

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 behaviour has meaning. Children and young people communicate through their behaviour, especially those who have not acquired language and vocabulary skills to tell the adult what the problem is. A young person's behaviour can be made stronger and more likely by how it is responded to. Here's a guide to help you know how best to support your young person if they are behaving in a way that is concerning. This is not an exhaustive list; there may be other behaviour and responses to this which have not been included:

Needs for help; These are challenges that some young people experience and may need some support with.

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

The behaviour of a young person appears out of context or disproportionate to the situation. Episodes of concerning behaviour might be more frequent or prolonged and cause the young person and family distress, or might have some mild impact on their ability to cope with everyday life such as going to, or coping at school, and relationships with others.

Strong emotional responses and behaviour of concern may be in response to, or indicative of the factors described in Green. More concerning behaviour may (or may not) be in response to events such as:

- An upsetting or traumatic life event or repeated upsetting or traumatic events (e.g., bullying)
- Feeling threatened through experiencing abusive behaviour (neglect, emotional, physical, sexual, financial)
- Unpredictable and distressing environments (witnessing aggression/ violence)
- A result of misusing illicit substances (e.g., drugs or alcohol)

In some cases, behaviour of concern may be in response to a mental health difficulty, or crisis

What you might see or a young person might report As well as the features in Green, the following might also be present: (Tick all those that apply)	Date Completed	Date completed	Date completed	Date completed
Resistance to doing things; requiring a lot of cajoling or persuading.				
"fight or flight" responses such as becoming distressed or agitated, running away/hiding or becoming verbally or physically aggressive towards others, including intimidating and threatening behaviour.				

Shutting down and becoming uncommunicative; withdrawing and not engaging with others or in activities they previously would.				
Telling others information which is concerning and not factually correct.				
Disrupted sleep (difficulties getting to or staying asleep, nightmares/night terrors).				
Persistent physical or verbal seeking reassurance.				
Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy or faint.				
Demanding things be done in certain ways or requesting others to do things for them.				
Engaging in impulsive, reactive or risky or potentially harmful activities such as substance usage (drugs and alcohol), risky sex (including online sexual activity), petty crime.				
Truancy/not attending or engaging at school/college.				
Families might also find themselves struggling to do things as they normally would as they may make 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, the following might be helpful:

- Support your young person to access self-help resources (podcasts, videos, downloads, links) on the Hampshire CAMHS website: www.hampshirecamhs.nhs.uk
- Watch our parent/carer workshop on how to support anxiety here: <https://youtu.be/LMFQHABnH1M>
- Share concerns with your child's school/college. Work on a plan together so there is a consistent approach from all adult care givers
- Access pastoral support from school/college. Discuss with your child's school accessing the Primary Behaviour Service
- Consider accessing help from a local counselling service
- Seek advice, guidance and support from Young Minds Parent Helpline:

08088025544

- Depending on the context and/or the triggers and contributing factors for the emotional responses and behaviour of concern, other services may be helpful, eg, family guidance if there is family breakdown or conflict
- There is a lot of information on the Hampshire CAMHS Website: www.hampshirecamhs.nhs.uk