

The Sandbox

Award Winning Digital Mental Health Service For Children & Young People ("CYP")

The Sandbox provides three levels of mental health support for Children and Young People, via the THRIVE stepped care model



The Sandbox Website

Downloadable content
LiveChat
LiveStreams

(Available to the **whole population** of patients to build resilience)



The Sandbox Academy

8-12 week iCBT course
Supported by text/LiveChat
Paired outcome measures

(**Lower-intensity** support via triage, monitored and supported by text chat)



1:1 Therapy

Flexible scheduling
Optimised matching
Video/Audio/Text Calls

(**Medium/high intensity** support via triage with a therapist or psychologist)

Proud to be an
NHS
supplier

HSJ DIGITAL
AWARDS 2023
WINNER: Reducing Health Inequalities
COMMENDED: Improving Mental Health



Click to visit The Sandbox!

The Sandbox

The Sandbox is a **complete digital offer** for Young People's mental health



The Sandbox covers the "Getting Advice" through to "Getting More Help" segments of the THRIVE framework (Wolpert et al., 2019)

"My child is doing extremely well at coping at the moment and seeing a huge improvement since starting The Sandbox sessions!!:)"

Parent feedback



Getting Advice: the resources CYP are asking for

The Sandbox uses gaming livestreams, social media and short-form videos that make psychoeducation accessible and engaging for today's CYP. This reduces barriers to access and builds resilience



Getting Help: A University for your mental health

The Sandbox Academy is the only iCBT offer designed specifically for CYP. Crucially, it is supported by regular check-ins via text & LiveChat, resulting in completion rates of 70% +



Getting More Help: diverse clinicians with no wait

The Sandbox has access to over 120 clinicians (therapists and psychologists) with a wide range of specialities and backgrounds. CYP are matched with the right individual and receive a triage response within 24 hours (there is no waiting list)

The Sandbox is great for CYP who:

- Need immediate support (can't wait)
- Are neurodiverse, esp. ADHD & Autism
- Have specific requirements for their therapist (e.g. ethnicity, gender or specialism)
- Have social anxiety or prefer texting
- Prefer online to in-person
- May need ongoing support over time

WithYOUth

Delivered by Herts Mind Network

WithYOUth offers digital wellbeing services through one to one online and group support, and instant messaging.

WithYOUth service also run parent/carer groups, webinars and has many resources for CYP, professionals and parent/carers



Lumi Nova

A free, game-based app that uses gradual exposure and cognitive behavioural therapy to overcome anxieties, worries and fears. Age 7 to 12 years.



WithYOUTH

Herts Haven Cafes

Herts Haven Cafes are drop in spaces for young people aged 10 to 18 to access support for their emotional wellbeing.

Stevenage Café

**Bowes Lyon Young People's Centre,
St George's Way, Stevenage SG1 1XY**

- Tuesday, 3.30pm to 8pm
- Wednesday, 3.30pm to 8pm
- Saturday, 12pm to 5pm

Watford Café

**Watford Palace Theatre, 20 Clarendon Road,
Watford, WD17 1JZ**

- Monday, 3.30pm to 8pm

Hemel Hempstead Café

**The Quaker Meeting House, 1 The Alleys,
St.Mary's Road, Hemel Hempstead, HP2 5ZB**

- Thursday, 3.30pm to 8pm
- Saturday, 12pm to 5pm



Early intervention: Parent Support

NESSie

- Parent Support line: **07932 651319** (open Thursdays 9am-12noon or by appointment)
- Private moderated Facebook support group
- 1-1 targeted brief support sessions, and peer support groups
- 'Drop In and Chat Coffee Mornings' where parents/carers can discuss anything and everything

Carers in Herts

Monthly support group for parent/carers who have CYP currently supported by STEP 2, HPFT CAMHS and inpatient services.



Supporting Children/Young People with Anxiety

Thursday 18th April
Thursday 6th June
9:30am - 11:30am

8 Week Online Peer Support Group for Parents/Carers of Children Avoiding School

Tuesday 23rd April -
Tuesday 18th June
9:30am - 11:30am

Supporting Children/Young People who Struggle to Attend School

Thursday 2nd May
Thursday 17th June
9:30am - 11:30am

Supporting Children/Young People who are LGBTQ+ or Gender Questioning

Thursday 16th May
Thursday 20th June
9:30am - 11:30am

Supporting Children/Young People with Bereavement and Loss

Tuesday 25th June
9:30am - 11:30am

Supporting a Child/Young Person with Self-Harming Behaviours

Wednesday 3rd July
9:30am - 11:30am



Counselling services

Counselling services

Offered through YouthTalk, YCT, Signpost and Rephael House; accessed through Single Point Access.

Ages covered

Signpost: 10 to 25

Rephael House: 11 to 18

YCT: 11 to 19

YouthTalk: 13 to 25

youthtalk.org.uk | rephaelhouse.org.uk | oneymca.org/signpost-home-page | yctsupport.com



First Steps ED

Support for people with eating disorders, disordered eating and body image concerns.

- **Parent led for ages 0-5**
- **CYP led for age 5-18**

One to one support: With one of the Specialist Support Officers for ten sessions. Sessions are CBT-T based and provide a safe space for CYP to work to create SMART goals and build coping mechanisms and strategies to overall increase self-esteem and body image. This can be over Teams or at Bowes Lyon, Stevenage.

Befriending: A safe, non-judgemental and understanding space offering the time and freedom to talk weekly, over 6-9 months. Specialised volunteers provide ongoing support through email up to twice a week and video clinic/telephone calls once a week.

Workshops and groups: Safe and secure spaces for clients to share their own experiences and engage with others in similar situations. Attendees will gain new skills, information and insight to help them identify triggers and establish new strategies and coping mechanisms.

firststepsed.co.uk



First Steps ED

INTRODUCTION TO EATING DISORDERS

CPD Training for Professionals



BODY IMAGE AND PERCEPTION

CPD Training for Professionals



EATING DISORDERS AND EXERCISE ADDICTION

CPD Training for Professionals



NUTRITION AND MOOD

CPD Training for Professionals



EATING DISORDERS IN BOYS AND MEN

CPD Training for Professionals



CYPMHS Service Directory

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name or scan the QR code to be redirected to more information.



☎ Telephone service 🌐 Online/virtual service
👤 Face to face service ⬆ Referral required

Chathealth 0-5 🌐🔴🔵	NHS Talking Therapies 👤🔵
Chathealth 11-19 🌐🔴🔵	PALMS 👤⬆🔵
Children's Crisis Assessment and Treatment Team 👤⬆🔴	Rephael House Counselling 🌐👤⬆🔴🔵
Children's Wellbeing Practitioners 👤⬆🔴🔵	Safe Space 👤⬆🔵
CHUMS Bereavement Support 👤⬆🔵	School Nurses and Duty Line ☎👤⬆🔴🔵
Educational Psychologists ⬆🔵	Signpost 🌐👤⬆🔴🔵
Families First 👤⬆🔵	Single Point Access (SPA) 🌐☎🔴🔵🔴
First Steps ED 🌐👤🔵	Specialist CAMHS 👤⬆🔴🔵
Health for Kids 🌐🔴	Spectrum Family and Young People's Service 🌐👤⬆🔴🔵
Health for Teens 🌐🔴	Step 2 👤⬆🔵
Herts Haven Cafés 👤🔴🔵🔴🔵	The Sandbox 🌐🔴🔵🔴
Just Talk 🌐🔴	Togetherall 🌐🔴
Just Talk Ambassador Scheme 🌐👤🔴	WithYOUTH 🌐👤⬆🔴🔵
Lumi Nova 🌐🔴🔵🔴	YCT Counselling 🌐👤⬆🔴🔵
Mental Health Support Teams in Schools (MHSTs) 👤⬆🔴🔵	Youth Talk Counselling 🌐👤⬆🔴🔵
NESSie Parenting 🌐👤☎🔴🔵	Young Minds Parent Helpline ☎🔵

🔴 Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

🔵 Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.

🔵 Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).

🔵 Mental health problems which are:

- Persistent, complex and severe
- Present in all environments (home, school, with peers)
- Beyond a normal response to life's problems

🔴 Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

The new directory is **interactive** and links through to further information about each service.

Services indicate which presenting needs they are helpful for, and how each one can be accessed.

The directory can also be found in the CYPMHS newsletter.

