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## How is child's information shared?

We write to you and the referrer with updates on the work delivered. This information is shared with the school health team, your GP and any other relevant professionals that may be involved in your child's care.

Our practitioners regularly attend supervision with a senior member of the team to discuss work undertaken with your child. They will reflect on providing the best care and achieving the best possible outcomes for your child.

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## What happens next?



Once we have received the referral from school containing your contact details and informed consent, a practitioner will call to discuss the referral with you.

During this call, we will explore the presenting issue for your child, answer any questions you may have and agree on next steps.

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## Any more questions?

Referrals to the team are made through your schools mental health lead. Please arrange to contact them initially about any questions or concerns you may have.

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# Parent's I-Reach Information Leaflet



# 1

## Who are I-reach?

The Salford CAMHS i-Reach team are a low intensity service, made up of practitioners who work specifically with schools and education settings across Salford. We form part of the wider Salford Thrive In Education offer along with other teams including Education Psychologists and Early Help School Coordinators. We work with parents/carers and education staff to support young people who are experiencing emerging difficulties with their mental health and wellbeing.

# 2

## Who is in our team?

Our team consists of Education Mental Health Practitioners (EMHP) and Children and Young People Wellbeing Practitioners (CYWP) all of whom are specifically trained in providing mental health support for young people, parents and education settings. Practitioners previous experience includes education settings, children's centres, health settings or safeguarding and they have enhanced DBS clearance. They are accredited by professional bodies such as the BABCP or BPS.



# 3

## What interventions do we offer?

We offer low intensity CBT (cognitive behavioural therapy) informed interventions to support children and young people experiencing mild to moderate emerging symptoms of anxiety, including some phobias, and/or low mood. These are usually delivered over 6-8 sessions in school following assessment. We have an additional parent led intervention for children under 12 who are presenting with anxiety.



# 4

## What is CBT?

CBT focuses on identifying the links between thoughts, feelings and behaviours. We provide a thorough assessment, which includes meeting with you, your child and school. The information gathered gives us a detailed understanding of your child's difficulties. This helps us to make an informed decision about whether we are the best service to support your child. Sometimes other services or interventions will be better suited to support their needs. Where this happens, we would always speak to parents/carers to discuss other options, and with your consent, share any information we have that could help you and your child get the correct support.

# 5

## What will your involvement be?

All parents/carers are invited to attend an initial parent assessment to express any concerns about your child's difficulties and to understand what your hopes are for them. We will ask you to complete questionnaires to explore your child's feelings and to monitor the effectiveness of the intervention. We will work with your child to identify skills or goals that they can practice at home with your support between sessions.

# 6

## Where is the information stored?

When a referral is made, the details are stored securely on our Manchester Foundation Trust (MFT) NHS data base. Any further contacts are also documented safely and confidentially, as per GDPR guidance. Each time we meet with you or your child, we will take notes that are recorded on your child's medical records. You and your child are able to request to view these records.

