



Is Growing Together the Right Service for this Family?

1. What is Growing Together?

Growing Together is a **primary care** mental health service. We work with parents and their children. We provide **talking therapy**.

2. How do I know if the Parent has Primary Care Level Mental Health Issues?

Primary Care Level means **mild to moderate** mental health difficulties.

How Do I Know if the Difficulties are 'mild to moderate'?

***Mild to moderate mental health difficulties** are common mental health difficulties, e.g. depression and anxiety. They probably impact on the person's life, but not severely.

Examples of services that work with people with primary care level mental health difficulties are GPs, Growing Together, and iCope.

***Severe mental health difficulties** are usually indicated by:

- Significant impact on day to day life e.g. not being able to get out of bed, not being able to leave the house, not being able to attend appointments, not being able to use services in a way that is likely to help them, or generally finding relationships very difficult.
- Risk factors e.g. significant risk of suicide/self-harm/physical aggression, vulnerability, self-neglect.

The person might have **severe** depression or anxiety, or a diagnosis like personality disorder, schizophrenia, or bipolar disorder. People with severe mental health difficulties need secondary care mental health services.

Alternatives places to refer

Secondary care mental health services help people with severe level mental health needs. Unlike Growing Together, they have psychiatrists, duty phone lines for people needing help between sessions, and can provide the specialist therapies and/or medication advice needed for certain conditions.

Examples of secondary care services are the Complex Anxiety, Depression and Trauma Team (CDAT), the Personality Disorder Service, and the Rehab and Recovery team. There are also very specialist services such as the eating disorder service and post-traumatic stress disorder service. Referral to these services is via the Camden and Islington Mental Health Assessment and Advice Team (CIMHAAT; 020 3317 7300).

Additionally, there are urgent/emergency mental health services such as the **psychiatric liaison team at A+E**, **the crisis team or inpatient/residential services such as women's crisis house or Maytree**.

If you refer the parent to a secondary care mental health service and feel that the child also needs therapeutic help, you could refer the child to CAMHS (020 3316 1824).

3. Can Growing Together See Families Where Only the Parent OR Child Have Needs?

Our service is designed for families where both the parent and child need help with their emotional health. There are other services for situations where only the parent or child needs help.

Alternative services

If only the parent needs help → adult mental health services

If only the child needs help → CAMHS

4. Does it Matter if the Family are Already Accessing Other Services?

Our service is a parent and child mental health service. Therefore, if the parent and/or child are already accessing a mental health service, then a decision would have to be made as to whether to stop using that service and be referred to Growing Together or to continue with the service they are already using (and possibly to be referred to an additional service if one of them lacks a service).

5. What Kind of Child Problems Can Growing Together work with?

We work with children whose difficulties are likely to improve with psychological approaches. We usually see children with difficulties related to sleeping, eating, toileting, behaviour, managing emotions, or their relationship with their parent.

Alternative services

The child needs safeguarding → children's social care

The child's needs are practical, e.g. housing, social opportunities → family support worker

The child's needs are (potentially) neurological → CAMHS

The child's needs are physical → refer to paediatrics

6. What Age of Children Does Growing Together work with?

Unfortunately, we can't see children under 1 year or after the child's 6th birthday.

Alternative services

If the child is under 1 year → parent and baby service.

If the child is over 6 years → refer parent to an adult mental health service and the child to CAMHS

7. Can Growing Together See any Family with a Link to Islington?

We only see families who live in Islington or have an Islington GP. We can't see families where only the only link to Islington is the school/nursery. Where a family have been temporarily re-housed outside Islington by the council, please discuss this with us. It may be more appropriate for them to be seen in their local area for practical reasons/safety etc.

8. Have I Got 'Informed Consent' from the Family?

Parents need to consent to using our service. For **therapy** to be helpful, the client needs to want to make changes and to be very actively involved and committed to the therapy. The parent needs to agree to working on goals for both themselves and their child/ren.

Alternatives

If a parent doesn't want help for themselves but does for their child → Please refer to CAMHS

If a parent doesn't want help for their child but does for themselves → Please refer to iCope

If a parent doesn't want therapy but you are concerned about the impact on the child

→ Please refer to children's social care

If you have any queries, please call us for a consultation. However, if there is an urgent risk, please refer the person directly to A+E or the crisis team and do not wait to speak to us.

Summary Flowchart

Do the family live in Islington or have a GP in Islington?

Yes

Does the parent have mild to moderate mental health issues?

Yes

Does the child have psychological difficulties?

Yes

Is the child between 1 and 6th birthday?

Yes

Is the parent consenting to help for themselves and their child?

Yes

Refer to Growing Together

No, it is severe

Refer to secondary care services via assessment and advice team
OR
If urgent to crisis team or A+E

If child has difficulties, discuss with CAMHS duty and advice.

No

Refer the parent to icope

If the child has needs of a safeguarding nature, consider a referral to children's social care

If the child's has needs that are practical, refer to family support

No

If they are under 1 year, refer to parent and baby service.

If they are past their 6th birthday, discuss with CAMHS duty and refer parent to icope