

Latest news

May 2019



Emotional Health and Wellbeing

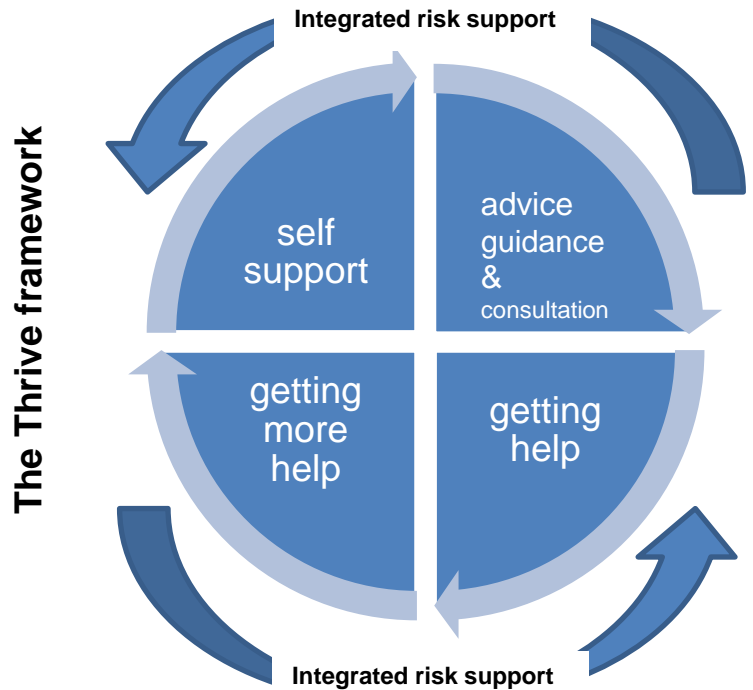
The vision of BeeU

BeeU is the emotional health and wellbeing service for Shropshire and Telford & Wrekin.

It is available to children and young people up to 25 years of age.

It is a partnership of providers delivering different parts of a service that is based on the thrive framework:

- self-support
- advice, guidance and consultation
- getting help
- getting more help.



Schools, social care and primary care colleagues play an important part in the early stages of a person's emotional health and wellbeing and are part of the model.

When to refer to the specialist mental health team

The specialist mental health team will see and treat children and young people who are moderate or high risk, with complex and enduring mental health conditions.

Claire Parrish, service manager of BeeU, describes some typical circumstances that would warrant a referral to the specialist service "If a child or young person is demonstrating increased risks to themselves or others, they should be referred to the specialist mental health team.

"If they are self-harming with increased frequency and/or using unsafe or unhygienic methods.

"If their anxiety is impacting on their ability to function, such as not leaving the house, not washing or isolating themselves from others."

“Sometimes children and young people are not ready to receive help. This doesn’t mean that we won’t help, it’s just not the right time for that person and won’t be effective.”

The partners within BeeU can refer to the specialist mental health team if deemed appropriate.

If a child or young person is actively suicidal telephone 0300 124 0093. This operates Monday-Friday, 9am – 5pm. Outside of these hours, call NHS111 or The Samaritans on 116 123.

Conditions that the specialist mental health team supports are eating disorders, emotional and behavioural, learning disabilities and severe mental illness.

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- eating disorders
- emotional and behavioural
- learning disabilities
- severe mental illness

Helping us to help you

On receipt of a referral, the triage team at BeeU review it to determine the need of the individual, the level risk and the potential intervention that they could offer.

It would help if the referral included the 5Ps.

5Ps	Description
<i>Predisposing</i>	factors contributed to person’s problems over their lifetime
<i>Precipitating</i>	factors that trigger onset of illness or causes a related behavioural response
<i>Presentation</i>	the problem
<i>Perpetuating</i>	factors which maintain the negative symptoms of an illness/condition
<i>Protective</i>	factors which prevent/lessen risk, behaviour or distress

If you have any assessments, please share them. Details of any interventions already tried would also help, including whether early help has been involved.

Tell us about any other relevant professional who is involved with the child or young person so that we can share records.

As part of the triage process, we will speak to the referrer, the young person OR a family member/carer.

Please note: you don’t need an Education, Health and Care Plan to access the service and we won’t be suggesting or recommending an EHC assessment in our reports.

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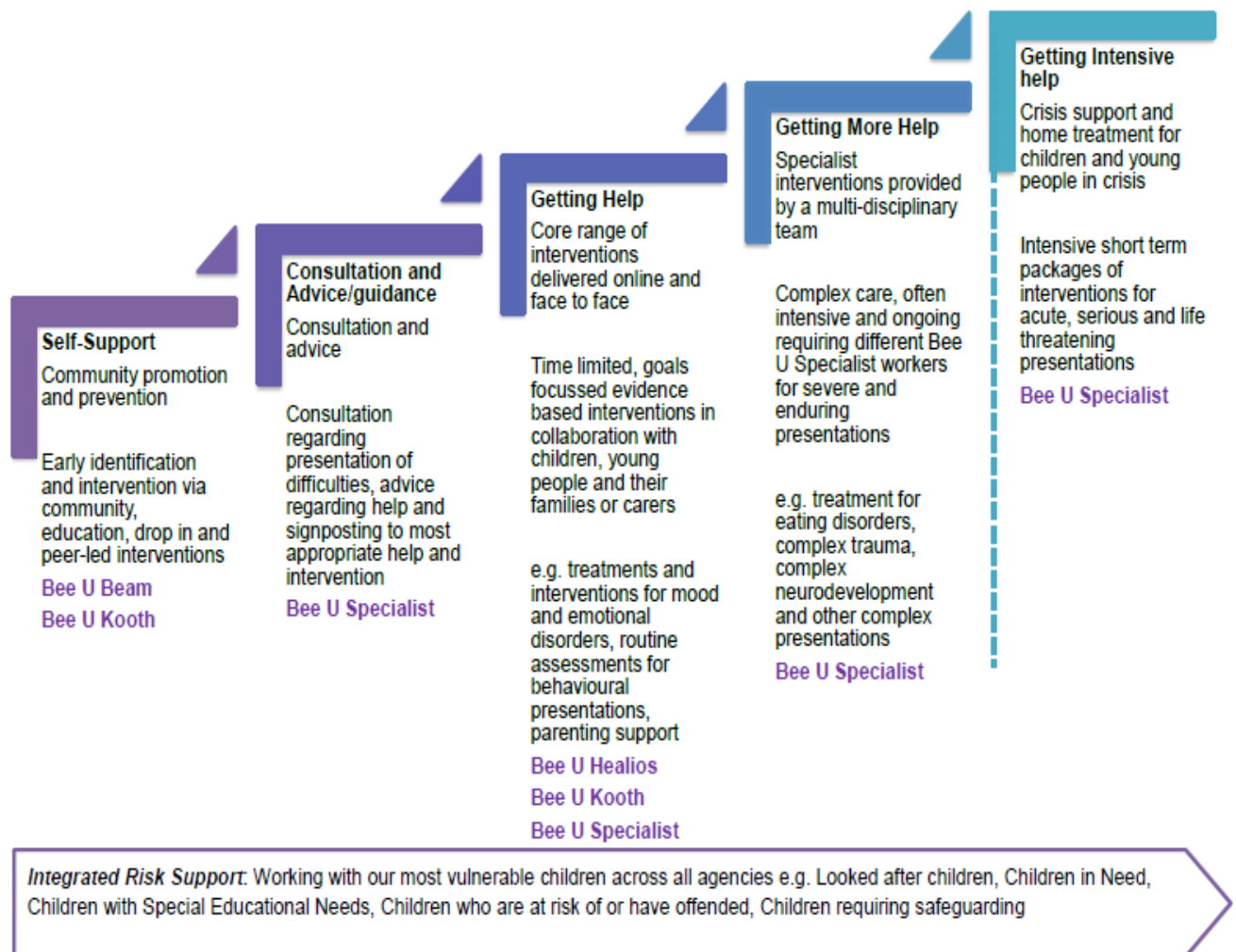


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The Stepped Care Model

The ambition of BeeU is to provide early help to avoid an escalating condition. If need dictates, children and young people will step through the model, receiving ever more specialist support.

The model is moving away from medication and towards a need-led approach as opposed to diagnosis-led.



Our top five priorities

We strive to continually improve the service offered; addressing the issues with BeeU. The service is currently going through a huge transformation so we can offer a psycho-therapeutic model in line with NICE guidelines as opposed to the previous medical model. We will continue to keep you informed of the transformation.

Here are our current five priorities:

1. ADHD

We are developing a robust and sustainable ADHD pathway in order to address waiting times and to continue to provide ADHD support.

2. Communications

We haven't always informed schools about progress of referrals. We will copy you into any letters that we issue to someone you have referred. If a GP refers a person in school, we will seek consent to share information with the school.

3. Group work

We have employed three new occupational therapists to start group work for anxiety, sensory and first steps.

4. Reduced focus on medication

We are working to NICE guidelines which stipulate that in many cases, not all, medication is a last resort to be used only when other therapies have been unsuccessful.

5. Securing investment in Shropshire, Telford & Wrekin

We are proud to be working with Landau who have secured funding to support young people over 14 years of age to access employment, school, education or training.

BeeU is also part of a bid to secure mental health support teams in schools.