

MENTAL HEALTH

SUMMER
TERM 2024



SUPPORT TEAM (MHST)

TERMLY NEWSLETTER



FOR
PARENTS,
CARERS +
STUDENTS

Investing in Children

Welcome to Alliance MHST's newsletter!

Our newsletters are distributed each term to keep you up to date with what we have been up to and provide you with key information and support from our Mental Health Support Team.

WHAT HAVE WE BEEN UP TO...

The MHST across Stockton and Hartlepool have been busy attending lots of exciting opportunities to meet a lot of parents/carers and young people through activities delivered during Children's Mental Health week in February, Y11 Exam Open Evenings and Careers week.

CHILDREN
MENTAL
HEALTH
WEEK



REQUEST
FOR HELP
QR CODE

USEFUL LINKS:

<https://www.annafreud.org/schools-and-colleges/self-care-summer/>

<https://www.youngminds.org.uk/parent/>
<https://www.papyrus-uk.org/>

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

www.kooth.com



PARENT-LED GROUPS

We offer evidence-based interventions for parents of children aged 5-12 year olds with anxiety or challenging behaviors. Tools and techniques are provided for practice between sessions.

Contact the Senior Mental Health Lead in your child's school or visit our website for support. In person and online group programs are available with start dates in May and mid-April.

PARENT LED CBT PROGRAMME FOR ANXIETY

WHO IS IT FOR AND HOW DOES IT WORK?

Parent Led Cognitive Behavioural Therapy (CBT) for anxiety is a practical tool designed for parents of children aged 5-12 years. It is based on research. This might include avoiding things that make your child feel anxious.

WHO AND WHEN?

After completing an assessment to ensure this is the correct support for your child, parents/careers will attend a 2-hour group training over a period of 2 weeks. There will be an expectation to continue to attend each session, complete the required reading prior to sessions and bring the home tasks between each meeting.

KEY TOPICS COVERED

- How anxiety develops and is maintained
- Understanding current difficulties
- Helping children explore anxious thoughts
- Encouraging children to have fun
- Planning independence and 'being ok'
- Identifying rewards
- Drawing a stop plan to face a fear
- Review of goals and progress
- Problem solving: 'What happens next?' (Planning for the future)

REFERRAL AND ASSESSMENT

Parents can access the programme following a referral from their child's school.

An assessment will be completed with parents/careers prior to starting the programme to ensure this is the correct support for their child.

The programme is offered to a maximum of 2 parents/careers per child.

For more information on how to refer, please speak to the Mental Health Lead in your child's school.



Parent-Led CBT Programme for Behaviour

For parents of children aged 4-12

Parent Led Cognitive Behavioural Therapy is a 6 week group programme which aims to support parents/careers with children who are displaying challenging behaviour. It is based on research, including what is known about the importance of routines and boundaries.

We think before the programme as the experts which comes to their child, knowing their child best, means they are able to tailor the programme techniques to the child's individual needs.

Key topics covered by the programme?

- Learning about your child and their behaviour
- Enhancing your relationship and supporting children's communication
- Building self-esteem and improving behaviour
- The importance of routines and boundaries
- Reducing problematic behaviour through the withdrawal of attention
- Supporting children to regulate their emotions through the use of calm time
- Managing non-adherence to commands in children over 5 years

EXAM SUPPORT

In the upcoming term, support will be provided for Y6 transitions, including Moving on Up-Sam's Quest 2 workshops. Assistance will also be offered for SATs and GCSE exam stress. Helpful tips for children and young people will be available.

Looking after yourself during exam period: By talking, exercising and taking breaks

Looking after yourself while preparing for an exam: By having a revision timetable, having a comfortable study space, ensuring you have all stationary or equipment you may need in advance.

Look after yourself on the day of the exam: By having a good morning routine, practice breathing exercises, remind yourself it will be over soon.

Looking after your self after the exam: Not to compare yourself with others, reward your self and relax before the next exam

Most importantly, talk to someone that you feel supported by.

UPDATE TO PARENTS OF THE NEWER GROUP EMOTIONAL EXPRESS

The Emotion Express is a programme was developed through the participation of CYP voice, Teachers and MHST to develop a programme which helps to boost emotional well-being and regulation skills in youngsters through group activities.

The programme promotes enhancing happiness among peers in a class or small groups. It involves teaching staff actively participating in the sessions to extend the learning throughout the classroom, as part of daily emotional support. Moreover, we offer resources for young individuals to share with parents or caregivers, ensuring a holistic approach that encourages external support to assist in behaviour co-regulation when needed.



KEEP CALM



CAMHS TRAINING

CAMHS training will be available until June 2024 following this date there are no future dates or plans in place however we will keep you up to date with any changes to this.

CAMHS Training

CAMHS Training Programme for Parents & Carers

The workshops are delivered live via Microsoft teams and free of charge for all parents and carers in Teesside (child does not need to be open to CAMHS)

Available sessions include:

- Understanding Anxiety
- Understanding Emotional Wellbeing
- Understanding Eating Disorders
- Understanding Self-harm
- Understanding ASD
- Understanding ADHD
- Understanding Sleep

Visit our webpage www.TE WV.nhs.uk/CAMHSTraining for dates and details of all training we provide

To access the CAMHS parents and carers workshops, please contact: TE WV.CAMHS-Training@nhs.net And provide the following information:

- Which workshop(s) and date you would like to access
- Which locality you live
- Your name
- Email address
- The school(s) your child(ren) attend
- Age(s) of your child(ren)

THE BREAD AND BUTTER THING

The Bread and Butter Thing in Stockton & Hartlepool offers high-quality, low-cost food through a mobile food club. Membership allows access to 3 bags of food for £8.50 containing fresh produce, chilled items, and cupboard staples. The initiative aims to reduce waste and living costs.

You must register as a member before you will be able to collect any food. Please register using the following

link and further information of the programme.

Stockton: www.stockton.gov.uk/TBBT

Hartlepool: contact

community.hubs@hartlepool.gov.uk

<https://www.breadandbutterthing.org/become-a->

SUPPORT

If you feel you are struggling with your own mental health and would like support, Impact on Teesside may be able to help. More information can be found online at <https://www.impactonteesside.com/support/> or you can self-refer by contacting 01642 573924/



admin@impactonteesside.com

If you are having suicidal thoughts or may be at risk of harm, you can contact:

Crisis support line on 0800 0516 171

Samaritans on 116 123



Foodbanks can help provide essentials like food, toiletries, and cleaning supplies.

<https://billinghamstocktonborough.foodbank.org.uk/locations>

<https://hartlepool.foodbank.org.uk/locations/>

FAMILY HUBS



Family Hub's offer a range of different services, activities and training opportunities across Stockton & Hartlepool

- **Hartlepool Family Hub:** 01429 292444, www.hartlepoolnow.co.uk, Facebook and familyhubs@hartlepool.gov.uk
- **Hartlepool Community Hub** offers huge range of activities, services and groups for both children, young people and adults. 01429 272905, community.hubs@hartlepool.gov.uk. Facebook
- **Stockton Family Hubs:** 01642 528525, Facebook and FamilyHubs@stockton.gov.uk