



Information for parents and carers of children aged 5 - 18

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What is Bloom?

Bloom is about helping young people aged 5-18 to thrive.

Our aim is to intervene as early as possible, to help children and young people (and the adults in their lives) to build resilience and feel empowered, and to get the help they need, when they need it.

Bloom brings professionals together so that they can look at ways to help children and young people who are experiencing difficulties with their social, emotional, mental health and wellbeing. The professionals – who will be people like teachers, psychologists, family workers and community workers – meet to carefully discuss each young person's difficulties and needs, and put together a plan to help them - usually by finding ways to support the network already in place around them.

Our wider aims through the Bloom consultation are:

- To highlight the importance of attachment and connection in supporting positive emotional wellness
- To identify the best person to lead on supporting the child/young person discussed at the consultation meeting. This may be the nominated or other professionals.
- To bring the 'voice of the child/young person' to every consultation meeting and ensure that they remain at the centre of discussions and decision making.
- To work collaboratively as a multi-agency and disciplinary team to address unmet needs and work together in the best interests of the child/young person
- To use the expertise and knowledge of members to explore support options and agree a plan of support
- To provide nominated professionals with advice and guidance, as requested in the referral
- To enable and empower parents and carers to take an active role in supporting their child/young person and raise awareness of the self-help resources available
- To encourage a whole community approach to addressing emotional health and wellbeing needs

How can Bloom help my child/ young person and our family?

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



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

1 If your child/young person is finding things difficult, they may already have spoken to you or another trusted adult, such as another family member, a teacher or youth leader - they may even have gone to their GP. If it was you or a member of your family, you and your child/young person should talk to a teacher or another professional who can talk you through the **Bloom** process, and if you all agree it's the right next step, you can do one of two things. You can either complete the form with that professional or complete it and send it in to us yourself (we call this making a referral). In both instances we strongly recommend that you complete the form together as the professional supporting you may also be representing you at **Bloom** as your nominated professional.

- 2 If you have been referred to us, the request will be carefully considered by the CAMHS Access Team (we call this triage). If we think **Bloom** is the best way to help, we will make contact with you to talk about what happens next (we will send a letter agreeing this is the best plan of support at this time). If we think that another service is more appropriate, we will make this recommendation to the professional who has referred you.
- 3 If the criteria for a **Bloom** consultation has been met then you and your family will choose the adult you want to speak for you at the consultation. This person is called a **nominated professional**. The **nominated professional** is usually a person you and your child/young person knows well - possibly someone you have been working with, like a youth worker or a pastoral support lead at school. We will also send you a welcome letter, along with this booklet and the child/young person's booklet.
- 4 The **nominated professional** will then be invited to attend a **Bloom** consultation meeting, to represent your child/young person and talk about their situation. All **Bloom** meetings are attended by a CAMHS Clinical Psychologist, a Primary Mental Health Practitioner and a Primary Mental Health Support Worker. Professionals who work in health care, social care, education, the voluntary sector, and other organisations may also be there.
- 5 Your child/young person's situation will be carefully discussed, to develop a shared understanding of their difficulties and 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 person can talk you through what happened at the meeting and answer any questions you might have about the plan.
- 6 As soon as possible after the meeting, copies of the plan will be sent to you your child/young person, your GP, the **point of contact**, the person making the referral, and any other professional you have consented to sharing the plan with. The plan explains the outcome of the **Bloom** meeting, any suggested support, and contains the **point of contact's** name and organisation.
- 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 don't improve or become more difficult.

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

How can I contribute to the process?

It is very important that the professionals attending the consultation meeting understand what it is that your child/young person and you as parents/carers find difficult, so that they are well informed and can make suggestions on how best to help and support you, based on the information provided.

You can ask to be referred to BLOOM but the form will need to be submitted by a professional known to you that is why we recommend that the professional making the referral completes the form with you. Once you've been accepted for

Bloom, you should meet with your **nominated professional**, and any other adult that might attend the consultation, to talk through what it is you and your child/young person are finding hard and what you feel might help.

It is good practice for the **nominated professional** to also speak with your child/young person to ask for their views and opinions too.



How do I refer my child/young person to Bloom?

If you have concerns about the wellbeing of your child/young person, the first step is to talk to your school's Mental Health Lead, or another professional known to you and your family, such as a GP, Family Support Worker or Youth Worker. They will explore the current challenges with you and will either offer you additional support, and/or refer you to **Bloom**.

More support: Services that can help

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

Childline | Call **0800 111** (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years.

Mental Health Connect Line

Call **0800 038 5300** (free)

Open 24 hours a day, every day.

CRISIS Text Service

Text **SHOUT** to **85258**

Open 24 hours a day, every day.

Kooth | Visit **kooth.com**

For young people aged 10-18 years. Online chat until 10pm every night.

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

Created and run by and for young people in Cornwall.

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

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

NHS Helpline | Call **111**

Open 24 hours a day, every day.

Samaritans | Call **116 123** or visit **samaritans.org**

Open 24 hours a day, every day.

Young Minds

Visit **www.youngminds.org.uk**

UK charity fighting for young people's mental health.

What if i need help quickly?

If you need to speak to someone urgently about about your child or young person's mental health, you could contact:

- **Your GP**
- **NHS Helpline** | Call **111**
Open 24 hours a day, every day.

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



Contact us

BLOOM Administration

Call 01208 834575

Email cft.camhsreferrals@nhs.net

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