

Hertfordshire CAMHS Newsletter



Edition 5 – August 2021

The CAMHS newsletter for Hertfordshire, shares news with all professional CAMHS partners who are helping children and young people to develop and maintain positive emotional wellbeing and mental health, demonstrate healthy behaviours and feel more resilient and empowered.

We're keen to share news from all providers of emotional and mental wellbeing support for children and young people in Hertfordshire including the NHS, public services - council/s, education settings and other partners including voluntary, community and social enterprise (VCSE) organisations, as well as sharing case-studies and views of parent/carers, children and young people.

If you have any news or information about your service/organisation, a message or other feature you would like to appear in this newsletter, or some feedback on the newsletter please contact: lisa.gazeley@hertfordshire.gov.uk .

Share your news and help all CAMHS partners understand more about what is happening in Hertfordshire's CAMHS services.

[Click on the links below to take you to the information in this e-bulletin:](#)

Ask the CAMHS System

Can you help us to improve the Just Talk website for young people?



CAMHS System News

- Hertfordshire's Virtual School to promote education for children with a social worker
- Coffee, Cake and Make sessions from CHEXS for parents/carers
- Publication of the new Mental Health Joint Strategic Needs Assessments
- OLLIE Foundation launches Facebook group for parents/carers
- Training and workshops for young people, parents/carers and professionals
- Over 1000 parents/carers in Herts share their views on mental health and wellbeing
- New Mental Health and Wellbeing Survey Results Infographic
- CAMHS GP Lead and daughter running three marathons for Herts Mental Health Charities

Thriving

- Thrive and Survive Guide for Uni Students
- Summer holiday activities in Hertfordshire
- Five Ways to Wellbeing during the holidays

Getting Advice

- Disappointing exam results?
- Free workshops for parents and carers following exam results

Getting Help

- Parents/carers courses to improve children's resilience and wellbeing
- LGBT+ groups for young people

Getting More Help

- Step2 – training staff to help them support transgender young people better

Getting Risk Support

- Hertfordshire Partnership University NHS Foundation Trust freephone 24/7 helpline service and live web-chat service

Ask the CAMHS System

Can you help us to improve the Just Talk website for young people?

We'd like to hear young people's views about how we can improve the [Just Talk website](#). We want to help more young people to use it as their go-to website for information about things they can do to help improve their emotional wellbeing themselves, as well as providing signposting to other services in Hertfordshire for help.

We're running online focus groups of six-eight young people this August, so if you know any young people who have an hour to spare and would like to help, please ask them to email: lisa.gazeley@hertfordshire.gov.uk.

Or if they only have a couple of minutes, please ask them to complete this quick online questionnaire: <https://www.surveymonkey.co.uk/r/WMDHPXG>

If you have a question about any CAMHS related topic, then you're probably not the only person with that question!

Please email your question to: lisa.gazeley@hertfordshire.gov.uk and we'll find out the answer and respond in these newsletters.

[Back to top](#)



CAMHS System News

Hertfordshire's Virtual School to promote education for children with a social worker

From this September until April 2022 (and beyond, subject to DFE guidance) [Hertfordshire's Virtual School](#) will be working with schools, other education providers, social care leaders and workers to create a culture of closer collaboration and higher aspiration for [children with a social worker](#). The aim is for agencies to work together, to ensure these children can reach their full potential to make more educational progress than they do currently and are supported to recover from the pandemic. This will build on Hertfordshire Virtual School's statutory work which has improved outcomes for [Children Looked After](#) and their offer for Previously Looked After Children.

Who are children with a social worker?

Often facing significant barriers to their education as a result of experiences of adversity and trauma, children with a social worker commonly experience abuse and neglect. COVID-19 has affected all children and for many of the most vulnerable, it has increased barriers to their education even further. This increased support will include all children aged 0-18 in all education settings who were assessed as needing a social worker at any time due to safeguarding and/or welfare reasons, including those who have been subject to a Child in Need plan or a Child Protection Plan.

For further information, please see the links in the text. You can also go to the [Hertfordshire Virtual School](https://www.hertfordshire.gov.uk/virtual-school) website, or contact the Virtual School at: virtualschool@hertfordshire.gov.uk

Coffee, Cake and Make sessions for parents/carers

Local parents and carers can join [the CHEXS team](#) for an afternoon with a hot cuppa, cake and a little bit of getting creative too. CHEXS are arranging a variety of craft activities for parents/carers to do whilst they chat about anything that worries or interests them. Sessions will take place on alternate Tuesdays from 7 September, at Cedars Park Community Room in Cheshunt.

E: admin@chexs.co.uk for more information.

Publication of the new Mental Health Joint Strategic Needs Assessments

Three new Joint Strategic Needs Assessment (JSNA) reports for Mental Health in Hertfordshire have been published by the Hertfordshire Public Health Evidence & Intelligence team. The reports focus on Perinatal, Children and Young People and Adult Mental Health. As well as the full reports, useful one-page infographic summaries have also been published (also available in a plain text accessible format). They can be viewed on the [Hertfordshire JSNA website](#)

Hertfordshire's JSNA looks at the specific health and social care needs of our local population and points out areas of inequality. It contains a variety of needs assessments, each looking at a different health topic and helps public bodies decide what type of local services to commission. You can find out more information and search for other JSNA reports here [Hertfordshire's Joint Strategic Needs Assessment](#).

OLLIE Foundation launches Facebook group for parents/carers

New from The OLLIE Foundation, is a community peer support group for parents and carers supporting young people who are experiencing low mental health, emotional overwhelm or who are in crisis. This group is for everyday support and also for crisis moments when parents may find themselves with their child at the GP or in A&E.

How to join:



Go to Facebook: [‘Parent and Carer Peer Support Group - The OLLIE Foundation – 2021’](#) . Click “request to join”. Complete the two questions and that’s all you need to do!

Please spread the word to your network so that OLLIE can build this community.

Training and workshops for young people, parents/carers and professionals

Herts Mind Network’s Spot the Signs and Emotional Wellbeing project offers FREE online and in-person training and workshops direct to children and young people, parents/carers and youth professionals. The programme provides emotional resilience and signposting support to empower children and young people and the adults around them to feel confident enough to manage their mental and emotional health. For more information, please visit their [website page](#).

Free online sessions for Youth Professionals

Date	Session	Time
09.08.21	Introduction to Mental Health	11:00 - 12:30
11.08.21	Emotional Wellbeing & Coping Strategies	12:00 - 13:30
16.08.21	Spot the Signs - Youth Suicide Prevention	10:30 - 15:00
19.08.21	Adolescent Development	11:00 - 12:30
25.08.21	Five Ways to Wellbeing	13:00 - 13:45

“The resources provided will be very useful for the students that I work with. Age appropriate and accessible.”

To book your FREE space please visit:
bit.ly/2QZqK4f

Over 1000 parents/carers in Herts share their views on mental health and wellbeing



In June this year, Hertfordshire County Council's Public Health team asked parents/carers to complete a survey about their views on wellbeing and accessing mental health information, including self-help resources and signposting to more help.

The survey received 1042 responses from parents/carers of young people age 0-25, thanks to the support from partners from across the mental health system, and Hertfordshire's schools, in encouraging parents/carers to complete the survey. The key findings are shown on the infographic on the left (click on the image for a higher resolution version) and on the [Just Talk website](#).

The survey clearly shows that as a system, we need to make it easier for parents/carers to find emotional wellbeing and mental health support for their child and that quality information needs to be provided online and printed, as well as face to face. We also need to keep working to address their fears, which are making some reluctant to seek support for their children.

Going forward, the survey will be delivered annually so that the Public Health Team can monitor trends and share the results around the system, enabling us to all be aware of and respond to the findings.

New Mental Health and Wellbeing Survey Results Infographic

Following requests from CAMHS system partners, a new infographic has been created to highlight the key findings from the mental health and wellbeing section of the 2020 Young People's Health and Wellbeing Survey. [Please take a look.](#)

CAMHS GP Lead and daughter running three marathons for Herts Mental Health Charities

A huge challenge is in store for Herts GP and the county's Clinical Lead for CAMHS, Dr Alison Cowan and her daughter, Amy, this autumn. They are both in training to run the Chelmsford Marathon on 17 October, with Alison hoping to complete the London Marathon two weeks earlier.

Alison said: "Myself and Amy are enjoying training together before she goes back to her second year at Lincoln Medical School. It's great to have each other for support and encouragement, to get up and get going! We're following a marathon running programme, as well as focusing on drinking lots of water and eating a nourishing and balanced diet to ensure we're correctly fuelled.



"Completing a marathon is extremely tough, both mentally and physically, so we're making sure we do everything we can to stick to these plans, so our bodies will have built up the fitness and stamina we need, to give us the best chance at crossing the finish lines, even if that is on our knees!

"We both rely on regular exercise to keep us physically and mentally fit but I have to admit, I'm looking forward to getting back to more gentle activities, as soon as the marathons are over!

"We're excited to be raising funds for four of Hertfordshire's mental health charities. It was difficult to decide who to support, as there are so many worthy organisations in our county who would benefit from extra money. In the end, we opted to share the money we raise between Youth Talk, the Ollie Foundation, Mind in Mid-Herts and Herts Mind Network.

If you'd like to make a donation please go to Alison and Amy's Virgin Giving page at: <https://uk.virginmoneygiving.com/ALISONandAMY> . You can also follow their journey on Instagram @three.4.three

Another simple (and probably more sensible!) way of raising money for great causes, and one that does not require the same physical effort, is by nominating a % of profits from the goods you buy from Amazon, to your nominated charity e.g. [BEAT](#) - the UK's eating disorder charity. Lots of schools are already doing this, just go to www.smile.amazon.co.uk to find out more.

Good luck Alison and Amy!

[Back to top](#)



Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies.

Thrive and Survive Guide for Uni students

Starting university is an exciting experience, but it can also bring its own unique challenges. It's natural to feel nervous or overwhelmed during the first few weeks at university, and it can take a while to settle.

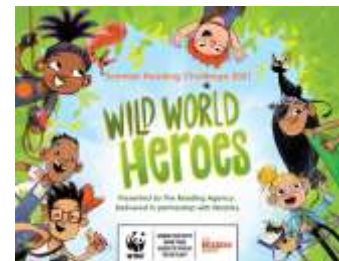
Thrive & Survive has been created as a guide to help young people adjust to university life: providing ideas, information and advice on things they might need to know to support their wellbeing. It has been developed with young people, so that it covers all the important areas. in one place.

Please share the link in your communications with staff and to parents/carers and young people via your social media channels and help to spread the word about this useful, free [guide](#).



Summer holiday activities In Hertfordshire

Lots of fun activities are happening this summer and they don't need to break the bank. Find out more about HAPpy Hertfordshire's Holiday Activity Programme, summer reading challenge, The Wild Child project and lots more [here](#).



Five Ways to Wellbeing Summer Calendar

This year's summer holidays will be a well-deserved break for Hertfordshire's children and young people, after another school year of anxiety and uncertainty. However, it is more important than ever that young people continue to look after their emotional wellbeing – and Hertfordshire's positive mental health campaign, Just Talk, is hoping to help make this as easy as possible.

Throughout the summer holidays, Just Talk will be sharing messages about the Five Ways to Wellbeing – a research-based approach, which encourages small daily steps to improve personal wellbeing and enhance quality of life.



The [Five Ways to Wellbeing](#) are to:

- Learn
- Notice
- Connect
- Be Active
- Give



Each week of the summer will be focused on one of the Five Ways to Wellbeing. Every day across Just Talk's social media accounts, advice and tips will be shared to help young people and parents incorporate the 'ways' into their daily lives.

Make sure you are following Just Talk on social media and sharing the posts to get involved:

Facebook: [JustTalkHerts](#) **Instagram:** [@JustTalkHerts](#) **Twitter:** [@JustTalkHerts](#)

To learn more about the Five Ways to Wellbeing, and for information on helping young people show strength through talking about their mental health, visit the Just Talk website: www.justtalkherts.org

[Back to top](#)



Those who need advice and signposting.

Disappointing exam results?

For young people who are disappointed with their exam results, they need to be reassured that life can sometimes have its setbacks, but that it's always possible to get back on track! The best advice anyone can give is for them to keep calm, brush themselves down and to talk through all the options at their school and/or with other professionals who can advise them e.g. the knowledgeable team at [Hertfordshire's Services for Young People](#). There is also some sensible advice from young people, who've experienced disappointment on exam results day at [Young Minds](#).

Free workshops for parents and carers following exam results

Experts from Anna Freud National Centre for Children and Families are running free, hour long [live workshop sessions](#) via zoom during the week following results days, from 16 - 19 August, with two sessions per day at 12.30pm and 4.30pm. The sessions will give parents and carers some top tips on how best to support young people with the opportunity to ask questions.

[Back to top](#)



Those who need focused goals-based input.

Parents/carers benefit from courses to improve children's resilience and wellbeing

892 parents/carers attended 10 "Raise Resilience" training courses in March, April and May this year, to learn new skills to help support the emotional wellbeing of their children. All of those who attended either agreed, or strongly agreed that they had learned useful skills and that they would recommend the training to others...

"A very positive experience - lots of great & funny interaction with other parents! The content was adaptable for kids of all ages (mine are in their teens)."

"I thought the training was really fantastic! It was practical, really well-delivered, and very down to earth. And even over Zoom, the way we used the chat function meant that it felt like we bonded as a group."

"Particularly useful - focus on response not events, WoBbLe, labelling behaviour not character, talk sideways, process vs. person praise."

"Parenting is a hard job with no instructions. This gave me lots of insight to how to address and unpick situations with a better outcome for your children and the way forward. It was presented and explained well and put into context for use. Almost every question asked could be answered. I have enjoyed learning, I am going to miss it. Doing this in schools from a child's perspective would also be great."

This resilience training, alongside wellbeing training and support for school staff, was funded by the Department for Education's 'Wellbeing for Education Return' grant, to offer parents/carers in Herts some extra help, in response to the additional stresses and strains on many of them (and their children), over the last 18 months of the pandemic.

LGBT+ groups for young people from Hertfordshire County Council Service for Young People (HCC SfYP)

District Projects

LGBT+ projects for young people aged both 13-17 and 18-24 take place across Hertfordshire. They are safe environments where young people can meet other

LGBT+ young people in their local area, get support and guidance from friendly Youth Workers, learn new things and have fun. The full list of projects is here: <https://www.youngprideinherts.org/support/lgbt-projects/>

Professionals who work with young people and parents/carers can refer a young person to one of these projects here: [Make a referral](#)

Who Not What

Who Not What is a group of LGBT+ young people who, supported by Youth Workers from HCC SfYP, work to improve services for the young LGBT+ community in Hertfordshire.

Being a member of Who Not What gives young people access to lots of great opportunities, including having a voice on improvements to support services to make them more LGBT+ friendly and accessible for other LGBT+ young people.

There are three Who Not What groups, all meeting once a month:

One in the east of the county and one in the west, both of which are for young people aged 13-17. In addition, there is an online group for young people aged 18-24.

Schools Project

The LGBT+ team offers free support to secondary schools across Hertfordshire and can work with schools to promote LGBT+ inclusivity through workshops, assemblies and tailored support.

For more information on any of the above, contact:

youngprideinherts@hertfordshire.gov.uk

Alternatively, there is a range of information on the Young Pride in Herts website:

youngprideinherts@hertfordshire.gov.uk

[Back to top](#)



Those who need more extensive and specialised goals-based help.

Step2 – training staff to help them support transgender young people better

In April this year, Step2 CAMHS clinical and management teams undertook professionals [training from Mermaids](#). They wanted to give their staff more confidence to provide young transgender people with a safe and open space to think about their identity, whilst considering other elements of their mental health. As well as completing the training, the service is also working on a number of other important actions to help them to become even more accessible to young transgender people:

- Developing an information sheet with details of local and national support.

- Including questions in their pre-assessments, to find out the young people's preferred names and pronouns.
- Establishing an LGBTQ+ support group for staff, for them to raise questions around their sessions with young transgender people.
- Running focus groups of LGBTQ+ children and young people, with support from Hertfordshire's [Services for Young People](#).
- Displaying Mermaid leaflets and Stonewall posters around their service areas.
- Creating a pack of resources for the team.
- Creating an inclusive logo to put on all their letters/leaflets (see below).



How can Step2 help?

[Step2](#) was founded in 2010 to help fill the gap between Universal Services and Specialist CAMHS Services. The service provides brief, targeted, goal-focused interventions over six sessions, for 0-19s who are experiencing mild to moderate mental health difficulties. The team can't provide urgent care, even if it is directly linked to risks or concerns around the young person's mental health issues that have been referred to the service. They will accept self-referrals via Hertfordshire's [SPA \(Single Point of Access\)](#).

[Back to top](#)



Getting Risk
Support

*Those who have not benefitted from or are unable to use help,
but are of such a risk that they are still in contact with services.*

Mental health support at any time of the day or night
Freephone: 0800 6444 101

We are available 24/7 for Herts residents who:

- are experiencing a mental health crisis
- need some mental health support
- just want to talk

Email: hpft.spa@nhs.net (for non-urgent queries)

You can also
 Live Chat at:
www.hpft.nhs.uk
 7am-7pm
 Mon-Fri

In the case of **serious illness or injury**, dial **999** for emergency services.

Childline: Under 19s can confidentially call, email or chat online about any problem big or small **Freephone 24h helpline: 0800 1111**.

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK for young people experiencing a mental health crisis. **Text YM to 85258 for urgent help.**

If you have any news or information about your service/organisation, a message or other feature you would like to appear in this newsletter, or some feedback on the newsletter please contact: lisa.gazeley@hertfordshire.gov.uk .

[Back to top](#)