

APPENDIX B – TRAILBLAZER

EMHP's Curriculum of Learning at Northampton University (1 year course) includes:

- Module 1: Children & Young People's Mental Health Settings: Context and Values
- Module 2: Assessment & Engagement
- Module 3: Evidence based interventions for common mental health problems with children and young people (Theory and Skills)
- Module 4: Working, assessing and engaging in education settings
- Module 5: Common Problems and Processes in education settings
- Module 6: Interventions for emerging mental health difficulties in education settings

Types of difficulties that children and young people can get support with.

- Low level emotional difficulties- Anxiety/ low mood
- Attentional difficulties
- Affect dysregulation
- Self harm
- Substance misuse
- Sleep
- Common adverse experiences
- Bullying, exam stress, use and impact of social media

Intervention Medium

- Consultation
- Group work
- Children and young people, parenting
- Individual work
- Health promotion
- Signposting
- Peer mentoring
- Guided self help

Four- week Referral to Treatment Wait (being piloted in North Staffordshire and Stoke ONLY).

- This will be across the geography not just limited to those schools who have been identified within the Trailblazer.
- Aimed at testing if this can be achieved.

- Extra resources as part of the Trailblazer, but these are minimal. Approximately 12 extra staff in CAMHS.
- Necessity to review CAMHS current referral processes.
- This will be supported by the implementation of [digital access](#) to services to complement existing access arrangements.
- Importance of defining what treatment is- it must be meaningful.