

Northpoint

Northpoint is a third sector commissioned provider of mental health support across the Yorkshire region. Their therapeutic services are BACP accredited and offer early intervention support. With a trauma informed approach, [Northpoint](#) works with children and young people across both Leeds and Calderdale in West Yorkshire.

Northpoint receives funding via two separate Integrated Care Boards, enabling them to offer a variety of talking and digital therapies to children and young people (five to 18 year olds and 18 to 25 year olds for those who have an additional need and or a disability) This includes access to evidence-based counselling and therapy. The funding for therapeutic services is commissioned on a three plus two year basis, ensuring project sustainability as well as retention of professionally trained specialist counselling and therapeutic practitioner staff.

In Calderdale, Northpoint also run the Mental Health Support Team (MHST) service for participating schools, providing evidence-based low intensity interventions for those children and young people presenting with low to moderate mental health needs. These services are delivered by Educational Mental Health Practitioners (EMHPs), who offer a range of support and training to schools and parents, as part of strengthening the whole-school approach to mental health.

Through their collaborative and commissioned approach, Northpoint works in partnership as part of the Calderdale Open Minds (CAMHS) service, providing therapeutic support and signposting to local and national resources and services, as well as hosting the First Point of Contact service for all mental health, emotional wellbeing and neurodevelopmental referrals for children and young people.

As part of this service, Northpoint staff triage referrals and provide clinical oversight assigning children and young people to the service that most meets their needs. This helps to reduce the need for families to repeat their story, avoids duplication, encourages a multi-agency response and eases pressure on Open Minds (CAMHS). It also helps to reduce waiting lists and remove barriers to access for mental health services, enabling children and young people to access support at the earliest point possible.

Northpoint is committed to supporting health inequalities and supporting barriers to access for marginalised groups. In response to this they have diversified their service model allowing young people more choice in terms of their treatment options. Northpoint have integrated single session therapy offers (SST) and digital treatment support interventions to support harder to reach client groups including young people who are not attending school as a first step of support.

In addition, they've found digital treatment interventions can support cultural barriers to access for mental health, for example, where young people may not feel able to access face to face therapy due to cultural stigma but would feel able to access digital support at a time and place that suits them. They've also worked with interpreters when needed.

Northpoint apply a needs led approach and have developed a brief intervention model to support children and young people in terms of neurodiversity, bridging the gap of support for children, young people and their families who've received a formal diagnosis of ADHD and

Autism and are awaiting assessments. They provide a bespoke wellbeing and therapeutic intervention, providing families (also schools) with psychoeducation resources and tools to support the main challenges faced in their home.

Northpoint is among a number of third sector providers nationwide who are commissioned to deliver MHSTs, but also offer a clear funded pathway to therapy and counselling (again commissioned via the local Calderdale ICB). This additional strand to the MHST enables children and young people who may otherwise have fallen between interventions offered by EMHPs and higher tiered CAMHS thresholds to access the right service at the right time for them.

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