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We will consider...

- The importance of mental wellbeing.
- The continuum of mental health.
- The signs of vulnerable or deteriorating mental health.
- How to promote emotional resilience.
- Local resources to support wellbeing.
Why is it important?

Impact of mental ill health is often underestimated.

Word size = significance in years lived with disability.
Why is it important?

- World Economic Forum state mental ill health is the principle threat to Gross Domestic Product (GDP) and costs are set to double over the next 20 years.

- Mental disorders are leading cause of non-fatal burden of disease worldwide.

- Depression is the most disabling disorder worldwide measured in years lived with disability (YLDs).

- ‘Mental disorders are the chronic diseases of the young’.
The effect of depression accelerates and peaks in the early years of life...
How common are mental health problems?

1 in 4
Understanding our own mental wellbeing

How do you know when you are feeling mentally and emotionally well? What signs can you identify in yourself?

– How do you feel?
– What do you think?
– How do you behave?
– What might others notice about you?
What good mental wellbeing in children & YP looks like ....

They have the ability to:

- develop psychologically, emotionally, intellectually and spiritually
- initiate, develop and sustain mutually satisfying personal relationships
- use and enjoy solitude
- become aware of others and empathize with them
- play and learn
- develop a sense of right and wrong
- resolve (face) problems and setbacks and learn from them.

Department for Education and Skills, June 2001
Promoting Children’s Mental Health within Early Years and Schools Settings
The mental wellbeing continuum

Optimal mental health

Poor mental health
Understanding our poor mental wellbeing

How do you know when you are having poor mental wellbeing? What signs can you identify in yourself?

- How do you feel?
- What do you think?
- How do you behave?
- What might others notice about you?
Possible signs and symptoms of deteriorating mental health in C&YP

• **Sadness**
  – tearfulness, irritability, low mood, seems rather flat, neglecting appearance, poor self-esteem, mood swings

• **Tiredness**
  – lack of energy, parents say that the child/young person is sleeping a lot or alternatively sleep patterns are disturbed, arriving late in school and disorganised, lack of volition/ motivation, poor self-care

• **Weight loss or gain**
  – increased interest in exercise, missing meals, lethargy, baggy clothes, comfort eating

• **Withdrawn**
  – poor attendance, stops attending school clubs/ sporting activities, seems preoccupied

• **Inattentive**
  – in world of their own, poor concentration, deteriorating school work., restless

• **Unusual behaviour**
  – bizarre ideas/beliefs, tics, hearing voices, not speaking
The cut off between what is “healthy” and what is “illness” can be hard to define...
Risk & Resilience
Remaining curious about concerning behavior …

• Why this child?
• Why this behaviour?
• Why this time?
• Why in this situation?
Risk factors for C&YP’s mental health

In pairs quickly brainstorm as many as you can …

- Genetic influences
- Low IQ and learning disabilities
- Specific development delay
- Communication difficulties
- Difficult temperament
- Physical illness
- Academic failure
- Low self-esteem

- Family disharmony, or break up
- Inconsistent discipline style
- Parent/s with mental illness or substance abuse
- Physical, sexual, neglect or emotional abuse
- Parental criminality or alcoholism
- Death and loss

- Bullying
- Discrimination
- Breakdown in or lack of positive friendships
- Deviant peer influences
- Peer pressure
- Poor pupil to teacher relationships

- Socio-economic disadvantage
- Homelessness
- Disaster, accidents, war or other overwhelming events
- Discrimination
- Other significant life events
- Lack of access to support services
Resilience

Individuals are often able to cope, so long as the balance among risks, stressful life events and protective factors is manageable.

When risk factors and stressful life events outweigh the protective factors, even the most resilient individual can develop problems.
Protective factors for CYP’s mental health

In pairs quickly brainstorm as many as you can ...

- Child
  - Secure attachment experience
  - Good communication skills
  - Having a belief in control
  - A positive attitude
  - Experiences of success and achievement
  - Capacity to reflect

- Family
  - Family harmony and stability
  - Supportive parenting
  - Strong family values
  - Affection
  - Clear, consistent discipline
  - Support for education

- School
  - Positive school climate that enhances belonging and connectedness
  - Clear policies on behaviour and bullying
  - ‘Open door’ policy for children to raise problems
  - A whole-school approach to promoting good mental health

- Community
  - Wider supportive network
  - Good housing
  - High standard of living
  - Opportunities for valued social roles
  - Range of sport/leisure activities
Building resilience

The mental health of children and young people in England (December 2017)

Resilience is important for emotional wellbeing. Correlates of resilience in young people include:

- Positive friends or romantic partners
- Positive relationships with caring adults
- Beliefs that life has meaning
- Someone they can talk to
- Effective caregivers and parenting
- Effective teachers and schools
- Clubs
- Parent support
- Problem solving
- Intelligence and problem solving skills
- Self regulation skills
- Perceived efficacy and control
- Achievement motivation
- Growth mindset
- Faith, hope, spirituality
How we can look after ourselves and others

✓ Sleep hygiene - particularly use of mobile phones.
✓ Encourage physical activity,
✓ Encourage and learn about healthy diet.
✓ Encourage social activity, help to identify and foster good friendships.
✓ Encourage talking to people
✓ Consider helpful/unhelpful use of social media.
✓ Signpost to services and helplines.
Book free further learning at:

Anna Cook
CAMH Training Administrator | Learning and Development | Block 14, Ida Darwin, Fulbourn, CB21 5EE
Desk: 01223 884040
CAMHTrainingAdministrator@cpft.nhs.uk

www.trainingcamh.net
Beating the odds to change the odds

http://www.boingboing.org.uk/index.php/resources
Welcome! Being a young person can be challenging - with exams, changes at school, finding a job, changing relationships... These issues can affect how we feel and our wellbeing, so it is important that we understand what mental health is (as we all have it) and how we can look after it. Sometimes it can be hard to find reliable information on issues that affect our mental health and to find good ways to help ourselves, as well as knowing where to turn when we can’t handle it alone. This is where this site comes in. This site brings together good, reliable information on mental health and wellbeing. The information on this site is relevant to everyone (children and young people, parents and carers, and professionals). We hope you find it helpful!

LATEST NEWS: Support After you Lose Someone

Feeling Good, Staying Healthy

How can I help myself?

All about Mental Health

"Need Help Now!"

Who else can help me?

Professionals

Mental Health Apps

Current News
A website on children and young peoples mental health
For young people, parents, teachers and professionals
Provides a comprehensive central point of information on local services, treatments and advice.
Information on staying well, ‘who else can help me?’ to what to do in a crisis ‘Need help now’.
We have just added a new page for GP’s on what to do with young people in a crisis, and we are working on the Professionals page

www.keep-your-head.com
MENTAL HEALTH APPS

There are many apps out there that you can use to support your mental health and wellbeing. All these are available to download free from the App Store.

BULLYING

If you are being bullied, or are worried that someone you care about is being bullied, then do not feel alone as there is support available. The most important thing to do if you are being bullied is to tell someone. See our Learn Together Cambridgeshire page on anti-bullying, our page for children and young people, support for families, and support for schools. Youthora, a website for young people in Cambridgeshire also has a vast amount of information on bullying (Youthora).
INFORMATION FOR PROFESSIONALS

Where and how to refer?

The CPFT website has guidance for professionals on how to refer young people to child and adolescent mental health services.

Advice and Coordination Team (ACT) - The Advice and Co-ordination Team provide a single telephone line, operating during office hours, providing advice and information for professionals about local services. They can offer guidance about accessing services, and signpost to self-help resources. Contact the team on: 01480 376 666 or act@cambridgeshire.gov.uk (open 9am - 5pm Monday to Thursday).

There are also a range of other local services that may be able to help a young person such as Centre 33, YMCA and 3Ts. Visit the local and national support pages for more information.
What is Thrive?

Prevention 
& promotion

- Signposting, Self-management and one off contact
- Risk management and crisis response

Goals focused evidence informed and outcomes focused intervention
- Extensive treatment

Getting Advice
- Getting Help

Getting Risk Support
- Getting More Help

Thriving
What is Thrive?

- Developed by Anna Freud Centre to enable local areas to adopt ‘Future in Mind’ recommendations and prepare for proposed payment models for NHS CAMHS.

- Thrive is a conceptual framework for delivering a need based model for child and adolescent mental health.

- 5 groupings / quadrants – Thriving, Getting Advice, Getting Help, Getting More Help, Risk Support

- Offering a set of principles and values to guide implementation, including:
  - Access
  - Evidence based interventions,
  - Routine outcome measures
  - Shared decision making and collaborative work towards shared goals with CYP and families
## Thrive and service developments

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<tr>
<th>Thrive Group</th>
<th>Developments</th>
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| Thriving       | **Keep your head website**  
|                | **Shelf-help**                                                                                                                                   |
| Getting Advice | **Emotional wellbeing workers** – CCS/CPFT based in districts  
|                | **Single point of access** – Phased approach EHH  
|                | **Assessment toolkit and competency framework** – April 17 on Keep your head website                                                                                                      |
| Getting Help   | **Getting Help procurement** – new service Jan 18, mild-moderate needs, bereavement, 4 – 18 year olds (25 yrs)  
|                | **Kooth**                                                                                                                                     |
|                | **Parenting programmes and support** – local authority, Pinpoint and Family voice Peterborough                                                                                                      |
| Getting More Help | **Eating disorder services** – 7 days a week  
|                | **Reduced waits for CORE CAMHS** – less than 18 weeks                                                                                             |
| Risk Support   | **Crisis** – 111 option 2, vanguard project                                                                                                      |