



The Derbyshire NeuroHub's (North ND community Hub Team) role in supporting families of children/young peoples with mental Health difficulties.

The Derbyshire NeuroHubs are not a CYP Mental Health service, but we often play an important role in supporting families to care for their children/young people (0-25) or themselves, that are/may be Neurodivergent, and present with, or are diagnosed with Mental Health difficulties. We understand that a CYP experiencing difficulties managing or understanding their Neurodivergent needs, can often lead to increased Mental health difficulties.

Within the NeuroHub we can support the family/CYP to understand their Neurodiversity holistically and discuss person centred strategies that can support a maintained mental wellbeing.

#### What we DO offer.

- Opportunities for parent/carers or CYP 0-25 (Under18s need to be accompanied by an adult) to discuss MH difficulties they are experiencing and explore how their Neurodiversity can affect those difficulties. Though 1;1 appointments either in person or via telephone/video call or attending a social drop-in group/activity hosted by the ND Hubs.
- Support families/CYP to start to identify "triggers" that may lead to increased Mental health difficulties.
- Tailored supporting strategies and resources, focusing on the CYP's ND profile having an impact on their MH difficulties, led by holistic approaches but being pacific to the individual need.
- Signposting or support with navigating parental/CYP requests to specialist MH services/MH pathways within Education and health services in Derbyshire.
- Information for charity services/groups that support MH
- Flexibility in the care we offer, remaining trauma informed throughout, families can have open access to our service with no limitations to sessions required. Taking into consideration personal capability and capacity, being mindful that our families/CYP may need time to build trust within the service, and offering a safe space that their views can be heard and respected
- Co-production of care provided if requested. We are happy to make connections with other services involved with the CYP or family if deemed beneficial to continued support (consent is needed)
- Community social activity/wellbeing events, giving opportunity for personal development of mindfulness , resilience, and to try any supporting strategies in an environment that is ND friendly, whilst promoting wellbeing through speaking with like-minded cohorts, being active, and being less isolated (ALLND HUBS DIFFER IN THE EVENTS OFFERED,DEPENDING ON STAFF CAPACITY/BRANCH VENUE AND GEOGRAPHIC / LOGISTICAL FACTORS)
- Parent carer workshops covering supporting topics around MH and ND along with signposting to additional evidence based free workshops available locally.

- Parent Carer information and advice signposting for EBSA (Emotion based school avoidance)
- Support for Parent/Carers to get the appropriate mental health services for themselves, guidance/ signposting of the adult MH services available across Derbyshire, and through local parent support groups/wellbeing days.

What we DON'T offer.

- Stand-alone MH support where a CYP has NO ND or suspected ND that is possibly affecting their MH difficulties.
- 1;1 or group Child therapy/counselling services /CBT or any other therapy-based service (Lego therapy/play therapy)
- Family therapy
- Assessments or clinical observations/reports in relation to MH
- Crisis service/24-hour care
- Coaching programmes/ personal mentoring/ day care service
- Direct referral to level 3 specialist MH services
- Home visits
- respite services
- Medication advise/prescribing/monitoring.

**For Further information please contact your local NeuroHub**