongoing medication monitoring. Outreach support available for those with the above presentations and extreme isolation (aged 14-25).	Inpatient care. Urgent mental health/psychiatric assessment, Medication.

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Who might provide support?	LEVEL 1: GP / Practice Nurses / School Nurses Youth Clubs School Pastoral Support Online Resources / Self-help Advice Advice Drop-ins	LEVEL 2: Community: Brighton and Hove Wellbeing Service Schools: Schools Wellbeing Service (BHISS) School Nurses School Counselling/Dialogue Counselling	LEVEL 3: CAMHS / CAMHS Assertive Outreach Team CAMHS Learning Disabilities Child Development Centre (at Seaside View) Family Eating Disorder Service (FEDS) Early Intervention Psychosis Team (EIP)	LEVEL 4: Specialist CAMHS Primary Mental Health Liaison Team (accessed through A&E) Urgent Help Service
How do I access this support?	www.findgetgive.com http://www.wheretogofor.co.uk/	www.brightonandhovewellbeing.org BHISS Phone number: 01273 293481 Email: BHISS@brighton-hove.gov.uk	www.brightonandhovewellbeing.org	CAMHS Duty Clinician – 10.00 to 19.00 weekdays - 0300 304 0061 Emergency support via CAMHS out of hours can be accessed through A&E where you will likely be seen by the primary mental health liaison team. Mental Health Rapid Response Service for 18+ (MHRRS) 0300 304 0078