



DEPARTMENT OF HEALTH

*Rheynn Slaynt*

The provision of  
'a specialist mental health school nursing service for  
school age children with mental health distress'

aka

*"The Mental Health  
School Nurse"*



Isle of Man  
Government  
Rheiljyn Eilan Vannin



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## Every Child Matters (2003)

Child and Adolescent mental health is 'everyone's business' not the sole preserve of Specialist Mental Health Services such as the IOM CAMHS.

"Children and young people with mental health problems receive help and support from a wide range of professionals in partner agencies and Primary Care Services".



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## Development of Mental Health School Nurse

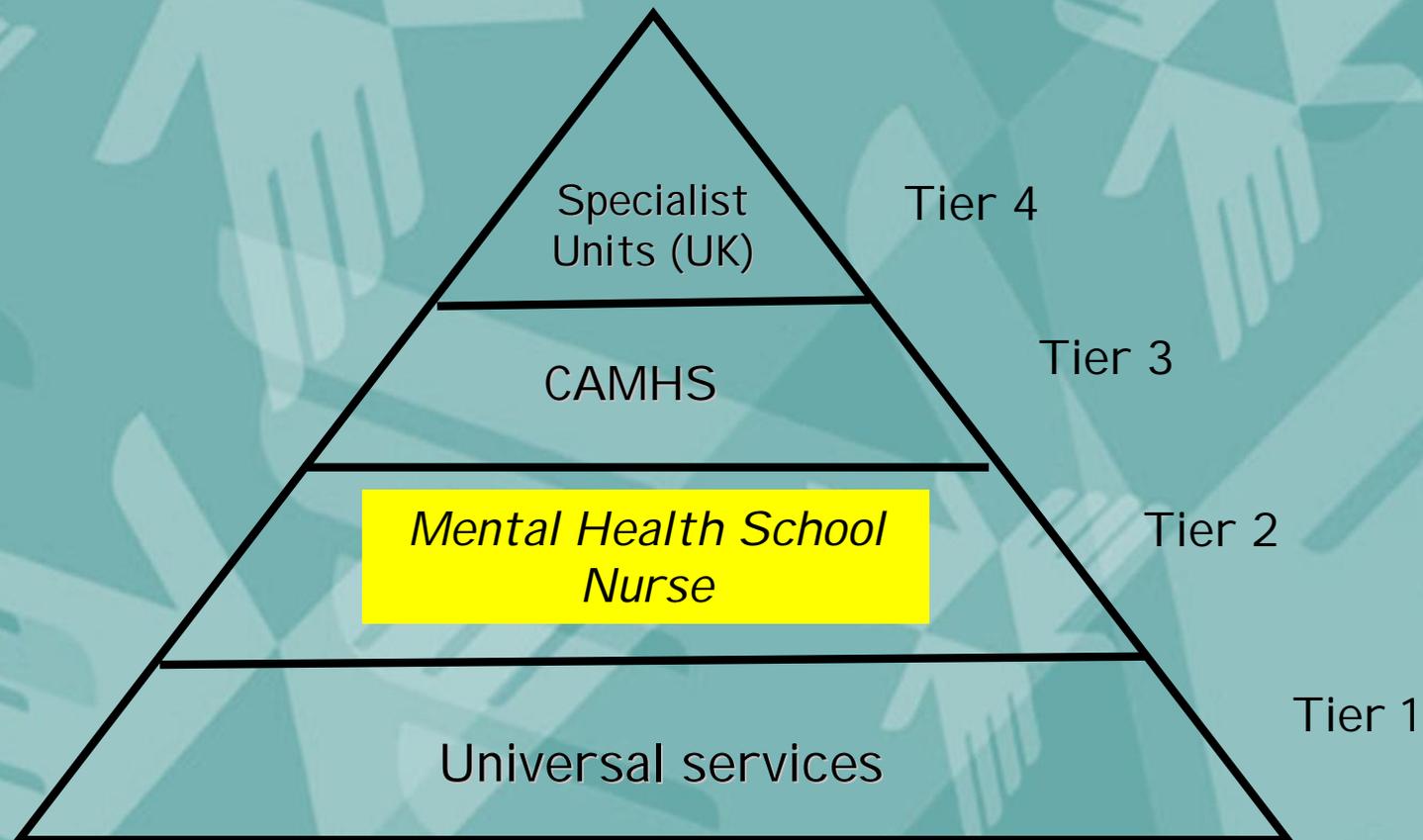
- School nurses frequently encounter children who may be experiencing mental health problems
- Children and young people not requiring tier 3 services being managed by tier 1
- No development in specialist CAMHS for primary care mental health worker
- High incidence of teens attending A&E with self-harm and/or alcohol poisoning



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## Tiered services on the Isle of Man





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## Service Aims

- Early intervention, accessible in the least restrictive environment.
- Partnership working, eg parenting programmes.
- Training and supervision for tier 1 professionals
- Signposting children, young people and their families
- Promotion of positive mental health, emotional well being in school age population



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## Service Provision

- Motivational interviewing
- Problem solving
- Cognitive behavioural approaches
- Triple P parenting programme
- Joint work with specialist CAMHS/ Adult services
- Seamless re-integration to universal services or transfer to tier 3



Child / young person seen by school nurse and their mental health problems impacting on the child /young person's potential to meet the 5 outcomes

School nurse carries out initial assessment of the difficulty/ presenting problem.

At immediate risk of harm;  
Acutely disturbed.  
Suicidal

Suspected anorexia  
Psychosis  
ADHD  
ASD  
Severe depression

Fears & phobias  
Anxiety  
Mild to moderate depression  
Eating difficulties  
Repeated deliberate self-harm  
Somatising

Single loss event  
Bullying  
Low self- esteem  
Relationship difficulties  
Deliberate self-harm (not suicidal)  
Adjustment reaction

Early signs of emotional and social difficulties

Drug or alcohol use

16+

-16

Difficulty impacts on global functioning?

Other risk factors evident?

Primary alcohol

Primary drug use  
Solvent use

Polydrug use  
Evidence of dependence

Yes

No

No

CRT

CAMHS

School nurse mental health

School nurse with support if required

School nurse  
School listener  
CRUSE  
Relate

Alcohol Advisory Service

Drug Advice Service and Helpline

Drug & Alcohol Team



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## Practicalities

- Referrals
- Confidentiality and record keeping  
Primary Care policies
- Liaison  
CAMHS  
Paediatric liaison (Health visitor and ward)  
Schools (pastoral care staff)
- Supervision  
Safeguarding  
Clinical



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## Reflections

- Referrals
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## Year 2

- Increase number of boys accessing the service.
- Deliberate self harm pathway
- Service user feedback
- Eating disorder service provision 16+



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