

Intro to Mental Health + Pathways to Support

Coffee morning for Parents/Carers of
primary aged children



We care
We respect
We are inclusive

About Me

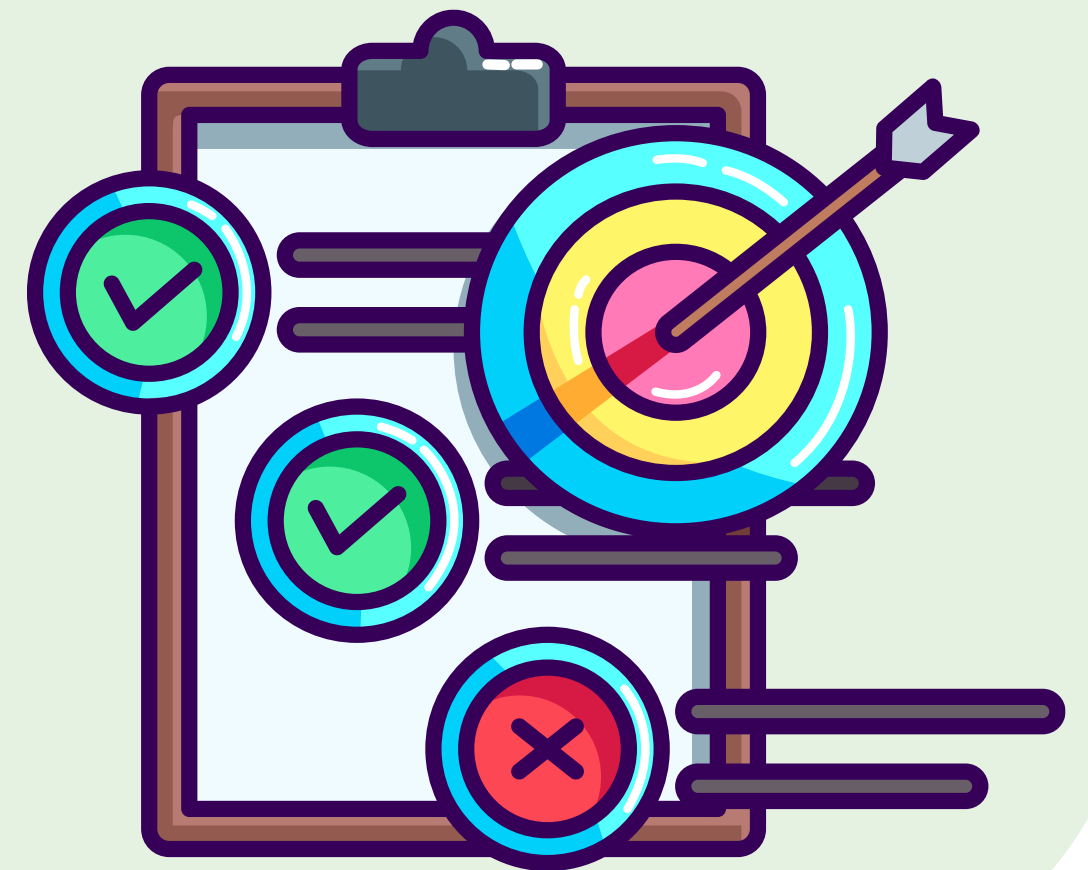
I work for **City & Hackney's MHST** (Mental Health in Schools Team).

My role is **Education Mental Health Practitioner**

I am based in different schools across Hackney but work at **Grasmere** on **Friday mornings**.

Learning Outcomes

- How MHST works in schools
- Understanding Mental health & well-being
- Spotting signs of mental health difficulties in children
- Accessing support



Intro To MHST



We are a specific team within Hackney CAMHS (Children and Adolescent Mental Health Service) which focuses on early intervention and prevention of mental health issues

We work in schools and aim to have a practitioner available in every school in Hackney

OUR CORE FUNCTIONS

1

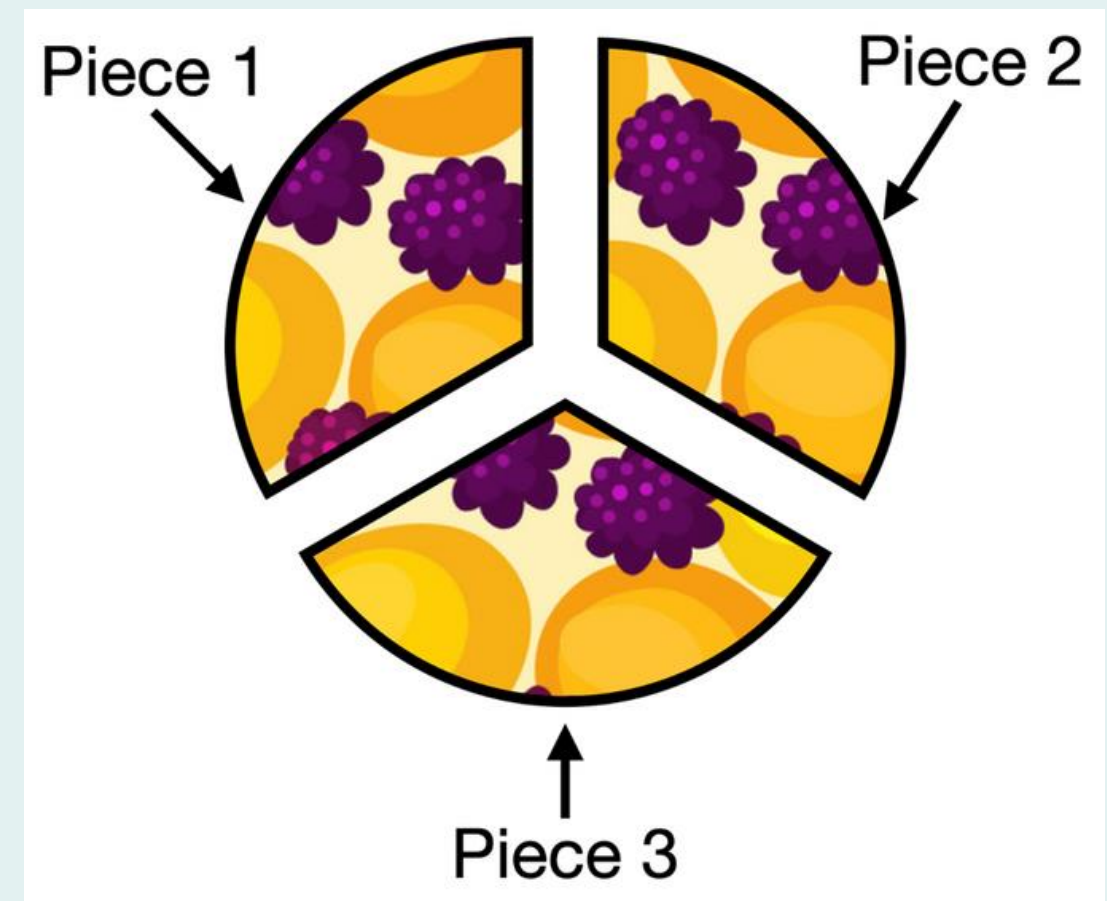
Direct Interventions & Groups

2

Signposting & Advice

3

Whole School Approach



1:1 PARENT INTERVENTIONS

In primary schools we work 1:1 with parents of children aged between 5-11 years old who might be struggling with anxiety or challenging behaviour using CBT principles.

Child Anxiety

5 - 11 years

6-8 weeks

Challenging Behaviour

5 - 11 years

6-8 weeks

WHY WE WORK WITH PARENTS

- Parents/carers are often more motivated than the child to make changes
- Parents/carers are more likely to remember what is helpful as well as ask questions
- Research shows parent/carer-led interventions are an effective approach for managing difficulties





ACTIVITY

MENTAL HEALTH & WELL-BEING

How would you define mental health & well-being?

MENTAL HEALTH & WELL-BEING

- How we feel on a day-to-day basis, it can change over time and can be affected by a range of factors. It impacts how we **think, feel and behave.**
- Just as we all have physical health, we all have mental health too.
- Good mental health supports development, learning and relationships
- Not limited to anxiety or depression, it encompasses our self-esteem & emotional regulation

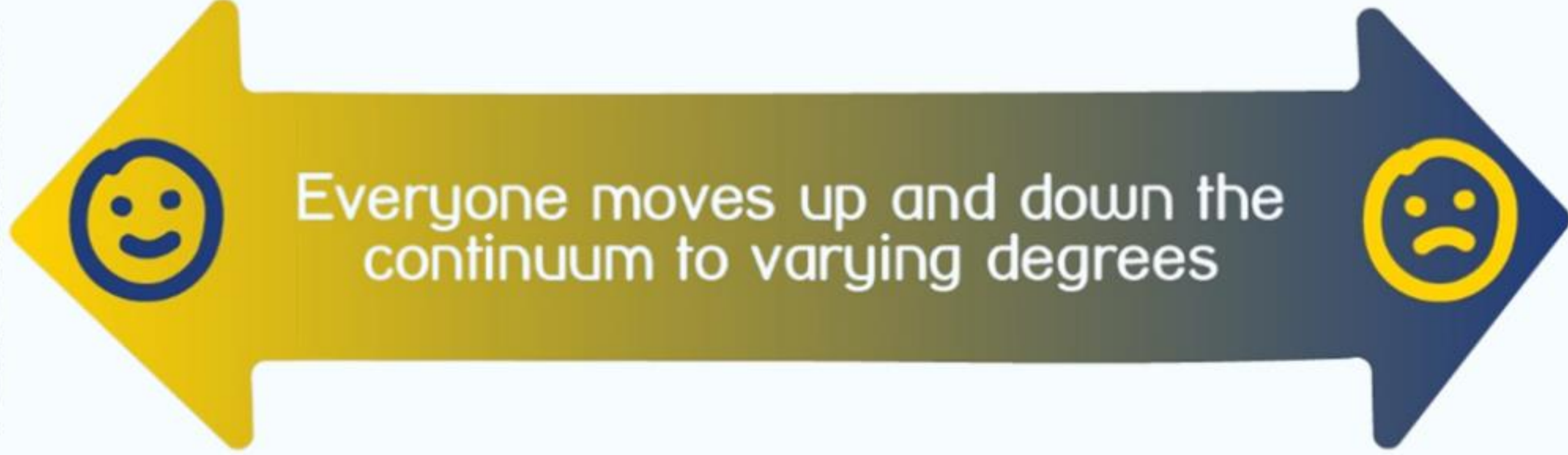


What affects CYP Mental Health?

- Trauma
- Financial strain
- Family conflict
- Parental mental health
- Academic stress
- Bullying/friendship issues
- Significant life events
e.g., moving
- Bereavement
- Self-esteem
- Discrimination
- Neurodevelopmental conditions

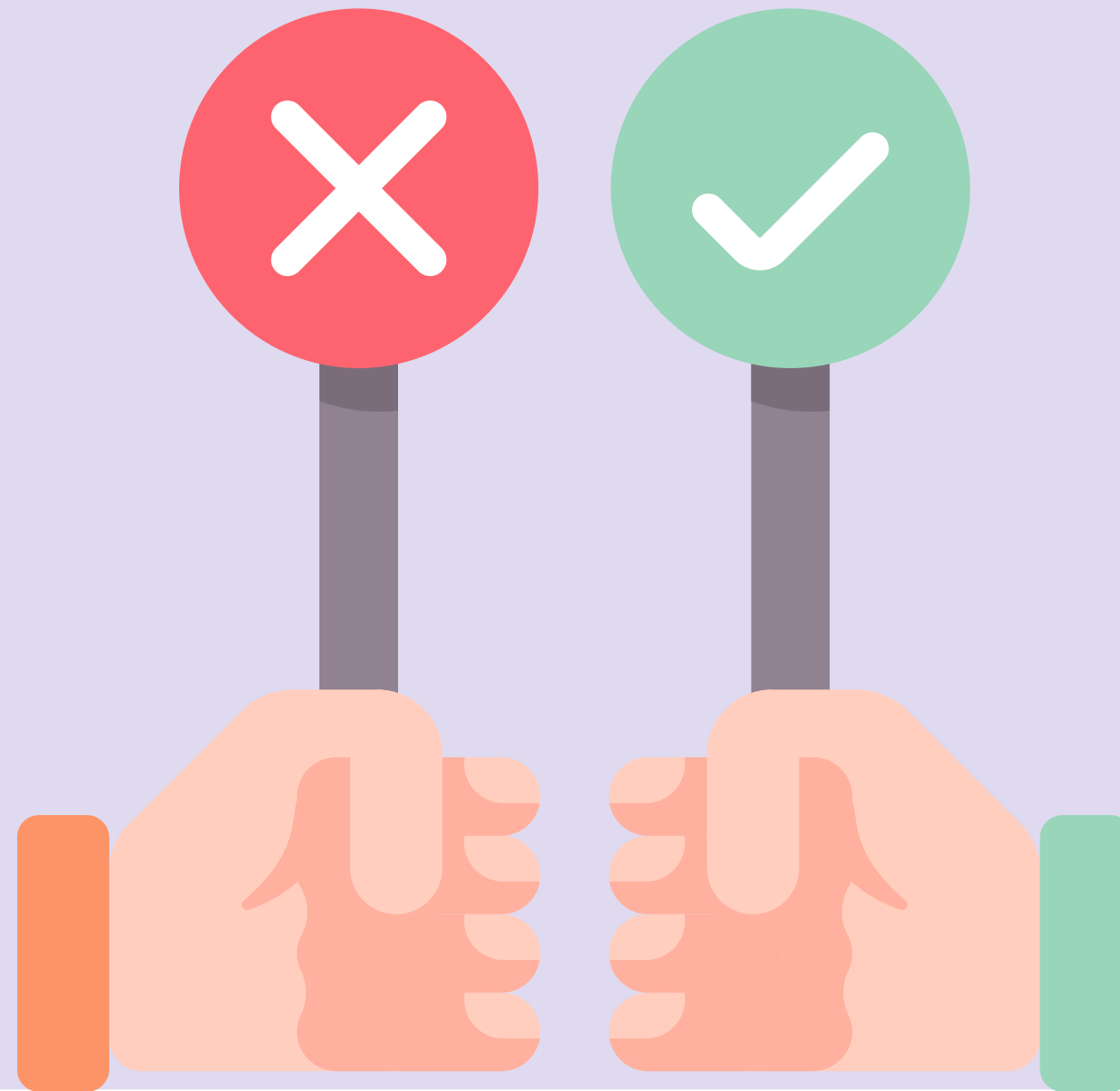


Positive mental health



Mental illness

TRUE OR FALSE!



Half of all mental health
problems begin by age
14





TRUE

50% of mental health problems begin by age 14, and 75% begin by age 24.

There is no such thing as
anxiety in children, they are just
shy



FALSE

According to the National Institute of Mental Health (NIH), one in eight children are affected by anxiety disorders.

Approximately 1 in 10 primary school children (aged 5-10) experience a mental health disorder





TRUE

About 10% of primary school children (ages 5-10) have an identifiable mental health condition, which translates to roughly three children in an average class.

This is a figure that increased during the COVID-19 pandemic

The cure to mental health problems is taking medication



FALSE

Early intervention is crucial and can improve outcomes

Behavioral and cognitive-behavioral interventions are highly effective for primary-aged children

ACTIVITY

What signs would you notice if your child was struggling what their mental health?



What feelings might they have?



What behaviours might you notice?



Did you get these?

FEELINGS/BODY CHANGES

Down, upset, tearful

Restless, agitated, irritable

Empty, numb, tired

Isolated, not able to relate to others



Bodily aches, feeling tense

Heart racing, shakiness and difficulty breathing

Low self confidence/esteem

Hopeless and despairing

Tummy aches, headaches

Any that surprise you?

BEHAVIOURS

Avoiding things e.g. social activities

Self harming/suicidal behaviour

Difficulty sleeping or sleeping too much

Changes in relationships with others



Difficulty speaking, thinking clearly, making decisions

Difficulties with concentration/memory

Moving slow, restless

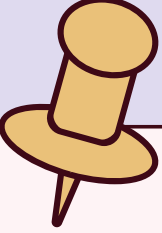
Changes with food (eating more or less)

Withdrawing/isolating

SO WHAT CAN WE DO?



Talk to the person next to you about what are you are already doing to support mental health & well-being with your child?

- 
- Talk openly about mental health
 - Educate yourself & others
 - Lookout for signs of difficulties
 - Be conscious of language
 - Encourage equality between physical & mental health
 - Show compassion and be empathetic
 - Empowerment over shame
 - Lean on support networks



HELP YOUR CHILD TO TALK

Check-in Time

Having regular check in's can open up conversations and help you identify if something isn't right!

Pick a relaxed moment or do something together! They may not always want to chat but you can always try again another time!



CHECK IN EXAMPLES

How was your day?
Vs.
Did you have a good
day?

Has ... happened
before?
Does it still happen?

I've noticed that
you've seemed a
bit...lately. Is
everything okay?

How are you feeling
about.....?



What do you think
will happen if...?

What do you think
you should do?

VALIDATION

Try to see it through their eyes! Validating and empathising can help them to open up and feel understood

I'm not surprised you're feeling...
It's totally understandable to feel...
It's so sad/frustrating/hard when...
I'm sorry it's been like that for you....
I'm so glad you've told me
If you think that ..., I can see why you feel..



PARENT WORKSHOPS



We offer parent workshops/coffee mornings on the following topics:

- Healthy Sleep
- Managing Child Anxiety
- Supporting your child's emotion regulation
- Supporting with SAT's
- Supporting your child's transition to Secondary

Dates/Times to
be confirmed in
due course!

When to seek support:

- Marked changes in mood/ activity that cause concern
- When the difficulty means they are unable to participate in usual activities/ routines that they used to be able to
- When it goes on for an unusual period / long period of time
- When your child asks for support
- Marked changes in weight/eating habits
- Any suicide ideation / self harm or harming others



RESOURCES & SUPPORT

SCHOOL

- If you would like 1:1 support for your child's difficulties – have a chat with myself at the end of the workshop to see if MHST support may be suitable
- You can also speak to your child's class teacher/ Bianca at school if you would prefer, who can discuss this with myself
- School can also make referrals to CAMHS



GP

- You could speak to your GP to find the help you need
- They can speak to your child to find out what's going on
- Make suggestions about what they think would help
- GP's can refer to CAMHS or other services.
- Refer them to local counselling service



Hackney CAMHS

First Steps

Specialist CAMHS

CAMHS Disability

**Off Centre
(16-25yrs)**

Family Action

Young Hackney

**Children and Family
Clinical Service
(CSC/YH)**

Growing Minds

**Wellbeing & Mental
Health in Schools**

Hackney CAMHS

First Steps

- **Early intervention service**
- **Supports mild to moderate MH difficulties**
- **Ages 0-19**
- **Individual / group interventions**
- **Referral: GP, school, EMHP/CWIS**

Specialist CAMHS

- **Supports moderate to severe MH difficulties**
- **Ages 0-19**
- **Individual / group interventions (family therapy)**
- **Referral: GP, school, EMHP/CWIS, social worker, health visitor**

CAMHS Disability

- **Supports those with a disability and emotional/ MH needs,**
- **Ages 0-19**
- **Diagnosis, intervention, group work**
- **Referral: GP, school, if parents known to Hackney Ark (self-referral)**

Hackney CAMHS

Family Action

- Hackney WellFamily Plus Service
- Supports individuals, couples and families
- Support with difficult challenges: MH, bereavement, relationship issues
- Referral: GP, school, EMHP/CWIS

Young Hackney

- Ages 6-19
- Offer activities for YP such as youth clubs and sports sessions. Hubs across Hackney.
- Offer advice on employment, health, education and housing
- Referral: school, EMHP/CWIS

Growing Minds

- Ages 11-25 who identify as African, Caribbean / Mixed Heritage
- 1:1 Counselling and Therapy for 11+
- Non-Violent Resistance (NVR) training for parents
- Referral: Parent, GP, school, EMHP/CWIS

Hackney SEND Support

SEND Local Offer / Family Information Service

- Services and support for children and young people aged 0-25 with SEN, disabilities, or additional needs.
- Information and advice on childcare and services for parents and families.

SENDIAGS

- Special Educational Needs and Disability Information, Advice, Guidance and Support
- Parents/carers of children with SEND
- Access via phone number / email

Family Coach Service

- Support 4 areas of need. Do not need diagnosis/EHC
- 1:1 / family coaching, parent groups/ drop in sessions
- Referral: School SENCO for 1:1
- Parents can email service for drop-ins



Signposting - Parent Support

Family Action

Charity that provides practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country:

www.family-action.org.uk



Hackney SENDiags

Provides impartial and confidential information, advice and support to parents and carers of children with special educational needs or disabilities (SEND) and children and young people (up to 25 years old) with SEND:

020 7275 6036
<http://www.hackneysendiags.co.uk/>



St. Joseph's Hospice

Offers support to children, young people and families who have lost a family member, care giver or other significant person due to a bereavement of any kind):

<https://www.stjh.org.uk/our-care/counselling-and-advice/bereavement-service/>



Family Coach Service

Works with families that have SEND children (no formal diagnosis or EHCP required) 1-1, empowerment groups and drop-in coaching sessions:

familycoach@hackney.gov.uk 0208 356 7344



African and Caribbean Services



Father to Father offers a programme for parents whose children (12-15) experience emotional wellbeing or behavioural challenges : 07930 699 970

Mental Health Support Team

MHST is an NHS school based early intervention and prevention service that focuses on delivering direct input to children, YP, parents and caregivers to help improve young people's emotional wellbeing

<https://www.eft.nhs.uk/camhs/where-we-work/city-hackney-camhs/city-hackney-mhst-schools>



Young Minds: Parent helpline

Free helpline that can support with practical advice on how to support your children's mental health:

www.youngminds.org.uk/parents-helpline
0800 802 5544



Early Help Support

Family assessment and development of a support plan: MASH@hackney.gov.uk
020 8356 5500



CHSCP

Crisis Service

East London CAMHS Extended Crisis Service is a service for children and young people in mental health crisis and their families across City & Hackney, Tower Hamlets and Newham:

Tel. 111 Option 2



Any

Questions?



Feedback



Please complete our survey 😊

<https://forms.gle/f4iEJXQezMfMnb7T9>



Helping Your Child with Fears and Worries



Supportive Group for Parents & Carers of Anxious Children (Ages 5-12)

Are you supporting a child who struggles with worries, fears, or anxiety?

This **free, 6-week** group is designed just for parents and carers, giving you the tools, confidence, and support to help your child feel calmer and braver in everyday life.

BOOK EARLY TO SECURE YOUR PLACE!

SCAN ME



First Group starts on the **9th of January** at John Scott, Health Center
Details on Eventbrite



FOUNDATIONS OF POSITIVE PARENTING

FOR PARENTS AND CARERS OF CHILDREN AGED 5-7 YEARS

Join our **free six-week group** to better understand behaviours that challenge and to learn tips and ideas to support your child.

JOIN US NOW!

The first group starts on **9th January** at Children and Young people center, Homerton Row.

For full details and to register, scan the QR code or visit us on Eventbrite.

SCAN ME



SPACES ARE LIMITED BOOK YOUR PLACE TODAY!