

Supporting mental health and well-being for children and young people

Well-Being and Mental Health Service (Fintan McCullagh, Children and Adolescent Mental Health Service (CAMHS) Worker in School (CWIS))

Stoke Newington School (Michael Collins, Assistant Head, Designated Mental Health Lead, Designated Safeguarding Lead).

28th November 2022

Mental Health & Wellbeing at SNS



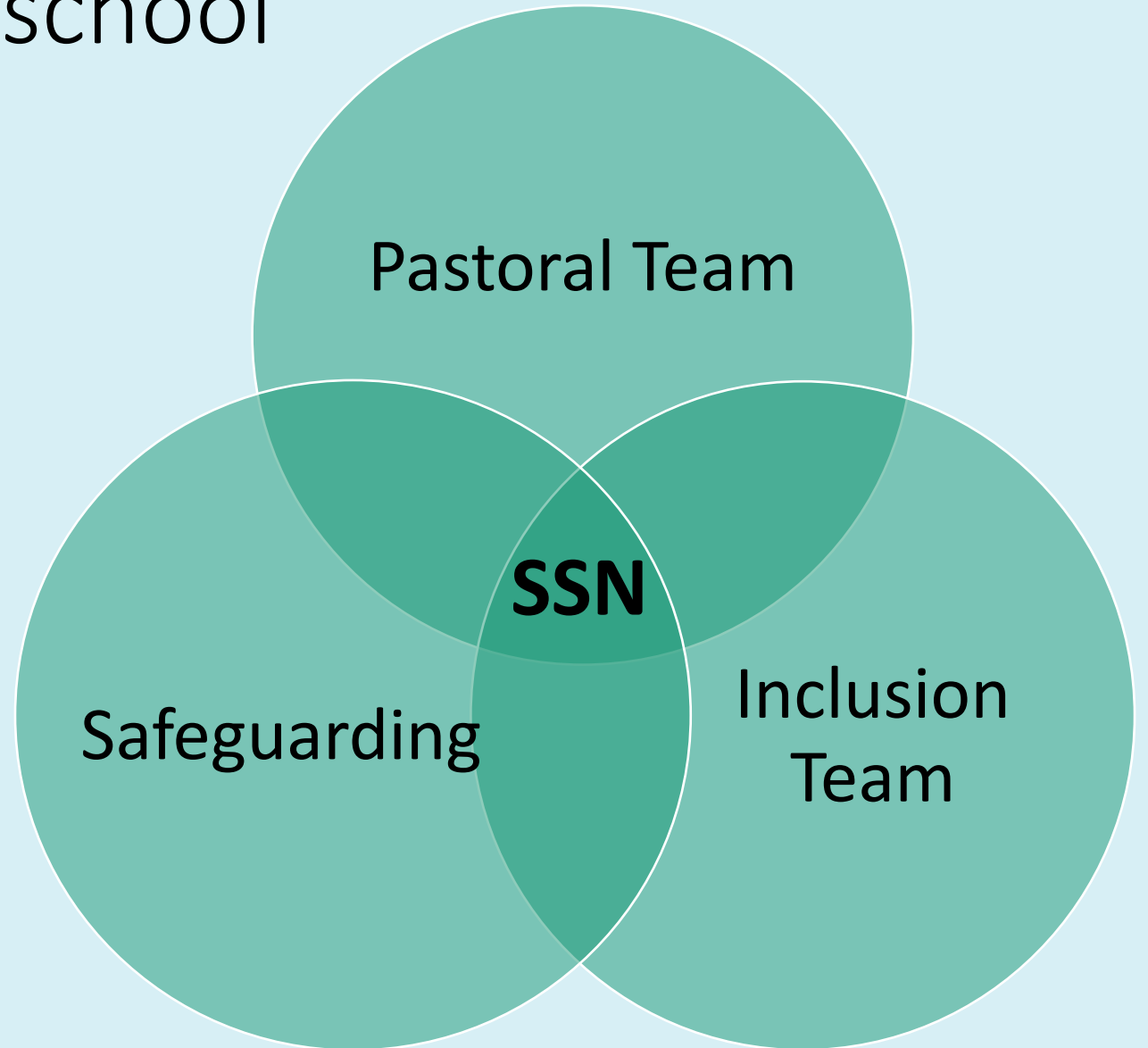
- We are open about mental health at SNS and encourage pupils to seek support when needed.
- All pupils in year 7-11 will cover health and wellbeing in their PPP lessons in the first term.
- They will also have an assembly on mental health and the services available in school in the first half term.
- We promote the use a Wellbeing Action Plan that is available from Head's of Year and will also be emailed to all school students.
- We are undergoing reverification for the school's Wellbeing Award.

Mental Health in the Curriculum

	Au1	Au2	Sp1	Sp2	Su1	Su2
Y7	Transition and Health	Consent, Health and Keeping safe	Identity and beliefs	Diversity and Discrimination	Financial decision making and Careers	Abrahamic Faiths
Y8	Dharmic religions	Health and emotional wellbeing	Separation of Powers and the Criminal Justice System	Religion in the Modern World	Building positive relationships	Identity and relationships
Y9	Healthy Decision-Making	Financial Decision-Making and Career Aspirations	Law-making and Political Participation	Founders of the World 6 Faiths	Intimate and Respectful relationships	Digital literacy
Y10	Mental health and Managing Influence	Careers and Financial decision making	Government, Economy and being Agents of Change	Core religious beliefs	Healthy relationships	Religion, morals, ethics and equality
Y11	Post-16, Careers and Financial decision-making	Healthy and Unhealthy Relationships	Religion in the Modern World	Managing Health and making Health-related choices	International Politics and Law	

Accessing support at school

- The form tutor is the first line of support a pupil
- The Head of Year coordinates support
- The Head/Deputy Head of School manage the Head's of Year
- Concerns about students are raised at Student Support Network Meetings (SSN)



ARE YOU FEELING UPSET OR UNSAFE?

**ARE YOU WORRIED ABOUT A FRIEND,
STUDENT OR FAMILY MEMBER?**

DOES SOMETHING NOT FEEL RIGHT?

**TALK
ABOUT IT**



Mr Collins
Assistant Headteacher



Jo Mahoney
Pastoral Counsellor



Ricklesha Williams
Pastoral Counsellor



Samantha Kwok
Pastoral Counsellor



Mrs Jaffer
Headteacher



Mr Bynoe
Deputy Headteacher

You can find the pastoral counsellors on the second floor at the top of B corridor stairs or you can email:
childprotectionteam@sns.hackney.sch.uk
or
stop@sns.hackney.sch.uk

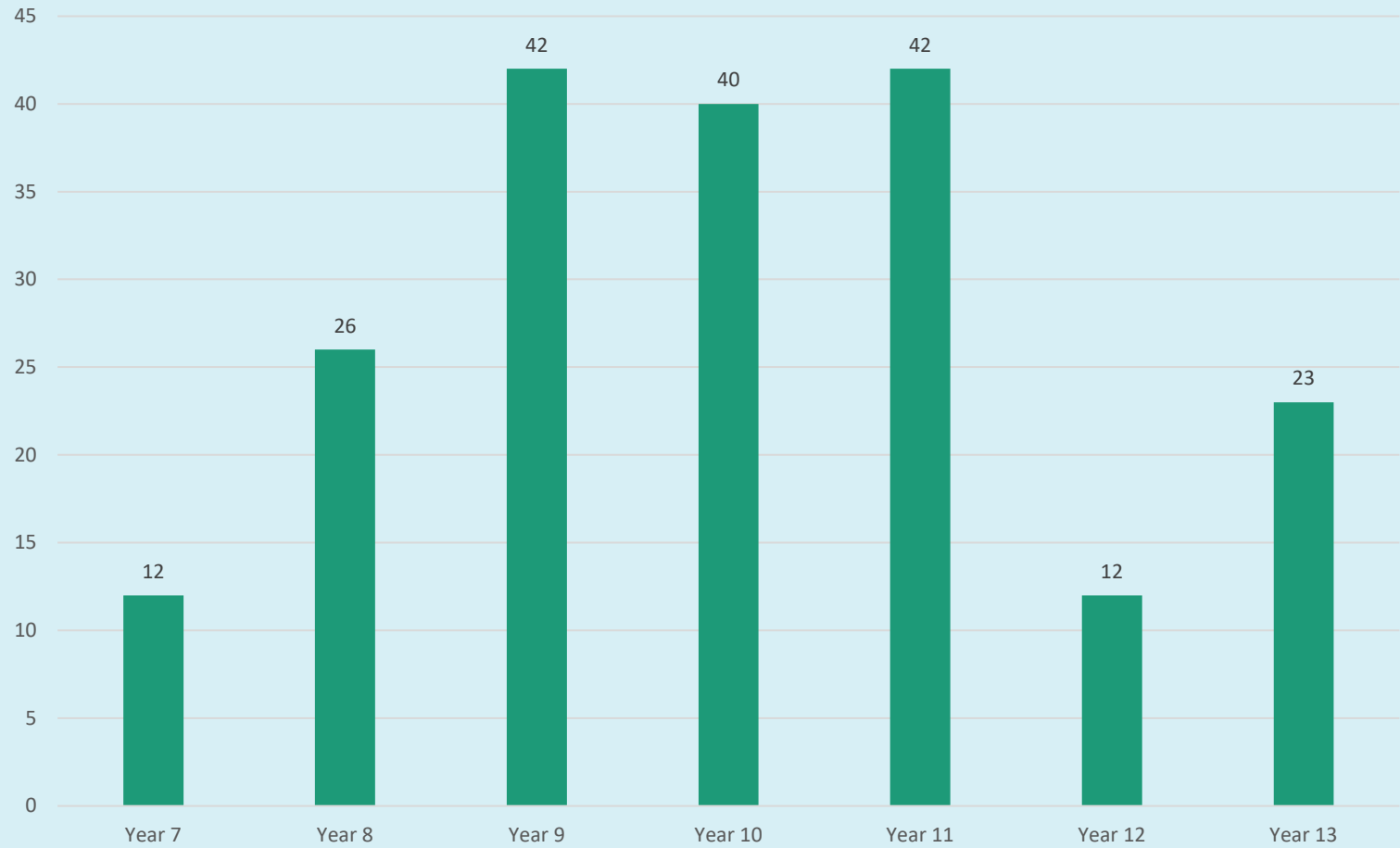
WE ARE HERE TO HELP



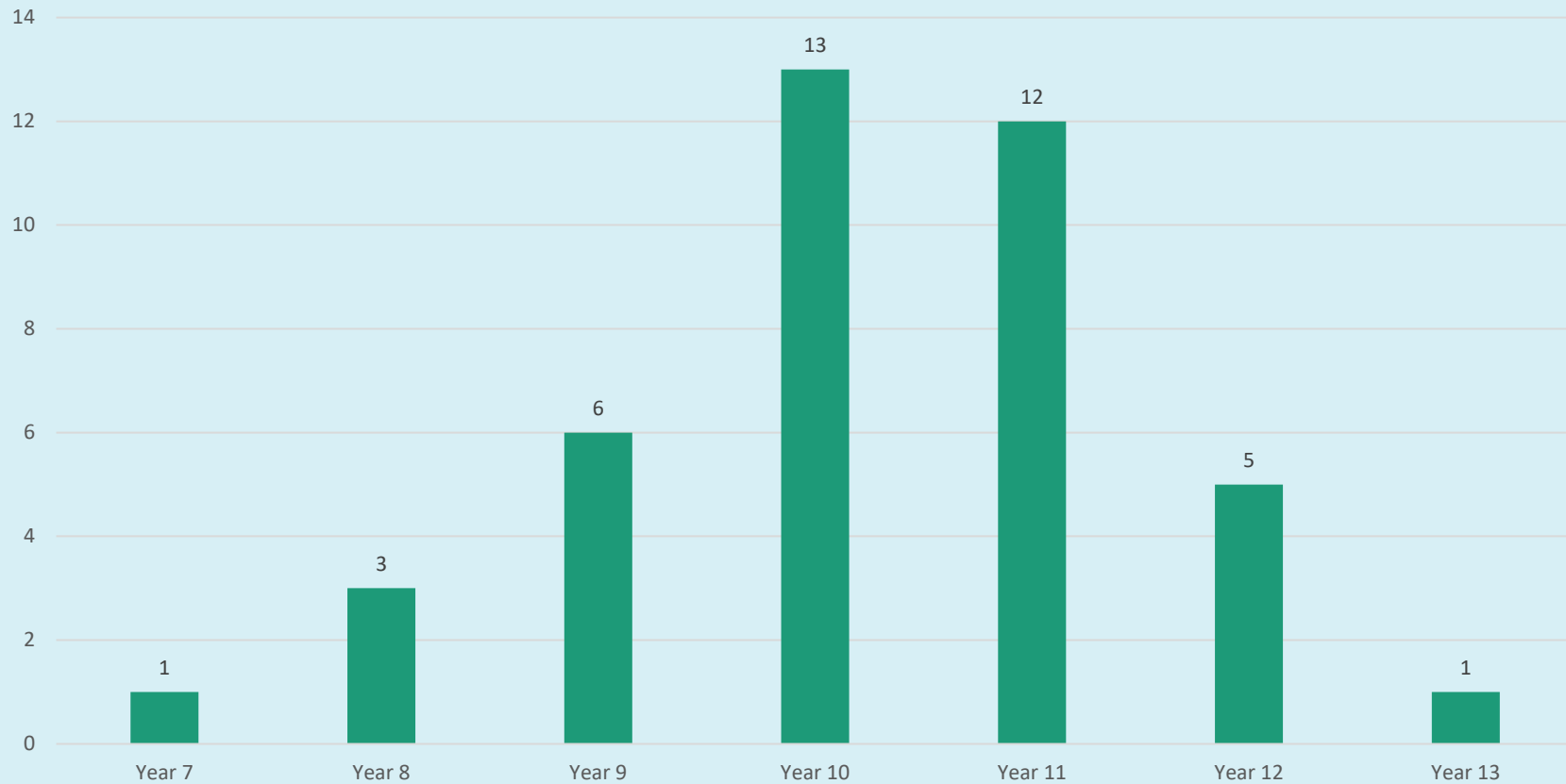
An overview

- The safeguarding team oversees support for 197 pupils
- 41 pupils are open to CAMHS (that we are aware of)
- 4 have recently closed to CAMHS
- 9 are open to our Education Mental Health Practitioner
- 26 pupils are open to A Space
- 26 are open to Jo Mahoney
- 8 are open to Rickiesha Williams
- 62 are open to Samantha Kwok
- The rest are open to a mixture of pastoral leads or MCO

Support by year group

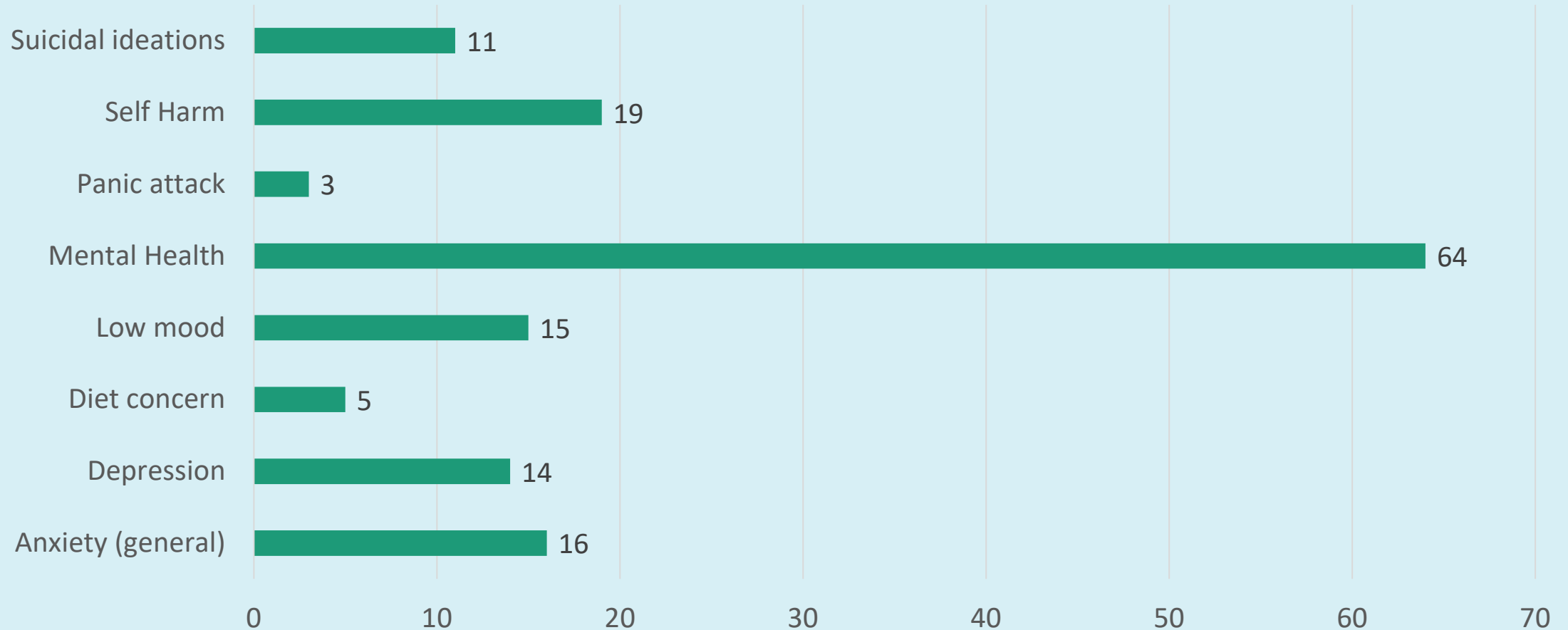


Pupils open to CAMHS by year group



Mental Health Data this year by concern

Total = 147



Questions so far...

WAMHS

wellbeing and mental health in schools programme

WAMHS initiative has been developed as an expansion of successful practice that is conducted by colleagues in schools and delivered by existing mental health services in City and Hackney.

It is a joint partnership of the school, CAMHS and families in change

WAMHS is an early intervention service that aims to build capacity and share skills in schools, to support with early identification of and intervention with mental health needs of the students.



WAMHS' objectives

understand



early detect



respond



Continue to support and monitor in the school



Refer to a MH service and continue to liaise with them

- to expand the understanding around students' mental health needs and presentations.
- To early detect the behaviours presenting these difficulties
- to build capacity to respond to these difficulties in the school
- to make referrals to and liaise with appropriate MH services when needed



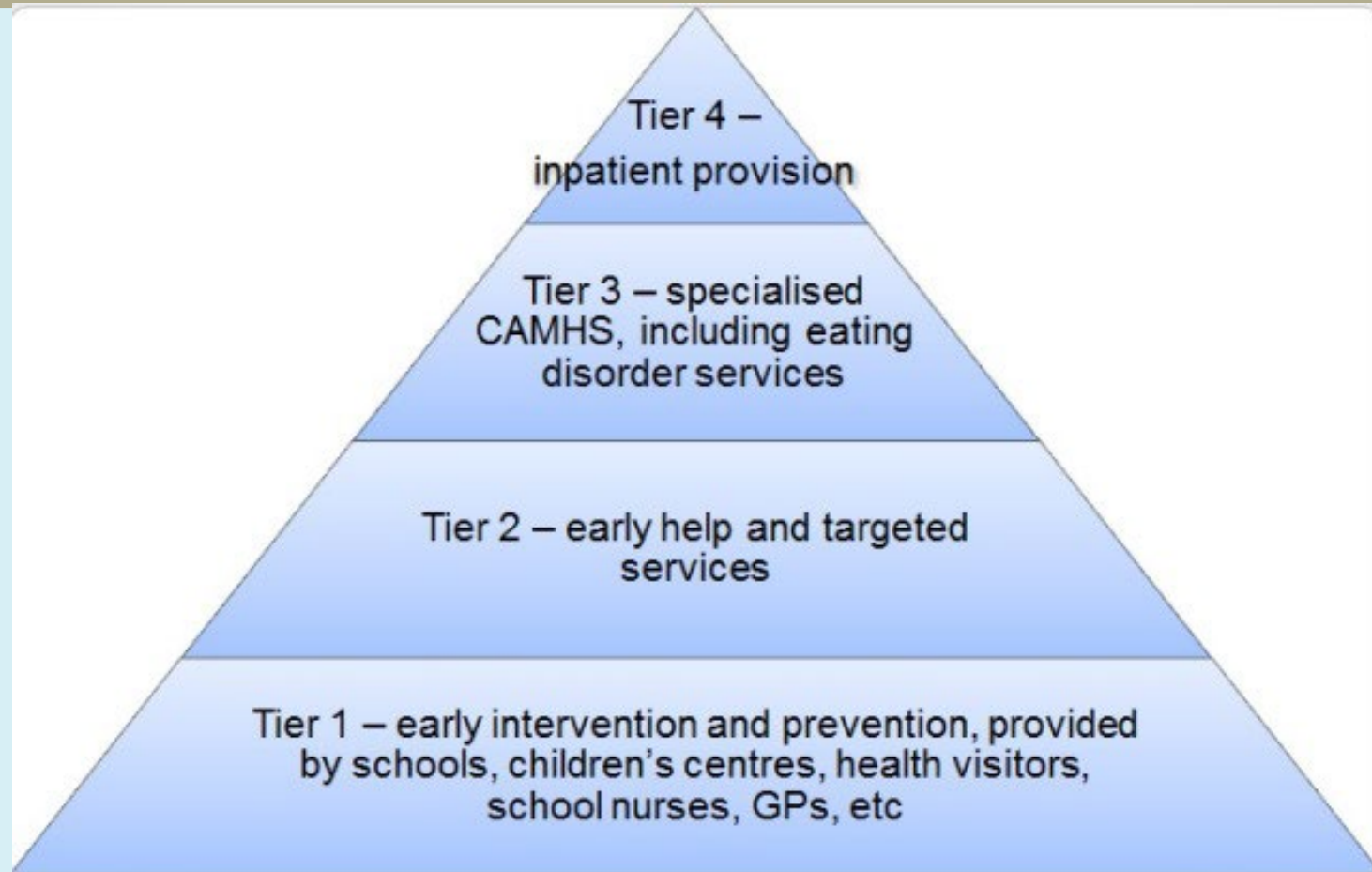
The Mental Health and Support Team (MHST) Emotional and Mental Health Practitioners (EMHPs)

- WAMHS was joined by The Mental Health and Support Team (MHST) in 2019 and has been rolling out to 55 schools.
- All schools accessing the MHST project have an allocated Education and Mental Health Practitioner (EMHP) – for Stoke Newington School, this is Jenny Jones.
- Jenny supports the work of WAMHS and provides direct work for both parents and students, including individual and group interventions.
- One focus of work at the moment relates to exam anxiety in the sixth form.



Children and Adolescent Mental Health Service (CAMHS)

Services in 4 Tiers
providing support for
different level of
needs



City & Hackney



Alliance

<https://cityandhackneycamhs.org.uk/>

Young
Hackney

St Joseph's
Bereavement
Service

Children
and Families
Clinical Service

Kooth

First
Steps

WAMHS

Wellbeing and
Mental Health
in Schools

Specialist
CAMHS

Growing
Minds

Family
Action

Off
Centre

CAMHS
Extended
Crisis Service

CAMHS
Disability

Young Hackney

Who is the service for:

Young people to achieve positive outcomes
by building constructive relationships
with trusted adults.

The work includes:

A broad range of individual support at home, school, and
in community settings including at our youth hubs.
Activities for all young people, through youth clubs,
sports sessions and citizenship programmes.
Advice and support including about employment, health,
education and housing.

How to refer:

Self-referral by dropping into one of the youth clubs
or you can ask your school or GP.
Children and young people aged 6-19,
and up to 25 years for those with special
educational needs or a disability.

<https://www.younghackney.org/about/contact/>



Young Hackney
Substance Misuse Service

Young Hackney Confidential drop in

When: Every Thursday during lunch

Where: In the the PAS

Purpose – free, confidential discussion around drugs, alcohol and other matters or substances affecting young people today

Can I get more one-to-one advice? Absolutely, Dawn and her team will have a confidential signup sheet where they can arrange follow up meetings

Who is the service for:
Children and young people
with mild to moderate mental health
difficulties, who are not currently
open to Children's Social Care
to provide them with short-term
psychological interventions

The work includes:
Individual and family sessions,
parenting groups.

How to refer:
School staff, and any other
professionals
(GP, family support practitioners)
as well as
self-referrals by parents/carers of
children and young people
aged 0 to 18.

First Steps

020 7014 7135
huh-tr.FirstSteps@nhs.net

Growing Minds

Who is the service for:

African, Caribbean and mixed heritage children and young people, to improve their emotional health and wellbeing in City & Hackney, during the important transition years from primary to secondary school and adolescence to adulthood.

The work includes:

Culturally aware counselling, emotional and practical support for African, Caribbean and mixed heritage children, young people and their families.

How to refer:

School staff, Children's and Adult Social Care, CAMHS, GP, or a voluntary and community sector as well as self-referral.

Children and young people
aged 9 to 25,
with African, Caribbean and
mixed heritage (ACH)

info@growingminds.org.uk

Off Centre

Who is the service for:

Young people with all kinds of emotional and practical issues (stress, depression, anger and self-harm; bereavement or family breakdown; sexuality and identity; violence, neglect or abuse; accommodation, education and more) to help them take greater control over their lives.

The work includes:

Counselling, therapy, art therapy, art making groups, advice and psychosocial service

How to refer:

School staff, and any other professional supporting the young person, as well as self-referral.

Children and young people aged 16 to 25 with a GP in City and Hackney.

020 8986 4016

OffCentre@family-action.org.uk

St Josephs Bereavement Service

Stjosephs.firstcontact@nhs.net

03003030400

Monday to Friday 9am – 5pm

Who is the service for:

Children, young people and families who have lost a family member, care giver or other significant person due to Covid-19

The work includes:

- Individual counselling
- Family sessions
- Bereavement groups and memorial events
- Art therapy.

How to refer:

You can self-refer for an assessment via the First Contact team on 0300 303 0400 or ask a GP or other professional to complete a referral on your behalf.

If you would like to discuss any questions before making a referral please contact the Patient & Family Counselling Team on 020 8525 3229 and a member of staff will help you.

Who is the service for:

individuals, couples and families to help them manage their mental health and prevent problems from getting worse, when they face difficult or complicated challenges, including domestic abuse, substance misuse and mental health issues.

The work includes:

Advice and wellbeing services, conflict management and practical and emotional relationship support, parenting support courses and help access other services.

How to refer:

Individuals over 16 and families

can refer themselves by booking an appointment at their GP practice. Professionals can also refer children and families.

Family Action

Well Family Plus

hackneywellfamilyplus@family-action.org.uk

020 3846 6777

Wellfamily Plus, Unit 7, The Textile Building,
2a Belsham Street, London, E9 6NG

Kooth

Who is the service for:

For children and young people aged 11-18,
an online platform which provides free, safe and
anonymous online counselling and support

The platform :

Provides an early response to, and identification of
emotional wellbeing and mental health problems, leading to
improved well-being, prevention of symptom escalation and
provision of the right care at the right time;
Encourages the use of self-care tools and resources intended
to build resilience and self-help;

How to refer:

Any young person living in the boroughs of City of London &
Hackney, who are aged 11 - 18 can self-refer to the web
platform by visiting www.kooth.com

The digital platform, which is available on
any web-enabled, internet connected device
(including laptop, smart phone, tablet)
is available 24/7, 365 days a year.

www.kooth.com

CAMHS Disability

Who is the service for:

**Young people with dual difficulties:
mental health/emotional needs and
disability requiring a multi-disciplinary
approach to treatment**

e.g. learning disability / Intellectual disabilities, speech and language disorder, social communication disorder or physical disability, and/or ASD if there is also a moderate/profound primary learning disability.

The work includes:

Assessment, diagnosis, psycho-pharmacological intervention, therapeutic/behavioural support and intervention, group work (parenting groups, siblings groups, ASD support...) and play specialist.

How to refer:

School staff and any other professionals who know the child and family, as well as self-referrals if the family is known to Hackney ARK.

for children and young people
aged 0 to 18 registered with
a GP in City & Hackney

020 7014 7071
(9am – 5pm, Monday to Friday)

CAMHS Extended Crisis Service

Telephone: 020 3222 5600

elft.eastlondon-camhs-crisis-service@nhs.net

The out of hours crisis line is 0800 073 0006 (24hrs)

Who is the service for:

Young person

experiencing a mental health crisis,
which can be at risk of immediate and significant
self-harm, feeling emotionally or psychologically
distressed, having thoughts of suicide,
struggling to manage an immediate outburst
that puts themselves or others at risk.

The work includes:

Provides access to support in hospital accident
and emergency department at three major
hospital sites – Royal London, Homerton
University and Newham University Hospital,
promote safety and recovery from crisis.

How to refer:

Self-refer by attending the A&E department of
Royal London, Homerton University and Newham
University Hospital within 9am and 9pm to be
seen by a member of the
CAMHS Extended Crisis
Service.

For children and young people
under 18

Children and Families Clinical Service

Who is the service for:

Children and young people and their parents and carers who have mental health needs, are experiencing issues and stressors, are struggling with emotional and behavioural issues, and/or where there are child protection concerns.

The work includes:

Specialist clinical assessments and individual, family and group therapy

How to refer:

Professionals working within Children and Families Services. Health colleagues can flag up concerns/recommendations for a referral for children and young people who are receiving support from Children's Social Care, Young Hackney, the Family Support Service and the Youth Offending Team.

ClinicalTeam@hackney.gov.uk

Emergency CAMHS Duty Team
out of hours : 020 8356 2710

Specialist CAMHS

Who is the service for:

Young people and their families who have urgent, persistent or complex, or moderate to severe emotional, behavioural and/or mental health disorder or difficulty, unable to engage fully in everyday activities and/or relate well with other people because of the way they are thinking and feeling about themselves or other people, experiencing serious risks to their emotional and psychological wellbeing development, their difficulties are affected by complex factors.

The work includes:

Individual/ group/ family therapy sessions and medical treatment, and liaison with other services supporting the family.

How to refer:

School staff, and any other professional supporting the young person such as GP, Family Support Practitioner, Health Visitor, or Social Worker, as well as self-referral if the family has already accessed this service within the last year for children and young people aged 0 to 18 registered with a GP in City & Hackney

elt-tr.cityandhackneycamhs@nhs.net

020 3222 5600 (9am – 5pm, Monday to Friday)

Single Point of Access (SPA) for referrals to CAMHS from 2022

- CAMHS offers a wide and varied range of services under the CAMHS Alliance.
- However, this has made it a bit difficult to navigate, spread awareness of the services offered and match the services to need.
- To streamline this process, a single referral form is completed and CAMHS triage the referral to the service they feel is best suited.

**Adolescent Mental Health
2022: similarities and
differences with the past**

Similarities with the past

- *The Adolescent Brain: A Second Window of Opportunity* (UNICEF, 2016)
- Biology shouldn't be understood as completely independent of social influences, but important underlying biological factors which remain the same.
- Teenage brains still 'under construction'
- Amygdala v Pre-Frontal Cortex
- Need between 8 and 10 hours of sleep.



Adolescence as a period of 'crisis'

- 'Crisis' from ancient Greek 'Krisis/Krino' meaning 'deciding' or 'turning point'.
- Erik Erikson (1958, 1963) outlined 8 stages of psychosocial development.
- Adolescence as Stage 5 'Identity versus Role Confusion'.
- Bridge between dependence of childhood and independence of adulthood.



Differences – good news (to begin with..)!

- Adolescents grow up in less authoritarian family and school structures than in the past (e.g. physical chastisement).
- More tolerant attitudes among adults and peers (e.g. in relation to sexuality).
- Better informed about their own and others' mental health - information is power! It can seem more mental health needs now, but also more likely to be discussed in the open.



The scale of need among children and young people

- Approximately 1 in 10 children and young people have diagnosable significant psychological difficulties.
- Around 1 in 4 children and young people show signs of a mental health condition, including anxiety and depression.
- This means that up to 3 children in every classroom may have psychological difficulties which could be helped.
- Only 25–40 % of these young people receive input from a mental health professional early enough, if at all.

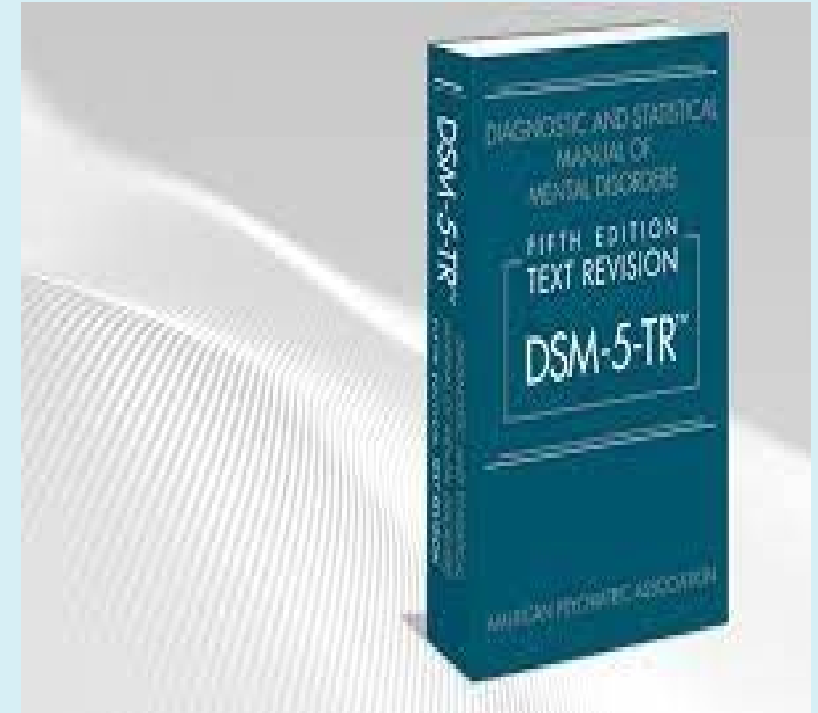
How do we help?

- Be aware of early signs of common mental health disorders.
- Know risks that attend background profile of children in the world as it is (unfortunately) (adverse childhood experiences, neurodiversity).
- Know and celebrate their strengths.
- Be prepared to 'change the script'
- Model openness about mental health
- Ask for help – the world of 2022 is not the fault of parents and outside agencies are there to support.



Be aware of early signs of common mental health disorders.

- Anxiety, OCD, eating disorders, depression and many others – parents can't be expected to give expert diagnoses.
- Sudden changes that affect everyday functioning. Avoidance of places/tasks, withdrawal from people, sudden changes in social approach (e.g. becoming suddenly more extrovert/introvert), telling stories that don't add up.
- Consider mental health in terms of their view of themselves in the world in relation to things that have happened, not just 'within-brain' problems.



Background profile of children and attendant risks

- The world as it is puts more pressure on some of us than others, unfairly.
- Those who are neurodiverse (ADHD, ASC) or to have an atypical gender should be celebrated for who they are, but when the world is stacked against them and made for others, they may experience mental health challenges.
- Acceptance and real adaptation at school and at home will be sources of resilience.
- We need to remain curious and take what they say seriously and not make assumptions about those, for example who may be autistic – girls, for instance are often diagnosed later with an impact on their mental health.



Know and celebrate their strengths

- When we try to help children and young people, often we want to 'cut to the chase' and concentrate on what is wrong in their lives.
- Fixation on the negative can reflect back to them a low sense of their value, as well as diminish the sense of power they have to change things.
- Making a point of actively celebrating, maybe even recording, their achievements can build their self-esteem
- Can you think of public figures who have been criticized a lot but retain a sense of self-worth? How?



Be prepared to 'change the script'

- Open communication within the home environment is a protective factor for adolescent mental health.
- Communication at home can often fall into predictable patterns in order to maintain boundaries (or is this maintaining identities?)
- If it doesn't work, it doesn't work – be prepared to try something new!
- Adapt the language which is used in communication, as well as the emotional tone which is used when communicating
- What about joking about how many times you have been in this conversation?



https://www.emotioncoachinguk.com
/

Model openness about mental health

- Be the change you want to see in the world..
- We teach young people the language and concepts they use to navigate their feelings within the world.
- We also outline the boundaries of the acceptable and the unacceptable.
- We all need to take care of our mental health; the relevant language and techniques of support should be of benefit and meaningful to everyone.
- By talking through our feelings in an honest and transparent way, as well as sharing our good times and what helped, we create a space in which young people can do the same.



Asks for help – you are not alone and it's not your fault.

- The statistics are clear, there is a large population out there that needs help, so you are not alone and the people you talk to will not be shocked by what you say.
- Talk to the school or your GP if you feel worried about your child. We know there is undiagnosed need out there so don't think you are wasting anyone's time.
- People will be very pleased to tell you if a referral will not need to go further! They may be able to give advice more generally even if things go no further.



Thanks for listening!

- Fintan.mccullagh@nhs.net

Questions and Answers