

Who are Specialist Community Advisors (SCAs)?

SCAs are a team of qualified professionals who are all experienced in working within child and adolescent mental health. We are from a range of professional backgrounds and are all registered under professional bodies. We all have an Enhanced DBS check.

What are the aims of the service?

We aim to offer a place-based service to develop a 'prevention and promotion' approach for those working with children, young people and families in primary care, social care, voluntary and community sector, and education.

Our aims are to enable and empower you to develop skills and confidence in helping young people manage and improve their own mental health, and helping you identify and offer effective initial support.

THRIVE model informs the aims of our service
[:https://www.annafreud.org/media/2552/thrive-booklet_march-15.pdf](https://www.annafreud.org/media/2552/thrive-booklet_march-15.pdf)



What do we offer?

Consultation: This is offered to individual professionals or groups, via telephone, face-to-face or virtual platforms. Consultation assists with the identification of mental health needs in partnership with you. Together we consider appropriate and evidence-based ways to advise and signpost you in meeting these needs. Consultation is for advanced level Early Help Practitioners.

Training:

A rolling programme offers mental health awareness training and follow-on topics to increase understanding of specific child and adolescent mental health difficulties. This is open to all who work with children and young people. We also offer training to parents and carers.

Liaison:

Multi-professional meetings and networking for working collaboratively.

Strategic planning:

Proactively responding to local need, engaging in joint planning to develop protocols and mental health strategies.

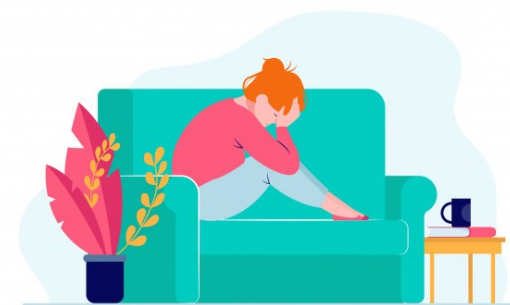
Influencing 'whole school approach' to mental health prevention and early help in education, for students and staff.

Groups and workshops:

We offer a 'role-model' function to you in developing and initially co-facilitating groups and workshops on topics such as anxiety, exam resilience and self-harm.

Self-care is considered throughout all the

services we offer as an integral part of early intervention for all our wellbeing.



Who can access the SCA team?

Any person working with children and young people, including:

- Education staff
- School nurses
- MAT
- Social care
- Foster carer
- GPs
- Police and criminal justice staff
- Voluntary and community sector
- Community paediatricians
- Pro-social activity staff

The child/young person must be registered with a Derbyshire/Derby City GP. For each child, young person and their family that you wish to discuss with us we request that you have shared with them your concerns, and that you're sharing information with us to best help alleviate the presenting needs.

Please make the child and family aware that you will be contacting us.

As part of our offer for consultation we require a 'consultation contract' to be in place.

Please contact the member of the SCA team for your area (see back page).

Contact us

Erewash North & South Amanda Selby SCA Clinical Lead	07768 671397 amanda.selby1@nhs.net
Southern Derbyshire Dawn Wain	07717 782268 Dawn.wain@nhs.net
Amber Valley Rachael McIlwrack	07917 243130 Rachael.mcilwrack@nhs.net
Derby City locality 1,2 & 5 Sonia Simpson-Brown	07833 927241 Sonia.simpson-brown@nhs.net
Erewash and Southern Derbyshire Angela Jordan	07787 274992 angela.jordan6@nhs.net
City locality 3&4 and South Dales Miriam Krepa	07717 538764 Miriam.krepa@nhs.net

If you would like this information in a different language or format, including Easy Read or BSL, please contact dhcft.communications@nhs.net

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť dhcft.communications@nhs.net

如果您想要将本信息用其他语言或格式显示，请联系 dhcft.communications@nhs.net

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter dhcft.communications@nhs.net

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Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte dhcft. communications@nhs.net

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z dhcft.communications@nhs.net

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ [dhcft. communications@nhs.net](mailto:communications@nhs.net)

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NHS

Derbyshire Healthcare
NHS Foundation Trust

Specialist Child and Adolescent Mental Health Services

COMHS



**Specialist
Community
Advisors**

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 Making a
positive
difference