

'Kind Minds' Newsletter

Issue 3: January 2021

Welcome to the 3rd 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 3rd issue we focus on:

- **Services** available to support Children & Young People
- **DFE Wellbeing for Education Return Project** - update
- **Mythbusting** – The Adoption Support Fund (ASF)
- **Spotlight** on Accessing Child and Adolescent Mental Health Services (CAMHS)
- **Resources and training** – for colleagues, parents / carers

And lots of other useful updates, news and information!

Children and Young People's Mental Health Support Pathway

You can now find the new interactive maps of **Children & Young People's Mental Health Support** on [Staffordshire Connects](#).

Initially designed to support Staffordshire's DfE Wellbeing for Education Return Programme, these interactive maps show the local support available to children and young people around emotional and mental health and wellbeing.

There are two maps – North Staffordshire and **South Staffordshire** (including *Stafford, Stone, Rugeley, Cannock, Seisdon Peninsula, Lichfield, Burton, Uttoxeter, Tamworth*) as there are some differences in the support and routes to access it across the two areas. It is worth noting that the full breadth of very localised services are not included in these maps.

The maps show how self-help and low-level support can be accessed by families, children and young people. They also show the way in which support can be accessed if emotional and mental health needs escalate.



Wellbeing for Education Return Project: UPDATE



The roll out of the Wellbeing for Education Return project, funded by the DfE and DH&SC and developed in partnership with Public Health England and NHS England, is now underway across Staffordshire.

Our local experts commenced rolling out the webinar training to education colleagues on 23rd November 2020. The last of the webinars is scheduled for 22nd January 2021.

Education colleagues are offered **two separate 1.5-hour webinars** (webinars 1 and 2) on a range of topics that aim to better equip them to support one another and support pupils / students' wellbeing, resilience and recovery in response to COVID-19. The webinar training is **delivered by our local experts**, from Staffordshire County Council's Educational Psychology Service, Action for Children and the Midlands Partnership NHS Foundation Trust (MPFT).

650 delegate places were available to education colleagues, and **there are still places available for the January 2021 virtual webinars** (around 65% of the available places have been booked).

The training to education colleagues was previously limited to one member of staff per education setting, but we have changed this to **two delegates per education setting**. Each delegate must be able to attend both webinars 1 and 2.

It's not too late to book your place! Entrust colleagues are supporting the training and administration of the project. **Education colleagues can visit the [Entrust website](#) to find out details of the webinar dates, times and to book your place on this training.**

Some delegates have already participated in both webinars 1 and 2 and have provided some comments:

- *"(the local experts) reassured us with what we have in place already and gave us things to think about implementing in the future"*
- *"Both webinars were really interesting and informative – lots of information and both well presented!"*
- *"Some useful resources shared and models which can be shared again with staff in school"*
- *"I look forward to sharing the information and resources with my staff"*
- *"The map (Children & Young Peoples Mental Health Support) was very useful and I like the Group Problem Solving Model – I am thinking of ways to implement this into staff wellbeing training and additional CPD tasks after school"*

The new interactive map of **Children & Young People's Mental Health Support**, produced to support education colleagues, can be accessed on [Staffordshire Connects](#). This resource helps explain the mental health support system and shows how and where support for children and young people can be found – see P1 of this newsletter for more detail!

Your feedback from attending these webinars and using this resource will be invaluable in understanding your needs and informing out next steps for the next phase of this project!



Speak Up Space – FREE 121 online mental health support for young people

Speak Up Space offers online mental health support for young people up to the age of 18.

We are part of North Staffs Mind & Stay Well, and until 31 March 2021 we are offering **FREE 121 online mental health support** to ALL children and young people across Staffordshire as part of the Winter Wellness Project.

From January 2021 you can book a 45 minute 121 online support session via the instant messaging service [here](#).

The sessions can be booked by young people, or trusted adults like teachers or a family member.

For more information, visit the website at www.speakupspace.org.uk.

****Please note, at the time of writing this newsletter the Speak Up Space website only refers to Stoke-on-Trent. All Speak Up Space services are also available to Staffordshire children and young people until 31 March 2021.***



CAMHS Digital Combined Wellbeing Portal

For children and young people (up to age 18) who live in Stoke-on-Trent and North Staffordshire – North Staffordshire Combined Healthcare have launched a **CAMHS Digital Combined Wellbeing Portal**.

This digital health platform has a wealth of self-help information for children, young people, parents / carers and professionals about mental health and the services we can offer.

The digital platform facilitates access to routine online self-referrals for children and young people, without the requirement for them to go through their GP. This supports children and young people being able to access increased support and services whilst reducing waiting time for referral.

There are specific pages around Coronavirus and other topics including bullying, body image, feeling anxious and school life and there is further guidance and signposting for support on topics.

You can find the Digital Combined Wellbeing Portal at <https://combinedwellbeing.org.uk>.

SURVIVE – a new sexual assault & abuse service for Staffordshire

‘Survive’ is Staffordshire Women’s Aid’s brand-new service, which offers a free, non-judgemental and confidential service for adults, children and those close to them, who have been affected by sexual assault and abuse in Staffordshire.

Survive provides free, confidential emotional support, advice, practical help and counselling for victims of abuse and those close to them.

24-hour confidential helpline – 0300 330 59 59 or email survive@staffordshirewomensaid.org



www.staffordshirewomensaid.org/get-help/survive-sexual-assault-and-abuse-service/



Together4Children is a partnership between Staffordshire County Council, Shropshire Council, Stoke-on-Trent City Council and Telford & Wrekin Council. We are the regional adoption agency (RAA) for the four councils.

What is the ASF?

The adoption support fund (ASF) was set up by national government because many families need some kind of therapeutic support following adoption and too many have struggled to get the help they need in the past. The fund enables local authorities (LA's) and regional adoption agencies (RAAs) to apply for funding to support eligible adoptive and special guardianship order (SGO) families to access essential therapeutic services they need.

Who is eligible?

The ASF is available for children up to and including the age of 21, or 25 with an education, health and care (EHC) plan, who:

- are living (placed) with a family in England while waiting for adoption
- were adopted from local authority care in England, Wales, Scotland or Northern Ireland and live in England
- were adopted from abroad and live in England with a recognised adoption status
- were in care immediately before a special guardianship order (SGO) was made
- left care under a SGO which subsequently was changed to an adoption order, or vice versa
- left care under a child arrangement order (CAO) to enable the assessment of a potential special guardian, while the CAO is in force. They remain eligible if a SGO is subsequently made.

How to apply?

To access the ASF, adoptive families will have an assessment of support needs by the Together4Children Adoption Support Team. This is a current legal obligation of all RAAs and LAs.

The LA that places the child with an adoptive family is responsible for assessing the adoption support needs for three years after the adoption order. After three years it becomes the responsibility of the LA where the family lives (if different).

Where the assessment identifies that therapeutic services would be beneficial to the family, Together4Children will apply to the Fund on their behalf, who will then release finding to Together4Children.

What support is available?

The ASF will provide money to Together4Children for a range of therapeutic services, such as cognitive therapy, play and music therapy, and intensive family support.

How do I find out more?

For more information on the ASF you can visit the [Together4Children](#) website. You can contact the Staffordshire Team on 01889 256 325.

Other useful sources of information are the [gov.uk website](#) and the national information service for adoption in England, [First4Adoption](#).



Staffordshire Emotional Health and Wellbeing Schools Support

Action for Children Staffordshire Emotional Health and Wellbeing Service started its delivery to schools from October 2020. We are able to offer the following group support to enhance resilience in young people:

Senior Schools

The Blues Programme: 6x 1 hour group intervention for 13-19 year olds. Evidence based programme to reduce indicators of low mood and anxiety. Face to face with social distancing within your school.

The Blues Digital: 6 x 1 hour sessions as above but delivered via Microsoft Teams, group size 6-8 young people.

Bouncing Back: 2 x 1 hour sessions for 12-19 year olds, giving some very practical ways to keep emotionally well, know when to ask for help and understand emotions better. Group intervention, face to face group size is whole class.

Bouncing Back Digital: as above but delivered through Microsoft Teams, group size 10 young people.

Can't Talk Write: a digital journaling toolkit to support emotional wellbeing through the medium of writing and doodling. This comes as a young person's toolkit, and a toolkit for teacher facilitation with ready-made lesson plans. See the website for further details:

www.actionforchildren.org.uk/what-we-do/children-young-people/mental-health/cant-talk-write/

Junior Schools

Resilience building programme: 3 x 1 hour sessions based on the internationally recognised Friends resilience programme, helping children to recognise emotions and keep emotionally well. Age 5-17 years and 7-11 years, delivered face to face.

Resilience building digital: as above but delivered through Microsoft Teams. Group size of around 10 young people. If delivered digitally, requires support in the class from school to help children engage.

All Age groups

Digital Parenting Support: free online support for parents 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.

For more info please see the website: 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 07811 244 279.

Training Opportunities

PAPYRUS – 90 Minute Suicide Prevention Training (delivered online)



PAPYRUS Prevention of Young Suicide have adapted their 90-minute training to be delivered as an e-tutorial. This interactive and thought-provoking training will teach participants what EVERYONE needs to know about suicide. The key objectives are:

- To understand the prevalence and impact of suicide
- To explore the language, and the challenges, when talking openly about suicide
- To recognise the 'signs' that may indicate someone is having thoughts of suicide
- To consider how we can all contribute to a suicide safer community

The tutorial costs £25 per participant and can be booked through our website here: www.papyrus-uk.org/upcoming-sessions/ or email westmidlands@papyrus-uk.org if you would like to book training for your team at a time that suits you.

Open University – ‘Supporting Children’s Mental Health and Wellbeing (0-8 years)’



This FREE open learn course focuses on supporting the mental health and wellbeing of young children from birth to aged 8 years. The content is aimed at all adults who have an interest, professionally or personally, in the care and education of young children. This introductory course is FREE and can be accessed [here](#).

The course is designed to be studied over eight weeks and will take approximately 24 hours. On completion you will receive a free certificate of participation and earn an Open University digital badge to display and share your achievement.



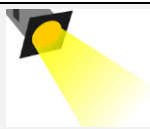
University of Reading

FutureLearn and University of Reading – ‘Understanding Depression and Low Mood in Young People’

In this FREE open learn course you will learn how to recognise and help with depression and low mood in young people, understand CBT – an evidence based treatment, discover practical techniques to help support young people and, access sources of further advice.

The course is aimed at parents of young people, teachers and healthcare professional who play a role in detecting mental health difficulties and offering appropriate support and guidance to young people. This course can be accessed [here](#).

This course is designed to be studied over five weeks and will take approximately 15 hours. This course has been accredited by the CPD Certification Service, which means it can be used to provide evidence of your continuing professional development.



Spotlight on...Accessing Child and Adolescent Mental Health Services (CAHMS)

CAMHS stands for Child and Adolescent Mental Health Services (CAMHS).

These are services available to assess and support children and young people and their families / carer with concerns about emotional wellbeing, behaviour or mental health difficulties.

Local CAMHS services are made up of multi-disciplinary teams with mental health nurses, therapists, clinical psychologists, mental health practitioners, child and adolescent psychiatrists, social workers and other professionals.

The first step to getting help from CAMHS is usually a referral for a CAMHS assessment. **This referral can come from a parent / carer, a teacher or school, GP, or a self-referral (where available).**



For children and young people (up to age 18) who live in Stoke-on-Trent or North Staffordshire:



Schools can refer to CAMHS through their mental health support team (MHST). If your school does not have a MHST, then you can access CAMHS either through the online referral (link below), by calling the [Central Hub](#) on 0300 123 0907.

You can access our online referral service, which can also be used by parents and by young people to make a self-referral. The online referral form can be accessed here: <https://combinedwellbeing.org.uk/online-referral/>.

Other professionals, including teachers and schools, can make a referral using the same form, or can contact the 24-hour access team on 0300 123 0907.

For children and young people (up to age 18) who live in South Staffordshire (*including Stafford, Stone, Rugeley, Cannock, Seisdon Peninsula, Lichfield, Burton, Uttoxeter, Tamworth*):



Young people under 18 years of age can self-refer to CAMHS with the consent of their parents / carers, using the [online form on our website](#).

A range of professionals can also refer to the CAMHS service, such as GPs, school nurses, schools, local support teams and counselling services, using the CAMHS referral form available on [Staffordshire Connects](#).

For those in need of urgent support regarding their mental health, you can contact our dedicated mental health access line, available 24-hours, on 0808 196 3002 where you will have the opportunity to access mental health support.

The decision of which services may be offered will depend on the assessment – this could be a specialist CAMHS service if appropriate or necessary.

Internet Matters – Online Safety Resources



Recognising that online safety needs to be an integral part of children’s digital journey, Internet Matters offers tailored resources that can help shape the safety of all children online. You will find some popular advice, guidance and resources that can be shared with parent/ carers as well as resources that you can use in the classroom.

Find out more by visiting www.internetmatters.org/inclusive-digital-safety/

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

CAMHS (child and adolescent mental health support)	C&YP up to the age of 18. Self-referrals may be made by C&YP and parents / carers (where available) or by GPs, school nurses, schools and teachers, local support teams and counselling services.
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.
Speak Up Space	C&YP up to the age of 18 in Stoke-on-Trent and Staffordshire (Staffordshire until 31 March 2021).



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