



Parent / Carer Information Evening

Mental Health and Wellbeing

18th November 2021

Introduction - Martin Lahiffe

- ▶ Mental Health Youth Worker
- ▶ Based in North Berwick High School
- ▶ Work across schools P6 - S6
- ▶ 1-1 anxiety work
- ▶ Future group work

Introduction

- ▶ All of us have mental health and, like our bodies, our minds can become unwell
- ▶ 1 in 10 young people will experience a mental health problem
- ▶ These include:
 - ▶ Depression
 - ▶ Anxiety disorder
 - ▶ Eating disorders
 - ▶ Self-harm
 - ▶ Psychosis or bipolar disorder
 - ▶ ...and many others.
- ▶ It's important to talk about mental health and get help early if things don't feel right, just like we would for our physical health

What is mental health and wellbeing?

- ▶ Have you...
 - ▶ felt angry in the past week?
 - ▶ felt sad in the past week?
 - ▶ felt happy in the past week?
 - ▶ felt stressed in the past week?
- ▶ That is your mental health! Your mental health is your emotions. It is normal to feel a whole range of emotions, including negative ones. We all have mental health just as we all have physical health.
- ▶ When negative emotions persist for a long period and get in the way of us functioning in our daily lives as we ordinarily might, that means our mental health is not in a good place and we may have a mental health problem.

"The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities."

Source: Young Minds 1999

What should I look out for?

- ▶ By being attentive to a child or young person's mood and behaviour, you can recognise patterns that suggest they need support
- ▶ Common warning signs of mental health issues include:
 - ▶ sudden mood and behaviour changes
 - ▶ self-harming
 - ▶ unexplained physical changes, such as weight loss or gain
 - ▶ sudden poor academic behaviour or performance
 - ▶ sleeping problems
 - ▶ changes in social habits, such as withdrawal or avoidance of friends and family
- ▶ These signs suggest that a child may be struggling, but there could be a number of different explanations for them

How can I help?

- ▶ Create a calm environment
- ▶ Encourage the child to talk about their feelings
- ▶ Actively listen to what is being said
- ▶ Don't judge
- ▶ Consider using scaling questions
- ▶ Ask open questions
- ▶ Help identify the child's support network

15 TIPS TO REDUCE YOUR CHILD'S STRESS AND ANXIETY

Talk

Speak to your child about their anxiety and worries



Recognise

Help your child to recognise the signs of anxiety



Exercise

Exercise is a great tool to help reduce anxiety and instill confidence in a child



Help them

When your child is experiencing anxiety help them through it



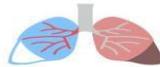
Environment

Create a positive environment where you praise, support and encourage your child



Relaxation

Help to teach your child relaxation techniques including deep breathing



Sleep

Make sure that your child is having plenty of sleep



Role Model

Be a positive role model and be aware of how you react to stressful situations



Problem solve

Help your child to problem solve effectively



Listen

Take time to listen to what your child has to say



Solutions

Explore solutions with your child to overcome stress or worry



Challenge

Help your child to challenge their unhelpful thoughts



Solutions

Explore solutions with your child to overcome stress or worry



Imagery

Imagery is a fantastic tool which can help to reduce arousal and anxiety



Get help

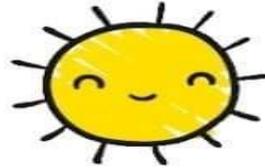
Don't be worried to ask a professional for help



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry;"
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

What can I encourage my child to do?

- ▶ Chat with friends
- ▶ Be open with people I trust
- ▶ Play sport
- ▶ Spend time out outdoors
- ▶ Practice mindfulness or meditation
- ▶ Listen to / play music
- ▶ Keep 30 minutes a day mobile-free (!)
- ▶ Stick to regular sleep patterns / night-time routine
- ▶ Write a list of the qualities they like about themselves
- ▶ Reward themselves myself for things they have done which were challenging
- ▶ Practise gratitude

What can I encourage my child to do?

- ▶ Focus on particular hobbies that they enjoy
- ▶ Eat healthily
- ▶ Make time to see people they care about
- ▶ Help others / contribute to causes they believe in
- ▶ Keep a diary / write down their feelings
- ▶ Use creative expression - music, art, writing
- ▶ Notice the things I appreciate about my life

None of these things apply just to young people - use them yourself too!

Developments in East Lothian

- ▶ The 'Single Point of Access'
- ▶ Youth Worker Team
- ▶ School counselling
- ▶ Funding of a range of partner agencies
- ▶ Development of website

What is the 'Single Point of Access'?

- ▶ An additional level of support and intervention for mental health and wellbeing for children and young people where specific need has been identified through the 'Child's Planning Process'
- ▶ Triage team, made up of a group of professionals, meets regularly to discuss the mental health needs of referred children and young people. The group can give advice and match the young person with the services most appropriate to meet their needs
- ▶ Referrals are made through a Request for Assistance (RfA)
- ▶ Any professional can make a referral
- ▶ There is an expectation that universal supports through school should be put in place before referral for additional support is made

Who are the triage team?

The triage team is chaired by the Mental Health and Wellbeing Coordinator and is made up of representatives from:

- ▶ NHS Art Therapies
- ▶ CAMHS
- ▶ Mental Health Youth Work Service
- ▶ MYPAS (Counselling Service)
- ▶ Social Work Team Leader (GIRFEC)

What is the role of Mental Health Youth Workers?

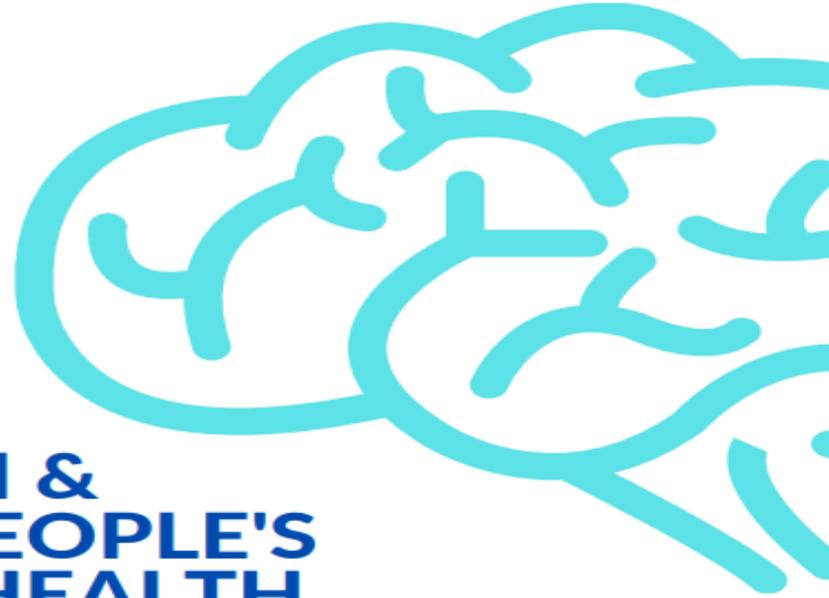
- ▶ One for each high school cluster
 - ▶ *A 'cluster' is made up of a high school plus all the primary schools that feed in to it*
- ▶ Based in schools and linked closely with school staff
- ▶ Available to offer advice
- ▶ Liaise re requests for assistance from their cluster
- ▶ Work with young people using a range of approaches for anxiety/low mood
- ▶ Run group work programmes
- ▶ Offer training and support
- ▶ Organise and update the Wellbeing Website
- ▶ Production of podcasts

Counselling from MYPAS

- ▶ Available for all young people in East Lothian aged 10 - 18 years old
- ▶ Referrals normally go through school via guidance teacher or Head Teacher (if at primary school)
- ▶ If not able to make referral via schools, direct referrals can come straight to MYPAS
- ▶ Waiting list is approximately 6 - 8 weeks
- ▶ Young person is offered up to 10 (weekly) sessions - this can be extended or they can go back on waiting list
- ▶ Cases are normally allocated on an area basis to counsellors
- ▶ Counselling is non-directive (young person can talk about issues that are important to them)
- ▶ We also offer a 'drop in' service for young people who may have enquiries about counselling
- ▶ Young person has to give consent and agree to counselling - they cannot be 'sent' to counselling

Other services available through 'Single Point of Access'

- ▶ Art and Music Therapy
- ▶ Bereavement Support (Richmond Hope)
- ▶ Onward referral to CAMHS or Social Work
- ▶ Children 1st Mental Health and Wellbeing Project
- ▶ Referral to linked 3rd sector organisation, e.g. for social support, befriending, outdoor activities.



CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING INFORMATION POINT

Use the link, or QR code, to find:

- Tips for looking after mental health and wellbeing
- Age-specific information and resources (*under 12 years and 12 years+*)
- Support for those supporting young people (*parents, carers, professionals*)
- What to do in a crisis
- Recommended apps, websites, and agencies
- Podcasts from the Mental Health Youth Workers
- Games, videos, activities, audio-guides
- Learning opportunities for teens, parents, carers, and professionals



<https://sites.google.com/edubuzz.org/mhwb-information-point/home>