

## Appropriate referrals

The Positive Steps Team would accept referrals for:-

Mild to moderate emotional wellbeing and mental health problems of children and young people whose symptoms are persistent and affecting their daily functioning and they are likely to benefit from a short term intervention.

Mild to moderate low mood.

Self-harming where these are assessed at lower risk, and does not require medical attention.

Mild to moderate anxiety presentation which impacts on daily functioning.

School based difficulties such as bullying which have been addressed by school and have received input from an educational psychologist however continues to impact on daily functioning.

Anger management which has not responded to early intervention packages.

Low self-esteem and self-confidence

For behavioural difficulties we would request that parents/carers have undertaken a recognised parenting course prior to referral.

If a young person is experiencing bereavement difficulties, they should, in the first instance, be referred to the bereavement counselling service—**Edwards Trust 43a Calthorpe Road Edgbaston Birmingham B15 1TS 0121 456 1921-**

**admin@edwardstrust.org.uk.**

We offer a consultation system Monday to Friday 9-5 to discuss any emotional health presentation and if necessary signpost to appropriate services. Please contact **01384 324689** and one of the team will call you back.

To make a referral please complete the referral form. Incomplete referrals will delay assessment.

If your referral is urgent please contact the Specialist CAMHS Tier 3 duty officer on **01384 324689** or contact the young person's GP

Please remember that Child-line and Kooth.com offer out of hours support and advice to young people  
Young minds Parent-line can also offer advise and support

## THE POSITIVE STEPS TEAM



## SUPPORTING YOUR JOURNEY TO POSITIVE EMOTIONAL HEALTH

## Who are we?

We are a team of practitioners all with a passion for improving and supporting children and young peoples mental health.

We come from a variety of diverse professional backgrounds all allied to mental/emotional health.

We have a wealth of experience and skills which we have been brought together under the supervision and guidance of 2 experienced specialist mental health practitioners.

We have good working relationships with a wide variety of professionals including our specialist Mental Health colleagues in CAMHS

## What do we do?

The POSITIVE STEPS Team provide assessment and targeted treatment of mild to moderate mental health presentations, therapeutic interventions and consultation.

Our aims are :-

To support our colleagues in universal and primary care services to detect emerging emotional issues/difficulties and provide preventative programs of support to children, young people and families in need.

To provide secondary mental health support to with mild to moderate mental health presentations, goal setting in specific areas and short term guided psycho-education.

To ensure that children and young people requiring more specialist mental health support are supported to access services in a timely manner.

## Who can refer ?

The Positive Steps Team accept referrals from School Nurses and Tier 3 specialist CAMHS for children and young people who are in need of emotional health support beyond the universal level but not meeting the Tier 3 Specialist CAMHS criteria

It is always best if referrers have met both the child or young person and their parent/carers to gain consent and explain the referral process. This will increase engagement with children/young people and their families. The more information you can provide will help us process the referral in an effective and timely way