

TRConnect steps - Thresholds

Step 1 – Drop in sessions

Can be accessed by all students

Accessible every morning between 8am and 9am and Monday and Tuesday at lunchtimes in the wellbeing room (M102F).

The drop in is not a crisis service; therefore, any safeguarding concerns will be dealt with following the college's safeguarding procedures.

Step 2 - Self help

Can be accessed by anyone

We have a range of self-help resources and information available via the QR code on the TRConnect handouts, or in the wellbeing room.

Please note that the well-being room is only staffed during the drop-in times above.

Step 3 - Self-referral

Any student that has accessed steps 1 and 2 and can evidence they have accessed this. Staff cannot make a referral to TRConnect but can get in touch with a member of the team for advice.

Students to email trconnectreferral@trc.ac.uk and an automatic response will bounce back with a form to complete. The form must be completed for us to proceed with allocating the appropriate support.

Step 4 – Workshops

Students can sign up to a variety of workshops throughout the academic year. These will be promoted via college email to students, staff and parents/carers or discussed with the students on a 1:1 basis following a referral or in a keyworker/counselling session.

Understanding Mental Health – Psychoeducation	Wellbeing and Self-Care
Relationships and Boundaries	Time Management, Organisation & Procrastination
Healthy Routines	Self-Esteem, Confidence & Motivation
Escape the TRAP – Teenage Relationship Abuse Programme	Sleep (<i>Led by With in Mind EMHP's</i>)
Exam Stress (<i>Led by With in Mind EMHP's</i>)	Understanding Anxiety and Worry (<i>Led by With in Mind EMHP's</i>)

Step 5 – Peer Mentor Support

Can support	Cannot support
Low level worries managing everyday stresses	Safeguarding concerns
Signposting and advice for appropriate support or external agencies	Peers within friendship groups or within the same class
Workshops/ drop-in sessions / TRConnect college events/ Newsletters	

Step 6 – With Me in Mind – Educational Mental Health Practitioner 1-1 sessions

Can support	Cannot support
Low mood, worry and anxiety	Those who aren't regularly attending college
Simple phobias	Moderate to severe mental health problems
Sleep problems	Any difficulty that has been present for over 2 years.
Self-regulatory problems	Self-harming
Behavioural and emotional problems	Suicidal thoughts/active suicide attempts
Panic attacks	Grief/bereavement
Recent difficulty (anything less than 2 years, not a result of trauma or bereavement	Trauma
Low risk of self-harm, low risk to others, little or no drug/alcohol use	Those engaging with other mental health interventions (CAMHS/Talking Therapies/counselling etc)

Step 7 – 1:1 TRConnect Keyworker

Can support	Cannot support
Anxiety	Keyworkers will not offer 1:1 Mental Health support and intervention alongside those engaging with support step 6, 8 or 9. However, keyworkers can help students to engage with appropriate support and advise on any college-based concerns or needs.
Low Mood	
Self-esteem and confidence	
Those who have experienced a trauma	
Wellbeing & self-care	
Self-harm	
Exam stress	
Students who have disclosed an SEMH difficulty/need.	
With referrals to With Me in Mind, Counselling and Talking Therapies (dependant on need).	

Step 8 – Therapeutic Intervention

Counselling

Can support	Cannot support
Common mental health and psychological problems	Those who are engaging in other psychological therapy.
Assessed as low-moderate risk.	Eating Disorders
Anxiety	Addiction
Depression	Active suicide attempts
Abuse	Those who meet the threshold for CAMHS/AMHS intervention but refusing to engage.
Trauma	
Self-harm	
PTSD (depending on presentation)	
Phobias	
OCD	
Medicated by CAMHS, but discharged from psychological intervention (only under CAMHS for medication reviews)	
Don't meet CAMHS threshold for psychological intervention	
Under CAMHS for neurodiversity assessment	

Talking Therapies

Must have a registered GP in area of referral and be 16 ½.

Can support	Cannot support
Depression	Those at risk to themselves (not a crisis service)
General anxiety	Psychotic symptoms
Stress	Anorexia or moderate to severe eating disorders
Panic	Anger management
Phobias	Addiction support
OCD	Those who are engaging in other psychological therapy
Body dysmorphic disorder	
PTSD	

Step 9 – Consultation – Onward NHS/referral support

If a student presents above threshold for steps 6 to 8, the TRConnect team can book in to the With Me in Mind consultation process to gain further advice regarding onward support.

A **My Mind** and a **Consultation** form will need to be completed by the student prior to requesting a Consultation.

Consultations will be booked remotely via Teams and require consent from student and parent/carer before we can proceed.

Step 10 – Safeguarding & external agencies

Severe and complex mental health problems.	Psychosis
Substance misuse (support with onward referral to ROADS)	Addiction
Schizophrenia	Open to CAMHS accessing psychological intervention
Active suicidal attempts	Choosing not to engage with CAMHS psychological interventions
Specialised eating disorder support	On any medication for the above