

'Kind Minds' Newsletter

Issue 2: November 2020

Welcome to the 2nd issue of the 'Kind Minds' newsletter.

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

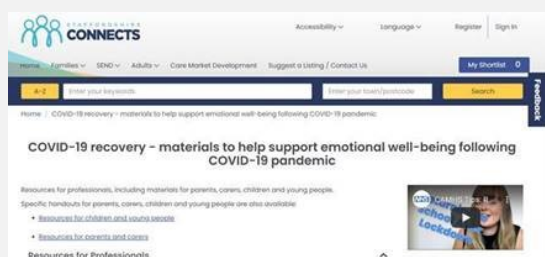
We plan to produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please contact louise.andrews-gee@staffordshire.gov.uk.

In this 2nd issue we focus on:

- **Services** available to support children & young people
- **Spotlight** on Staffordshire trauma informed and attachment aware (STIAA) schools
- **Mythbusting** – Psychiatry vs Psychology
- **Resources and training** – for parents / carers and colleagues

And lots of other useful updates, news and information!

Covid-19 Recovery Materials – supporting the emotional / mental health of children and young people



A group of professionals across a wide range of organisations have been working with Staffordshire's Education Psychologists over the summer to produce an extensive range of considered materials linked to emotional / mental health of children and young people.

These have been carefully selected to ensure there are a range of options for

Wellbeing for Education Return Project: UPDATE

In the last issue of Kind Minds (September 2020) we told you about a new national project funded by the DfE and DH&SC and developed in partnership with Public Health England and NHS England.

This project aims to roll out training to education staff to support the wellbeing of staff and pupils / students.

Seven local experts within Staffordshire have been identified from Staffordshire County Council's Educational Psychology Service, Action for Children, and the Midlands Partnership NHS Foundation Trust (MPFT).

children and young people, parents / carers and professionals.

We'd encourage you to visit [Staffordshire Connects](#) and check them out!

Mental Health Support Teams – Parent / Carer Drop Ins

Mental Health Support Teams are available to offer support and interventions to pupils studying at **participating primary, secondary and special schools** in Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter. The scheme is coming soon to participating schools in the Cannock Chase area.

Mental Health Support Teams in **North Staffordshire** are now offering a **parent / carer drop-in session** every Tuesday, for parents / carers of pupils attending participating schools:



THE NORTH STAFFORDSHIRE AND MOORLANDS MENTAL HEALTH SUPPORT TEAM IS IN YOUR SCHOOL!

If your child is experiencing low mood or low level anxiety, we may be able to help. Call us on:

07790971973*
9AM-5PM

Every Tuesday beginning 8th September 2020

Leave your name and number and one of our practitioners will call you back to see what support we could offer.

We can help with:

- Anxiety
- Exam stress
- Low mood
- Low level behaviour difficulties
- Panic
- Sleep difficulties

Follow us on Twitter @mhstnorth

*Please note this contact number is not to be used in an emergency. Contact the Crisis Care Centre 0300 123 0907

Our local experts have attended the national training and have since met to adapt that training to fit the local context within Staffordshire.

Dates have been arranged for the local experts to deliver virtual webinars to education colleagues in late November 2020 and in January 2021.

Entrust colleagues are supporting the project by undertaking all of the training administration and **a flier has been emailed to schools, FE colleges, and alternative education providers** with details regarding the webinar dates, times and contact details.

This is a fantastic opportunity for education colleagues to learn how to support each other and how to support pupils / students within their setting.

Your feedback from attending these webinars will be invaluable in understanding your needs and therefore informing our next steps!

Support for those who are worried about children and young people who may be thinking about suicide

PAPYRUS Prevention of Young Suicide is a national charity which provides support to under 35s and anyone who might be worried about them.

PAPYRUS have recently produced a **Guide For Parents** who are supporting their children with self-harm and thoughts of suicide



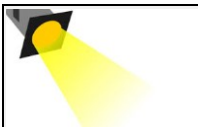
<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

Coming soon – digital pathway

To support the Wellbeing for Education Return Project, Staffordshire County Council are working with partners to produce an interactive pathway. The aim is to **improve access to information about children and young people’s mental health services and resources** by children & young people, their families and local organisations.



More in the next issue!



Spotlight on...Staffordshire trauma informed and attachment aware (STIAA) schools

Staffordshire Virtual School for looked after and previously looked after children would like to support every education setting in the county to become both ‘trauma informed’ and ‘attachment aware’.

Most children thrive in their life, making the most of opportunities in education and make good relationships. We know that children who have had secure attachment relationships are more likely to achieve academically.

There is a significant minority of children who have experienced abuse, neglect and trauma which impacts on their ability to learn. In an education environment, behaviours can be disruptive, withdrawn, controlling and unfocused. These can be children who are unable to regulate their emotions and find it difficult to process information. This can lead to them not achieving their potential.

Staffordshire Virtual School is offering schools and education settings training and support to achieve the **Staffordshire trauma informed and attachment aware (STIAA) award**. Settings can build on the great practice already available and develop a community of professionals that can share practice and support each other in developing outstanding and innovative practice.

St Leonard’s School in Stafford completed the Award and said:

“Our practice has significantly changed for the better as the staffs’ awareness and understanding has developed. Consequently, our children get even more support and understanding, in helping them to make sense and taking control of their behaviours and feelings, from experienced practitioners at all levels. The journey we have been on to enable us to achieve this Award means that we are equipped with the skills and understanding to face whatever the new academic year brings.”

For more information about the STIAA Offer, the Award and how to get involved, please email virtualschool@staffordshire.gov.uk or visit the website here: <https://www.staffordshire.gov.uk/Education/Virtual-school/Emotional-wellbeing.aspx>



Burton & Uttoxeter Mental Health Support Team Official Launch Event!

The Burton & Uttoxeter Mental Health Support Team officially launched on 28th September and, to celebrate, held a launch week full of activities, events and a logo competition. There was a live event, looking back at the journey and achievements of the team so far, and a look towards the future. During the week, the service shared videos, activity ideas and social media posts for children, young people, parents / carers and teachers. Each day promoted one of the five ways to wellbeing.

Finally, there was a logo competition amongst the schools the team works with. There were over 100 amazing designs! The final vote was held on our social media sites and a logo from Oldfields Hall Middle School in Uttoxeter was the winner.



North Staffordshire Mental Health Support Teams Parent Feedback: A Mum's Story

"I heard about the Mental Health Support Team (MHST) from my son's school. They knew he had been having some difficulties, and he had been seen by a Counselling Service, so they invited me to a parent drop-in session. I spoke to someone from the MHST, who said it sounded like my son would benefit from a referral to the team.

My son had previously had six sessions with a Counselling Service but didn't seem to get anywhere with it. They saw my son on his own, and I didn't know how to support him with the work they asked him to do at home.

The Education Mental Health Practitioner (EMHP) saw me and my son together, explained the process and assessment, and showed me the results. My son would come home and talk to me about his sessions and the EMHP would text or phone me every week (and sometimes we would meet face to face) to give me lots of information about the work they were doing with my son, so I knew what to expect and how I could support him.

The sessions with the EMHP finished a couple of weeks ago, and we can still use the strategies we were given to support my son. When he is having a bad day, I will say "let's look at what the EMHP has suggested to try", and he gives it a go. His mood is

better, and he is showing his cheeky side again, which is so much better than the sad worried child he was!

I would 100% recommend this service and would say be open and try everything suggested. My son never felt stigmatised or labelled, and as a mum the support was brilliant. It allowed me to support my son, helped me keep calm and the reassurance was really important for me."



Myth-busting - Psychiatry vs Psychology

For many people, including children and young people and Parents / carers, a referral to a psychologist or a psychiatrist can sometimes give you mixed feelings. There may be fear and suspicion, and there may be a stigma attached...that the person referred is 'cracking up' or is 'going mad'. This couldn't be further from the truth!

Sometimes people need to see a psychiatrist or psychologist because other talking therapies are not helping, and they need more specialist help to get better.

Although you may be glad to be offered the support there is often confusion about the roles of psychiatry and psychology. Let's explain the difference between psychiatrists and psychologists, what to expect and remove the fear....

What is a psychiatrist and how do they help people?

A psychiatrist is a doctor, who has trained at medical school, completed specialist training and passed exams to become an accredited member or fellow of the Royal College of Psychiatrists. They are experts in managing more complex mental and emotional health problems, which are usually due to imbalances of chemicals in the brain.

A psychiatrist will talk to you about your current problems, day to day life, family and education. They may also talk to your family, to come to a full understanding of your life. Following this, the psychiatrist will make a diagnosis and will see if you might benefit from medication as well as talking therapies and emotional support. They will usually see you for follow up appointments, check you are getting better and once you are a lot better, may ask the GP to keep prescribing medication and provide follow up appointments.

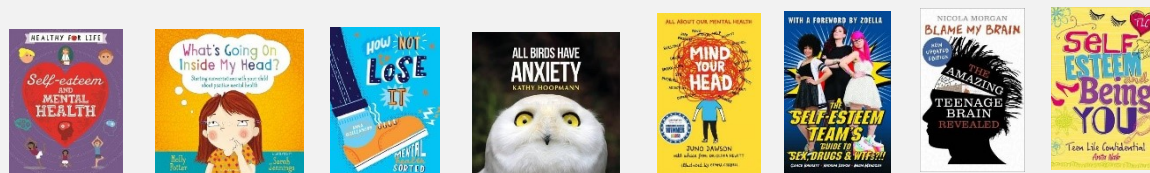
What is a psychologist and how do they help people?

A psychologist is a specialist with a degree and additional post-graduate training. They help people by using talking therapies rather than medications. They also often work with psychiatrists and other mental health professionals to help you.

For younger children, therapy is often directed through play and arts and crafts. Therapy for older children and young people is more often through talking. The psychologist will try to 'unpick' how things that have happened in your life may be affecting you now and causing you symptoms. They will give you strategies and tools to help you to recover and cope with current symptoms and help you get back to normal.

With thanks to Dr Janey Merron – Named GP and interim Designated Doctor in Child Safeguarding North Staffordshire and Stoke Clinical Commissioning Groups for this article!

Local libraries support children and young people's mental health and wellbeing – Reading Well and Shelf Help



Libraries across Staffordshire are helping parents and carers to support good mental health and wellbeing in their children by signposting to information and advice and providing a wide range of books.

Reading Well for children is a collection of books providing information, stories and advice to support children's mental health and wellbeing. The books have been chosen and recommended by leading health professionals working with children and families.

The booklist is targeted at children in Key Stage 2 (aged 7-11), and includes titles aimed at a wide range of reading levels. Topics covered include worries, feelings, dealing with tough times, when you have a condition etc.

For more information, please visit the website: <https://reading-well.org.uk/books/books-on-prescription/children>

For older children and young people, libraries provide **Shelf Help**. This is a collection of expert-endorsed books focussed on mental health issues for 13 to 18-year olds. Topics covered include anxiety, stress and OCD and difficult experiences like bullying and exams.

For more information, please visit the website: <https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

To find out more about how libraries are supporting health and wellbeing or to explore how libraries could work with you please contact Stock, Services and Activities Manager, Sue Ball at sue.ball@staffordshire.gov.uk



SPARK (Suicide Prevention Awareness, Resources, Knowledge) – free online presentation

To book a free online presentation about how PAPYRUS can provide support to you, your team and the young people you work with please email westmidlands@papyrus-uk.org.

The 30-minute SPARK session will give you awareness and resources to know what support is out there for a young person struggling with thoughts of suicide. PAPYRUS can deliver SPARK to a minimum of 8 participants and the presentation is suitable for anyone who works with young people.

Mental Health Training from Staffordshire County Council's Health, Safety and Wellbeing Service

The HSW service offers a series of mental health training events. Dates are available for 2021. **Due to Covid-19 restrictions training is being conducted online.**

MHFA Adults Training – a two day course – to support other adults. Develop an understanding of mental health and the factors that can affect wellbeing; practical skills to spot triggers and signs of mental health issues; confidence to reassure and support a person in distress; knowledge to guide others to further support, and tools to look after your own mental wellbeing.

MHFA Youth Mental Health Training – a two day course – for adults working with young people, this training offers an in-depth understanding of young people's mental health and factors affecting wellbeing; practical skills to spot triggers and signs of mental health issues; confidence to reassure and support a young person in distress; knowledge to guide young people to further support, and tools to look after your own mental wellbeing.

For managers, leaders and champions – Mental Health Champion- one day course – develop an understanding of common mental health issues, knowledge and confidence to advocate for mental health awareness, ability to spot signs of mental ill health, and skills to support positive wellbeing.

Mental Health Awareness – half day course – for everyone to develop an awareness of their own and others' mental health and wellbeing, and how you can help others. Learn how to challenge mental health stigma, develop a basic knowledge of common mental health issues; how to look after your own mental health and wellbeing; develop confidence to support others in distress or who may be experiencing a mental health issue.

For more information please visit:

- SLN: <https://www.staffordshire.gov.uk/secure/Schools/Health-and-Safety/Health-and-Safety/Training/Training.aspx>
- External webpage - <https://www.staffordshire.gov.uk/Business/Supportandadvice/Health-and-Safety-Support.aspx>
- Entrust – contact for course bookings - 0333 300 1900 or enquiries@entrusted.co.uk
- For more general enquiries or on site/online training for a team/school/group our Health, Safety and Wellbeing Service Duty Officer will assist :
 - shss@staffordshire.gov.uk

Emotional Health and Wellbeing Service – Action for Children

Action for Children's Staffordshire Emotional Health and Wellbeing Service is starting its delivery for schools from October 2020.

We are able to offer a range of group support in school to young people aged 5-18 years.

We can provide whole class programmes or smaller groups.

The support can be delivered in schools or via digital means to a group in school.

Digital Parenting Support: free online support for parents and carers with children of all ages. This includes a "chat" facility with parenting coaches who offer professional advice and support. Within this service there is also online information for mental health, parenting, dealing with parental conflict, what I need to know about the Covid 19 situation and practical home learning and activity ideas. Please visit: www.parents.actionforchildren.org.uk

If you have any questions or wish to discuss this free offer please contact Caroline.leahy@actionforchildren.org.uk or phone 07811244279.

#TalkSuicide Campaign – Together we can help prevent suicide

A new campaign called [#TalkSuicide](#) is bringing individuals, organisations and businesses together to help prevent suicide in Staffordshire and Stoke-on-Trent.

#TalkSuicide aims to:

- Make it easier for people to talk about suicide.
- Increase awareness about the [myths, facts and stats](#) around suicide.
- Give local people access to simple online training, to gain the skills to talk with someone who is suicidal.

Find out more about the campaign at www.staffordshire.gov.uk/talksuicide



New national mental health campaign to support children and young people: Better Health - Every Mind Matters

The past few months have been hard on everyone, including children and young people. As a group, young people are currently reporting higher levels of stress and anxiety than the adult population, and their parents and carers are understandably concerned.



The NHS Better Health – Every Mind Matters campaign is aimed at parents, carers, teachers and young people themselves to take action and help protect and improve children and young people's mental wellbeing, build resilience and provide support to those children at greater risk of worsening mental health.

The [NHS Better Health-Every Mind Matters](#) website provides information, advice and guidance and practical resources, as well as useful signposting for urgent support and helping someone else. [Public Health England](#) have developed supporting campaign resources for use in schools, including posters and web banners for websites, available on their website (log in required).

Future Developments...

Partners across Staffordshire & Stoke-on-Trent; including Action for Children, Changes, the Clinical Commissioning Groups, the Midlands Partnership NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust, Staffordshire County Council and Stoke-on-Trent City Council; are working together to develop **a web page regarding children & young people's mental health & emotional wellbeing. This will contain (and signpost to) information, resources, services and training** that can be promoted to and accessed by children & young people, parents & carers, and professionals such as GPs and education staff.

We would value input from children & young people, parents & carers, and professionals. We will let you know how to get involved in this exciting development in the very near future!

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

Better Health – Every Mind Matters (NHS)	Anyone. Website provides information for others to support C&YP and dedicated pages and resources for C&YP.
Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
Mental Health Support Teams	C&YP with mild to moderate difficulties; focusing particularly on low mood, anxiety and behavioural difficulties. C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, <i>Cannock Chase coming soon!</i> *participating education settings only
PAPYRUS (prevention of young suicide)	Anyone aged under 35 years and anyone worried about them. National charity.
Reading Well and Shelf Help – local libraries	Reading Well is for any child aged 7-11 years. Shelf Help is for any C&YP aged 13-18 years. Available at libraries within Staffordshire.



Cannock Chase Clinical Commissioning Group
East Staffordshire Clinical Commissioning Group
North Staffordshire Clinical Commissioning Group
South East Staffordshire and Seisdon Peninsula Clinical Commissioning Group
Stafford and Surrounds Clinical Commissioning Group
Stoke-on-Trent Clinical Commissioning Group