

This guide will assist professionals in understanding the services that are available to children and young people in Whitby, Scarborough and Ryedale presenting with difficulties related to emotional health.



Working collaboratively we offer a graduated response to ensure early identification and intervention. Children with the most severe difficulties should receive support from specialist services in a timely manner and most children will receive support from community based services at school or in their home.

You can help make this happen – by obtaining upfront consent from families at the earliest opportunity and explaining the partnership approach we can reduce the need for families to face delays whilst we re-seek consent and deliver an effective “no wrong door” approach.

Please talk to a colleague in any of the services listed overleaf if you need advice or information at the point of referral.

By working in partnership we can ensure that input is relative to the presenting need.

As needs escalate or decrease families will move smoothly between services without the need for re-telling their stories.

## Prevention Service – North Yorkshire County Council

The Prevention Service Early Intervention offer includes:

- Parenting; developing routines and consistent approaches through modelling and tools to address problematic behaviour.
- Support to families with home-school relationships in response to issues of poor attendance, bullying and school refusal and low-level risk taking behaviour.
- Practical, hands-on support to reduce social isolation through brokering access to community activities and groups.

**Access Point PS** – Information [www.northyorks.gov.uk/prevention-service](http://www.northyorks.gov.uk/prevention-service) and to make a referral [www.safeguardingchildren.co.uk/referral-process](http://www.safeguardingchildren.co.uk/referral-process)  
**Telephone: 01609 780780 and press option 2**

## Healthy Child Team (HCT) 5-19, Harrogate and District NHS Foundation Trust

A service available to **all** in school, college, specialist provision or home educated.

The healthy child offer includes:

- Adjusting to life circumstances, with mild or temporary difficulties, where the best intervention is in the community including promoting self-support and building resilience using a whole family approach.
- Short term input around low self esteem, emerging anxiety and low mood using evidence based interventions on a 1-2-1 basis
- Assessments around emotional distress including self harm behaviours to establish the level of severity. Self harm assessed as low risk will be supported and higher levels of severity will be signposted to more appropriate services.

**Access Point HCT** – details on how to refer can be found at [www.hdft.nhs.uk/services/childrens-services/5-19-ny](http://www.hdft.nhs.uk/services/childrens-services/5-19-ny)  
**Telephone: 01609 780780**

## Compass REACH – aged 9 – 19 years (up to 25 with SEND) only

Compass REACH is a **nurse led** service that delivers evidence-based psychosocial interventions:

- Providing specialist interventions in relation to substance/alcohol misuse
- Providing early help and prevention work in relation to **emotional wellbeing and mental health** issues such as anxiety low mood and self-harming behaviours

**Compass BUZZ** – aged 5-18 (up to 25 with SEND) is a free school referral based emotional wellbeing project which supports the whole school workforce to increase skills and confidence through training. Compass BUZZ Wellbeing Workers can co-facilitate one-to-one/ group work sessions with pupils alongside a member of school staff.

Compass BUZZ run a messaging service called BUZZ US that young people aged 11-18 can text anonymously.

### Access Point Compass –

Referrals must include a young person's informed consent. To discuss a referral please contact us  
**NYRBS@compass-uk.org**  
**Telephone: 01609 777662**  
**Freephone: 0800 008 7452**

**Access point 'BUZZ US'** is available 9am – 5pm Mon–Thurs, 9am – 4.30pm Fridays on **07520 631168**.

To find out more about Compass BUZZ call **01609 777662**.

## Specialist Child and Adolescent Mental Health Services

Specialist CAMHS offer includes:

- Supporting moderate to severe emotional / mental health issues that are significantly affecting daily life despite other interventions
- Specialist CAMHS care pathways include; Emotional

pathway, including moderate/severe depression, anxiety, Post-Traumatic Stress Disorder, obsessive compulsive disorder; moderate / severe self-harm; Eating Disorders, including anorexia / bulimia; Attention Deficit Hyperactivity Disorder (ADHD); Other complex mental health presentations, including psychosis, personality difficulties; co-morbidity mental health issues including where these occur in Children & Young People (CYP) with neuro-developmental conditions.

- Difficulties that are of high risk/severity (e.g. self-harm; deterioration in self-care; significant family distress, non-school attendance as a result of mental health difficulties; severe social withdrawal)
- Evidence of complex neurodevelopmental difficulties e.g. Attention Deficit Hyperactivity Disorder (ADHD) or other that may require a multi-disciplinary assessment (CAMHS are not commissioned to undertake autism assessments)

### Access point CAMHS –

For all ROUTINE referrals in Scarborough, Whitby and Ryedale please contact CAMHS Single Point of Access on 0300 0134778 (Mon-Fri 9-5pm) for advice and referral form.

If the situation is URGENT then direct call to locality teams (Mon-Fri 9-5pm) and request to speak with duty worker:- Scarborough/Whitby/ Ryedale – **01723 346000**

### Out of hours emergencies – Crisis Service

If resident in Scarborough and Ryedale call **01723 346502**, 7 days a week, 10am-10pm and if resident in Whitby call **01723 346502**, 7 days a week, 24 hours.