

Children and Young People's Mental Health Support in Bolton

NHS

Greater Manchester
Mental Health
NHS Foundation Trust

Bolton Together

NHS

Bolton

Clinical Commissioning Group

Updates

- Kooth is available for children aged 10 from March 2022. The service was previously commissioned for 11 – 25 in Bolton.
- Kooth have an School engagement offer for Bolton that can be accessed by emailing Tom Boroughs tboroughs@kooth.com This includes a range virtual or face to face sessions for staff, parents/carers and children and young people as well as a bespoke offer for year 6 pupils focusing on supporting mental health through transition from primary to secondary school.
- Expanding Be Kind to My Mind – A-Z mental health, support for parents/carers, Professionals section and filters within directory
- Focus for 2022/23 is to implement recommendations from the Anna Freud Link Programme – Professionals Consultation Line, Children’s Mental Health Single Point of Access and improved in reach and support/supervision to wider services such as Bolton’s Integrated Front Door.
- Bolton’s Self-Harming Behaviour pathway has been finalised and can be shared after the meeting
- New commissioned offer for parents and carers
- Mobilised new distribution list for children and young people’s emotional health and wellbeing transformation group
- New I-Thrive Schools Network
- New roles within CAMHS – Thrive Navigator, Waiting List Coordinator, Engagement Lead

Mental Health Support to Parents and Carers

QWELL

Online mental health support for parents and carers in Bolton via www.qwell.io Access to anonymous 1:1 text based counselling, 24.7 messaging function, forums and self help materials. Qwell offers support around a parent/carers mental health as well as supporting them to manage their child's mental health. Professionals can email Holly Cook hcook@kooth.com for promotional materials and to find out more. Access to social media assets via <https://cloud.brandmaster.com/brandcenter/en/koothplc/>

Parent/Carer Mental Health Peer Support Programme

Bolton Together have mobilised a peer support programme delivered by Raise the Youth Foundation, Breaking Barriers, Zacs Youth Bar. Parents can access via self-referral or can be referred by completing the online referral form <https://bolton-together.org.uk/parent-peer-support-programme-referral-form/>

Chat Health

A confidential texting service where parents and carers can text 07507 331751 with questions ranging from infant feeding and child development, to behavioural issues and general advice.

Solihull Parenting Programme

Free online parenting programme delivered as part of Bolton Children's Integrated Health and Wellbeing Service (0-19). Go to www.inourplace.co.uk and use access code RIVINGTON. Courses: Understanding pregnancy, labour, birth and your baby; Understanding your baby; Understanding your child ; Understanding my brain (for teenagers); Understanding your teenagers brain (for parents)

Support for Parents/Carers with children 0 – 2 years

A range of service provision for parents/carers who may be feeling low or anxious about their new parenting responsibilities and benefit from additional peer support, resources and activities. Support includes:

Homestart HOST – delivering peer training to groups of volunteers and staff across Bolton to establish a range of diverse peer support groups across Bolton

Bolton Toy Library – distributing emotional health and wellbeing kits and providing drop in and 1:1 support

MHIST – parent/carers group every Wednesday, 10am at Moorland House

Little Bats Learning – providing free access to forest school programmes

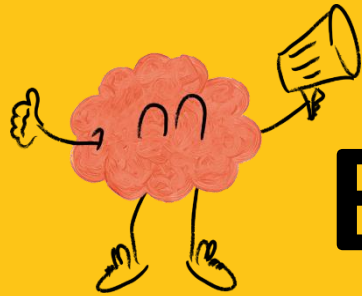
To access this parents/carers can email lthrive@boltontgether.org.uk

Online Self-Help Programmes:

Greater Manchester Health and Social Care Partnership have funded Living Life to the Full and Silver Cloud for anyone in Greater Manchester over 16 years of age.

<https://GM.silvercloudhealth.com/signup>

<https://www.gmhealthhub.org/feeling/living-life-to-the-full>



Bolton I-Thrive

Bolton Together

Bolton Together's I-Thrive 2 – 11 Offer

Homestart HOST

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five.

2-5 yrs

Bolton Toy Library

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits.

Child Action NorthWest

Offers a range of therapies and activities for children and their families, both one to one and group work.

5-8 yrs

Fortalice

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/carers in how they can support their child. Fortalice offer a range of interventions and support to children and young people

Bolton Wanderers In the Community

One to one mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered.

Action for Children

Decider skills Group Work therapy to teach children, and adults the skills to recognise their own thoughts, & to monitor and manage their own emotions.

8-11 yrs

Urban Outreach

One to one support for the child and the family, exploring issues and challenges, learning tools to manage emotions and developing coping strategies.

Zacs Youth Bar

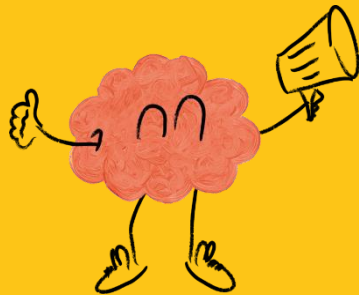
Group and one to one mentoring focusing on preparing for the move to High School in Year 6, delivering to those living in the South of Bolton.

How to Refer to Bolton's I-Thrive Offer (2 – 19)*

* 25 years for young people with SEND

One point of referral**

Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner



[Click here for Two Page Referral Form](#)

Email: IThrive@boltontgether.org.uk

Website: <https://bolton-together.org.uk/>

* *The one point of referral currently applies to accessing Bolton Together's mental health and emotional wellbeing offer. If you feel a child or young person requires CAMHS please refer directly to the service

<https://www.qmmh.nhs.uk/bolton-camhs/>

I-Thrive School Network

- Part of the Mindfulness for Education initiative
- Aims:
 - A bi-monthly I-Thrive School Network meeting arranged for both primary and secondary schools to focus on how professionals can support children and young people with their emotional health and wellbeing.
 - Network is facilitated by Matthew McCloskey – I-Thrive Referral Hub Coordinator (Bolton Together) / CAMHS Well Being Practitioner
 - To explore different topics, develop skills and problem solve together.
 - To continue the ‘Mindfulness for Education’ conversation and how to apply these principles in education settings.
 - To share new learning, support each other and to overcome barriers to providing a preventative offer.
 - To provide advice on Getting Help and Getting More Help quadrants of the IThrive Model including the I-Thrive offer delivered by Bolton Together
- Membership is given to those who have attended the Mindfulness for Education Course and expressed interest, but can also be opened to the wider staff team within schools who have an interest in this area
- Bolton Together will host the I-Thrive School Network and be a point of contact but another member or guest speaker can be elected to facilitate development
- Network meetings will be delivered via MS Teams and topics for discussion will be sent out before the meeting
- If you need any further support or want to join or feedback on the I-Thrive School Network or Mindfulness for Education programme then please contact matthew.mccloskey@boltontgether.org.uk

Referring to Bolton CAMHS

<https://www.gmmh.nhs.uk/bolton-camhs>

- Name, address and date of birth
- Up to date phone numbers – young person and parent/carers
- Names and DOB of people with parental responsibility
- School attended
- Any social care history – e.g. on child protection plan/previous child protection plan,/ subject to early help or child in need plan/ looked after child, special guardianship order/ name of social worker if involved
- Communication needs- if interpreter required for young person or their carer and if so what language

Any referral should contain information about the:

- symptoms of mental health difficulties, including the duration, severity, impact on day- to-day functioning
- Risk to self – if self-harm- frequency, method, is there suicidal intent- safety advice given to young person and carers
- Risk to others- levels of aggressions
- Vulnerability- eg exploitation/substance and alcohol use

If you have safeguarding concerns, please refer to social care via Integrated Front Door

<https://www.bolton.gov.uk/safeguarding-protecting-children/reporting-child-abuse/1>

Free Mental Health Training for Bolton Professionals

Bolton's Mental Health Training Programme (All Age) – Bolton Council have funded a range of Mental Health training courses for anyone in Bolton that works with children and young people. This includes but isn't limited to 5 ways to wellbeing, Connect5, Mental Health Awareness, Mental Health Champions and SafeTALK. All details can be found <https://www.bolton.gov.uk/skills-training/working-children/1>. If you are a staff member that works with Adults the free training courses can be found <https://www.bolton.gov.uk/skills-training/working-adults>

MindEd – A free e-learning resource for professionals working with children and young people.

<https://www.minded.org.uk/catalogue/FolderView>

Psychological First Aid Training– A free online three week course produced by Public Health England for any professional working with children and young people. The Psychological First Aid course focuses on children and young people's mental health and what you can do to help them cope and access the support they need during and after emergencies and crisis situations. <https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

Shining a light on suicide –Free online suicide awareness training for anyone who lives or works across Greater Manchester

<https://shiningalightonsuicide.org.uk/learn-to-save-a-life/>

ME Learning – A range of e-learning modules are available on the ME Learning platform including bereavement and loss training. If you have a Bolton council email, there is access to the ME learning platform; for those already with an account go to

<https://boltonc.melearning.university/user/login>. For those Bolton Council workers who don't have an account please contact wpd-elearning@bolton.gov.uk regarding access.

Bolton Safeguarding Children E-Learning Brochure – A large range of online training delivered to professionals who work with children and young people in Bolton. Includes training such as Child Bereavement, Transgender Awareness, Parental Mental Health and Working with children affected by domestic abuse. <https://www.boltonsafeguardingchildren.org.uk/downloads/file/173/multi-agency-safeguarding-training-brochure>

Greater Manchester Learning Hub– A new training platform has been developed which can be accessed for free by anyone working in Greater Manchester. Access is via <https://app.melearning.co.uk/auth/validate-key?registerKey=NBCHYTMQ> and there are currently two GM i-Thrive training modules available "Intro to THRIVE" and "Intro to Arts, Culture and Mental Health."

Resources to help Education Staff deliver support

**Be Kind to My
Mind**

**Mental Health
Education Hub**

Crisis Tools

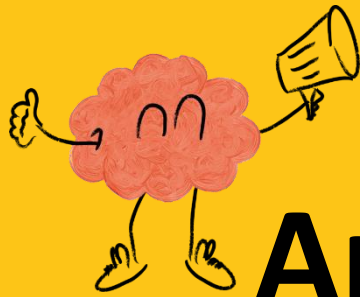
**Greater Manchester
Resilience Hub**

**Mentally Healthy
Schools**

Young Minds

**Bolton SEND
Handbook**

**Anna Freud
School Resources**



Any Questions?