

**East Riding of Yorkshire mental and emotional health services for
children and young people**

Name of service

Youth and Family Support.

Service provided

Prevention and Education Team (PET)

Applicable age group for service

Currently the service only operates in secondary schools.

Who is the service for (ie threshold)

The Prevention and Education Team support young people with more complex problems than those which can be dealt with solely by school based staff. The team supports young people with poor emotional health where there is some impact on the child/young person's ability to function in daily life. The team are trained in using a CBT approach and will soon be trained to use Teen Star with each young person they see. They deliver brief interventions on;

- Emotional wellbeing (increasing happiness and decreasing anxiety);**
- Psychological wellbeing (increasing resilience, confidence, autonomy and the ability to problem-solve and manage own emotions);**
- Social wellbeing (improving relationships with others, building social skills including conflict resolution and problem solving, and decreasing behavioural problems).**

Who can refer a child or young person?

Schools/Self/Parent/Carer.

How do you refer?

Contact EHASH.

Location of service

Central Team based in Skirlaugh but support is delivered in schools.

What happens after a referral is made?

The member of the PET team will contact the referrer to discuss support available.

What happens if a child / young person is not accepted for treatment following a referral?

Support from the PET team will be delivered as part of a school based package of support. A member of the PET team is available to support the school completing an early help assessment , as required.

Information re registered service and regulatory body (if applicable)

Any other information

PET also delivers pathways of support, bespoke to the needs of each school. These are group sessions which normally last 6-8 weeks for up to 10 young people. This can include sessions on e-safety, resilience, risk taking behaviour, SRE, substance misuse, self-harm. To arrange a pathway for your school please contact your allocated PET worker in the first instance.

PET are also part of the LA response to a child death/crisis and are available to support young people following an incident.