

Issue 9:
Jan 2022

'Kind Minds' Newsletter

Children and young people's mental health and emotional wellbeing
Staffordshire

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please contact louise.andrews-gee@staffordshire.gov.uk

**MENTALLY
HEALTHY
SCHOOLS**

Building healthy habits around mental
health and wellbeing in 2022

Anna Freud
National Centre for
Children and Families

Happy new year! We hope you had a restorative festive break and are feeling well prepared for the start of the new term.

With the start of the new year, there is lots of talk about new year's resolutions. Whether it is taking up a new hobby, getting fit or eating healthier, our resolutions often start off strong but become difficult to sustain as the year goes on.

[The Mentally Healthy Schools team at the Anna Freud Centre](#) have developed two toolkits, full of tools and activities with simple wellbeing strategies that will help develop healthy habits around mental health and wellbeing in children, young people and adults that can continue all year long.

The [primary toolkit](#) contains resources for pupils including Hope Clouds activity (Young Minds), [My self-care plan: primary](#) from the Anna Freud Centre, AyeMind check in (Aye Mind), a mindfulness calendar, good sleep video and a superhero me activity. Resources for staff include Reframing thoughts activity for school staff, managing anxiety and an education staff wellbeing charter (DfE).



The [secondary toolkit](#) contains resources for pupils including the [My self-care plan: secondary](#) from the Anna Freud Centre, Reset and rewind: rap therapy videos (Channel 4), Wellbeing action plan (Charlie Waller Trust) and My staying on track plan (Birmingham City Council). Resources for staff including Reframing thoughts activity for school staff, managing anxiety and an education staff wellbeing charter (DfE).

You can sign up for the Mentally Healthy Schools newsletter for more resources here: <https://www.mentallyhealthyschools.org.uk/login-register/>

Network Meetings for Senior Mental Health Leads in Schools



Members of the Integrated Care System (ICS) Children and Young People's Mental Health System Improvement Board: including Staffordshire County Council, Stoke-on-Trent City Council, the Clinical Commissioning Groups (CCGs), the Midlands Partnership NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust and Action for Children arranged a number of virtual meetings for **Senior Mental Health Leads (SMHLs)** in schools in Autumn Term 2021.

The virtual network meetings provided the opportunity to meet representatives from the ICS, and for SMHLs to come together and share information, resources and ask questions. The network meetings for SMHLs are building on the success of the Kind Minds newsletter and existing networks, such as the Designated Safeguarding Leads in Schools.

We are currently planning the termly network meetings for Spring 2022.

If you or a representative would like to receive the latest information about the network meetings for SMHLs, attend future network meetings or to shape content for future network meetings, please email louise.andrews-gee@staffordshire.gov.uk, with your name and school setting.



Updates from North Staffordshire Combined Healthcare NHS Trust

Combinations Podcast

Have you listened to the Combinations Podcast from North Staffordshire Combined Healthcare NHS Trust? It's recently been ranked number 9 in an independently produced list of the top UK healthcare podcasts by Feedspot.

Topics include Black History Month, the Community Mental Health Programme, patient stories, stress management and much more.

Listen here <https://www.combined.nhs.uk/combinations/>

Ask the Board Online

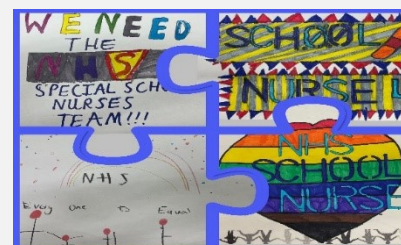
North Staffordshire Combined Healthcare NHS Trust has an award-nominated facility called 'Ask the Board Online' which allows anyone to ask a question to its Trust Executive Board through a simple-to-use web form. Questions will be received and answered at Open Trust Boards, with the answers publicised after through the Trust's social media channels and the Ask the Board online archive.

To ask a question, please visit <https://www.combined.nhs.uk/ask-the-board-online/>

Staffordshire Special Needs School Nursing Service

The Staffordshire Special School Nursing Team is part of Midlands Partnership Foundation NHS Trust. The Children and Families' Care Group delivers a wide range of physical and mental health services for children, young people and their families across Staffordshire and Stoke-on-Trent. At MPFT we believe *'Together, we make life better for our communities'*. As a Care Group, our purpose is to make a positive difference.

The Staffordshire Special School Nursing Team supports children and young people in local authority Special Schools and Colleges across Staffordshire. Our primary aim is to support children and young people attending Special Schools, in their school environment, in order that they can play a full and active role in school life, remain healthy and achieve their academic potential.



We work closely with other professionals such as Dietitians, Paediatricians, Physiotherapists, Speech Therapists, GPs and the wider community. All children, young people and families covered by the service are offered support which can include assessment and care planning, supporting education staff with medication administration, enteral feeding packages and respiratory packages. Advice, support and training will also be given to schools to assist with managing long term conditions such as Asthma, Diabetes and Epilepsy.

The team also have two nurses whose roles are aimed at providing support for continence issues and they can help with training, constipation issues and nocturnal enuresis.



As well as providing the above services, support is also available for Emotional Health and Wellbeing and Behaviour. The Special School Nursing Service is able to offer support with Emotional Health issues such as self-harm and challenging behaviour. This includes one-to-one sessions, use of self-harm pathways, and awareness sessions for parents on emotional wellbeing and referrals to other services. In the schools we cover, we can also provide display boards to promote mental health and wellbeing, including issues such as bullying.

There are a variety of staff roles within the service, including Special School Nurses, Specialist Continence Nurses and Clinical Support Workers.

The Team works with children, young people and their families via a range of methods, such as face-to-face, telephone or email. The service can be delivered from a setting to suit the needs of the child, young person or family, this could be at home or at nursery, school or college.

You can find out which schools are covered by the service here:

<https://www.mpft.nhs.uk/services/special-school-nursing-staffordshire>

Initial contact and completed referral forms should be sent to the email address below, and they will be signposted to an appropriate member of the service. The email is accessed Monday-Friday all year round. Please email - specialschools.staffs@nhs.net

South Staffs CAMHS set up their very first online parent support group in 2021 and are looking to build on it in 2022.

The groups are led by Chanté Williamson (Senior Parent Support Worker) and Bethan Baëz-Devine (CAMHS Clinician) and run every Wednesday afternoon over Zoom. The groups offer a mixture of relaxed coffee morning-style meet ups, mindfulness and learning, sharing and listening, and gathering information from parents on what they would like from an online support group. Families will hold in integral part in what the group becomes in the future.

We hope the group will grow and snowball into something really positive for our CAMHS families. We are offering support and friendship for families established in CAMHS and also an extra support network for families beginning the journey with CAMHS, through what can be an overwhelming and bewildering experience for many.

We hope to give our families a safe place to share and feel supported, without judgement, and hope to offer a rewarding and welcoming space to all.

Evidence shows that children's mental health improves when families and carers also receive help and support. We hope that by offering this service, the wellbeing of the whole family, not just the child or young person going through CAMHS, will improve.

We are looking for any clinicians or other professionals willing to spare 20-30 minutes to join us and share their expert knowledge on topics that may be of use, such as anxiety, depression, self-harm, eating, and sleeping – or any other subject you think may be of use! Please get in touch, if you think you can help.

Please feel free to contact us, the details are below:

Email: CAMHSParentSupport@mpft.nhs.uk

Twitter: @CamhsFamilyMPFT / <https://twitter.com/CamhsFamilyMPFT>

Facebook: <https://www.facebook.com/CamhsFamilyMPFT>

Contact us on Messenger via the button on our Facebook page: **@CamhsFamilyMPFT**

QR Code in our poster **(please see below!)**

Website: <http://camhs.mpft.nhs.uk>

Zoom: https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHddd6tg8t0Vz7A2_-jcJg62

Professionals can contact Chanté directly from Wednesday to Friday on:

Chanté's work phone – 07790959481 or via email at Chante.Williamson@mpft.nhs.uk



NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust



SOUTH STAFFS CAMHS

*Online Parent
Support Group*

**Join Bethan Baëz-Devine (CAMHS Clinician),
Chanté Williamson (Senior Parent Support
Worker) and other local CAMHS families for a
virtual meet-up in a safe and supportive
environment.**

Email: CAMHSParentSupport@mpft.nhs.uk

Twitter: [@CamhsFamilyMPFT](https://twitter.com/CamhsFamilyMPFT)

Facebook:

<https://www.facebook.com/CamhsFamilyMPFT/>

**We meet every Wednesday over Zoom, 1pm-2:30pm.
Come along and join us!**



#Just Say Something - Suicide Prevention Campaign



The #JustSaySomething campaign was launched on world suicide prevention day in September 2021.

Through the charitable organisation Brighter Futures, Staffordshire Police and Staffordshire County Council, the county has come together to create two videos and spark conversations about the thoughts of suicide and raise awareness.

PCSO Andrew Bagnall and PCSO Keith Mellor tell us more about the campaign:

"The idea came from us both attending an incident with a male on a bridge, who was very upset. Members of the public had stopped to ask him if he was ok and made small talk with him to prevent any harm. When we arrived, we spoke to the male and managed to get him to a place of safety. Afterwards, the members of the public who had spoken to him before we arrived said, "we didn't know what to say to him, so we were just saying something to keep him talking to us". Just by saying something, these members of the public had helped someone – they stopped and were willing to listen.

*This made us think that we needed to get a message out there to the public, that if you see someone who you think looks upset, or if you are suffering and need help, then to **just say something**, because by saying something you could save a life.*

We met with Lorna Scott (Suicide Prevention Programme) and Sophie Henaughan (Brighter Futures) and shared our idea about wanting to launch a campaign, including a video to raise awareness and prevention of suicide. They were on board straight away, and we started approaching people who would be willing to feature in the video, people like Lou Macari (Stoke City) who had lost a son, Nathan Heaney (Boxer) who lost his father and other people with lived experience of suicide. We all wanted to get a message out there, and soon other organisations and football clubs like Stoke City FC, Port Vale FC and Burton Albion FC got involved too.

*Over the next couple of months, we went out with a police officer who had experience of filming and production and filmed over 20 different people who had stories to tell or who came on camera and said '**#JustSaySomething**' The music that accompanied the video was written by local singer-songwriter Olivia Miceli, who produced the piece solely for the campaign.*

We produced two separate videos that were played over the weekend of the 10th September 2021 (World Suicide Prevention Day) on big screens at football matches.

*We were invited onto radio stations to talk about the campaign and the reason why we felt so passionate to get this key message out there to the community. The campaign has gone from strength to strength and hopefully will continue to do so. Remember, **#JustSaySomething**"*

You can find out more about the #JustSaySomething campaign at Staffordshire Police's website -

<https://www.staffordshire.police.uk/news/staffordshire/news/2021/september/justsaysomething/>

And at Brighter Futures website - <https://www.brighter-futures.org.uk/news/staffordshire-community-urged-just-say-something-life-saving-campaign/>



Or visit: <https://www.youtube.com/watch?v=v-IJFLyOmjw>



Or visit: <https://www.youtube.com/watch?v=k6brj18sLoc>



Introduction to THRIVE



The THRIVE Framework for system change (Wolpert et al., 2019) is an integrated, needs led approach to delivering mental health services for children, young people and their families. The THRIVE framework conceptualises need into five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

In 2022 there will be opportunity to learn more and contribute to understanding how THRIVE will work in Staffordshire. We will form a comprehensive picture of the current system of services for children and young people's mental health, understand the challenges that the system faces and assess the particular needs of your local population of children and young people. There will be a series of three workshops to watch out for:

The THRIVE Framework for System Change: An Overview (1.5 hours): 27th January 2022, 9:30-11am

A short presentation will be provided by the Strategic Leads working in Staffordshire & Stoke on Trent, to provide a landscape for the work in Staffordshire & Stoke on Trent. Following this, attendees will be provided with an overview of the THRIVE Framework for system change and examples of implementing the framework from across the country; with reference to the specific demographic needs of those living within Staffordshire & Stoke on Trent, and how these might be addressed by services, in a way champions equality, diversity and inclusion.

[Register for the workshop here.](#)

Mapping Local Provision and Priorities (1.5hours): 3rd February 2022, 9:30-11am
Implementing the THRIVE Framework can feel like a big undertaking but there are many principles of the Framework and aspects of implementation that will already be in place in your area or that are already being addressed by current or planned initiatives. It can help to have these mapped out against the core components of the THRIVE Framework; each needs-based grouping. Using an interactive white board called 'Miro', participants will be allocated to cross-sector groups and asked to map out the support available and any recent service developments within Staffordshire & Stoke on Trent, in accordance to which THRIVE needs based grouping they most aligned with.

[Register for the workshop here.](#)

Values, Behaviours and Culture Change (1.5hours): 17th February 2022, 9:30-11am
This workshop was created to help sites to understand what needs to be in place to enable the THRIVE Framework to be embedded across the system. Attendees will reflect on the areas of prioritisation they had outlined in the previous workshop and to think about the values, behaviour and necessary culture change which would need to be in place to ensure sustainable and transformational change.

[Register for the workshop here.](#)

We would strongly encourage you to attend all three workshops where possible in order to achieve the best understanding of the THRIVE Framework and how it might be applied in addressing the needs of children, young people and their families in your locality.

This animation explains the THRIVE Framework for system change:

<https://www.youtube.com/watch?v=ARAAiEoVpjQ>

Safer Internet Day – Tuesday 8 February 2022

The theme for Safer Internet Day 2022 is “All fun and games?”, about exploring respect and relationships online.

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people’s role in creating a safer internet, whether that is whilst gaming or creating content or interacting with their friends and peers.

This is a great opportunity to learn about staying safe online and on social media, discuss cyber bullying and online etiquette and for older pupils to look at what online sexual harassment looks like, covering topics like sexting and revenge porn.



[UK Safer Internet Centre](#) is coordinating Safer Internet Day 2022, and education staff can register for free and access educational resources, for primary aged pupils and secondary aged pupils (up to age 18).

Parents and carers can also access resources. UK Safer Internet Centre also provides free teaching resources (lesson plans, guidance, resources and more) providing all the information needed to teach online safety in the class. Please visit: <https://saferinternet.org.uk/guide-and-resource/teachers-and-school-staff/teaching-resources>



The [NSPCC](#) have a whole range of Online safety advice pages with advice, tools and resources for education staff, parents and carers to help keep every child safe online. There is a very wide range of advice and information on topics from ‘talking to your child about online safety’, ‘online games’ through to ‘inappropriate or explicit content’, ‘online porn’ and ‘online wellbeing’. Please visit: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Ripple is an interactive tool designed to present a visual prompt when a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide. These phrases include any words or terminology which have been identified as displaying potentially damaging online content. Ripple discreetly intercepts harmful searches and provides 24/7, free mental health support at a time when you are most vulnerable.

How it works:

- 1) **Search:** Ripple works by **intercepting searches** for harmful content via online web searches, forums or video sharing sites (Ripple does not capture any personal identifiable information nor track users).
- 2) **Analysis:** Ripple’s **analysis** tool flags harmful searches and triggers Ripple into action.
- 3) **Intervention:** Before online results relating to a search are displayed, Ripple intercepts with a message of hope on the screen, followed by a selection of 24/7, free mental health charity partners available to contact in a variety of methods (including calling, texting, webchat or self-help tool).

Find out more about Ripple, and download Ripple for Google Chrome and Microsoft Edge here: <https://www.ripplesuicideprevention.com/>

**NEWS - Physical, Social, Health and Economic (PHSE)
Education Officer, Natalie McGrath – welcome!**



A new Personal, Social, Health and Economic (PHSE) Education Co-ordinator post has been funded for three years by the Commissioners' Office and hosted by Staffordshire Council of Voluntary Youth Services (SCVYS) to support the development and delivery of age appropriate, good quality, consistent personal, social, health and economic education. The initial focus will be on children, young people, parents and professionals living and working in Newcastle-under-Lyme, with a plan to expand the project across the County.

PHSE education helps children and young people to stay safe, healthy and prepared for life's challenges and opportunities both now and in the future. Children and young people benefit from PHSE education through developing the knowledge, skills and attributes required to thrive, be that making decisions about alcohol consumption to being successful in their first job.



Having previously worked for the NHS and Voluntary Sector in both young peoples and health services across the Midlands for over 15 years, Natalie McGrath started in post in December 2021. Natalie will be responsible for:

- Mapping the current PHSE education provision.
- Developing a suite of quality-assured resources and set of guiding principles for use by those delivering PHSE.
- Engaging with children, young people, parents, and professionals about PHSE.
- Supporting organisations to access relevant, good quality training and resources and building and maintaining a network of local contacts to advance PHSE education activity.
- Developing partnership meeting to ensure consistency of key messages and sharing of best practice.

The post is supported by a multi-agency steering group, comprising a mixture of Education, Public Health, Police and County Council representatives to benefit from local intelligence of issues affecting local children and young people and ensure a partnership approach.

Natalie can be contacted via email at Natalie@staffscvys.org.uk



Department
for Education

**Information on the new mental health and wellbeing support
scheme for school leaders and the Education Staff Wellbeing Charter
for schools and colleges**

The DfE have launched a new support scheme for school leaders to **improve and promote good mental health and wellbeing**. The scheme, delivered by Education Support, will provide one-to-one counselling and peer support from experts to around 2,000 school leaders, helping those at deputy head level and above in state-funded schools in England with their mental wellbeing. School leaders can access support by visiting [Education Support's website](#).

An updated [Education Staff Wellbeing Charter](#) has also been launched, which sets out commitments from the Government, Ofsted, and schools and colleges, to promote and protect the mental health of the education workforce. Through the charter, the department pledges to work with the sectors to drive down unnecessary workload, improve access to wellbeing resources, and champion flexible working, among a range of actions to support staff wellbeing. We are encouraging all state-funded schools and colleges to [sign up](#) to the charter to create a united approach to supporting staff.



Accessing the Autism Outreach Team

What is the Autism Outreach Team (AOT)?

The Autism Outreach Team is part of the Specialist Support Service. We work with children and young people aged up to 25 years with a diagnosis or working diagnosis of an autism spectrum condition (ASC). We offer specific support and advice to staff, children and parents in nurseries, mainstream settings, and deliver training to educational settings in Staffordshire. This support can continue into Further Education.

Who is in the team?

- The team consists of specially trained teachers who have experience of working with children who have an autism spectrum condition.
- Qualified communication support workers experienced in working with children who have an autism spectrum condition.
- Head of Service: Sam Turnbull.
- Team Lead: Kate Prinold.

Access and Referral

Which pupils do we work with?

- Pupils within mainstream schools, nurseries, pre-school settings and Staffordshire Colleges.
- Pupils who have a confirmed diagnosis or medical working diagnosis of an ASC.

Who can refer?

Schools can refer directly through their SENCOs or headteachers. Parents, carers and other agencies who wish to refer are directed to the pupil's school to discuss the pupil's referrals to the team as above. Other LA Support services can refer through the pupil's school.

Accepting Referrals

- Completion of referral form by SENCO, including confirmation of diagnosis/ medical working diagnosis and the agreement of parent or carer to the referral.
- School to be willing to work with the team on any further strategies and targets to be included on the support plan for the pupil.
- School to be willing to engage with the Autism Awareness Training.
- Pupils referred will be prioritised on case lists according to their level of need.

The Team Offers

For school referrals which are accepted, the team will provide the following:

- Liaison with other support services currently involved with the pupil.
- Involvement in statutory processes.
- A needs-led service with open access for settings and parents.
- Awareness training and strategy specific training for all staff.
- Observation of the pupil and learning environment leading to strategies for the staff to use with the pupil.
- School visits to advise on appropriate recommendations for the individual pupil.
- Pupil mentoring sessions in school.
- Enhanced provision and support is available for Primary aged pupils who meet additional criteria.

The expectation would be for the team to be involved with the pupil and visits take place according to need.

The team will then remain involved throughout the pupil's education whilst they remain in a Staffordshire mainstream school and can continue into college.

General Advice and Consultation

There are four Autism Resource bases in Staffordshire within mainstream high schools.

Each base has six places for children and young people aged 11-16 years.

Admission procedures are managed by the Autism Outreach Team. Places are allocated based on pupil need.

The team is also available for general advice and training in special schools, alternative provision and other external agencies.

Role of other Agencies

The AOT commits itself to liaising with other professionals who are involved in supporting a pupil who is referred to the service. Where possible and appropriate, collaborative working with these professionals will be undertaken.

Who to contact:

Team Lead: Kate Prinold

For further information please contact:

Autism Outreach Team

2 Staffordshire Place

Tipping Street

Stafford

ST16 2DH

Phone: 01785 356 830

Fax: 01785 356 841

Email: sss.service@staffordshire.gov.uk

Training Opportunities



Suicide Prevention and Prevention Training

Free half day training delivered to small groups using Zoom.

Various course dates available through February and March (majority are 9.30am-1pm sessions). To book a place on this training course please contact Lorna Scott via email: lorna.scott@combined.nhs.uk or 07498 731406

To find out more on our #Talksuicide campaign please visit:

www.staffordshire.gov.uk/TalkSuicide



Young People and Their Mental Health



What are the most common mental health problems, what can you do about them and how do you improve your mental health? As many as 1 out of 5 teenagers are dealing with mental health problems.



This course lasts 5 weeks, with 10 hours study in total and is FREE.



<https://www.futurelearn.com/courses/young-people-mental-health>



NEW - Resource and Evidence Library

The Good Childhood Report 2021



[The Children's Society](https://www.childrensociety.org.uk) has recently published [The Good Childhood Report 2021](https://www.childrensociety.org.uk/information/professionals/resources/good-childhood-report-2021), providing information about the dominant trends in children's well-being.

Key Finding include:

- An estimated 306,000 10-15 year olds in the UK are unhappy with their lives.
- Roughly ¼ million children did not cope well with changes during the pandemic.
- Young people are particularly unhappy about school and appearance.

Findings are drawn from ONS well-being measure, and trends in children's well-being are available from 2009-2019. There is also a wealth of information showing children's experience of Covid-19 and their key concerns for the future.

Find a summary and the full report at

<https://www.childrensociety.org.uk/information/professionals/resources/good-childhood-report-2021>

Feeling confused? Below is a summary of who can access which service (of those featured above):

Staffordshire Special Needs School Nursing Service	Supports children and young people in local authority Special Schools and Colleges across Staffordshire.
Staffordshire County Council Autism Outreach Team	<p>Supports pupils within mainstream schools, nurseries, pre-school settings and Staffordshire Colleges and pupils who have a confirmed diagnosis or medical working diagnosis of an ASC, up to age 25.</p> <p>Schools can refer directly through their SENCOs or headteachers. Parents, carers and other agencies who wish to refer are directed to the pupil's school to discuss the pupil's referrals to the team. Other LA support services can refer through the pupil's school.</p>
South Staffordshire CAMHS online parent support group	Parents and families of those with children and young people engaged with CAMHS. Every Wednesday via Zoom.

