



Information for Professionals

NHS
Cornwall Partnership
NHS Foundation Trust

IN PARTNERSHIP WITH

HEADSTART
KERNOW



CORNWALL
COUNCIL
one and all • onen hag oll

What is Bloom?

Bloom is an early intervention consultation model that proactively promotes maintaining the positive social, emotional, mental health and wellbeing of children and young people.

Our key aim is to help to build resilience and empower children, young people (and the adults in their lives) to get the help they need, when they need it.

Bloom supports in the earlier identification and actioning of support to address emerging signs and symptoms of emotional/mental distress. Designed to provide a rapid response for children and young people aged 5 -18 **Bloom** works by finding ways to support the network already in place around the child/young person. **Bloom** also works to support professionals and the wider systems around the family, by way of offering formulation and aiding understanding as part of the consultation process.

Our wider aims through the Bloom consultation are:

- To highlight the importance of attachment and connection in supporting positive emotional wellness within families and wider community
- To identify the best person to take the lead in supporting the child/young person who is the subject of the consultation meeting. This may be the nominated or other professionals, who are actively working with the child and family
- To bring the 'voice of the child/young person' to every consultation meeting and ensure that the child/young person remains at the centre of discussions and decision making
- To work collaboratively as a multi-agency and disciplinary team to address unmet need and work together in the best interest of the child/young person
- To utilise the expertise and knowledge of members in order to explore options of support and agree a plan of support, which includes suggestions of appropriate signposting to other NHS services, voluntary sector, charities and other services

- To provide nominated professionals with advice and guidance as requested in the referral and facilitate a space whereby professional supervision and formulation can be proactively supported
- To enable and empower parents and carers to take an active role in supporting their child/young person and raise awareness to the self-help resources available
- To encourage a whole systems approach to addressing emotional health and wellbeing needs

How can Bloom help children/young people and their families?

Some of the things we may be able to support with:

- Mild to moderate difficulties with behaviour
- Dysregulation – difficulties in recognising and managing emotions
- Persistent feelings of anxiety, stress and worry
- Disengaging from school, general lack of interest
- Difficulties in establishing and maintaining relationships with friends and/or family
- Lack of interest in participating in activities
- Formulation and guidance for professionals when experiencing feelings of uncertainty about how best to support or meet the needs of the child/children.



How does Bloom work and what can I expect from the consultation?

1 If a child/young person is finding things difficult they may already have spoken to you or another trusted adult such as a family member, a teacher or youth leader, they may even have gone to their GP. If they choose to speak with you, you may want to highlight the benefits of a **Bloom** consultation and talk through whether accessing support via the **Bloom** process is the right next step for them. If you collectively agree, we recommend completing a **Bloom** referral form with the young person and/or with a family member. This will help you capture both the strengths and challenges with input from everyone. When the **Bloom** referral form has been completed, please send this into us.

Note: As well as requesting a referral to **Bloom** families can now self refer. In both instances we strongly recommend that they complete the form with you as you may be there representing them as the nominated professional.

2 Once received the referral will be triaged by the CAMHS Access Team and if we think **Bloom** is the best way to help, we will accept it for a consultation and send out **Bloom** welcome letters to the family (along with a parent/carer and young person's **Bloom** leaflet). If we think, based on the information submitted and available, that another service is more appropriate, we will come back to you as the referring professional to make some suggestions that might be a better fit and more appropriate for the child/young person.

3 Part of the referral form asks the child/young person or family member to identify who they would like to attend **Bloom** on their behalf (Nominated Professional) so please remember to ask this. You may find it useful to do this at the same time you are gaining consent to refer into our service

4 The Nominated Professional will then be invited to attend a **Bloom** consultation meeting, to represent the child/young person and talk about their situation. All **Bloom** meetings are attended by a CAMHS Clinical Psychologist, a CAMHS Primary Mental Health Practitioner and are chaired by Headstart Kernow. We may also invite other professionals linked with the child/young person/family for example from health care, social care, education, the voluntary sector, and other organisations. This is a safe space to really think about the young person and consider their needs.

- 5 The child/young person's presentation will be sensitively discussed in order to develop a shared formulation/understanding of their difficulties and for those in the panel to consider possible support. A suggested support plan and a Point of Contact will then be agreed. The Point of Contact is the person who will take the plan forward, this includes talking to the family to update what was discussed in the meeting and be responsible for making any referrals as suggested by the panel (unless agreed otherwise)
- 6 Copies of the plan will be sent as soon as possible after the meeting to the young person, child/young person's parent/carer, their GP, the Point of Contact, the person making the referral and any other professional the family have given consent to share with.
- 7 Once the plan has been sent out, the **Bloom** referral is closed. However, a new request for support can be made at any time in the future should things change and become more difficult

Note: We may make suggestions that include working directly with the parent/carer, the whole family or just the child/young person, depending on the support needed.

How can I support families to contribute to the process?

It is very important that the professionals attending the consultation meeting understand what it is that the child/young person and the parents/carers find difficult, so that they are better informed and so that the panel can have the most up to date and accurate information, in order to make relevant suggestions.

We recommend that the professional making the referral completes the form with the child/young person and or family and asks for their views and opinions, so that in the meeting we understand the perspectives of the child/young person and family.



Appropriate signposting to consider:

In addition to **Bloom** there are a range of online self-help support services available and accessible to children, young people and families.

Services that can help and support you and your family

Childline | Call **0800 111** (free) or text **SHOUT** to **85258**

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends).

Available to anyone up to 18 years old.

Mental Health Connect Line | Call **0800 038 5300** (free).

Open 24 hours a day, 7 days a week.

CRISIS Text Service | Text **SHOUT** to **85258**

Open 24 hours a day, 7 days a week.

Kooth | Visit **kooth.com**

For young people aged 10-18 years.

Online chat open until 10pm every night.

Start Now | Visit **startnowcornwall.org.uk**

Created and run by young people in Cornwall for young people in Cornwall.

Mind Your Way | Visit **mindyourway.co.uk**

Help with your mental health and wellbeing. Services for young people aged 10 and over

Samaritans | Visit **www.samaritans.org** or call **116 123**

Open 24 hours a day, 7 days a week.

Young Minds | Visit **www.youngminds.org.uk**

UK charity fighting for young people's mental health.

Contact us

BLOOM Administration

Call **01208 834575** Email **cft.camhsreferrals@nhs.net**



What if i need help quickly?

If you are concerned for the safety and wellbeing of a child then contact and speak to:

- **The Multi Agency Referral Unit (MARU)**

If you have immediate concerns or are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on **0300 123 1116**. For further information on child protection and safeguarding, and to make a referral please visit: <https://www.cornwall.gov.uk/health-and-social-care/childrens-services/child-protection-and-safeguarding/>

- **The Early Help Hub**

Open Monday to Thursday 8:45am–5:15pm,
Friday 8:45am–4:45pm. Closed on Bank Holidays
Tel: **01872 322277**
Email: earlyhelphub@cornwall.gov.uk

**In an
emergency or if
you feel unsafe
call 999 or go
to your nearest
hospital**

If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro, TR1 3AY

e: customerservices@cornwall.gov.uk

t: 0300 1234 100

October 2023 JN53183