

North Tyneside's Mental Health and Emotional Wellbeing Model for Children and Young People



Principles

- Confidentiality
- Consent
- Choice
- Capacity
- Safeguarding
- Giving information once
- Don't automatically refer on
- Remember consultation options (CAMHS) (EHA)
- Models of 1:1 supervision

Gain an understanding of:

1. Presenting Problem – consider how much impact this is having on function/ daily life/ physical health/ behaviour.
2. Triggers – what are the perpetuating factors?
3. Risks – to learning/ attendance/ other children.
4. Strengths – what other resources are around the child, what can be drawn in?
5. Solutions – what things can we try?