

Leading Mental Health In Hertfordshire Schools

Summer 2018



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Anxiety toolkit launched

Recent research suggests that 1 in 6 young people will experience an anxiety condition at some point in their lives (www.anxietyuk.org.uk, 2017). Schools and other professionals are noticing an increase in anxiety levels in young people. Lower level anxiety can be improved using various self-help tools. By addressing issues early, we could avoid more serious anxiety problems.

The Anxiety toolkit has two elements:

- The anxiety toolkit guide, providing information and advice on anxiety; including anxiety mapping guidance
- A series of practical resources with user information for each.

These resources can be used by school staff and parents to support children and young people:

- Parent tips
- Lessons and parent presentations
- Wellbeing support for school staff
- Wellbeing support for parents



The Anxiety Toolkit can be found here:

<https://www.healthyyoungmindsinherts.org.uk/schools/anxiety-toolkit>

Please note, you need to be logged in to access the resources. You can register here:

<https://www.healthyyoungmindsinherts.org.uk/user/register>

Support for parents

Parents are key to identifying emerging anxiety issues and building resilience in children and young people. Parents report a lack of user friendly and accessible resources to support them to do this. Our Multi Agency Anxiety Toolkit resource includes a range of Top Tips sheets for parents to support normalising anxiety, prevention and early intervention. These resources are quality assured across a

number of agencies and are flexible to support circulation individually to all parents via parent mail / School Comms at agreed intervals, or as part of a school based wellbeing event or parent information session. The resource could also be included in parent packs at key points e.g. transition times.

We have also included parent workshop session slides for Primary and Secondary schools covering emerging anxiety, warning signs that parents can look out for, and key messages to children and young people agreed across agencies including NHS. Below is a list of parent top tip sheets – all accessible on <https://www.healthyyoungmindsinherts.org.uk/publications/2018/may/talking-about-anxiety-tips-parents>

Topic areas;

- Five ways to wellbeing
- Managing anxiety for over-16s
- How to stay emotionally healthy and support your child's emotional wellbeing
- How to help your child manage their anxiety during exams and tests
- Listening to your child
- Sleep
- Autism and anxiety



For further information or support please contact:

Breda O'Neill, CAMHS Schools Link Manager, East & North Herts Clinical Commissioning Group at Breda.O'Neill@nhs.net

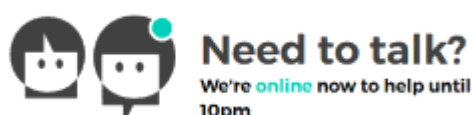
or Shelley Taylor, Public Health Officer, Hertfordshire County Council at Shelley.Taylor@hertfordshire.gov.uk

Kooth – Access during the school day can help pupils

Exam season is finally over so it's time to reflect on how we support our children and young people through this difficult time. We know that exam stress and pressure to achieve at school is one of the top pressures cited by pupils in Hertfordshire. For some young people already dealing with a range of difficulties in their life, the stress of exams can be unbearable. One of many things schools can do to help their pupils is to facilitate access to Kooth's online counselling during school time.



Kooth is funded to provide online counselling to 10 to 25 year old's with a GP in Hertfordshire. Kooth's counsellors and therapists are available until 10pm, 365 days a year. Users can also talk to other young people anonymously on the moderated forums whenever they like and keep an online journal. Young people may find it easier to access their counsellor during school time as after school, the service is very busy. For some young people, being able to access Kooth in a quiet, private area in school during the day can make a huge difference, both at exam time and throughout the year.



Self harm toolkit launched

The Hertfordshire Safeguarding Children's Board (HSCB) self harm and suicide guidance and risk assessment has been developed via a multi-agency working group and aims to offer an informed and systematic approach to addressing the needs of children and young people at risk of self-harm or suicide. It also sets out to ensure that children and young people gain appropriate support, and are assessed and referred appropriately where needed.

However, after delivering a number of full day courses on self harm, the School CAMHS Link Managers decided to enhance the resources available to schools to help them support pupils that self harm. The Self Harm Toolkit is essentially a landing page which provides links to the HSCB guidance as well as a range of other tools and information so that it is all in one place. The toolkit includes links to:

- HSCB guidance,
- An information leaflet for professionals,
- A leaflet for parents,
- Online training,
- Guidance about managing exposure,
- Recording forms,
- A signposting guide for young people,
- The safety and support plan
- Tips on how to speak to a young person who is self harming,
- A poster about how young people can help their friends,
- Information about distraction techniques,
- A pupil focus group exercise to review school practice,
- A sample letter to send to parents further to a meeting
- The Hertfordshire whole school approach to improving mental health and wellbeing and self review tool.



The Self Harm Toolkit can be found here:

<https://www.healthyyoungmindsinherts.org.uk/self-harm-toolkit>

Please note, you need to be logged in to access the resources. You can register here:

<https://www.healthyyoungmindsinherts.org.uk/user/register>

For further information, please contact deborah.sheppard1@nhs.net

Feeling Good Week funded Podcast developed by Phase

As part of our ongoing work supporting young people experiencing mental health difficulties and our preventative work helping to prompt good wellbeing, we had a number of young people ask if we had ever thought about creating a podcast. Following a successful application to the Feeling Good Week grant scheme we were able to produce this initial podcast. Our hope is to be able to gain some more funding to create a series of podcasts exploring this large and varied topic in more detail, always keeping young people and parents at the heart of what we are doing.



You can listen to the Podcast here: <http://blog.phase-hitchin.org/podcast/>

Summer 2018 Anxiety Workshop Groups Run By the Children Wellbeing Practitioners

Team

Where?

East Herts & Broxbourne, Watford and Three Rivers.

When?

From the 7th to the 30th of August.

For Who?

Any child or young person in Years 6, 7, 9 or 10 who live within the double districts detailed above and are struggling with anxiety.

Application forms are obtainable from the District DSPL leads.

Groups will be years 6 + 7 and 9 + 10

Required from the Young People:

Completed application forms

Commitment to engage

Commitment to homework

Completion of outcome measures (questionnaires)

Required from the Parents:

Consent from the Parents for Young People to attend

Consent from Parents to attend Parent workshop

Parents email address for communication throughout

Completion of outcome measures (questionnaires)

What they will receive from the CWP's:

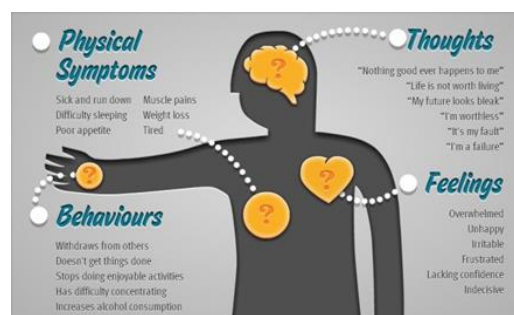
Confidential & therapeutic learning environment

Identification of on-going needs

Individualised outcome measures – progress towards goals

Possible transition to an identified service (if required)

Toolkit to promote better emotional wellbeing, particularly around Anxiety



Hertfordshire CAMHS Transformation Event

On the 21st May, representatives from across Hertfordshire attended an update on the CAMHS transformation programme. Participants listened to presentations about the Eating Disorder Service, the Community Perinatal Service, work with schools, the prevention agenda led by Public Health, and the Children's Wellbeing Practitioners in Families First Early Help. They heard from parents and young people who have used services and from campaigner, Johnny Benjamin.

The mix of passionate professionals and real stories made for an inspirational morning. Work to explore how different services are contributing to the iThrive approach is being undertaken to generate a local-self assessment. You can find out more about iThrive here:

www.implementingTHRIVE.org.

To follow our progress on social media, please follow @enhertscg and @hvccg or search #HertsCAMHS or visit www.healthyyoungmindsinherts.org.uk

Mental health leads toolkit – when did you last visit?

Anyone in a Hertfordshire school can register to access the resources on the Healthy Young Minds in Herts website. The toolkit includes things like referral forms, posters, recording forms, training slides, videos, self review tools and explainers on a range of topics to help schools respond to mental health and wellbeing.

Over 300 people have registered to access the website so far. Please do visit regularly to see what has been added. If you have registered and not yet logged in, why not do so this week and see what resources exist to help you in your role?

The mental health leads toolkit is here:

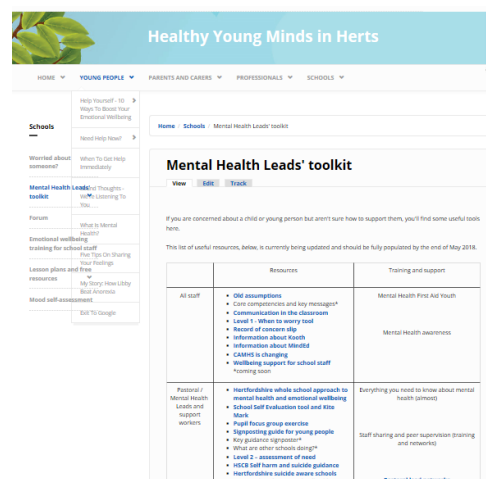
<https://www.healthyyoungmindsinherts.org.uk/schools/mental-health-leads-toolkit>

You can register here:

<https://www.healthyyoungmindsinherts.org.uk/user/register>

And log in here or by clicking the black plus sign on the top right hand page of the home page:

<https://www.healthyyoungmindsinherts.org.uk/user>



School Nursing in Hertfordshire

The School Nursing Service in Hertfordshire promotes a healthy lifestyle for school aged children between the ages of 5-19 following the healthy child programme. The School Health Team can advise or signpost on a range of health issues that can affect a child or young person.

These may include:

- Initial advice and assessment for emotional and mental health issues to include basic strategies

Interventions for the following:

- Sexual Health
- Night time bedwetting (nocturnal enuresis)
- Healthy eating and weight management
- Soiling and constipation
- Tobacco, alcohol and substance misuse
- Immunisation
- Support for young carers
- Health conditions requiring medication in school.



We offer two websites with health advice:

www.healthforteens.co.uk

www.healthforkids.co.uk

School nurses in Hertfordshire offer an anonymous, confidential texting service for 11-19 year olds called Chathealth: Text: 07480 635050. They will answer any health related questions or concerns young people might have within 24 hours, 9am to 5pm, Monday to Friday.

Please contact the school health department should you wish to discuss any health concerns of a child by completing a referral form available on our website: <https://www.hct.nhs.uk/our-services/school-nursing/>

Did you know that schools can refer directly to Specialist CAMHS?

There is a common misconception among Hertfordshire schools that a referral to specialist CAMHS is more likely to be accepted if completed by the GP. In actual fact, referrals made by schools are just as likely to be accepted and are usually of a very good quality.



Schools often know the child and family better than the GP and will have more relevant information that can be included in a referral such as presenting concerns, interventions that have been tried and a holistic picture of the young person and family's wellbeing issues. The information that is required for a referral for mental health support is not always medical in nature and can be conveyed by a non-medical professional.

When schools make CAMHS referrals, they benefit from ongoing communication with the service where families consent to this. The CAMHS practitioner will have contact details for an appropriate person in school to discuss opportunities for aligning support and sharing concerns.

How to make a CAMHS referral:

Please note, specialist CAMHS provide support to children / young people and families where there are persistent, complex and severe mental health difficulties which are beyond a normal response range to life problems. You can review the 'Matching need to intervention' document on the mental health leads toolkit to get an overview of the wider CAMHS system.

1. Gain consent from the child / young person and family.
2. Complete the multi service referral form (on the mental health leads toolkit)
3. Contact the Single Point of Access on 0300 777 0707

SPA accepts telephone referrals from professionals however a written referral will also be required.

Please password protect or encrypt documents that you send by email. spa.hpft@nhs.net

4. Copy the referral form to the GP.

In most cases, the agency that is aware of concerning behaviours or symptoms or has been disclosed to is the agency best placed to complete the referral. However, there may be some instances where the school is not the most appropriate agency to do so, for example, if parental mental ill health is an aspect of the child / young person's needs. If you feel that the GP is the right agency to initiate the referral, you may complete and send them the School Information Form (available on the mental health leads toolkit) to support the referral.

The mental health leads toolkit is here:

<https://www.healthyyoungmindsinherts.org.uk/schools/mental-health-leads-toolkit>

You can register here:

<https://www.healthyyoungmindsinherts.org.uk/user/register>

And log in here or by clicking the black plus sign on the top right hand page of the home page:

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We do not accept responsibility for the availability, reliability or content of the items included in this newsletter and do not necessarily endorse the views expressed within them.

Mental Health First Aid Youth – dates released

A regular First Aider responds to people experiencing physical injury. They provide initial help and facilitate access to more specialist support. This course works on the basis that there is a role in our communities for mental health first aiders – people that feel confident to go to someone experiencing emotional distress, provide initial help and guide them towards more specialist support if needed. This accredited evidence-based course covers how to respond to 8 to 18 year-olds experiencing mental and emotional distress.



“The training was excellent and extremely intense and made me fully aware that the recovery period for most children and young people is dependent on those of us who are trained and have the ability to use these first aid skills. I have come back to school ready to support my Sixth Form students, with the knowledge and know how.”

The course is being funded as part of the CAMHS Transformation and venues are kindly being provided by local areas. The course will best suit mental health leads. Courses will run throughout the year, priority will be given to local schools.

Course number	Dates	Location	How to book: Email or book online
1	4th and 5th June	Watford	Deborah.sheppard1@nhs.net
2	6th and 13th July	Cheshunt	do.dspl4@forres.herts.sch.uk
3	18th and 20th July	St Albans	admin@dspl7.org.uk
4	7th and 14th Sep	Letchworth	http://nhdspl.org.uk/home/event-list.html
5	21st and 28th Sep	Hemel Hempstead	SchoolMHtraining@hertfordshire.gov.uk
6	5th and 12th Oct	Stevenage	SchoolMHtraining@hertfordshire.gov.uk
7	19th and 26th Oct	Hatfield	DSPLAdmin@dsplarea5.onmicrosoft.com
8	2nd and 9th Nov	Watford	SchoolMHtraining@hertfordshire.gov.uk
9	16th and 23rd Nov	Cheshunt	do.dspl4@forres.herts.sch.uk
10	30th Nov and 7th Dec	Ware	https://www.surveymonkey.co.uk/r/YMHFAAutumn2018
11	14th and 21st Dec	Borehamwood	SchoolMHtraining@hertfordshire.gov.uk
12	9th and 11th Jan	St Albans	admin@dspl7.org.uk
13	18th and 25th Jan	Hemel Hempstead	SchoolMHtraining@hertfordshire.gov.uk
14	1st and 8th Feb	Letchworth	http://nhdspl.org.uk/home/event-list.html
15	15th and 22nd Feb	Borehamwood	SchoolMHtraining@hertfordshire.gov.uk
16	1st and 8th March	Ware	https://www.surveymonkey.co.uk/r/YMHFAMarch2019
17	15th and 22nd March	Watford	SchoolMHtraining@hertfordshire.gov.uk

If your local course is full, you may approach another area. For support in relation to making a booking or to be placed on a waiting list, please email SchoolMHtraining@hertfordshire.gov.uk

School Based Interventions

School professionals often ask: what interventions can we deliver in schools to support children and young people with mental health or emotional wellbeing needs? There are a number of interventions that school professionals can deliver themselves with training such as Drawing and Talking, Time to Talk, Nurture Groups, My Time, mentoring, SEAL etc.



The government is funding research into the effectiveness of Protective Behaviours and Mindfulness as well as curricular approaches to help inform schools as to what works best. Some schools in Hertfordshire are part of this study (please do let us know how you are getting on if you one of these schools!).

However, there are a number of things everyone in school can do to support young people who are struggling emotionally that can make the biggest difference, such as:

- Asking the child / young person / family what they think the issues are and what they think will help (this will empower them and encourage independent problem solving).
- Making reasonable adjustments that might help the young person function better in school (you don't need a diagnosis to do this, this demonstrates early intervention).
- Ensuring that all staff know what adjustments they need to make (an increase in understanding can make a big difference) and monitoring this.
- Ensuring that adult communication and behaviour in the classroom does not provoke or escalate emotional arousal in learners.
- Responding to the causes of emotional difficulties effectively (not just the symptoms or behaviour) such as bullying, family issues, struggling to access learning etc.
- Ensuring that an adult in school keeps the child / young person in mind, checks in with them regularly and is available when they need support. (Relationships and the ability to make a human connection with pupils when they are distressed are important and the key predictor of successful outcomes).
- Treating children and young people as individuals – mental health problems exist on a spectrum, avoid labelling (pupils may then define themselves by their behaviours or difficulties).
- Validating the child / young person's feelings and thoughts so they feel acknowledged.
- Helping the child / young person / family to see that emotional responses to life problems are normal; de-escalate their anxiety if they are experiencing a normal response.
- Showing unconditional positive regard for the child / young person and their family. Acceptance and kindness can help people to regulate themselves.
- Giving hope for the future; acknowledging that the child / young person / family and school will need to work together to help them function well enough, this may take time, but things will improve.
- Helping the child / young person / family and members of the school community to understand that it's ok to just be ok – ok is good enough.
- Providing access to self help websites / online support such as Kooth during school time if needed.
- Using the Five Ways to Wellbeing to audit wellbeing strategies and introduce more exercise, social interaction, mindfulness, learning and giving where needed.
- Providing opportunities for children / young people to complete activities that help them to cope such as colouring, listening to music etc.

Protective Behaviours for everyone

Families Feeling Safe provides Protective Behaviours (PBs) training courses, workshops and programmes with children, their parents or carers and for staff working with children and families. PBs is down to earth and practical and can be used as an early intervention and preventative approach reducing the need for more specialist help and for many it has been life changing for people where safety or mental health needs are much higher. Protective Behaviours can improve the emotional wellbeing of children, families and individuals of all ages helping them build skills and strategies for life.

Workshops with Parents & Carers

It's been a very busy term for Families Feeling Safe including facilitating 15 Workshops for parents and carers in March funded by CAMHS. The workshops were arranged in partnership with each DSPL area in Hertfordshire.

The workshops were:

- Communication
- My Feelings Matter
- Managing Strong Feelings

Over 300 families contacted us and we had a great uptake of places with some workshops oversubscribed. Families attending gave us some lovely feedback with parents and carers definitely wanting more!

'The instructor was very good at giving simple examples and relate to the individual parent situation. I found it very helpful to reflect on my child's behaviour but also my own and how we interact'.

School based workshops with children with their parents or carers: Morris the Bear and Friends Talk about Feelings.

'Morris' is 4 sessions with parents and children age 5-7 years together using puppets and fun activities to help parents and their child learn and talk about feelings using Protective Behaviours ideas. It can help reduce anxiety, build confidence and wellbeing while enjoying learning and playing together. Morris is mainly run in primary schools and has also been run in an addiction service.

The children's needs who recently attended a school based 'Morris' included 'speech, confidence, understanding feelings, frustration, quick temper, over-sensitive'. During the sessions it was wonderful to see parents and children naming and talking about feelings, developing empathy, being creative together with parents learning new things about their child while having fun.



'I will try and acknowledge feelings more without trying to solve them. I'll ask the children to voice feelings more and do so myself. I'll think more about the network hand and how I can facilitate that'

'It was particularly useful breaking down Teddy's feelings (Morris) into simple terms to help my son understand. It will help me to use different language when discussing how they are feeling. Also, reminding me that I need to let them know how I am feeling. My son particularly enjoyed the one to one with me'.

To get in touch about workshops and programmes please email enquiries@familiesfeelingsafe.co.uk

Protective Behaviours Training for staff

The spring term kept our trainers very busy delivering Levels 1 and 2 training courses and training professionals from a range of services to deliver our evidence-based Families Feeling Safe programme (FFSP) for mums, dads & carers.

It's always a pleasure to work with people beginning or progressing their PBs knowledge and skills. Our trainers are also highly experienced PBs practitioners and facilitators of PBs based programmes. As trainers who also work directly with families in workshops or groups, direct work keeps us grounded. Seeing the difference PBs can make is the reason we want as many adults (Parents, Carers, Professionals) who are in contact with children and/or their parents and carers to know about PBs. How amazing if children heard consistent messages about their right to feel safe wherever they are!

'Brilliant course – a lot to take in but I now have an understanding of what PBs are and how they are relevant to everyone' (Level 1 participant)

'I will use this learning to support staff in clarifying feelings/thoughts in tough classroom dynamics. It's been relevant in deepening my understanding of how to use PBs in different contexts in a school setting through the medium of safety and respect' (Level 2 participant)

'Clarity of how PBs can be delivered effectively to parents & carers. Well supported by thorough programme manual. Will enable me to take PBs further – to empower carers and parents to change behaviours and lives' (FFSP Facilitator training participant)

Level 1 training courses:

- 3 & 10 July in Stevenage
- 24 Sep & 1st Oct in Watford

Level 2 training course:

- 16-18 Oct in Stevenage



New courses are on our website where you can also download a booking form.

<http://familiesfeelingsafe.co.uk/events/category/professionals/>

For all enquiries about training please email admin@familiesfeelingsafe.co.uk

Please also visit our website www.familiesfeelingsafe.co.uk or subscribe to receive our newsletters here <https://familiesfeelingsafe.co.uk/contact-us/>

Spot the Signs

Spot the Signs is a suicide prevention and awareness campaign in Hertfordshire, run in partnership by HPFT, Hertfordshire Mind Network, and Mind in Mid Herts. We aim to:

- Increase public awareness of depression and suicide in Hertfordshire
- Remove the stigma linked with suicide
- Provide suicide prevention training to those working with young people
- To work with existing youth services to create safer environments
- Signpost to mental health services for children and young people in Hertfordshire
- Encourage peer support



Suicide Awareness Training

Spot the Signs young people's campaign offers fully-funded suicide awareness training for professionals working with children and young people. The training will increase participant's awareness and understanding of youth suicide, and provide information about the latest statistics and Hertfordshire support services. It will explore groups of young people most at risk and why, protective factors and practical strategies for identifying and responding to signs of risk. Effects of media and contagion on youth suicide will also be discussed, with internet use having an important contemporary role.

This training can be delivered in-house to staff teams of 12 or more, or staff can book onto an open session - see dates below:

- 11th September, 09:30 – 13:30, Ware
- 13th November, 09:30 – 13:30, St Albans

Young People's Workshops

Spot the Signs also offer mental health awareness workshops to Year 12 & 13 students. These focus on what mental health is in comparison to mental health diagnoses, how we can recognise our own mental health, and how to keep mentally well. Students will also be signposted to services that can support them in their local area.

For more information or to book a training session/youth workshop, please contact Naomi Jackson: naomi.jackson@hertfordshiremind.org

Children and Young People's Speech & Language Therapy Advice Line

Do you have concerns about your child's speech and language skills?

The Speech and Language Therapy pages on our website www.hct.nhs.uk have lots of useful information and advice.

However, if you still have concerns why not call our Speech and Language Therapy Advice Line and leave us a message.

You will be contacted by one of our Speech and Language Therapists.

The Advice Line is open to parents/carers or professionals who have a query or who want to discuss a potential referral.

*If your child is already known to our service please contact 01992 823193

01992 823093

Proud to care for you Care Quality Commission Good

Speech and Language Therapy Advice Line

The advice line is open to parents, carers and professionals who have a query or want to discuss a potential referral.

Charlie Waller Memorial Trust Wellbeing Challenge

We are excited to announce that our Wellbeing Challenge 2018 is now open for registration.



During the first two weeks of July the Charlie Waller Memorial Trust will be running a 'Wellbeing Challenge', giving you the chance to win your school or youth service a whole library of wellbeing books.

This is an interactive competition to encourage young people to think about their mental health; it's based around the '**Five steps to mental wellbeing**'. If you'd like to enter, we'll send you a pack of ideas for your class or group to help you get started.

Link to NHS five steps to wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Link to Hertfordshire five ways to wellbeing toolkit

<https://www.healthyyoungmindsinherts.org.uk/five-ways-wellbeing>

The prize

There will be 10 winners, picked by our judging panel, who will each win a wellbeing library for their school or youth service (these are tailored to either primary or secondary school age).

There will be 100 runners up prizes of a mental health book for those who have completed the challenge.

How to enter in 4 easy steps:

- Complete the registration form to receive your full welcome pack and instructions
<https://www.cwmt.org.uk/wellbeing-challenge>
- Decide on an activity for each of the five steps to mental wellbeing.
- Take photos of the children taking part in the activity or photos of the finished items if you've made something.
- Post the best photos – one for each of your five activities – on social media and tag us in your posts by Monday 16th July.

#wellbeingchallenge18

The Empathy Project

Launched in October 2017, The Empathy Project has enabled young people in Hertfordshire to take part in an innovative project, giving emotional support to other young people attending A&E.



This initiative, set up and run by YC Hertfordshire in collaboration with the West Hertfordshire Hospitals NHS Trust and East and North Herts NHS Trust, has just finished its pilot stage. The work has been independently evaluated by Dr Wendy Sykes and her team. Some of their key findings were;

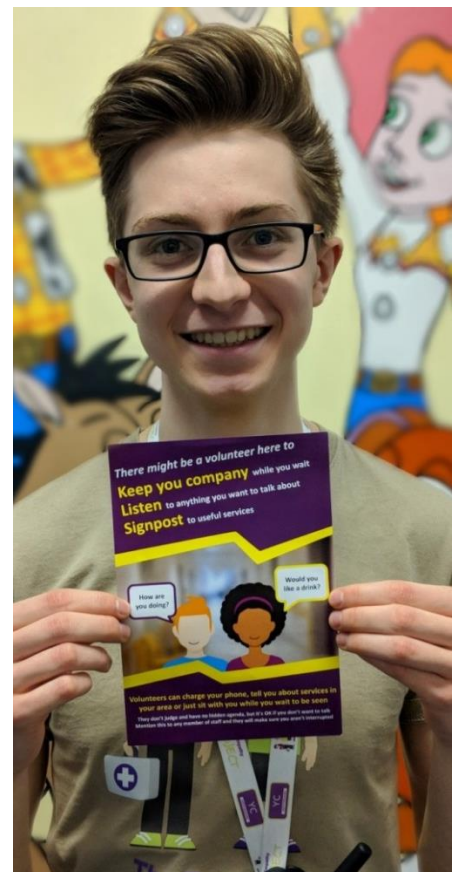
- It is a timely and innovative peer-to-peer befriending and social prescription scheme
- Qualitative research evidence suggests they have significantly improved the hospital experience for many patients/ families
- Empathy Project workers have relieved pressure on hospital staff, boosted the commitment of staff to prioritise mental health and emotional wellbeing, bridged gaps between A&E and specialist mental health teams and made themselves useful in the CED/A&E with practical tasks such as helping to resource the teenage corridor at the Lister Hospital.
- The enormous success of the project to date has been underpinned by the contribution of YC Hertfordshire Youth Workers who have specialist skills and experience in developing young people, and extensive knowledge of local services.
- Strong leadership and co-production (with hospital staff and volunteers) of key aspects of design and implementation have helped to build a strong sense of shared ownership.
- It is rare to find a pilot that is universally applauded by all stakeholders but the Empathy Project is just such a project.

The full report can be accessed here: <https://www.ychertfordshire.org/youth-work/preventative-youth-work-programmes/the-empathy-project/>

YC Hertfordshire has been privileged to work with such dynamic and forward thinking partners and medical staff who from day one recognised the value of this programme and embraced its potential. Working together has allowed us and, more importantly, some incredible youth volunteers into the world of the NHS to work alongside their medical teams to support young people, thus opening the doors to a new type of provision for young people.

Over 70 volunteers aged 16 to 21, have now applied to be Empathy Project volunteers but we need more - our goal for 2018, the year the NHS turns 70, is to ensure we have 70 active volunteers in each A&E unit in Herts and a further 70 working across 4 community projects across the county as we move into phase 2 of this exciting project.

Volunteers will be given extensive training before being deployed to support their peers, providing emotional support to young people in care, in youth projects as well as to their peers and their families (where appropriate) attending children's A&E in Watford General Hospital and Lister Hospital, Stevenage. The only criteria is that applicants must be 16 years of age or older and want to help others. Those who are considering a career in health or social care would be particularly suitable for this project.



Once selected, volunteers will be invited to complete training, receiving certificates in:

- Mental Health First Aid
- Royal Society for Public Health Emotional wellbeing
- Safeguarding
- Safe Talk (suicide prevention) training

Volunteers work in small groups (up to four) in A&E and Wellbeing Groups (up to 6) and are supervised and chaperoned at all times by one of our experienced youth workers. They provide practical and emotional support to patients whilst in A&E, and ensure they leave with a clearer idea of the range of support and activities available to them in their community. One such activity will be our new Wellbeing Groups, which will launch this September.

This is a unique volunteering opportunity for young people who will develop a wide range of transferable skills as a result. To apply, or if you have any further questions or would like to know more about this project, please get in touch with Project Co-Ordinator, Debi Roberts at:

debi.roberts@hertfordshire.gov.uk

13 Reasons why not

The second series of '13 Reasons Why' was released on Netflix in June, a programme featuring the reasons why a young woman took her life. A number of concerns about the series have been raised, particularly in relation to the portrayal of professionals and adults that did not support the young person adequately.



As a result of these concerns, Netflix have developed a website with actors from the show presenting positive messages about help seeking behaviours and a wider group of organisations in the United States of America have also created an international toolkit which provides broad advice for parents, educators, young people, clinicians and the media.

Discussion guide and video <https://13reasonswhy.info/>

International toolkit <https://www.13reasonswhytoolkit.org/>

The Hertfordshire approach is not to promote the series or the resources but to make those supporting young people aware of them. If it becomes apparent that a young person has been affected by the series, it may be helpful to signpost to or review the resources with the young person / parent.

Hertfordshire Special Primary School writes for National Association of Special Educational Needs

Paul Clair is Head of Strategic Development, Policy and Provision at Haywood Grove School in Hemel Hempstead. Here he writes about the cultural change needed in our schools to support children and young people with Social, Emotional and Mental Health needs:



“
Mental ill health in children can manifest as behavioural and conduct problems as well as emotional issues such as depression and anxiety

In 2014 there was a change from Behavioural, Emotional and Social Difficulties (BESD) or Emotional and Behavioural Difficulties (EBD) to Social, Emotional and Mental Health (SEMH), which was intended to support schools to look underneath the presenting behaviour and identify the actual prevailing social, emotional and/or mental health needs.

Mental ill health in children can manifest as behaviour and conduct problems as well as emotional issues such as depression and anxiety. These presentations can also indicate the existence of underlying problems, which may be environmental (e.g. parental conflict) or developmental (e.g. Autistic Spectrum Condition).

If we appreciate that children experiencing social, emotional or mental health difficulties may behave in an anti-social manner, then we need to reconsider the way we understand and support them. The use of terms like 'naughty', 'troublesome', 'difficult' and 'defiant' needs to be addressed if we are to change our attitudes to children who exhibit challenging behaviour.

We feel that the first step in supporting children with these needs is a change in mind-set by the adults. At Haywood Grove we don't separate the behaviour from the child but see the behaviour as an expression of the child's state of mind. This must come before any intervention, script, or reward system. The most effective way to support these children is to develop positive attachments and relationships with them. The system that is used is less important than the adults delivering it.

You can read the full article here: <http://www.haywoodgrove.co.uk/articles/>

My Teen Brain for Schools

Following the success of My Teen Brain professional multi-agency training, Hertfordshire County Council and Professor John Coleman have now developed 'My Teen Brain for Schools'. This is designed to be delivered to young people at school through a 45 minutes lesson. However, the course is written in a way that allows professionals to select and deliver the sections that suit the needs of their young people. The module has three learning objectives:

- To learn about the changes that take place in the teenage brain;
- To understand how memories are formed, and how this underpins learning;
- To have some knowledge about emotion and stress, and to recognise that there are things young people can do to manage their stress.

The My Teen Brain for Schools delivery pack consists of:

- Tutor Guide
- Student Guide
- PowerPoint slides



You do not need to have completed any training in order to deliver this as the Tutor Guide contains all supporting information. The full delivery pack can be found here:

www.hertfordshire.gov.uk/myteenbrain

For any further information please e-mail: lucy.sims@hertfordshire.gov.uk

Posters and leaflets

The next few pages contain posters and leaflets that you can print or put on your website. The back of toilet doors is a good place to display information.

Are you worried about a friend?

1 Listen

Listen to your friend. This might seem obvious but it will have taken a lot of courage for them to come to you. Don't push them but let them just talk and share what they feel ready to.

2 Support

Do offer to support them in seeking help if that is what they want. You can offer to be with them if they are ready to talk to someone who will be able to help them.

While you are supporting your friend don't forget about yourself. The 'get advice' box gives you more tips on who you can speak to about your worries and concerns. To look after someone else, you need to look after yourself first.

3 Consider

Everybody copes with life stresses in different ways. You can help your friend find safe ways to cope by pointing them in the right direction. Remember not to be judgemental about their current way of coping.

4 Talk to an adult you trust

There are many people you can turn to. Your friend might want to talk to a teacher, a parent or a doctor. You need to also look after yourself so make sure you seek help too.

5 Get advice

There are lots of places to get confidential advice and support:

kooth.com

youngminds.org

thesite.org

Samaritans.org

harmless.org

healthyyoungmindsinherts.org.uk // healthforteens.co.uk // healthforkids.co.uk

LGBTQ GROUPS



IN HERTFORDSHIRE ARE YOU A YOUNG LGBTQ PERSON?



Join us at one of our **LGBTQ** groups that we deliver across Hertfordshire!

The sessions are fun, relaxed, and safe. Our qualified YC Hertfordshire youth workers are there to help with information, signposting, learning opportunities and organising events & activities.

Recruiting now!

Who Not What

Who are we? We are an award winning group of young **LGBTQ** people from across Hertfordshire who represent the voice of the young lesbian, gay, bisexual, transgender and questioning community. We are a strategic group who work with service providers and local groups to see how support services can be improved for the young **LGBTQ** community. We are also trying to raise awareness through different media channels about issues that **LGBTQ** young people face including mental health and hate crime awareness. We meet once a month and are currently recruiting new members.

Interested? Contact us at youngprideinherts@hertfordshire.gov.uk or on 01992 588229

Follow us
[@hertsyoungpride](https://twitter.com/hertsyoungpride)



VENUES:

contact us for details of the venue
youngprideinherts@hertfordshire.gov.uk

AGE RANGE:

13-17 year olds & 18 - 24 year olds

Please contact us to find out your nearest group for your age range.

COST: FREE!

SERENITY IN BOREHAMWOOD

Every Tuesday 7 - 9pm
01707 292645

SERENITY IN WELWYN HATFIELD

Every Monday 6 - 8pm
01707 292645

NORTH HERTS IN HITCHIN

Every Wednesday 7 - 9pm
01438 843340

PACT IN WATFORD

Every Wednesday 5 - 7pm
01442 454060

POWWA IN RICKMANSWORTH

Every Tuesday 6 - 8pm
01442 454060

PRISM IN HARPENDEN

Every Wednesday 7 - 9pm
01442 454060

IDENTITY IN STEVENAGE

Every Wednesday 6 - 9pm
01438 843340

HAPPY AS I AM IN HEMEL

HEMPSTEAD

Every Thursday 4 - 6pm & 6.30 - 8.30pm
01442 454060

BE YOURSELF BE PROUD

IN CHESHUNT

Every Tuesday 7 - 9.30pm
01992 588220

JUST 4 U IN BISHOP'S STORTFORD

Every Wednesday 7 - 9pm
01992 588220

PRIDE IN WARE

Every other Monday 6 - 8pm
01992 588220

YOUNG TRANSGENDER GROUPS IN PARTNERSHIP WITH GENDERED INTELLIGENCE

STEVENAGE

First Wednesday of the Month 6.30 - 9pm
01438 843340

HEMEL HEMPSTEAD

First Friday of the month 6.30 - 9pm
01442 454060

BISHOP'S STORTFORD

Last Wednesday of the month 6.30 - 9pm
01992 588220



YC Hertfordshire TRANS

Youth Projects

Are you a young Trans
or Non - binary person or
are you questioning your
gender identity?

Would you like to meet other young
trans and non-binary people in a safe
and supportive space?

If so, come and join one of our three projects we
deliver across Hertfordshire. We offer Trans youth projects
that can help you with the following:

- Explore your identity in a safe, supportive space with experienced Youth Workers
- Socialising and making new friends
- Support around coming out/disclosing your gender identity to other people
- How to transition safely and find the right support for you
- Your rights as a trans young person

VENUES: contact us for details of the venue

youngprideinherts@hertfordshire.gov.uk

AGE RANGE: 13-17 year olds & 18 - 24 year olds

Please contact us to find out your nearest group for
your age range. **COST: FREE!**



WHEN & WHERE?

Bishops Stortford

Last Wednesday of each
month, 6.30pm - 9pm
01992 588220

Hemel Hempstead

First Friday of each
month, 6.30pm - 9pm
01442 454060

Stevenage

First Wednesday of each
month, 6.30pm - 9pm
01438 843340

For further information contact us at youngprideinherts@hertfordshire.gov.uk



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