

Emotional Health and Wellbeing - Parents Workshop

Rights and Participation Team for CAMHS and SEND

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- Our team aims to reduce stigma and raise awareness of Mental Health in Surrey
- We provide service user perspective training to CAMHS professionals
- The team create magazines that go out countywide
- Facilitate and run CYA
- Ensure children and young peoples voice are heard in Surrey
- Help improve, shape and develop the services for the better



Ambassador training

We have delivered a training day to the 16 well-being ambassadors in the school, this consisted of:

- What is mental health
- Conditions
- Coping mechanisms
- Safeguarding
- Confidentiality
- What makes good mental health



The girls are now able to promote emotional health and wellbeing within the school, running workshops weekly to their peers on specific conditions chosen by students in the school, supported by us.



EVERYONE HAS MENTAL HEALTH

Its so important to remember that everyone has mental health just the same as psychical health, its just how healthy your mind is.



Good Mental Health

- Feeling Positive
- Feeling care free

Middle Ground

- Feeling okay

Poor Mental Health

- Feeling low or down
- Feeling bad about yourself

▶ **Listen and try to be understanding**

Listen to your child and don't judge them.

▶ **Show them affection**

Try to tell them and show them how much you care.

▶ **Research the condition**

There are many different mental illnesses, read up on your child's specific condition.

▶ **Don't blame yourself**

It is easy for a parent to blame themselves, somehow thinking they have caused the illness either through genetics or the environment they have raised their child in. This, however, in many circumstances, is not the case at all. The only thing you can do is be there for your child and help them.

▶ **Encourage social interaction with friends and family**

▶ **Provide a peaceful and loving environment**

A loving environment can be so helpful for your child's recovery and wellbeing

▶ **Do activities together**

▶ **Let them know they can talk to you anytime about**

▶ **Know that recovery will occur over time and will not happen overnight**

▶ **Don't be afraid to seek advice from mental health professionals**

Please don't be afraid to seek help or advice from mental health professionals. They have a vast amount of experience in dealing with people suffering from mental health issues and are an excellent source to get help and advice from.

Self Harm - The facts

- ▶ Self Harm affects around 1 in 10 young people.
- ▶ People Self Harm for all different reasons- but it can be caused by stress, loneliness, guilt, abuse and more.
- ▶ Young people do not have to be suicidal to self harm.
- ▶ There are many forms of self harm apart from cutting

Coping Mechanisms

- ▶ Squeezing a stress ball to relieve anger and keep their hands distracted
- ▶ Punching something soft like a mattress or a pillow
- ▶ Snapping an elastic band on their wrist
- ▶ Drawing on themselves with red marker pen - some people write words
- ▶ Distract themselves by doing something they enjoy.

Anxiety

For people who suffer from anxiety, the feeling of worry becomes so frequent and intense it starts to affect their life.

SYMPTOMS



- Pounding heart
- Sweating
- Upset stomach
- Dizziness
- Shortness of breath
- Headaches
- Muscle tension

- ▶ **Anxiety is normal.** Everyone experiences anxiety from time to time. It alerts us to threats, protects us from danger and helps us reach important goals. For example, it is normal to feel anxious when encountering a bear on a hike, or before taking an important exam.

- ▶ **Anxiety can become a problem.** Small doses of anxiety in certain situations are useful. However, when your child is worrying much of the time, avoiding fun activities, or refusing to go to school because s/he is scared or worried, anxiety has become a problem. Think of anxiety like fog: if it covers everything, makes it hard to see, stops you from doing what you usually do, and generally gets in the way, then it has likely become a problem.



- Breathing exercises (4,7,8)
- Wiggle your toes
- Meditation
- Avoid energy drinks
- Try not to avoid situations
- Clench and release your hands
- Colouring exercises
- Fresh air

Agree to Disagree

Depression is caused by loss, trauma or abuse.

Young people can overcome mental health on their own.

It's the teachers responsibility to ensure students receive the help they need.

As a parent I feel responsible for my child's emotional health and wellbeing.

What is CAMHS

- ▶ **CAMHS** stands for Child and Adolescent Mental Health Services. **CAMHS** are specialist NHS services. They offer assessment and treatment when children and young people have emotional, behavioural or mental health difficulties
- ▶ Young people can be referred to CAMHS through their teachers or GP

If you are concerned about a child or young person in your care, there are a number of things you can do

- ▶ **I'm worried about someone in my family**
If you are concerned about a child or young person in your care, there are a number of things you can do:
- ▶ **Talk to them** - Try to find out what is upsetting them. Is it school, work, home or friends?
- ▶ **Talk to a professional who knows your situation** - This could be someone from school or college, your GP, social worker or health visitor (if you have one). Discuss whether the child or young person would benefit from an appointment at Mindsight Surrey CAMHS and ask them to make a referral for you
- ▶ **Contact the Access Centre for support and advice** - You can discuss your concerns, receive advice and, if necessary, find out how a referral can be made by calling CAMHS One Stop on 0300 222 5755 (They currently only accept referrals from professionals)
- ▶ **Discuss the possibility of external support** - Depending on their age talk to the child, young person or young adult about receiving help from someone trusted outside of the family

EATING DISORDERS IN CHILDREN AND ADOLESCENTS

- ▶ REPORTED CASES OF EATING DISORDERS IS ON THE RISE NATIONALLY & MORE SEVERE CASES.
- ▶ IN THE 12 MONTHS UP TO OCTOBER 2013, HOSPITAL ADMISSIONS FOR EATING DISORDERS ROSE BY 8% ON THE PREVIOUS YEAR (2,560).
- ▶ MOST COMMON AGE OF FEMALES ADMITTED WAS 15 YEARS (300 ADMITTED) FOR MALES, MOST COMMON AGE WAS 13 YEARS (50 ADMISSIONS).
- ▶ THE BIGGEST RISE WAS AMONG THOSE AGED 10-19 YEARS.

(hscic report 2014)

Anorexia Nervosa

- Persistent restriction of energy intake relative to requirements, leading to significantly low body weight.
- Either an intense fear of gaining weight or of becoming fat, or persistent behaviour that interferes with weight gain.
- Disturbance in the way one's body weight or shape is experienced, undue influence of body shape and weight on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight.
- **Atypical Anorexia is categorised by the below with the exception of low weight.**

Characterized by:

- ▶ Self starvation
- ▶ Excessive weight loss
- ▶ Intense fear of fatness
- ▶ Unrelenting pursuit of thinness
- ▶ Severe diets – odd food behaviours and rituals
- ▶ Hyperactivity
- ▶ Investment in perfectionism
- ▶ Denial of hunger
- ▶ Preoccupation with food, weight and/or body image thoughts

Emotional Manifestations:

- ▶ Inability to express or cope with emotional situations
- ▶ Increasingly diminished social and inter-personal functioning – isolation
- ▶ Feelings of inadequacy, low or no self-esteem
- ▶ Extreme moodiness
- ▶ Intense remorse and shame regarding eating behaviours and their body

Bulimia Nervosa

- Recurrent episodes of binge eating. A sense of lack of control over eating during the episode (e.g. a feeling that one cannot stop eating or control what or how much one is eating).
- Recurrent inappropriate compensatory behaviors in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, or other medications; fasting or excessive exercise.
- The binge eating and compensatory behaviors both occur, on average, at least twice a week for 3 months.
- Self-evaluation is unduly influenced by body shape and weight.

Characterized by:

- ▶ A secretive cycle of binge eating and compensatory purging to 'get rid' of food or calories
- ▶ Rapid consumption of large amounts of food
- ▶ Sense of loss of control
- ▶ Secretive and impulsive behaviours
- ▶ Large weight variations
- ▶ Food hoarding, stealing
- ▶ Preoccupation with food, weight and body image thoughts

Emotional Manifestations:

- ▶ Frequent sense of shame and guilt connected to behaviours
- ▶ Intense fear of fatness
- ▶ Frequent mood swings
- ▶ Low self esteem, ongoing feelings of unworthiness
- ▶ Self harm suicidal thoughts and attempts

Avoidant restrictive food intake disorder (ARFID)

- ▶ A. An eating or feeding disturbance (e.g. apparent lack of interest in eating or food; avoidance based on the sensory characteristics of food; concern and aversive consequences of eating) as manifested by persistent failure to meet appropriate nutritional and/or energy needs associated with one (or more) of the following:
 1. Significant weight loss (or failure to achieve expected weight gain or faltering growth in children)
 2. Significant nutritional deficiency
 3. Marked interference with psychosocial functioning
 4. No evidence of a disturbance in the way in which one's body weight or shape is experienced
- ▶ The disturbance is not better explained by:
 1. lack of available food or by an associated culturally sanctioned practice
 2. Anorexia nervosa/bulimia nervosa
 3. The eating disturbance is not attributable to a concurrent medical condition or not better explained by another mental disorder.

EATING DISORDERS- WHAT TO LOOK OUT FOR!

Physical:

An/bn: Significant Weight loss, periods become irregular or stop, feeling tired, not sleeping, dizziness, abdominal pains, hair loss, feeling cold, constipation, loss of muscle strength.

Bn: fluctuating weight, Russels syndrome- cuts and callouses on hands and fingers, puffiness around face from purging.

- Long-term effects- starvation syndrome:
- delayed puberty, thin bones, stunted growth, cardiovascular problems including hypotension, bradycardia & heart failure, infertility, electrolyte imbalances, poor circulation, low blood sugar levels, nerve tissue damage.

Making a referral

- ▶ We accept referrals from all professionals and gps
- ▶ WE accept self referrals
- ▶ All self referrals direct to ed cyps **01372206325**
- ▶ All routine referrals seen within **15 days**
- ▶ All urgent referrals seen within **5 days**
- ▶ Urgency assessed on physical risk, weight and rate of weight loss
- ▶ We maintain contact with gp and schools where appropriate about outcome of assessment and updates as required

What is CYA

- CYA is a network of 250 children and young people who have accessed or are still assessing mental health services in Surrey
- We meet up in 4 different locations across Surrey. These are consultation groups and we provide food and travel.
- We work closely with our service user provider to help the shape and change the services for the better.

CYA Woking

17.30 - 19.30

Quadrant Court
35 Guildford Road,
Woking,
Surrey,
GU22 7QQ

CYA North

17.30 - 19.30

The Forge,
3rd at Martins Scouts,
Church Street,
Epsom,
KT17 4AB

CYA West

17.30 - 19.30

Youth arts centre
Trinity road
Knapill
GU21 2SY

CYA Redhill

17.00 - 19.00

Gatton Place,
St Mathews Road,
Redhill,
RH1 1TA

Useful contacts and help lines

- ▶ **Kooth.com**

Online service that provides counselling sessions 11-18YO

- ▶ **Young minds Parents helpline**

0808 802 5544 www.youngminds.org.uk



Mental health nurse
Youth worker
Senior children's rights worker

'A Safe Place to get support when I am feeling distressed and worried about how I am feeling'

- ▶ The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment.

Where to find us

We are located in Epsom town center near local car parks, bus and train services

The Focus Youth Centre

9 Depot Road

Epsom

KT17 4RJ

Opening times

- ▶ **Tuesday - 4pm - 8.30pm**
- ▶ **Thursday - 4pm - 8.30pm**
- ▶ **Saturday - 12pm - 6pm**

www.cyphaven.net

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