

TALK TO US

OFF THE RECORD



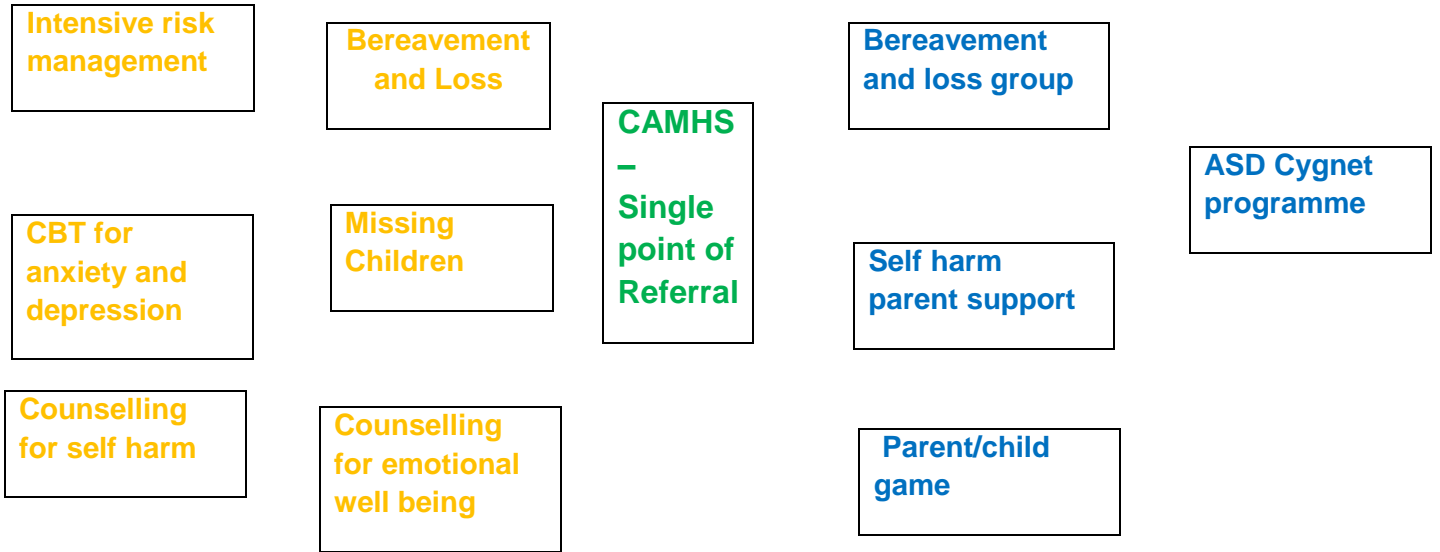
Off the
Record
(Sutton Jump Start)

SUTTON ALLIANCE



Jigsaw 4 U

Sutton Alliance – support available



Individual support for children and young people

Parent/Family Support

Brief Evidence - based Interventions

- **Anxiety & Depression:** 6 sessions of individual or small-group CBT
- **Psychological Well-being:** up to 6 sessions of counselling for age 11+
- **Self-Harm:** 8 sessions of individual counselling or CBT for age 11+ & parent support group
- **Bereavement & Loss:** 6-8 sessions for child/YP & 6 week family group programme
- **YP at Risk:** up to 3 months intensive nurse liaison (max. 6 cases)
- **Parent-Child Game:** 8 sessions intensive behaviour management for parents of 3-10 year olds
- **Cygnets:** 6 session programme for parents whose child has been diagnosed with ASD
- **Missing Children at risk of Sexual Exploitation:** 6 sessions of assertive outreach inc. advocacy & mediation & additional 12 sessions for more serious cases.

Accessing Sutton Alliance Services

- **Referrals for all Sutton Alliance services (excluding Missing Children) are made via Sutton CAMHS Single Point of Referral using the existing referral form.**

- **Referrals should be sent by secure email to SuttonCAMHSReferrals@swlstg-tr.nhs.uk**

- **If you do not have access to secure email, please call 020 3513 3800 or Fax 020 3513 3993**

- **All referrals will be offered an assessment within 2 weeks, then if appropriate, passed to the relevant service and will enter psychological treatment within 12 weeks.**

- **Referrals for Missing Children will be taken direct from the Police/MASH.**

Working in Partnership

- Sutton Alliance is committed to working in partnership with children, young people, families and local professionals in the design and delivery of our services.
- We will deliver a range of services focussed around the needs of children/young people and families ensuring support is delivered how and when it is most effective
- The Alliance will also offer termly workshops for professionals around mental health issues



Example of a Bus Stop campaign designed entirely by young service users in the IAPT service

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