




## Derbyshire Dialogue

**Children and Young People's  
Crisis Alternatives  
22nd January 13:00 - 14:00**

  
**Joined Up Care**  
Derbyshire

  
**NHS**  
Derby and Derbyshire  
Integrated Care Board

  
**Mental Health and  
Suicide Prevention**  
Public Health Derbyshire

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Derby & Derbyshire Integrated Care Board:

**Helen O'Higgins** - Head of Children and Young People's Mental Health commissioning

**Maggie Withington** – Children's Commissioning Officer

**Nicky Smith** – Assistant Director Children's Strategic Commissioning

Public Health Derbyshire County Council:

**James Creaghan** - Public Health Lead for Mental Health and Suicide Prevention

**Luke Oldham** - Public Health Officer for Mental Health and Suicide Prevention Team



# Introduction and Overview

## Aims of the session

## Overview of current provision

- Context, Strategy and Transformation
- The Public Health Perspective – building resilience
- The NHS Perspective – Crisis Response offer

## Crisis Alternatives

- **Who, what, where** and **why** are we talking about it?
- The conversation so far
- Innovation, collaboration and a **vision for the future**





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**In 2023, how many children and young people aged 8 to 25 years in England were thought to have a probable mental health condition?**

① Start presenting to display the poll results on this slide.



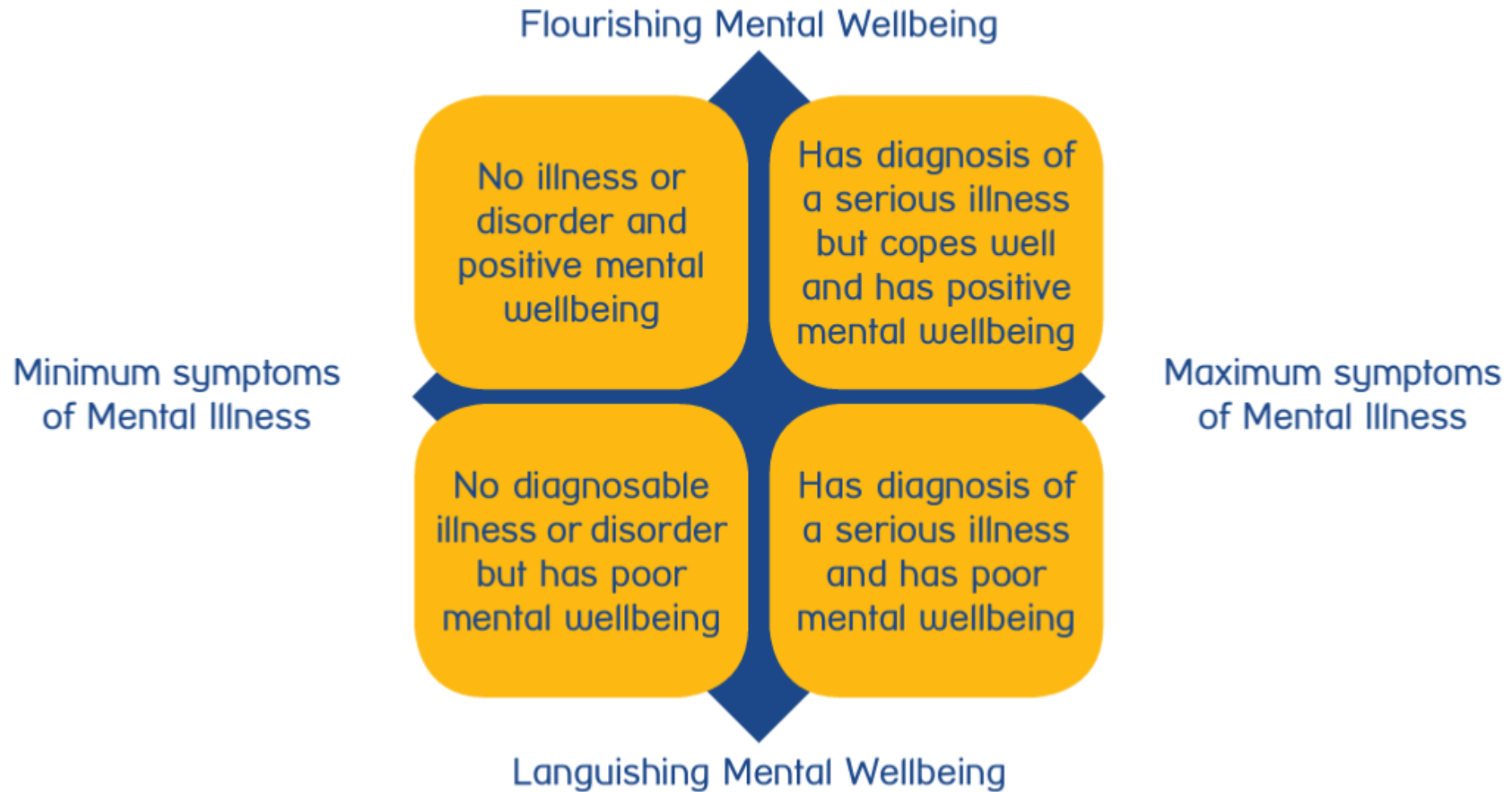
# 1.4 million children and young people 8 to 25 years with a mental health concern in England in 2023.

- Increased prevalence of probable mental health disorder in children and young people
  - In 2017 12.5% 1 in 8
  - In 2023 23% 1 in 5
- Exacerbated by the pandemic but stabilised between 2022 – 23

Reference: [The Childrens Commissioner report Childrens mental health services 2022-23](#) published 14 March 2024



# The Mental Health Continuum



Reference: Manchester Mind

# NHS Strategy and Transformation

NHS priorities: To improve access, experience and outcomes.

- **Right Care**, in the **Right Place**, at the **Right Time**

NHS developments:

Future in Mind (2011- 2019) **Early Intervention and Targeted Support**

The NHS Long Term Plan (2019 - 2024) children and young people **crisis response 24/7 and intensive home treatment**, a community-based offer which prevents inappropriate hospital admission.

2024+ Seeking to build capacity within specialist Child Adolescent Mental Health Service (CAMHS) – to reduce the long waits





# THRIVE – The Children and Young People Emotional Health and Wellbeing Offer



Reference: [Anna Freud Centre](#)

# THRIVE –Children and Young people’s Emotional Health and Wellbeing Offer

## Click on the tiles for more information

**kooth**

Those who need advice and signposting

Those who need focused goals-based input

Specialist Community Advisors (SCAs)



Derby & Derbyshire  
**Emotional Health & Wellbeing**  
Transforming Health and Wellbeing for Everyone

24/7 helpline and mental health support service 0800 028 0077

**NHS**

Getting Advice

Getting Help

**Thriving**  
Those whose current need is support to maintain mental wellbeing through effective prevention and promotion strategies

Getting Risk Support

Getting More Help

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

Those who need more extensive and specialised goals-based help





# Definitions of mental health crisis

When considering crisis there may be different perspectives:

**self-definition; carer definition; service definition and risk definition**

These differences should not become barriers to children and young people reaching out to access support.

- A crisis can be defined as an acute, time-limited episode experienced as overwhelming emotional reactions to an event.
- What is a crisis for one person may not be so for another.
- What becomes a crisis may not have been a crisis before or would not be a crisis in a different setting.



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**Using one word, what are the factors which might result in children and young people ‘tipping’ into emotional / mental health ‘crisis’?**

① Start presenting to display the poll results on this slide.

# What are children and young people saying might tip them into a crisis?

MH:2K Youth Citizen Researchers (2023): They reported key themes that affected their mental health and wellbeing:

- **Impact of sometimes traumatic homelife**
- **Lack of understanding from parents about mental health**
- **Cultural barriers to accessing support**
- **Disproportionate impact on certain groups**
- **Limited access to hobbies and interests**
- **Exposure to toxic content online**

# ThinkFest! Mental Health Workshop in Chesterfield town centre (2024).

Some of the young people's views from the session were

Safe and comfy  
place to go to if you  
feel like everything  
feels a bit much..

Kind people to help  
you

Age-  
appropriate  
assessments.

Better training when  
needing MH  
appointments..

More easily  
accessible long-  
term support

Mental health and  
neurodiverse  
support in schools

More education  
for school staff  
about mental  
health

All mental health  
regardless of  
severity should be  
taken seriously

No  
discrimination  
against any  
mental health  
diagnosis

Better transitions  
from childrens to  
adult mental health  
services





# The Public Health Perspective – Thriving and Getting Advice



- Focussed on prevention
  - To equip children and young people with awareness, tools and confidence to manage their mental wellbeing
  - To enable adults (e.g. educators, practitioners, coaches) to be aware and skilled
  - To prevent escalation towards crisis
  - To provide information



# The Public Health offer



- **Create a positive culture**
  - Whole School Approach
  - Community Based Approach (e.g. children and young people social prescribing, Youth Outreach)



- **Increase skills - Free Training**
  - Youth Mental Health First Aid Training
  - Suicide Awareness Training



- **Provide support**
  - School Nursing

Derbyshire  
Family Health Service



- **Raise Awareness**
  - Campaigns
  - Communication (Social Media, Newsletters)
  - Tools and resources
  - Mental Health Support Map - Rethink



# Useful resources

- **Derby and Derbyshire Emotional Health and Wellbeing Website**  
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>
- **Whole School Approach, Smilers and Mental Health Pathway**  
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/children-young-people-mental-health-pathway>
- **Links to self-help, support guides, community support, training and more**  
<https://dccmhsp.com/Information>
  - Let's Chat Podcast - <https://dccmhsp.com/Podcast>
  - Self-help guides - <https://dccmhsp.com/Selfhelp>
  - Toolkits/resources - <https://dccmhsp.com/Toolkit>
- **Rethink Mental Health Support Map**  
<https://dccmhsp.com/DerbyshireMentalHealthMap>
- **Mental Health Apps** - <https://dccmhsp.com/Apps>
- **School Nursing** <https://derbyshirefamilyhealthservice.nhs.uk/contact-us>



# Useful resources

**LEADERS  
UNLOCKED**

## MH:2K Derby and Derbyshire – A Youth-led Mental Health Awareness Film and Young People's Mental Health Poster

As a result of their findings, **MH:2K Citizen Researchers** came together to produce an insightful, powerful film encouraging other young people in Derbyshire to reach out and seek emotional and mental health support when they need it.

Their ask is that this short video is used to promote and spread awareness of the services available. This will ensure young people across Derby City and Derbyshire County:

- recognise the benefits of accessing help
- and hopefully encourage them to take proactive steps to make their future brighter.

[\*\*VIEW VIDEO\*\*](#)



**MENTAL HEALTH  
DOESN'T DISCRIMINATE,  
NEITHER SHOULD YOU**

SCAN ME



**DERBY AND DERBYSHIRE EMOTIONAL HEALTH AND WELLBEING WEBSITE**

If you are a young person living in Derby or Derbyshire, check out our one-stop-shop of emotional health and wellbeing support services available to you in the local area

**[derbyandderbyshireemotionalhealthandwellbeing.uk](http://derbyandderbyshireemotionalhealthandwellbeing.uk)**

**DERBYSHIRE 24/7 MENTAL HEALTH SUPPORT SERVICE  
FOR YOUNG PEOPLE LIVING IN DERBYSHIRE.**

There are friendly specialist children and young people workers answering the phones 24/7.

**0800 028 0077**

**[www.derbyshirehelpline.com](http://www.derbyshirehelpline.com)**

SCAN ME



 **Derby and Derbyshire**  
Integrated Care Board

 **Derby City Council**

 **DERBYSHIRE**  
County Council

**LEADERS  
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# The NHS perspective: Derby and Derbyshire Crisis Response Pathway

Schools, Youth groups, Local networks,  
  
Social Care, GPs,  
Children's Emergency Department

NHS 111 Press 2 for Mental Health  
  
24/7 helpline and mental health support  
service – 0800 028 0077 [website here](#).



**Assessment and Brief Response (72hrs)** – Delivered CAMHS urgent care teams, 365 days between 8am and 10pm in the community (at CAMHS base or at home) or at the Children's Emergency Department (with hospital on call assessment available over night)

**Intensive Home Treatment**

**Day Service**

**Inpatient Admission**



# Crisis Alternatives and the conversation so far



- **Who?** children and young people who are ‘bubbling’ or ‘Tipping’ into crisis
- **What are the causes?** Anxiety, stress, low-mood, self-harm, thoughts of suicide, isolation, identity, neuro-divergence.
- **Where are children and young people presenting?** First contact/Help seeking is often...
  - At home, school, non-acute VCSE services, or at community venues and social, hobby, or interest groups
  - From the children and young people perspective, help is sought from a **Trusted Adult**
    - Parents/Teachers/Youth Leaders
- **Why offer alternatives?** – Head off crisis and improve experience and outcomes



**Crisis alternatives** describes offers which ‘hold’ and support children and young people in the community and help to prevent the escalation of distress.

## Aims

Seek to better identify and support children and young people who are ‘tipping’ into crisis

Ensure support is available which stems escalation of distress – ensure right care, right time, right place.

Improve the connections between the service offers across Derbyshire.



# Crisis Alternatives – approach to improvement

- Engaging and listening to people
- Case studies, hearing experiences
- Understanding what's available and connecting offers
  - Mapping, sharing knowledge and expertise
- Innovation and Collaboration
  - Enhancing what works, bolstering initiatives, growing children and young people community networks, centralising resources, exploring digital solutions, promoting training and education
- Supporting Trusted Adults to know what to do, when.
  - Ensuring the crisis response is understood, accessible and can be relied upon



# Crisis Alternatives – Communication strategy

- Clearly communicating the options available for children and young people, parents, carers and any trusted adult.
- To promote shared understanding, information and key messages.
- Making sure the right information gets to the right people in the right places.





**Using one word, what could make the biggest difference for children, young people and trusted adults when the child or young person is tipping into crisis?**

① Start presenting to display the poll results on this slide.

# Thank you for listening and for your participation

## Any questions?

Please follow this link to share your experiences and views in our short survey - <https://forms.office.com/e/wTvUH5wUKN>



# Contact Details

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