

MyTime to Thrive

Overview

The service covers all areas within Lancashire and South Cumbria, offering therapeutic interventions for children and young people with mild to moderate mental health and emotional wellbeing needs as part of the Getting Advice and Getting Help quadrants of the THRIVE model.

1:1 interventions are delivered face to face, in schools, community venues or online.

Group work is delivered using evidence-based programmes such as Decider Life Skills.



Referrals

Referrals can be made on a standard CAMHS referral form or through the electronic referral form on the Barnardo's website - [Referral Form \(mayden.co.uk\)](https://www.mayden.co.uk)

The Navigation Team provide a Single Point of Access for all referrals coming into service.

All children and young people will be contacted, and their needs will be assessed.

A wellbeing plan will be devised for each child or young person who is referred to the service.

Interventions

Families may be signposted to another more suitable service – Barnardo's will offer a follow up call.

The child or young person may be referred to Barnardo's respective locality team for 1:1 therapy or for group work.

The referral may be escalated to specialist services such as CAMHS for further assessment.

The Navigation Team will complete a follow up call with the child or young person on discharge to evaluate experience of the service and ensure that needs have been met.

Outcomes

Outcome measures are used at every intervention for guidance.

When the interventions are complete, a self-management plan is agreed and shared with the young person.

Further signposting and social activities are agreed with the young person.



Peer Support

Overview

Spring North provides targeted peer support to children and young people in various protected groups, who can have a higher prevalence of mental health needs, and who are less likely to access support or engage with intervention offers within the community, at place, from the provider.

This programme aims to enhance the mental health and wellbeing of young people aged 10 to 19 (up to 25 with SEND) across Lancashire and South Cumbria.



Referrals

For children and young people aged between 10 and 19, and up to 25 with SEND, who reside in, or are registered to a GP within Lancashire and South Cumbria.

To make referral email in BwD, Central, West & North Lancs, Fylde Coast, and Pennine, contact sharonsutcliffe@lancashiremind.org.uk

To make a referral in South Cumbria, contact finance@safa-selfharm.com

Support Routes

Social prescribing can be used to signpost the young person into existing services.

Attendance at, or creation of a specifically targeted peer support group, which could include LGBTQIA+, looked after children, radicalised communities and young carers.

Wellbeing coaches offer support to those not ready to attend a group setting, involving a 6 week, 1-1 coaching intervention.

Support coordinators may refer the young person into other specialist support services, such as ADHD support, addiction support, debt management etc.

Key Points

Training will be delivered to young people to become community peer mentors.

The project takes a person-centered approach.

Each route is designed to cater to different needs and readiness levels.

Community involvement and peer mentor training are crucial components.

Kooth

Overview

Kooth offers a safe and welcoming online space for young people to explore their mental health needs. It provides a range of clinically proven, research evidenced therapies for dealing with stress, anxiety, depression, or anything else a young person may be going through.

It is a confidential platform to share experiences and gain support from the engaged community and qualified professionals.



Features

Mini activities to boost wellbeing such as making your own coping box, good mood playlist and mindfulness.

The chat and messenger function allows young people to chat to the online team about anything that's been bothering them and seek advice.

Discussion boards allow people to start and join conversations with peers across the whole of the platform.

The goals and journalling sections allow the young person to set smart, personal goals and track their progress to achieving these, as well as a personal diary to track how their mood changes throughout the week.

Privacy and safety

Kooth have a Duty of Care to safeguard the wellbeing of its users. The team will discuss with the young person if they feel there is a need for someone outside the team to know what is happening to the young person, which includes risk to life and risk to/from someone else. Kooth practitioners will ask permission to share details but if consent is not given and the practitioners feel it is a safeguarding issue, they may share the details they have.

Signing up

Kooth is free to sign up and is available across the whole of Lancashire and South Cumbria. Visit their website or click the link.

[Kooth is available in many areas across the UK - Kooth](#)



ADHD North West

Supporting Families

CIO Number - 1186394



Lancashire and
South Cumbria
Integrated Care Board

Overview

Provide a free, unique support service, that empowers and improves the mental health and wellbeing of individuals and their families affected by ADHD, covering all areas within Lancashire and South Cumbria.

ADHD North West actively promote their service across dedicated social media pages, their website and other online resources which help to raise awareness of the support they provide and of ADHD.



Referrals

For a referral to be accepted, the child or young person must be under 18 and reside in or are registered with a GP within Lancashire and South Cumbria.

Referrals can be self-referred by a parent or carer, or by a professional with consent.

Referral forms are on the ADHD NW website under the 'contact us' tab www.adhdnorthwest.org.uk

Interventions

Offer support to families, peer support groups, online groups, telephone support, signposting and surgeries and drop-in sessions, and attend multi-agency meetings and liaise with professionals and education settings.

Provide training through ADHD focused parenting workshops and professional workshops and training.

Information packs will also be provided which includes self help materials and how to contact relevant support.

Outcomes

It is expected that the interventions will have a positive impact on the following areas:

Child's behaviour and happiness, knowledge of ADHD and parenting styles, parent confidence, parent/child relationship and overall family life.