**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**

|  |
| --- |
| **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?* |
| **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**   + **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 |
| **General Management** | |
| **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**](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**](mailto: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](mailto:protectedreferrals@hertfordshire.gov.uk) (email to follow up safeguarding referrals) | |
| **Stage 1 - Ongoing Management** | |
| ***Low Level need*** (Emotional issue, mild mental health issue)   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 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***   |  |  |  | | --- | --- | --- | | **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](mailto: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 for  10-18yrs | [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 | | |
| **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’* | |