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

Dr Alison Cowan: Updated September 2024

* **Mental Health** = on a continuum with emotional distress at one end.
* **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??***

**T** *transient*

**R** *reactive*

**A** *appropriate*

**M** *manageable*

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

**GENERAL APPROACH**

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| **History Taking** |
| 1. **Presenting Symptoms**
* Psychological *(consider screening tools)*
* Physical
	+ Sleep, appetite, energy, concentration
	+ CVS effects of anxiety
* Functional impact: allows assessment of severity
1. **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*1. **PMHx of mental health issues and medication**
2. **FHx of mental health issues**
3. **HEADSSS tool includes alcohol and recreational drugs**
4. **General physical health**
5. **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?*
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| **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*
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| **Risk Formulation** |
| * **Enhancing risk factors**
	+ **Feelings:** hopelessness
	+ **Thoughts** about the future; suicidal ideation
	+ **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
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| **General Management** |
| **Stage 1 - Initial Management** |
| * **Listen:**  non-judgmentally and recap
* **Validate:** acknowledge distress
* **Explain:** with reference to triggers identified above by pts
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| **Stage 1 - Ongoing Management** *(Depends on Risk Assessment)* [**CYP Mental Health Service Directory**](https://www.justtalkherts.org/media/documents/Mental-Health-Support-Guidance-for-professionals-working-with-children-and-young-people-CYP-JB.pdf?0000) |
| ***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)*
	+ **Urgent: Immediate risk < 4hr,** or **If can keep safe < 7d**
	+ **Routine: < 4wks**

***Moderate level need mild or moderate mental health problem**** **STEP 2 professional referral via referral form** [CYPMHS Step 2](https://www.hct.nhs.uk/service-details/service/child-and-adolescent-mental-health-camhs-step2-61/)  01438 730570

*+/-* ***Safeguarding referral*** via [www.hertfordshire.gov.uk/childprotection](http://www.hertfordshire.gov.uk/childprotection)* protectedreferrals@hertfordshire.gov.uk (email to follow up safeguarding referrals)
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| **Stage 1 - Ongoing Management**  |
| ***Low Level need*** (Emotional issue, mild mental health issue)

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| 1. ***Simple Behavioural Strategies***
2. **Address specific problem**
3. **General behavioural measures \***
	* + - Timetable more valued enjoyable activities
* Better work-life balance
* Take up a relaxing hobby
	+ - * Gratitude diary
			* Relaxation (mindfulness/ meditation)
			* Health behaviours:
1. Regular Exercise
2. Good Sleep: ***HEAL***
* (***H****ealth;* ***E****nvironment;* ***A****ttitude;* ***L****ifestyle)*
1. Well-balanced diet
2. Reduce smoking/vaping, drugs, alcohol
3. Good digital hygiene
	* + - ‘5 steps to wellbeing’

[*Journal*](https://www.justtalkherts.org/media/documents/justtalk-journal.pdf)[*Five Ways to Wellbeing elearning modules*](https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx#Fivewaystowellbeing)***No new referrals currently***../../../Desktop/Screenshot%202019-10-24%20at%2010.15.12.png | 1. ***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-matter*s/*](https://www.nhs.uk/every-mind-matters/)1. ***Local Remote Digital Wellbeing Services***
	1. **With YOUth** [www.withyouth.org](http://www.withyouth.org) HMN /BFB Labs
	2. **The Sandbox:** [Sandbox Homepage (mindler.co.uk)](https://sandbox.mindler.co.uk/)

 ***b) Local Face-to-face support***

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| **Supporting You****Programme** | HCC SfYP: 0300 123 7538[Supporting You Referral](https://www.servicesforyoungpeople.org/support-for-young-people/support-with-health-and-emotional-wellbeing/supporting-you/) |
| **School Nursing Team**5-19yrs | Public Health Nursing 0300 123 7572[School Nursing Referral](https://www.hct.nhs.uk/search/service/school-nursing-56) |
| **School Mental Health Support Teams** (MHSTs) | [Details of schools and colleges with an MHST are here](https://healthyyoungmindsinherts.org.uk/sites/default/files/content/Dec%2022%20Herts%20Schools%20and%20Colleges%20with%20a%20Mental%20Health%20Support%20Team%20.pdf) |
| **Childrens’ Wellbeing Practitioner (CWP)**5-19yrs | Public Health Nursing hct.cwp@nhs.net (number to follow) [CWP Referral](https://www.hct.nhs.uk/search/service/childrens-wellbeing-practitioners-21)  |
| **Herts Haven Cafes** Drop in F2F support for10-18yrs | [www.withyouth.org/herts-haven-cafes/](http://www.withyouth.org/herts-haven-cafes/)) in Watford, Stevenage, Hemel Hempstead and Ware |
| **Talking Therapies team** >16yrs | HPFT: **0800 6444 101**[www.hpft-iapt.nhs.uk/](http://www.hpft-iapt.nhs.uk/)  |
| **Hertfordshire Community Counselling Organisations** |
| **YCT (East and North Herts)** *11-18y* Tel: 01279 414 090 [www.yctsupport.com](http://www.yctsupport.com)  | **Youth Talk (St Albans district)***13-25y* Tel: 01727 868684[www.youthtalk.org.uk](http://www.youthtalk.org.uk)  |
| **Rephael House WGC/Hatfield** *11-19y*Tel: 020 8440 9144[www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk)  | **Signpost (Watford and Hemel)** *10-25y*Tel: 01923 239495[www.oneymca.org/signpost](http://www.oneymca.org/signpost) |

1. ***CYP with Special Educational Needs & Disabilities (SEND) support:***  [Hertfordshire directory of SEND services](https://www.hct.nhs.uk/send-resources-for-parents-and-children-of-cyp-aged-5-25)
2. ***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 |

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| **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***
	1. ***Behavioural strategies*** - as above \*
		1. Encouraging positive behaviours
		2. Targeted to specific examples: recognise the behaviour in relation to the feelings
	2. ***Cognitive strategies***
		1. Challenging negative beliefs – *‘what would other people say?’*
3. ***Homework and follow up***
	1. 1 general change to reduce emotional distress
	2. 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’*
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