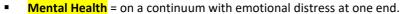
HERTFORDSHIRE GP MANAGEMENT of EMOTIONAL DISTRESS in CHILDREN & YOUNG PEOPLE (CYP)

Dr Alison Cowan: Updated May 2024



Emotional Distress = describes negative emotion triggered by stressful event or underlying mental health issue.

Is it a mental health problem or is it normal adolescent angst??

⇒ Depends on *impact on functioning (TRAM tool)*

GENERAL APPROACH

T transient R reactive A appropriate M manageable

History Taking

1. Presenting Symptoms

- Psychological (consider screening tools)
- Physical
 - Sleep, appetite, energy, concentration
 - CVS effects of anxiety
- o Functional impact: allows assessment of severity

2. Risk Assessment

Significant risk of physical harm?

- Manifestations of significant distress
 - Self-harm/suicide) ways of coping with
 - Eating disorder*) intolerable feelings
- Safeguarding concern
- Protective factors

*see additional document for pathway

- 3. PMHx of mental health issues and medication
- 4. FHx of mental health issues
- 5. HEADSSS tool includes alcohol and recreational drugs
- 6. General physical health
- 7. Identifiable Triggers Helps to:
 - · explore patient's perceptions of issues
 - · identify their priorities
 - What is worrying you most? Why did you make an appointment?
 - What do you think is contributing to the way you are feeling?

Mental State Examination

- 1. Appearance and behaviour
- 2. Speech
- 3. Moods
- 4. Thoughts or formal thought disorders
- 5. Perception
- 6. Insight and capacity: If no capacity may need to consider Mental Health Act

Risk Formulation

• Enhancing risk factors

- o Feelings: hopelessness
- o Thoughts about the future; suicidal ideation
- o Behaviours: self-harm; suicidal plans
- Predisposing factors
- Precipitating factors: internal and external triggers
- Perpetuating factors: patterns of presentation

Protective risk factors

- Internal resources
- External support

Stage 1 - Initial Management Listen: non-judgmentally and recap Validate: acknowledge distress Explain: with reference to triggers identified above by pts

Stage 1 - Ongoing Management (Depends on Risk Assessment) CYP Mental Health Service Directory

High level need Significant risk of physical harm or moderate to severe mental health problem

GP Hotline number for queries (Mon-Fri 7am-7pm): 0300 777 0606 General measures below +

- CYPMHs referral via SPA form (hpft.spa@nhs.net) +/- in a crisis 0800 6444 101 (24/7) (CCAT; CEDS, targeted team; PALMS)
 - o Urgent: Immediate risk < 4hr, or If can keep safe < 7d
 - o Routine: < 4wks

Moderate level need mild or moderate mental health problem

- STEP 2 professional referral via referral form CYPMHS Step 2 01438 730570
- +/- Safeguarding referral via www.hertfordshire.gov.uk/childprotection
 - <u>protectedreferrals@hertfordshire.gov.uk</u> (email to follow up safeguarding referrals)

Stage 1 - Ongoing Management

Low Level need (Emotional issue, mild mental health issue)

- (1) Simple Behavioural Strategies
 - a. Address specific problem
 - b. General behavioural measures *
 - Timetable more valued enjoyable activities
 - · Better work-life balance
 - · Take up a relaxing hobby
 - Gratitude diary
 - Relaxation (mindfulness/ meditation)
 - O Health behaviours:
 - 1. Regular Exercise
 - 2. Good Sleep: HEAL
 - (Health; Environment;
 Attitude; Lifestyle)
 - 3. Well-balanced diet
 - Reduce smoking/vaping, drugs, alcohol
 - 5. Good digital hygiene
 - '5 steps to wellbeing'

<u>Journal</u>

Five Ways to Wellbeing elearning modules













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- (2) Signpost to: (see PILs appendix 3* and Just Talk Herts website https://www.justtalkherts.org/just-talk-herts.aspx)

 Every Mind Matters https://www.nhs.uk/every-mind-matters/
 - a) Local Remote Digital Wellbeing Services
 - i. With YOUth www.withyouth.org HMN /BFB Labs
 - ii. The Sandbox: Sandbox Homepage (mindler.co.uk)

b) Local Face-to-face support

Supporting You	HCC SfYP: 0300 123 7538	
Programme	Supporting You Referral	
School Nursing Team	Public Health Nursing 0300 123 7572	
5-19yrs	School Nursing Referral	
School Mental Health	Details of schools and colleges with an	
Support Teams	MHST are here	
(MHSTs)		
Childrens' Wellbeing	Public Health Nursing	
Practitioner (CWP)	hct.cwp@nhs.net (number to follow)	
5-19yrs	CWP Referral	
Talking Therapies	HPFT: 0800 6444 101	
team >16yrs	www.hpft-iapt.nhs.uk/	
Hertfordshire Community Counselling Organisations		
YCT (East and North Herts)		Youth Talk (St Albans district)
11-18v Tel: 01279 414 090		13-25v Tel: 01727 868684

YCT (East and North Herts) 11-18y Tel: 01279 414 090 Www.yctsupport.com Rephael House WGC/Hatfield 11-19y Tel: 020 8440 9144 www.rephaelhouse.org.uk Youth Talk (St Albans district) 13-25y Tel: 01727 868684 www.youthtalk.org.uk Signpost (Watford and Hemel) 10-25y Tel: 01923 239495 www.rephaelhouse.org.uk www.oneymca.org/signpost

- (3) CYP with Special Educational Needs & Disabilities (SEND) support: Hertfordshire directory of SEND services
- (4) Coordinated support from a few agencies incl social care (Child in need not reaching safeguarding threshold)

 Complete green single service request form for early help and request: Families First (FF) assessment or ring FF triage: 01438 737 575 or direct parents to 0300 123 4043 to request a FF assessment

Stage 2

(depending on level of comfort)

- (1) ASK PATIENT TO GIVE SPECIFIC EXAMPLE and use CBT model to help identify vicious cycle
- (2) Discuss early solution-focused management to break vicious cycle
 - a. Behavioural strategies as above *
 - i. Encouraging positive behaviours
 - ii. Targeted to specific examples: recognise the behaviour in relation to the feelings
 - b. Cognitive strategies
 - i. Challenging negative beliefs 'what would other people say?'
- (3) Homework and follow up
 - a. 1 general change to reduce emotional distress
 - b. 1 specific strategy to impact on how he/she feels: Behavioural or Cognitive
- (4) Review and recap: 'let's review what we have just discussed, your priorities and action plan'