

## Threshold Guidance - Behaviour of Concern

**Name of Young Person:**

**Staff member supporting:**

**Has this been completed in collaboration with the YP?    Yes/NO**

### **What we do, what we don't do and what you can do if you are worried about your child**

All young people will feel anxious from time to time. Here's a guide to help you know how best to support your young person if they are experiencing symptoms of worry or anxiety. This is not an exhaustive list; young people will experience other types of worry and symptoms which may not be included on this guide:

**Needs Specialist Treatment or a Crisis Response; These are difficulties that cause a significant impact and a young person may need specialist support.**

#### **Type and nature of situation that may impact on a young person's behaviour**

Behaviour is extreme, chronic and may cause harm to the young person directly or another (either purposefully or accidentally)

Behaviour may cause significant distress to the young person and be a significant concern to their family/network (such as school/college). Behaviour significantly disrupts daily life such as attending school/college, socialising

Behaviour may be criminal in nature

Despite trying advice in the Green and Amber stages, the young person still experiences behaviour of concern.

More extreme or concerning behaviour may (or may not) be in response to events such as:

- An upsetting or traumatic event or repeated upsetting, threatening or traumatic events (e.g., bullying)
- Abuse (emotional, physical, sexual, financial)
- A result of misusing illicit substances (e.g., drugs or alcohol)
- In some cases, behaviour of concern may be indicative of a mental health difficulty or crisis

<b>What you might see or a young person might report</b>	<b>Date Completed</b>	<b>Date completed</b>	<b>Date completed</b>	<b>Date completed</b>
The features in Green and Amber may be more frequent and intense, plus, the following might also be present: <b>(Tick all those that apply)</b>				
Persistent refusal to leave the house or attend/take part in activities such as school, hobbies, interests, seeing friends.				
Significant impact on health and wellbeing such as not sleeping or eating for a sustained period of time. May show signs of physical compromise (ill health) as a result of this.				

Withdrawn and uncommunicative or not wanting to be left alone at all - this may seem uncharacteristic or age inappropriate for some teenagers.				
Becoming agitated, distressed, oppositional or aggressive towards others (including verbal and physical aggression/ violence towards others).				
Age inappropriate sexual activity/behaviour (particularly for young people aged 16 years and under).				
Reactive and impulsive behaviour such as running away which may place them or others in danger.				
Criminal behaviour.				
Families will find themselves struggling to do things as they normally would, that family functioning is disrupted and they are required to make significant adjustments to accommodate how the young person is feeling or responding				

### **Things to try, support and Next Steps**

As well as the steps in Green and Amber, the following might be helpful:

- If a young person or someone else is in immediate danger with potential for harm, you must consider contacting the emergency services (Police and or ambulance)
- Speak with your child's GP
- Speak with your child's school/college and the School Nursing Team and/or the pastoral department
- Depending on the context and/or the origins of the emotions being experienced ,and the nature of the behaviour of concern, other services may be helpful. There may be a role for other services such as Children's Services or other statutory or voluntary organisations that can support if there are clear triggers for the behaviour of concern e.g., abuse, domestic violence etc.
- To contact Children's Services with concerns about the safety or wellbeing of a young person Monday-Friday 9am-5pm: 0300 555 1384 or email: [childrens.services@hants.gov.uk](mailto:childrens.services@hants.gov.uk). Out of Hours: 0300 555 1373
- Seek advice, guidance and support from Young Minds Parent Helpline:  
08088025544
- Consider making a self-referral to a CAMHS Service.

*Please note, that CAMHS may only provide an assessment and offer an intervention if the behaviour or concern is in relation to a mental health difficulty or crisis.*