



8 steps to consider when making a referral to the iThrive Hub

1. Before making a referral



Take time to look at the guidance on our website - <https://bolton-together.org.uk/> Consider whether the support required is for the child/young person or their parent/carer? Bolton Together now offers one-to-one and group parent-peer support.

2. Contact us if you are unsure

There are many different mental health issues a child/young person can face. Our partners provide a range of support from building self-confidence, self-esteem and resilience to developing strategies to understand and manage emotions. This support can be one-to-one or within groups. It is important to consider the complexity of the child/young person's needs and discuss with us if you are unsure the referral is right for iThrive.



3. The right support at the right time



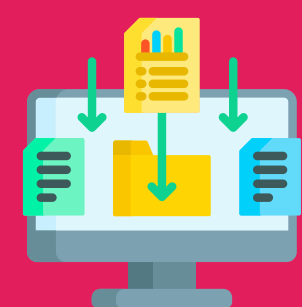
Interventions and support are most effective when those working with our partners are willing to engage. Check that the child/young person and their family are ready to start support.

Unfortunately, our partners may be unable to offer support to those open to CAMHS or who are already receiving similar support. This is to prevent duplication of services. We ask for a therapeutic break of approximately 3-6 months between any support and referral to the Hub.

4. Gathering information

This will include up-to-date information regarding the child/young person and their parent/guardian, details of the mental health and well-being issues and the impact this is having on their daily life. Also include details of any previous and current support and any relevant history that may help us to better understand the situation. Speak to the child or young person. You must understand what the child or young person wants support with. Provide as much detail as possible concerning any support or plans in place for the child or young person.

Check your referral before you submit. Is the information provided accurate and capture everything we should know?



5. Consent



The child/young person needs to understand what they are being referred to and agree to receive support. Informed consent is essential for iThrive to be able to support anyone referred. If they do not consent, please consider whether they are ready to engage in support.

We also strongly recommend consent be obtained from parents/guardians, which is required for anyone under the age of 14.



6. Safety Planning

iThrive is not a crisis service; a referral to an appropriate service should be made for any child or young person at risk. Here are some useful organisations providing crisis support:

- Suicide, self-harm and other resources - Self-help resources - Recovery Academy (gmmh.nhs.uk)
- Raising safeguarding concerns - Worried about a child? – Bolton Safeguarding Children
- BKTMMResources on self-harm - Self-Harm – Be Kind To My Mind
- Shining a light on suicide - Homepage - Shining a Light on Suicide
- NICE guidance on self-harm - Recommendations for research | Self-harm: assessment, management and preventing recurrence | Guidance | NICE
- Childline for children and young people under 0800 1111
- Samaritans 116 123
- Text “SHOUT” to 85258
- GMMH 24/7 helpline 0800 953 0285
- NHS 111 to enquire about mental health or risk concerns.
- Contact 999 or attend your local A & E service if you urgently need medical treatment.

Any referral containing risk or safeguarding issues should provide details of supporting organisations and a full explanation of any actions to help the child/young person and their family. Anyone referring to a case with risk or safeguarding issues should ensure they are contactable to provide further information.



7. Making the referral

Complete the online referral form:

<https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>
<https://bolton-together.org.uk/parent-peer-support-referral/>



8. Next Steps

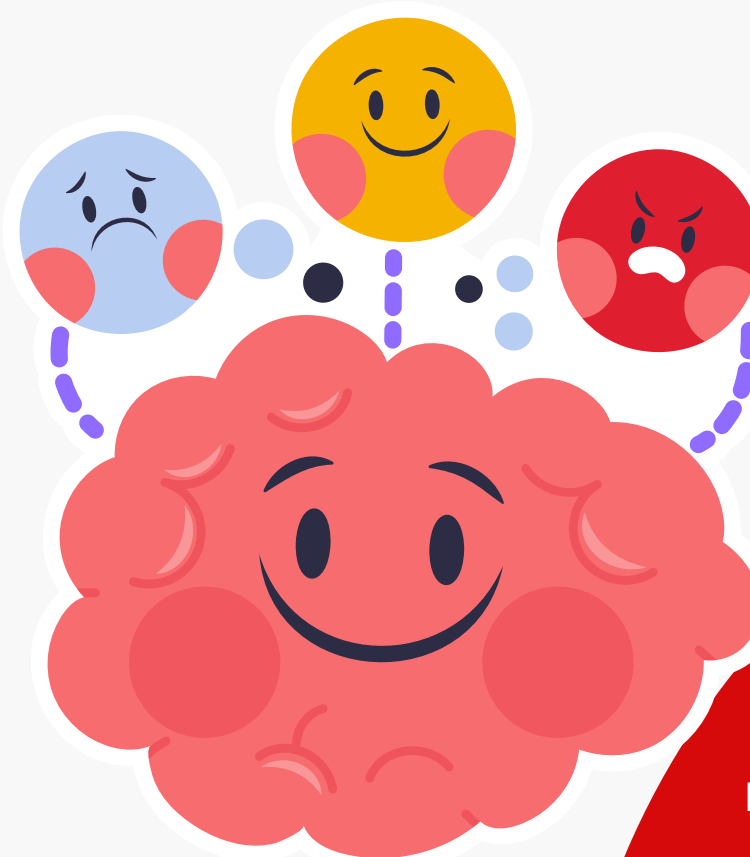
Once you have completed the referral form and submitted it to the iThrive team, the following steps will take place:

- A member of the team will triage the referral.
- A team member may contact you, the child/young person or their parent to discuss the referral to obtain further information.
- If considered appropriate for iThrive, the referral will be passed to one of our providers, who will assess and decide whether to accept the referral.
- You will be notified of the decision by either the iThrive team or the provider.

NEXT >>



For more information go to bolton-together.org.uk and then click on Refer For Support or scan this QR Code.



Email: IThrive@boltontgether.org.uk
for further information