



Theme 2. Mental Health and Emotional Resilience		Sunderland Community Children and Young People’s Mental Health Service (CCYPMHS)	
Service Overview			
CCYPMHS	<p>Sunderland Community Children and Young People’s Mental Health Service is a multidisciplinary team of professionals from health, education, and counselling with additional specialist training in mental health.</p> <p>They aim to have a positive effect on the mental health and emotional wellbeing of those children and young people who are experiencing, or who are at risk of developing emotional, behavioural and psychological difficulties.</p> <p>The service aims to work closely with schools, parents, carers and other professionals so that they can work collaboratively to support children and young people aged from 0 to 18 years. The aim is to promote emotional resilience in children and young people. The service offers preventative and early intervention strategies including consultation, liaison, assessment and short-term individual, group, and family work.</p>		
Education and Interventions		Service Contact Details	Referral Criteria and Assessments
CCYPMHS	<p>Prevention Supporting schools to achieve the Mental Health Charter Mark, including facilitation of half termly school cluster meeting.</p>	<p>Main office: Sunderland Community Children and Young People’s Service, Valley Road Academy, Corporation Road, Hendon, Sunderland, SR2 8PL.</p> <p>Tel (0191) 2831656</p> <p>Email: stsft.sunderlandcamhs@nhs.net</p> <p>Website: Community Children and Young People's Mental Health Services :: South Tyneside and Sunderland Mental Health Services</p>	Referrals received directly to service.
KS1, KS2, KS3 and KS4	<p>Support the delivery of FRIENDS Resilience Programmes within school for children who are anxious.</p> <p>Targeted A range of individual, family and group evidence based therapeutic interventions including Cognitive Behavioural Therapy (both high and low intensity), Systemic Family Practice, Counselling, Interpersonal Psychotherapy for Adolescents, Early Years Mental Health Interventions, Incredible Years Programme, FRIENDS, Parent-led CBT and Decider Skills.</p>		
Building Capacity and Training			
Training for professionals working with children, young people, and families			
Training for young people as peer educators			

CCYPMHS	Comprehensive training programme including 'Introduction to Child and Adolescent Mental Health (iCAMH)' and FRIENDS. Disorder based training to build upon iCAMH, plus a range of intervention-based training sessions.
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Theme 2. Mental Health and Emotional Resilience		Healthy Heads (Mental Health Support Team)	
Service Overview			
Healthy Heads	The Healthy Heads Team is a Mental Health Support Team based in participating Sunderland schools, offering early intervention to children, young people and their families, who are struggling with mild to moderate anxiety and/or low mood. The team comprises Education Mental Health Practitioners, Senior Education Mental Health Practitioners and Primary Mental Health Specialists, who provide a range of emotional, behavioural and psychological support services to children, young people, parents and professionals within schools.		
Education and Interventions		Service Contact Details	Referral Criteria and Assessments
Healthy Heads	<p>Prevention Support for the educational setting to develop their whole school or college approach to mental health and wellbeing. Group interventions, themed assemblies, whole class/year-group lessons and support for parents. Bespoke support to develop projects to support wellbeing, e.g. buddy benches, peer supporters etc. Support with transition to primary school or moving up a year group, which can be challenging for some children and their families. The team can help by:</p> <ul style="list-style-type: none">• Providing support to teachers and education settings• Offering support to parents• Providing group work for children and young people• Providing individual work for children and young people <p>Targeted Direct time-limited therapeutic interventions for children and young people with mild to moderate anxiety.</p>	<p>Main Office: The Hetton Centre, Welfare Road, Hetton-le-Hole, Houghton-le-Spring, DH5 9NE</p> <p>Tel 0191 283 2936</p> <p>Email: stsft.sunderlandmhst@nhs.net</p>	<p>Participating schools will have regular pre-planned consultations with their Healthy Heads practitioner. Referrals for one-to-one or small group support is via a written ‘Request for Support’ after discussion with the Healthy Heads practitioner.</p> <p>All support can be arranged by contacting your Mental Health Support Worker or the Healthy Heads Team.</p>
KS1, KS2, KS3, KS4, KS5			
Building Capacity and Training			

Training for professionals working with children, young people, and families Training for young people as peer educators	
Healthy Heads	Healthy Heads provides bespoke support to schools based on the needs of the school. This includes training for school staff.
Additional Resources	
	<p>A FREE online advice, support and counselling service available to all young people in Sunderland aged 10 to 25 years.</p> <p>Kooth.com provides a free, safe, anonymous and non-stigmatised way for young people to receive advice and support online. Kooth is staffed by fully trained and qualified team members, including BACP accredited counsellors and is available until 10pm each night, 365 days per year. As well as one-to-one support, peer to peer support can also be accessed through moderated message forums and online information. Sign up for free at Home - Kooth.</p>
Daisy Chain Family Support Service	<p>Support for children aged 0 to 18 years with neurodiversity needs and their families. The service can support at any stage of the autism, ADHD, sensory processing or Foetal Alcohol Spectrum Disorder (FASD) journey. Children do not need a diagnosis to access the service.</p> <p>Email: sunderlandfamilysupport@daisychainproject.co.uk Family Support Service - Sunderland - Daisy Chain (daisychainproject.co.uk)</p>

Theme 2. Mental Health and Emotional Resilience		Growing Healthy Sunderland - 0-19 Public Health Service	
Service Overview			
Growing Healthy Sunderland - 0-19 Public Health Service	Growing Healthy Sunderland 0-19 Public Health Service provide a range of health promotion to school age children and their families. The School Nursing Offer provides support to all children and young people through an educational setting or community-based provision in Sunderland, delivered through high quality, evidence-based interventions which support families and identify and respond appropriately to need. Key themes for the school population are identified using health profiling, bringing together local intelligence relevant public health data to identify the needs of the school population.		
Education and Interventions		Service Contact Details	Referral Criteria and Assessments

<p>Growing Healthy Sunderland - 0-19 Public Health Service</p>	<p>Prevention</p> <p>The universal offer aims to support children, young people and families to make positive choices about health-related behaviours; Growing Healthy Sunderland (GHS) deliver universal health promotion sessions, educating children and young people about what mental health is and how to maintain positive mental health, friendships & healthy relationships & sexual health. Sessions aim to provide information and techniques to support positive mental health and wellbeing through adopting health enhancing behaviours and choices.</p>	<p>To speak to a school nurse or make a referral through the Single Point of Contact Tel:- 03000 031552</p> <p>For More Information visit:</p>	<p>Parents / carers and young people can self-refer to the service and partner agencies can refer with consent, using the referral form for additional low level intervention & support on a one-to-one basis for complex health or emerging wellbeing needs.</p>
<p>KS1, KS2, KS3 and KS4</p>	<p>GHS offer schools an Assembly at the start of the school year, to promote the service and how to access the school nursing service. This can be repeated if there is an emerging need within a school population and at transition points.</p> <p>GHS offer a weekly drop in session at each secondary school in Sunderland, where the practitioners provide health promotion in relation to Health and Wellbeing and include information regarding maintaining positive mental health, bullying & friendships, self-image, managing stress & anxiety, transition.</p> <p>If required, a brief intervention for health and wellbeing related issues can be delivered, which may result in targeted work with a young person or an onward referral to a specialist service.</p> <p>Targeted</p> <p>Growing Healthy Sunderland Emotional Health and Resilience Practitioners (EHRN) offer Nurture group sessions as a targeted intervention, where schools identify emerging needs; the sessions are targeted to address a particular topic, year or friendship group. Nurture groups can also be offered to support transition, exam stress or where a particular need is identified. They also provide guidance to individuals identified as requiring low level additional support or who are at risk of deteriorating mental health.</p> <p>Where interventions have commenced by the EHRN and needs or risk increases, the EHRN can offer Mental Health First Aid. Young people can also be assisted to access specialist services and plan coping strategies to prevent further ill health or relapse. The</p>	<p>https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/</p> <p>https://hdftchildrenshealthservice.co.uk/</p> <p>https://www.facebook.com/GrowingHealthySunderland/</p> 	<p>Referrals to the service can be completed on the forms below and sent to spoc.hdftsunderland@nhs.net</p> <div data-bbox="1756 611 1816 671"></div> <div data-bbox="1951 611 2011 671"></div> <p>5-19%20Sunderland Emotional%20Health %20Referral.doc %20Referral%20Form</p> <p>Assessment:</p> <ul style="list-style-type: none"> • School Health Profiles • Emotional Health & Resilience Nurse pathway • Assessment of Gillick / Fraser competence • Holistic Family Health Needs Assessment & assessment of risk analysis from Adverse Childhood Experience. • Emotional resilience assessment (Warwick Edinburgh) • Referral to paediatrics/ Child & Adolescent Mental Health Services.

	<p>practitioner will complete onward referral where necessary and provide ongoing support whilst awaiting specialist support from the identified service.</p> <p>GHS support and complete onward referrals to CCYPMHS, KOOTH, YDAP, paediatricians, SALT and GPs. Where there are increased risks, referrals to Together for Children are completed.</p> <p>Pupils identified to have Special Educational Needs and Disabilities (SEND) can be supported by the Growing Healthy SEND team to offer targeted sessions specific to individual needs and vulnerabilities. The practitioners work in partnership with young people and families to assess Gillick and Fraser competence.</p> <p>Within specialist provisions such as the pupil referral unit, the Vulnerable Young Person's Nurse (VYPN) delivers targeted small group sessions and one to one intervention, regarding emotional health and resilience and transition to adult services. The VYPN works closely with Together for Children to identify young people requiring further assessment and specific support in relation to emotional health and risks from substance use, exploitation, recognising healthy and unhealthy relationships and adverse childhood experiences.</p>		
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Theme 2. Mental Health and Emotional Resilience		Sunderland Healthy Schools Award Mental Health Charter Mark	
Service Overview			
Mental Health Charter Mark KS1, KS2, KS3 and KS4	The Sunderland Mental Health Charter Mark has been developed to support Sunderland schools to adopt and establish positive mental health and emotional wellbeing practices within their setting. In addition, the award recognizes the dedication of schools within the city to support the health and wellbeing of their pupils, staff and local communities. Participation in the award will also support schools to prepare for Ofsted inspection and has been developed in line with Ofsted guidance from the common inspection framework. The Charter Mark can be gained at bronze, silver or gold levels, dependent on a provider's ability to demonstrate how it supports children and young people, parents and staff. As a starting point we encourage schools to visit https://www.togetherforchildren.org.uk/professionals/mental-health-charter-mark to find out more about the Mental Health Charter Mark.		

	<p>There are half termly Mental Health and Wellbeing cluster meetings to share good practice, relevant training opportunities (usually free to schools) and to enable schools to help and support one another to improve their mental health and wellbeing offer to their pupils, staff and wider school community. To attend contact mentalhealthcharter@schools.sunderland.gov.uk</p> <p>The Thriving and Coping Group oversee the Mental Health Charter Mark. The group is made up of multi-agency professionals such as school staff, mental health workers as well as representatives from CCYPMHS, Together for Children and Public Health. Members of the group are happy to support schools wishing to attain the charter. The group coordinate regular 'file surgery drop-ins' to support schools to attain the Mental Health Charter Mark. During these sessions schools who have already achieved the Mental Health Charter Mark share their experiences and evidence they used to attain the charter and offer support and guidance to schools who are starting their journey.</p>
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Theme 2. Mental Health and Emotional Resilience		Washington Mind	
Service Overview			
Washington Mind	<p>Washington Mind provide a range of psycho educative materials and a range of training for staff and young people that is free at the point of delivery. Youth led resources including their mental health zine library https://www.mentalhealthzinelibrary.co.uk/ and Sunderland - The Teenage Market and co-produced services with The Bunker.</p> <p>Washington Mind can deliver targeted groupwork and training face to face or online. We offer counselling for young people living in the City of Sunderland. Appointments can be accessed at Washington Mind or at their base at PopRecs in Sunderland. They also offer a range of psychosocial and creative groups that support mental wellness.</p>		
Education and Interventions		Service Contact Details	Referral Criteria and Assessments
Washington Mind	<p>Prevention A LIFE Worth Living – (Young People) suicide prevention and intervention training.</p>	<p>Telephone: 0191 417 8043 Text: 07507330995</p> <p>Email: training@washingtonmind.org.uk</p> <p>Email: info@washingtonmind.org.uk</p> <p>Washington Mind is an accredited member of the British Association of</p>	<p>An assessment is completed to establish suitability for counselling with potential contra-indications identified. Risks are mitigated at all stages of the process.</p>
KS2 (11 years only), KS3 and KS4	<p>This community focused approach for suicide prevention and intervention is available for anyone who works with, lives with and supports young people aged 11 – 18 years.</p> <p>Targeted Washington Mind Young People’s Service offers one-to-one counselling and groupwork for young people</p>		<p>Washington Mind works closely with partners including Together for Children, CCYPMHS, CYPS, Education and Adult Mental Health to ensure the best possible outcomes.</p>

	aged 11 to 25 years who live within the City of Sunderland.	Counselling and Psychotherapy and adhere to its Ethical Framework.	YP CORE, Goal Based Outcomes and ESQ are used to evaluate progress.
Building Capacity and Training Training for professionals working with children, young people, and families Training for young people as peer educators			
Washington Mind	<p>A variety of fully funded training is available as part of Washington Mind community approach to mental health. Washington Mind provide consultation and volunteering opportunities.</p> <p>Bespoke training can be commissioned. Washington Mind currently hold SLA's with local schools to deliver counselling/groupwork and can provide clinical supervision for counsellors working with young people.</p>		

Theme 2. Mental Health and Emotional Resilience		Sunderland Mind	
Service Overview			
Sunderland Mind	WASP (Wellbeing Action Support Project) offers a Listening Ear Service to anyone aged between 7 to 18 years old. Parents can also access this service. The Listening Ear is not a counselling service. However, a young person can speak confidentially as and when a problem arises. Counselling is also available for children and young people aged 8 to 17 years old.		
Education and Interventions		Service Contact Details	Referral Criteria and Assessments
Sunderland Mind	<p>Prevention</p> <p>As well as the Listening Ear Service, WASP currently offer a number of group sessions to young people aged between 7 to 18 years old. These groups aim to build confidence, self-esteem and resilience to help cope with issues as they arise.</p> <p>The groups in include: Junior group – 7 to 10 year olds Senior group – 11 to 17 year olds</p> <p>WASP also offer lunchtime drop-in sessions within local schools. The aim of the sessions is to allow young people the space to speak in a safe</p>	<p>Telephone: 0191 5657218 or 07984595624</p> <p>Email: marsha.jardine@sunderlandmind.co.uk</p>	<p>Professionals can refer directly by phone or email. Young people and parents can also self-refer.</p>
KS2, KS3 and KS4			

	<p>environment about day-to-day life. The sessions are devised to give young people the tools to cope with everyday problems, when they arise, rather than let them build into bigger issues. (There is a cost to this project, for more information contact Sunderland Mind).</p> <p>Targeted Sunderland Mind offer free-of-charge one-to-one counselling for young people aged 8 to 18 years who live in Sunderland.</p>		
Building Capacity and Training Training for professionals working with children, young people, and families Training for young people as peer educators			
Sunderland Mind	WASP currently offer peer mentor training to young people within schools. The training includes mental health awareness, managing mental health, skills and qualities of a peer mentor, along with communication and listening skills. (There is a cost to this project. For more information contact Sunderland Mind leigh.ann@sunderlandmind.org.uk)		

Theme 2. Mental Health and Emotional Resilience		Sunderland and South Tyneside Community Children and Young People Service (CYPS)	
Service Overview			
CYPS	The Children and Young People’s Service (CYPS) provides a single service to all children and young people aged 0 to 18 years living in South Tyneside and Sunderland who present with mental health difficulties. This includes children and young people who may have learning difficulties and those living in a range of difficult and challenging circumstances.		
Education and Interventions		Service Contact Details	Referral Criteria and Assessments
CYPS	Targeted The service is able to provide: <ul style="list-style-type: none">Assessment, diagnosis and intervention on a range of mental health issues.Intensive response and home-based treatment for those children and young people whose mental health is causing significant concern.	Our main office number: 01915665500 is available Monday to Friday 8am-8pm, however if you need support out of these hours, we can be contacted by calling freephone number: 0800 652 2868 which is available 24/7. Email	Referrals will be accepted from any professional working with child, young person or their family. Please refer via CYPS referral form.
KS2 (11 years only), KS3 and KS4			The service carries out assessments to plan treatment or intervention that will be carried out.

	<ul style="list-style-type: none"> • An intensive Eating Disorder Service to support children and young people on the eating disorder pathway who are at risk of an inpatient admission. • A comprehensive transition support package to those young people who are approaching their 18th birthday and may need continuing support as adults. • 24 hour access to support via a single point of access. 	NTAWNT.SOTCyps@nhs.net Address Monkwearmouth Hospital Newcastle Road Sunderland SR5 1NB Children and Young People's Service - South Tyneside and Sunderland - CNTW166 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust	
Building Capacity and Training Training for professionals working with children, young people, and families Training for young people as peer educators			
CYPS	The service provides training, consultation, support and advice to front line staff working in targeted services for children.		

Theme 2. Mental Health and Emotional Resilience		Resources
National resources to encourage emotional health and wellbeing	Guidance on promoting children and young people's mental health and wellbeing : guidance on the eight principles of a whole school or college approach to promoting mental health and wellbeing. Teaching about mental wellbeing : practical materials for primary and secondary schools to use to train staff about teaching mental wellbeing. MindEd : is a free educational resource on children and young people's mental health for all adults. It includes content curated specifically for school settings for education staff to support and promote children and young people's mental health and wellbeing	