North Yorkshire
Pathway of support for children and young people who deliberately self-harm.

This pathway has been developed to assist anyone who works with children and young people if they have concerns that a child or young person is deliberately harming themselves.

The pathway contributes to delivering the priority outcomes of the North Yorkshire Children & Young People’s Emotional and Mental Health Strategy 2014-17
What does self-harm mean?

This pathway will use the definition as defined by the National Institute of Clinical Excellence (NICE) as self-harm being ‘self-poisoning or self-injury, irrespective of the apparent purpose of the act’.

Why have a pathway?

The purpose of the pathway is to improve the referral processes, and the co-ordination of information, advice, support and treatment that is provided to children and young people who self-harm.

If this is achieved the benefits experienced by children, young people and their families will be evidenced by them reporting a high level of satisfaction with:

- The speed in obtaining a response to their concerns.
- The appropriateness of the information, advice, support or treatment that is provided.
- The positive changes to the child/young person’s self-harming behaviour and emotional wellbeing.

Improvements in performance will be evidenced by:

- A decrease in the number of reported incidents of self-harm
- A decrease in the seriousness of the self-harm that is reported.
- A decrease in the numbers of presentations as a result of self-harm at Accident and Emergency departments.
- A decrease in the number of repeat referrals.
- A reduction in the numbers of requests for home tuition or alternative educational provision as a result of mental health problems.
- A decrease in the number of deaths as a result of self-inflicted injuries.

Severity and the risk and/or impact of self-harming.

The severity and impact of the self-harming behaviour on the safety and emotional wellbeing of the child/young person should inform decisions about the support or treatment that is provided.

The pathway makes clear where young people and/or families and practitioners can access advice and support as concerns about the severity and/or impact associated with self-harming increases.
Definitions of severity and impact

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<tr>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
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<tr>
<td>Self harming behaviour is a response to a personal event such as the breakup of a relationship.</td>
<td>The self-harming behaviour is linked to other risk factors or behaviours which could affect the severity of the self-harming, for example linked to alcohol or substance misuse.</td>
<td>The self-harming is part of a complex mix of behaviours which increase the risk to the child/young person.</td>
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<td>The behaviour is related to personal and social circumstances which might include peer pressure to conform.</td>
<td>The self-harming is routine and has been taking place over a period of time irrespective of the severity of the self-harming.</td>
<td>The child/young person may (but not in every instance) have a clinical diagnosis of mental health illness or condition.</td>
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<td>There is no accompanying risk taking behaviour or concerns about the safety to themselves or others.</td>
<td>The behaviour is being used regularly as a coping mechanism.</td>
<td>There is evidence that without specialist and/or clinical intervention the severity of the self-harming will escalate.</td>
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Is there a frontline worker who the child/young person will work with?

How serious is the self-harming?
- Moderate
- Mild

Does the child/parent or young person agree to a referral?

• Provide sources of advice and information
• Consider alternative sources of support that might be available locally (ie from the voluntary sector)
• Provide contact details for the Healthy Child Service
• Make arrangements to stay in touch.

Frontline worker provides support with GUIDANCE from the Healthy Child Service.

Support provided follows the Healthy Child Service’s care pathway.

Make a referral to the Healthy Child Service.

Yes

No

Does the child/parent or young person agree to a referral?

Yes

No

No

Yes

Do you have safeguarding or child protection concerns?

Are you concerned that there is an immediate risk to the child or young person’s physical health?

Are you concerned that there is an immediate risk that the child or young person will harm themselves or others?
The self harming?

- Moderate
- Severe

Does the child/parent or young person agree to a referral?

- Yes
  - Make referral to CompassREACH.
  - Treatment follows CompassREACH’s care pathway.
  - On discharge from the service transition arrangements made to -The Healthy Child Service or -Frontline worker or -Parent/carer.

- No
  - Seek telephone advice from Specialist CAMHS regarding options.
  - Consider whether there is a need to follow safeguarding procedures.

- Yes
  - Make referral to Specialist CAMHS (for children up to their 18th birthday and to adult mental health services for those aged 18+)
  - Treatment proceeds following Specialist CAMHS care pathway.
  - Treatment plan completed.

- No
  - Provide information about CompassREACH and the Healthy Child Service.
  - If the child/parent or young person consents make a referral to CompassREACH.

NOTE: Specialist CAMHS may require parental involvement in the treatment process.

Follow local Safeguarding procedures.

Call an ambulance or take the child/young person to the nearest A&E department.

Do not leave the child unaccompanied.
Call the Police.
Key providers in delivering the pathway

**Front line practitioners who work directly with children/young people.**

All practitioners who work directly with children and young people in universal settings, such as schools, potentially have a role to play in the pathway. Where children and young people have established positive relationships with an adult that person may be best placed to offer support. To do this effectively the practitioner may require training and advice on how best to support the child/young person and feel confident that their interventions are appropriate to the needs of the child/young person.

**Voluntary and community sector.**

There are many organisations and agencies (national and local) who deliver advice, support and interventions with children and young people. These partners will be both referrers into the pathway and service providers. Whilst these partners are not mentioned directly within the pathway the expectation is that on a local basis all partners who contribute to supporting children and young people with their emotional and mental health needs will work together.

**The Healthy Child Service (provided by Harrogate District Foundation Trust).**

There are locally based Healthy Child Service teams working alongside the Children and Young People’s Prevention Service. The Healthy Child Service’s role is to provide advice and guidance to practitioners working in universal settings, to take a lead in planning and delivering services to improve public health and to provide early help to children, young people and families to prevent the need for specialist or intensive interventions. Relationships with the child/young person will endure throughout the 5-19 age range.

In relation to concerns being raised about a child/young person’s self-harming the Core Service will provide guidance about how best to respond to the concern, including offering to meet with the child/young person to offer a short episode of targeted support whilst liaising with colleagues from the Targeted Service where the case may need immediate referral to that service.
The Targeted Healthy Child Service (provided by CompassREACH).

This nurse led service is based in localities alongside the Core Healthy Child Service (see above). The service works with children and young people who are engaging in risk taking behaviours and/or who are having emotional wellbeing problems. They provide intensive individual support and early interventions to prevent problems from escalating.

Children/young people being supported by this service will receive intensive time-limited programmes of support/treatment which will use evidence based interventions related to their needs. Self-harming may be the presenting reason for the referral or may accompany other risk taking behaviours or health concerns. There will be planned exits from the support received from this service including transfer arrangements back to the Core Service or referral into CAMHS where a case needs to be escalated.

Specialist Child and Adolescent Mental Health Services (CAMHS).

These services provide advice and treatment to children and young people who require specialist intensive support. Specialist CAMHS provides assessment and interventions to children and young people who are experiencing complex mental health and/or emotional difficulties which are having a significant impact on daily psychological, social and educational functioning.

Working in partnership.

Each provider will work in collaboration so that children, young people and their families can engage with the pathway where it is best able to address their needs. There is no single entry point to the pathway and irrespective of where the initial access occurs people’s concerns should be listened to and onward referral (where necessary) should be efficient.

Quality standards.

Each provider will have quality standards and policies and procedures that apply to their specific organisation. Children/young people and their families should be made aware of what these are when they start working with that organisation.
Contact details.

**The Healthy Child Service**
If you have established links with the local Healthy Child Service team contact them direct. Alternatively use the following number and your enquiry will then be directed to the relevant local team.
Tel: 01423 557711

**CompassREACH**
Tel: Freephone 0800 0087452
or 01609 777662
e-mail: NYRBS@compass-uk.org

**Specialist CAMHS**
Northallerton
Tel: 01609 718810
e-mail: tewv.bromptonhousereferrals@nhs.net
Harrogate
Tel: 01423 726900
e-mail: TEWV.dpcadmin@nhs.net
Scarborough
Tel: 01723 346000
e-mail: TEAWVN.Twr-cyps@nhs.net
Selby & Easingwold
Tel: 01904 294200
Craven
Tel: 01535 661351

**Useful websites and other organisations**
The Mental Health Foundation has produced a useful guide for young people and their families about self-harm.
www.mentalhealth.org.uk
Young Minds is a charity committed to improving the emotional wellbeing and mental health of children and young people.
www.youngminds.org.uk

Contact us
North Yorkshire County Council, County Hall, Northallerton, North Yorkshire, DL7 8AD
Our Customer Service Centre is open Monday to Friday 8.00am - 5.30pm (closed weekends and bank holidays). Tel: 01609 780780 e-mail: customer.services@northyorks.gov.uk
Or visit our website at: www.northyorks.gov.uk

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