

Heywood, Middleton and Rochdale's local offer to support children and young people's emotional and mental health

<p>PREVENTATIVE/THRIVING</p> <p>Skilling up staff, parents, carers and young people</p>	<p>EARLY INTERVENTION/GETTING ADVICE</p> <p>Signposting/self-management/one off contact or ongoing support</p>	<p>TARGETED SUPPORT/GETTING HELP</p> <p>Goal focussed/evidence-based and outcome focussed interventions</p>	<p>SPECIALIST SUPPORT/GETTING MORE HELP/GETTING RISK SUPPORT</p> <p>Extensive treatment/risk management and crisis response</p>
<p>#Thrive: mental health awareness raising in schools with drop-in sessions afterwards. http://healthyyoungmindspennine.nhs.uk/thrive/</p> <p>Healthy Schools Programme: – directed at teachers and aims to embed the Five Ways to Well-being within schools and utilise the PSHE Association lesson plans on teaching mental health and emotional wellbeing in the classroom.</p> <p>Rochdale Mind Five Ways to Wellbeing: – promoting positive mental health, including anti-stigma, suicide prevention, self-harm prevention and peer led support.</p> <p>Early Break Drug and Alcohol misuse: – awareness raising around substance misuse issues, including wider factors, such as offending, emotional health and wellbeing, family and friends etc. (https://www.earlybreak.co.uk/)</p> <p>MindEd: free online educational training resource about children and young people's mental health for all professionals and carers www.minded.org.uk</p> <p>Mentoring and Peer Support: there are a range of services/schemes within t offering peer support. These include: Community Champions - provide access to "peer support" for people in the Borough of Rochdale who have a range of short-term, low level needs. The support is available to anyone who wants it (no eligibility criteria) and aims to meet a wide variety of needs including: health, skills, employment, family support, poverty, budgeting, mental health, loss and bereavement, literacy and more. http://www.rochdale.gov.uk/jobs-and-training/volunteering/Pages/community-champions.aspx</p> <p>Homestart Rochdale – aims to give support to families who may be struggling to cope with a variety of challenges, including post-natal illness, disability, isolation, the demands of parenting young children, bereavement and multiple births - helping prevent these difficulties from escalating into crisis, and crisis from developing into family breakdown. The service provides a range of support to parents of children under 11 years old, including low level emotional and mental health support offered by parents to parents. http://homestartrochdale.org.uk/New_to_Home-Start.html</p> <p>The Proud Trust - peer mentoring, peer support and befriending to LGBT young people. This includes face-to-face / one to one peer support where young people meet up and provide face to face support, peer support by text message, through Facebook and/or email or telephone contact. All support is coordinated and delivered within a safeguarding framework and at a time and place agreed with young people. (https://www.theproudtrust.org/ https://www.theproudtrust.org/for-young-people/list-of-youth-groups/inside-out/)</p> <p>Rochdale Connections Trust - mentoring service for young people in the Borough. Providing a drop-in service where young people can meet up with a team of mentors and build a strong relationship that enables them</p>	<p>School based support: Pastoral staff, school-based counsellors, school nurses.</p> <p>School Health Service: school nurses deliver a wide range of Public Health interventions to school-age children and young people up to their 20th birthday. Support offered includes emotional health and wellbeing and substance misuse. They have a role in promoting emotional wellbeing throughout the school-age years identifying mental or emotional health issues and supporting those with emotional and mental health difficulties to access the appropriate level of mental health services. School nurses identify vulnerable children, young people, and families, and support them through the provision of co-ordinated, tailored packages of care. School nurses offer regular drop in sessions in schools, colleges and local health clinics. The school health service also provide an online text service – CHAT HEALTH, which enables young people to have access to confidential advice and support from a school nurse. The number to text is 0750 733 0382. The school health service can be contacted on: Telephone: 0161 716 5970.</p> <p>Activities to promote emotional well-being that are offered in schools may be for whole class, small groups, targeted groups or individuals and can be broadly categorised as curriculum delivery, special provision or extra-curricular. The programmes delivered may vary between schools:</p> <p>Curriculum Delivery</p> <ul style="list-style-type: none"> • Personal, Social, Health and Economic (PSHE) Education Programmes • PSHE Association Guidance and lesson plans for teaching about Mental Health and Emotional Wellbeing • Circle Time • Social and Emotional aspects of Learning Programme • Resilience Programmes • Peer to Peer Massage programmes • P4C • Whole class Webster Stratton Dinosaur School <p>Small Group Work</p> <ul style="list-style-type: none"> • Small Group Dinosaur School • Pyramid Clubs • Lego Therapy • Emotional Literacy Groups <p>Special Provision</p> <ul style="list-style-type: none"> • THiNC Room (Therapeutic Inclusion within Schools) • School Counselling service • Nurture rooms <p>Assessment Opportunities</p> <ul style="list-style-type: none"> • Emotional Literacy Interventions - Southampton • Strengths and Difficulties Questionnaire • Boxall Profile • Stirling Scale <p>As well as the activities detailed above, individual schools may also offer additional provision such as counselling/technological support etc.</p>	<p>#Thrive: offers Counselling, Cognitive Behavioural Approaches, Solution Focused Therapy, and group work for children and young people up to the age of 19 years. Children and young people can drop in if they need support without the need for a referral. Also offers advice and support to parents, carers and anyone who works with a child or young person as well as social prescribing.</p> <p>Telephone: 0161 716 2844 or drop in at central hub 'Around the Corner', 48-50 Drake Street, Rochdale, OL16 1NT Drop in times and more information can be found at: www.healthyyoungmindspennine.nhs.uk/thrive/</p> <p>School based support: Counsellors, therapeutic groups etc.</p> <p>Educational Psychology: a range of intervention packages is offered for schools to commission directly, including: Cognitive Behavioural Therapy, Motivational Interviewing, Solution-Focused Therapy, Selective Mutism, Domestic Abuse Prevention, Why Try (strengths based, hands-on approach to teaching critical social and emotional principles), Developing communication skills in young children with autism, and Test Anxiety.</p> <p>Health Visiting: providing universal support around the '6 high impact areas', including transition to parenthood and the early weeks, promoting secure attachment, positive parental and infant mental health, and parenting skills using evidence based approaches, such as Neonatal Behavioural Observation and Neonatal Behavioural Assessment scale. Also identify women/parents experiencing perinatal mental health issues, including postnatal depression, and provide packages of care for mental health.</p> <p>Kooth: offers evidence based online assessment and counselling service for young people aged 11-24 years. The service is accessible during evenings and weekends until 10pm. https://kooth.com/.</p> <p>Early Break: CALM Therapies - targeted early intervention emotional health and wellbeing therapies, offering 1:1 therapeutic intervention via holistic therapies and works to reduce: anxiety and stress; sleep problems; low mood; anger issues; and substance misuse (including tobacco).</p> <p>Early Break: Inner Calm - supports the emotional health and wellbeing of vulnerable young people aged 16-21. Offers a rolling group work programme and 1:1 work to address the emotional well-being needs of vulnerable young people. The programme is designed on the 5 ways to well-being which will help young people to Connect, Be Active, Keep learning, Give to others, and Be mindful.</p> <p>The Gaddum Centre: Children and Families paediatric</p>	<p>Healthy Young Minds: offers a skilled children's and young people's emotional and mental health assessment and intervention service to children and young people with more moderate to severe mental health needs from the age 5 of 19 years, including those with severe learning disabilities and complex neurodevelopmental disorders (ASD and ADHD). The service offer specialist interventions for a range of conditions, in concordance with NICE guidance, where guidance exists.</p> <p>The service offers a duty system, during weekdays, between 9am and 5pm. There are 3 tiers of cover with a duty clinician, a duty manager and a duty Consultant Child & Adolescent Psychiatrist. The duty system providers cover to the Rochdale Urgent Care Centre and will assess HMR children and young people presenting to Oldham, Bury or North Manchester A&E departments. The duty system is for all children and young people under the age of 16 years and children and young people aged 16 to 19 years who are open to the transition service. All unknown patients over the age of 16 years access the Adult crisis pathway via the RAID team.</p> <p>Out of hours, children and young people under the age of 16 are covered by the GM wide CAMHS on call service. We also have an on call CAMHS Manager out of hours. The on call junior doctor is contactable via the Rochdale Infirmary switchboard on 01706 377777. The on call senior doctors and CAMHS Managers are contactable via Tameside switchboard on 0161 331 6000.</p> <p>Patients aged 16 and above access the Adult crisis pathway via the RAID team. http://healthyyoungmindspennine.nhs.uk/</p> <p>Community Eating Disorders Service (CEDS): supports children and young people with an eating disorder – aims to enhance the care and treatment that has previously been available by offering the following benefits:</p> <ul style="list-style-type: none"> • Earlier identification and support • Intensive community-based treatment, including urgent home-based treatment • Co-management of inpatient admissions (working with hospital-based child and adolescent mental health staff) • Extending care and treatment to young people aged up to 18 years across all boroughs. <p>http://healthyyoungmindspennine.nhs.uk/eatingd</p>

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<p>Skilling up staff, parents, carers and young people</p> <p>to meet up away from the centre. The adult mentors are drawn from local services and the general public to provide a whole range of unique skills to be match with young people's needs. (http://www.r-c-t.co.uk/what-we-do.html)</p> <p>Rochdale and District Mind Listen Up Project - is a mental health and wellbeing resource for young people and young adults living in the Borough of Rochdale who are under the age of 25 years. Alongside its service users, the Project focuses on developing a range of age appropriate learning and social activities to reduce isolation, raise awareness about mental health and wellbeing, challenge stigma and deliver self-help courses to cope with emotional and social stress and anxiety. The Listen Up project has created 10 full time paid jobs for young people, predominantly with emotional health needs. (http://www.rochdalemind.org.uk/young-persons-listen-up.asp#.WRMZ-U2GM5s)</p> <p>Healthy Young Minds (HYM) (formerly CAMHS): offers training to build community resilience, support self-care, and promote early identification of mental health problems, including:</p> <ul style="list-style-type: none"> • Attachment training to social care professionals, and designated teachers, foster and attachment, anxiety and self-esteem training to parents. • Training around transitions to the Sunrise Team (sexual exploitation team) as well as ad-hoc training in colleges. • Understanding self-harm training to parenting group. • Autism awareness training to link4life and to foster carers . • Autism awareness training and communication strategies to parents (who are sometimes accompanied by professionals). • Understanding behaviour in ASD: anxiety, sleep training, eating and toileting in ASD for parents (accompanied by professionals). • Sensory awareness training to parents. • What is CAMHS and Mental health awareness – via the Real Trust. • Self-Harm training. • Training to schools around Eating Disorders, ASD and ADHD, Stress management. • Parenting – Incredible years and strengthening families (via the PST). • Training to Rochdale Connection Trust. • Training to RBC staff. <p>http://healthyyoungmindspennine.nhs.uk/</p> <p>BEAT: bespoke training aimed at people working in health and social care, education, local authorities, mental health, health and fitness, as well as other private sector organisations around raising awareness and understanding of eating disorders. https://www.b-eat.co.uk/support-services/helpline</p> <p>Educational Psychology: Training package offered for schools, including:</p> <ul style="list-style-type: none"> • Attachment – aims to develop knowledge and understanding of the psychological theory of attachment and discusses how children with attachment needs might present in school and home settings. It offers practical strategies and approaches for supporting pupils with attachment needs in school. • ADHD - aims to develop understanding of the difficulties associated with ADHD. It offers practical strategies and modifications to support children with attention and impulsivity difficulties in the school setting. 	<p>Signposting/self-management/one off contact or ongoing support</p> <p>Early Help Enabling Teams: located in each township across the borough (Heywood, Middleton, Pennines and Rochdale). Provide a multiagency response to need which fully utilises local knowledge, builds on community assets and scales up early help interventions. Support both children, young people and families, as well as professionals offering signposting, advice and guidance and well as help to initiate Early Help Assessments.</p> <p>Heywood Early Help Enabling Team – Tel: 01706 927500 Email: Heywood.earlyhelplocalityteam@rochdale.gov.uk</p> <p>Middleton Early Help Enabling Team – Tel: 0161 662 5100 Email: middleton.earlyhelplocalityteam@rochdale.gov.uk</p> <p>Pennines Early Help Enabling Team – Tel: 01706 922600 Email: Pennines.earlyhelplocalityteam@rochdale.gov.uk</p> <p>Rochdale Early Help Enabling Team – Tel: 01706 925200 Email: Rochdale.EarlyHelpLocalityTeam@Rochdale.Gov.UK</p> <p>#Thrive: offers early support to children and young people up to the age of 19 years, including: sign-posting, 1:1 drop in sessions and 'sort it' sessions in schools and community venues. Children and young people can drop in if they need support without the need for a referral. Also offers advice and support to parents, carers and anyone who works with a child or young person as well as social prescribing.</p> <p>Telephone: 0161 716 2844 or drop in at central hub 'Around the Corner', 48-50 Drake Street, Rochdale, OL16 1NT Drop in times and more information can be found at: www.healthyyoungmindspennine.nhs.uk/thrive/</p> <p>Kooth: access to a variety of articles and forums offering support and advice on a variety of emotional health topics, including: articles - 5 ways to deal with anxiety; covering your scars; want to be a Kooth Ambassador; how to deal with stress; escape; when friends turn and forums – getting over someone; asking out; does questioning your sexuality mean your bi; coming out advise?; how do I stop pushing people I care for; I still love my ex; is something wrong with me; there is a boy. https://kooth.com/</p> <p>Health Visiting: providing universal support around the '6 high impact areas', including transition to parenthood and the early weeks, promoting secure attachment, positive parental and infant mental health, and parenting skills using evidence based approaches, such as Neonatal Behavioural Observation and Neonatal Behavioural Assessment scale. Also identify women/parents experiencing perinatal mental health issues, including postnatal depression, and provide packages of care for mental health.</p> <p>Early Help: offers early support helping children, young people and families to deal with any issues as early as possible, before they turn into big problems. The service provides information, advice or services at the right time to meet a family's needs and to support them in resolving any concerns as soon as they emerge. Telephone</p>	<p>Goal focussed/evidence-based and outcome focussed interventions</p> <p>palliative care service - provides a needs led therapeutic service for families in Rochdale where there is a child with a life limiting or life threatening illness, or any time after a child has died in this way. The service is available for the child, siblings, parents, carers, extended family and friends. The service will work with the whole family or individual members.</p> <p>Respect for All: Counselling Service for young people on the autistic spectrum or with a learning difficulty or a sibling of the aforementioned or a young person with a parent with either autism /learning difficulty. Also offer one to one and couple counselling and family facilitation to children and adults with a learning difficulty and/or autism also their carers' and siblings.</p>	<p>Extensive treatment/risk management and crisis response</p> <p>isorders/)</p> <p>Children's Social Care: supports children and young people who may be at risk of suffering harm, neglect or abuse and need protection. The service also supports families under stress, offering support and advice and helping families to access support from other services, and children who are seriously ill or disabled, where an assessment of the child's and family's needs can be undertaken and support provided.</p> <p>Telephone: 0300 303 0440 (Office hours) Emergency Duty Team (Out of Hours Monday-Friday 5pm - 8am and anytime weekends and Bank Holidays) 0300 303 8875 Contact the police if a child is in immediate danger.</p> <p>The Sunrise Team: supports children and young people who have been, or who are at risk of child sexual exploitation. The team works on the frontline reaching out to young people at risk in the community. The specially trained staff, help children to break free of exploitative relationships, and ensure offenders are brought to justice. (http://www.thesunriseteam.co.uk/)</p> <p>Achieving Change Together (ACT): in addition to the Sunrise Team, the ACT is a strengths based and relationship model of intervention, inclusive of a trauma therapist, providing intensive early support to young people affected by sexual exploitation. Email – ACT@rochdale.gov.uk or Phone – 01706 922380 (http://www.itsnotokay.co.uk/professionals/achieving-change-together-act/)</p> <p>Specialist Inpatient Care (NHS England commissioned): Tier 4 secure and non-secure Child and Adolescent Mental Health Services (CAMHS), inclusive of eating disorders (male and female).</p> <p>Sexual Assault Referral Centre (NHS England commissioned): provides a comprehensive and co-ordinated forensic, counselling and aftercare service to men, women and children living in the Greater Manchester and Cheshire area who have experienced rape or sexual assault, whether this has happened recently or in the past. http://www.stmaryscentre.org/</p> <p>Specialist Joint Funded Therapeutic Placements: specialist placements for those cared for children with the most complex needs, which cannot be</p>

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<p>The training also considers approaches to supporting parents and carers.</p> <ul style="list-style-type: none"> • ASC, Anxiety and Challenging Behaviours - considers the impact of the difficulties associated with ASC on anxiety levels and hence the behaviour of CYP with ASC. It will introduce the use of a functional analysis framework to identify triggers for anxiety and challenging behaviour and plan appropriate interventions and support. • ASD and Associated Difficulties with Learning - looks at some of the difficulties children with ASC experience in the learning environment and in accessing the curriculum. It considers supportive approaches to teaching and also highlights strategies and environmental modifications to maximise learning potential. • Lego therapy and duplo therapy - social skills intervention aims to improve social communicative competence in children with ASC through building lego models in collaboration with their peers. The course introduces the role of adults in the intervention and ways of facilitating and monitoring the development of CYP's skills. • Social Stories/comic strip conversations - tools to support children with ASC to communicate with others and to develop their understanding of, and ability to manage different social situations. • Play-based Approaches in the Early Years - explores the importance of play-based learning in developing children's skills within the EYFS. The course will cover the development of children's play skills and look at the role of the adult in extending children's play and learning through developmentally appropriate activities. This course will include play-based assessment and strategies to develop children's social communication, speech and language, and early learning and play skills. • Eliciting Learners' Views and Aspirations – Practical ideas and strategies to elicit the views and aspirations of young people with SEN aged 13-25 using a Person-Centred approach. • 'Kids Skills' – An effective solution-focused intervention for helping primary aged children to manage their own behaviours more effectively. The intervention turns the target behaviours from a 'problem' into a skill they need to learn in order to be more able to manage their behaviours. • Supporting cyp to manage their emotions and behaviour - aims to develop an understanding of the different styles of dealing with emotions and consider the impact this has on CYP. It presents practices such as emotion coaching and the development of scripts to use with CYP. Approaches would be used to reflect on current practice and how it can be developed in the future. • Mindfulness - Mindfulness is a vehicle for the development of self-awareness. It is evidence based and has been proven to be effective in managing depression, anxiety and other problems. It has been found to boost resilience, boost positive emotions, decrease negative mood and has a profound effect on physical health. This course will focus on a set of simple practices that can be incorporated into everyday life both in and out of the classroom. • Executive Skills- These are brain-based skills that you need to use to execute or perform tasks. It looks at Response Inhibition, Emotional Control, Working Memory, Task Initiation, Sustained Attention, Planning/Prioritisation, Organisation, Time Management, Flexibility and Metacognition and talk through practical strategies to help children to develop these crucial skills. 	<p>Early Help: 01706 925127 Email: early.help@rochdale.gov.uk</p> <p>Parenting Courses. There are a range of courses to support children, young people and families from the age of 0 to 16 years. Telephone 0300 303 0430 E-mail nina.sloan@rochdale.gov.uk</p> <p>Holding Families: supports families with problems associated with significant parental substance misuse, where children and adults' needs are dealt with and responded to at the same time. The programme works with families where there is at least one young person under the age of 18 living in the family home or where the substance misusing parent is pregnant.</p> <p>Evidence-based self-help apps: a variety of self-help apps to support children and young people's emotional and mental health (see Healthy Young Minds document 'Self-Help Resources' for more info http://healthyyoungmindspennine.nhs.uk/resource-centre/)</p> <p>Self-help websites: there are a variety of websites offering self-help, e.g. YoungMinds (see Healthy Young Minds document 'Self-Help Resources' for more info http://healthyyoungmindspennine.nhs.uk/resource-centre/external-links/)</p> <p>MeMotional: website developed by Early Break aimed at raising awareness around emotions. Specifically aimed at children and young people and helps them to learn about their emotions and looks at putting strategies in place to help them understand and respond to their emotions in healthy ways. (http://memotional.co.uk/)</p> <p>Books on Prescription: is a very effective way of helping children and young people and their carers with common mild to moderate mental health problems, including: Challenging behaviour; Anxiety; Low confidence; Bullying; Bereavement; Anger management; Coping with stress; and Coping with family problems. Many of the books are self-help titles, giving advice and information. Books on prescription has also been extended to school libraries under the five ways to wellbeing section, which aim to support our children and young people's mental health and wellbeing. An approved list of titles has been chosen for their quality and include help on issues such as: resolving conflict, reducing anxiety, dealing with bullying through being more assertive, low mood, increasing self-esteem, bereavement and loss. (http://www.rochdale.gov.uk/library-services/Pages/books-on-prescription.aspx)</p> <p>Educational Psychology: a range of intervention packages is offered for schools to commission directly, including: Cognitive Behavioural Therapy, Motivational Interviewing, Solution-Focused Therapy, Selective Mutism, Domestic Abuse Prevention, Why Try (strengths based, hands-on approach to teaching critical social and emotional principles), Developing communication skills in young children with autism, and Test Anxiety.</p>		<p>met through routine commissioning arrangements.</p> <p>Individually commissioned specialised provision: bespoke services for those children and young people whose needs cannot be met through current commissioned arrangements.</p> <p>The Anderson Ward Mother and Baby Unit: inpatient specialist perinatal mental health facility covering the entire North West. The unit's core purpose is to provide a consistently high level of quality specialist mental health care to both women who are pregnant and mothers following child birth. The unit admits both mother and baby up to the age of one year. Central to the philosophy of the MBU is to promote the mother and baby relationship within a secure and supportive environment while incorporating evidence based practice drawn from the fields of both peri-natal and general mental health knowledge. The unit provides comprehensive advice, medical and psychological assessment and treatment for women with previous or current mental health problems, who have recently given birth, are pregnant or who wish to become pregnant. It also offers support and supervision which is tailored to the individuals needs to promote and ensure the infants safety. (https://www.gmmh.nhs.uk/manchester-services)</p> <p>Accident and Emergency Department/Urgent Care Centre: For children and young people requiring emergency care. Rochdale Urgent Care Centre/Royal Oldham Hospital/North Manchester General Hospital</p>

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<p>Skilling up staff, parents, carers and young people</p> <p>Building Community Resilience and Capacity: a variety of schemes/services, including:</p> <p>Skylight Circus Arts: Side by Side Circus - Emotional Health and Wellbeing Support through circus activity. This includes weekly sessions for young people, family circus sessions (programme for 4 sessions, for young people and parents/wider family, focusing on primary school age).</p> <p>Sow the City: Food growing and outdoor activities - Emotional and wellbeing support through green therapy/food growing.</p> <p>Langley Writers: Healthy ACTions - drama projects on health and wellbeing issues in schools, young people and adults.</p> <p>VIBE: Stories We Could Tell - deploying the effectiveness of storytelling in enabling young people who have experienced traumatic episodes to articulate their story in a way that works for them and to share their story with whom they chose through their chosen medium.</p> <p>M6 Theatre Company: M6 Curriculum for Life, comprising: Young Creative Collaborators: 20 young people aged 13-16 in Rochdale - a mixed group representing the diversity of local young people. These young people will be recruited from M6 youth theatre and existing M6 collaborative partners, #THRIVE, Barnardo's, Rochdale Connections Trust (RCT) & RMBC Youth Service. Live mental health intervention participants: 2,500 young people aged 13-14 (Year 9). Targeting 12 Secondary Schools pastoral/safeguarding teams & partner agencies. Development of digital resource through theatre/acting etc. to support awareness in school: 7,500 young people aged 13-16 (Year 9, 10 & 11).</p> <p>The Proud Trust: LGBT engagement/support for emotional wellbeing and peer support - a Peer Support Project for LGBT young people; Safer Person Training for all young people; Training and Train the Trainer packages for professionals who work with young people.</p> <p>Rochdale Hornets: Connecting communities – support for asylum seeking children and young people with aim to improve mental health and wellbeing of this vulnerable group of people through engagement in sport.</p> <p>Rochdale Hornets: State of Mind- What's Yours - mental health awareness through physical activity. Deliver a State of Mind Presentation in schools, which covers real-life experience of mental health problems provided by high profile sports players, covers mental fitness and factors that they use to promote mental fitness, messages about seeking help and mutual support. These sessions will be backed up by 8 weeks of physical activity offered to everyone as an addition to PE Lessons.</p> <p>Possibilities: Triple A - one to one lifestyle coaching to provide support for young people aged under 25s with autism/asperger's syndrome into employment.</p> <p>Family Action: Befriending project - provides holistic support to families with children who have complex health needs, helping to build resilience.</p> <p>Barnados: Shine Plus - support group and programme for parents and</p>	<p>Signposting/self-management/one off contact or ongoing support</p> <p>Homestart Rochdale: Autism support for children and their family. Home visiting, group and telephone support for parents and children who experience difficulties to manage their children's behaviour and emotional wellbeing as a result of autism.</p> <p>Homestart Rochdale: Early help for Improving Emotional Wellbeing of the Family - regular home visiting support will be provided for families with young children, who experience difficulties to manage their emotional wellbeing on a day to day basis. This may be due to stress, depression, anxieties, phobias, isolation, relationship difficulties, bereavement, children and adults with long term illness, disabilities, financial worries, domestic abuse.</p> <p>Homestart Rochdale: High 5 I'm ready for School – provides parental support to improve school readiness. Offers social and practical activities, health and wellbeing, learning and development.</p> <p>Building Community Resilience and Capacity: a variety of schemes/services, including:</p> <p>Castleton Health and Leisure (Enlightening): Autism Empowerment – Stressbusters in schools, stress management courses in schools</p> <p>Castleton Health and Leisure (Enlightening): Feel Good Too – offering a range of alternative therapeutic treatments and services for children and young people who are struggling with anxiety, depression, social and emotional difficulties, ADHD and dyspraxia and may be at risk of becoming isolated.</p> <p>Castleton Health and Leisure (Enlightening): Super Kids – super tweens, super teens, super volunteers - supporting children with autism, teaching them social skills in group settings.</p> <p>Cartwheel Arts: CRESS (Creative Referral Engagement and Support Services) offering low level intervention and mental health and wellbeing support. Cress will support young adults in vulnerable situations, offering volunteering roles and a specific young people's programme. This connects CRESS with their current work with Barnado's and developing relationship with #Thrive.</p> <p>Rochdale and District Mind: Open Young Mind Project: is a mental health and wellbeing resource for young people and young adults living in the Borough of Rochdale who aged 11 to 25 years. Supporting children and young people to manage their emotional health through peer mentoring and buddying working, including through a self-help book developed by young people themselves, specifically promoting self-help and resilience; running peer support and Young Advisor groups which enable young people to develop their skills and knowledge through participatory activities (building on them as assets) and increasing resilience and esteem; working 1-1 with young adults (16-25 years old to support their needs), enabling them to direct their own recovery and managing risk, improving health and building resilience to build a culture for greater self-reliance, with less reliance on emergency and crisis care.</p> <p>Alongside its service users, the Project will focus on developing a</p>	<p>Goal focussed/evidence-based and outcome focussed interventions</p>	<p>Extensive treatment/risk management and crisis response</p>

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<p>Skilling up staff, parents, carers and young people</p> <p>carers of children aged 5-11 who have social and communication needs, who have not been through a diagnostic pathway.</p> <p>Nurture Psychology: Little People Big Emotions - Empowering parenting with the science of childhood - clinical psychologists will deliver a range of evidence based, theoretically driven workshops for parents of children under 11 years old. The workshops will cover the most common mental health difficulties in young people, primarily anxiety, behaviour and emotional regulation.</p> <p>Stephen Gartland: Pop Up Healthy Me - working with young people around suicide prevention in young people.</p>	<p>Signposting/self-management/one off contact or ongoing support</p> <p>range of age appropriate learning and social activities to reduce isolation, raise awareness about mental health and wellbeing, challenge stigma and deliver self help courses to cope with emotional and social stress and anxiety. http://www.rochdalemind.org.uk/young-persons-listen-up.asp#.WRMZ-U2GM5s</p> <p>Together Trust: Sleep Tight - sleep support, advice and training for families, including those with autism and ADHD.</p>	<p>Goal focussed/evidence-based and outcome focussed interventions</p>	<p>Extensive treatment/risk management and crisis response</p>