

emotional health and wellbeing news

A newsletter for everyone who works with
children and young people in Bristol

Autumn 2016



Welcome to the autumn 2016 Emotional Health and Wellbeing Newsletter!

Over the past year there have been major developments in the area of emotional health and wellbeing. This newsletter focuses on local developments in Bristol and aims to improve knowledge of services so that more children and young people reach relevant services. We hope you find this edition useful. We are always keen to receive your feedback, so if you have any, please email: cypemotionalhealth@bristolccg.nhs.uk

Happy reading!

Rebecca Cross - Strategic Commissioning Manager (Children), Bristol City Council and NHS Bristol Clinical Commissioning Group

Catherine Wevill – Programme Manager Mental Health & Learning Disabilities (Adults), NHS Bristol Clinical Commissioning Group

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Please note that this publication is not intended to be a comprehensive directory of services/resources available to Bristol young people and their families. It is intended only to support professionals in their knowledge and understanding of some of the key emotional health and wellbeing services available to young people aged 0-25 and their families. Whilst every effort has been made to ensure the quality of services/resources referred to in this publication, readers should always undertake their own quality assurance checks prior to engaging.

Foreword

Our new mayor has made mental health and in particular the mental health of children and young people one of his priorities for the coming years.

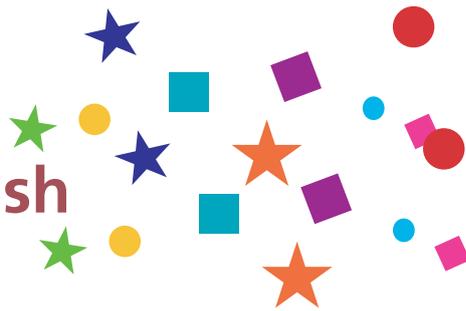


“As the new cabinet member for Health and Wellbeing, I’ll be leading on this work, making sure that everyone in the council keeps mental health in mind in all areas of their work.

In particular I’ll be focussing on making sure we do all we can to keep people well and offer the right help as soon as problems arise.”

Councillor Fi Hance
Cabinet member for Health and Wellbeing

Schools Newsflash



NHS England mental health and schools link pilot

In 2015, 22 clinical commissioning groups (CCGs) were selected to be part of the mental health and schools link pilot which aims to deliver integrated working between Child and Adolescent Mental Health Services (CAMHS), local schools and CCGs.

The pilot aims to ensure long term collaboration between organisations by having a mental health lead identified in each school who will liaise with CAMHS and local CCGs to improve the support children and their families receive.

An evaluation of the pilot is due at the end of the year. For further information visit: <http://www.annafreud.org/about-us/news/2016/05/improving-collaboration-between-schools-and-child-and-adolescent-mental-health-services/>

Mindfulness

A seven year study has been launched by the University of Oxford called the Mindfulness and Resilience in Adolescence (MYRIAD) project.

In their press release they state 'The study will include experimental research to establish whether and how mindfulness improves the mental resilience of teenagers, and an evaluation of the most effective way to train teachers to deliver mindfulness classes to students.'

For further information please visit: <http://www.oxfordmindfulness.org/wp-content/uploads/myriad-project-launch-16-july-2015.pdf>

This comes at the same time that the Mindfulness All-Party Parliamentary Group published the report – Mindful Nation: http://themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

JIGSAW PSHE teaching resource

Public Health England have subsidised the cost of the new JIGSAW PSHE (Personal, Social, Health and Economic education) teaching resource to support schools in the delivery of this important work. We are delighted that so many Bristol primary schools have taken up the opportunity.

Further training days for schools using Jigsaw will be available in September via the Healthy Schools website: <http://www.bristolhealthyschools.org.uk/>

STRIDE

STRIDE is a PSHE (Personal, Social, Health and Economic education) programme commissioned by Public Health's Healthy Schools Team; a complete online teaching resource, aimed at supporting young people to establish and maintain positive mental health across KS3 & 4.

The initiative is currently being piloted in a number of secondary schools across Bristol and will be formally launched and made available to all Bristol schools on 30 November 2016.

The launch event will be bookable via the Healthy Schools website in Autumn 2016 at <http://www.bristolhealthyschools.org.uk/>

Emotional Health Transformation Programme Update

In summer 2015, the Departments of Health and Education published a joint five year strategy 'Future in Mind' to transform services for children and young people's emotional health and wellbeing.

The vision for 2015 to 2020 is to ensure that every child, everywhere, receives the right support, as early as possible. It's much broader than just CAMHS and includes working with schools, the local authority, universal and primary services such as GPs and school nurses, as well as the voluntary and community sector. This work runs alongside the Community Children's Health Partnership recommissioning, which includes CAMHS.

We developed our Emotional Health & Wellbeing Transformation Plan and based on this, NHS England allocated our first tranche of transformation funding in November 2015. Our first area of work has been to improve eating disorder services across BNSSG.

Last year, we also used transformation money to fund CAMHS and Off The Record to significantly improve their IT systems, which will help them become more flexible and efficient.

We are currently focusing on working with primary care and schools, whilst continuing to build on our work around self-harm and crisis care. We are also looking to pilot online support and counselling for 11 to 18 year olds.

We will keep engaging with a variety of stakeholders to develop this over the coming months. If you would like to get involved or let us know your thoughts, please contact the team at cypemotionalhealth@bristolccg.nhs.uk or on **0117 984 1592**.

For more information on **Future in Mind** visit:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

For more information on the **Emotional Health and Wellbeing Programme** please visit:

<https://www.bristolccg.nhs.uk/your-health-local-services/help-and-support/young-peoples-emotional-health/>

Assertive Contact and Engagement Service

The Assertive Contact and Engagement service (ACE) is run by St Mungo's in Bristol and is part funded by the NHS. The ACE service is run from three hubs:

- **North:** Compass Centre, 1 Jamaica Street, Bristol BS2 8JP
- **East:** Barton Hill Settlement, 43 Ducie Road, Barton Hill, Bristol BS5 0AX
- **South:** Filwood Community Centre, Barnstable Road, Knowle West, Bristol BS4 1JP.



The teams engage with individuals and communities aged 16 plus, who are not generally engaging with services in order to break down barriers and help them access mental health services.

There is an open access drop in session every week in each hub. Everyone is welcome and mental health professionals are encouraged to inform their clients about this service.

ACE run a number of workshops and groups on a variety of subjects, including understanding emotions, stress and well-being. The service also undertakes community outreach and partnership work and staff are fluent in a variety of languages. All services are free and any travel costs are refunded.

Please visit <http://www.bristolmentalhealth.org/services/assertive-engagement-service/> or call 0117 239 8969 (Monday-Friday, 8am-8pm) to find out more about the service.

ACE is also on Twitter and uses the handle @ACE_BMH.

The service can be found on Facebook too by searching 'ACE Service, Bristol Mental Health'.

The Bristol Self Harm Surveillance Register

Self-harm is common amongst children and young people across Bristol. The Avon Longitudinal Study of Parents and Children (Children of the '90s) research estimates that between 20-25,000 young people self-harm in Bristol for a variety of reasons.

The Bristol Self Harm Surveillance Register collects information about people across Bristol who attend the Bristol Royal Infirmary, Southmead and the Bristol Children's Hospital following self-harm. Data is presented annually.

Over the past five years there have been, on average, 220 presentations a year to the Children's Hospital.

Collecting data can help professionals understand the needs of patients and change services accordingly. Information is being used to explore training opportunities for Emergency Department staff to help them better understand self-harm.

For details about the Bristol Self Harm Surveillance Register, please contact Salena Williams on salena.williams@uhbristol.nhs.uk.

New webchat service at Self Injury Support



TESS is a Bristol based UK wide text and email support service for young women up to the age of 24 affected by self-harm. Our aims are to support women in a way that enables them to explore their situation and find their own answers to their self-injury.

Young women have told us that one of the reasons they feel so comfortable talking to us is because the support we offer is primarily through text, a method that young people find easy to use, cost effective and accessible.

This enables them to talk about what's going on for them without barriers such as location, appointment times and negative reactions. (Our services are confidential unless someone has told us they/someone else is at risk.)

As an extension of this service we have developed a live webchat service which enables young women to talk for up to 30 minutes and go into even more depth. The live webchat feels more natural than a text or an email, yet maintains that anonymous support. We hope this support will enable young women to understand their self-injury a bit more with a view to making positive changes.

For further information please call Fiona Macaulay, TESS Co-ordinator, on **0117 927 9600**, or visit <http://www.selfinjurysupport.org.uk>

Freedom of Mind Festival

The Freedom of Mind Festival is aimed at encouraging people to speak openly about mental health and is taking place in Bristol this autumn.

Mental health campaigners, Ella Marshall and Katie Finch, are the brains behind the festival, the purpose of which is to encourage conversation, challenge stigma and raise awareness of how people – particularly young people – can look after their mental health.

There will be a number of events happening across the city over the course of the festival, including a gig, political discussion, film screening, and book signings, as well as open mic nights, exhibitions, and coffee mornings run by local mental health groups, charities and interested parties.

The festival will culminate in a conference specifically aimed at the mental health of young people. All of the other events are open and accessible to other ages.

Freedom of Mind has secured the attendance of high profile mental health activist Jonny Benjamin – the man who successfully set out to find the stranger who discouraged him from taking his own life in the #FindMike campaign. Nathan Filer, the award-winning author of Shock of the Fall, will also be signing copies of his book.



The festival is already being supported by the Bristol Independent Mental Health Network, Off the Record, Bristol City Youth Council, Healthwatch, Bristol Clinical Commissioning Group, Bristol City Council and Bristol Festival of Ideas.

The Freedom of Mind Festival will be running from 30 September to 10 October – World Mental Health Day. For further information visit: <http://freedomofmind.org.uk/>

If you wish to support the festival, whether it's through holding an event, or offering sponsorship, contact info@freedomofmind.org.uk or Katie Finch, Managing Director at Freedom of Mind on mobile: 07422 516430, email: katie@freedomofmind.org.uk

SAFE Link Peer Support Group

SAFE Link provides support for anyone who has been the victim of rape and sexual abuse across Bristol and the whole of the Somerset area. The charity also provides women's mental health and domestic abuse services.

The Sexual Violence Peer Support Group is a safe space where young women can meet others who have experienced sexual assault, allowing them to share their thoughts without judgement and to interact with people who may have similar experiences.

The group meets weekly over a ten week course, to discuss a range of topics, such as triggers, anger and self-esteem. Each week also has a theme, for example jewellery making or relaxation.

The group is aimed at young women aged 16-25 who are already accessing the charity's services and are being supported by an independent sexual violence advisor within the service. The group is led by a peer support officer from different venues in Bristol and Somerset and is free to attend. One attendee says: "It helped me more than I can put into words. It's changed my outlook on life."

For more information about SAFE Link please visit www.safelinksupport.co.uk.

Young People Friendly



Congratulations to the Bristol East Central community Child and Adolescent Mental Health Services (CAMHS) team, who have been awarded Young People Friendly status.

Services that are Young People Friendly encourage young people aged 11-18 to be involved in the decisions about their care and service improvement. Barnardo's participation workers work alongside teams to help them meet the high standards expected.

To achieve Young People Friendly accreditation the Bristol East Central CAMHS team had to evidence they are meeting an agreed set of standards.

Lynn Maddern – Clinical Psychologist at East Central CAMHS says, "We have come a long way and we found the involvement of young people visiting the service quite exciting."

Update on CAMHS recommissioning and consultation process

Bristol Clinical Commissioning Group (CCG), alongside Bristol City Council, North Somerset CCG, South Gloucestershire CCG and South Gloucestershire Council are recommissioning Children's Community Health Services (CCHS). One of the services included in this recommissioning is Child and Adolescent Mental Health Services (CAMHS) – specialist and targeted. NHS England is recommissioning CAMHS inpatient and day service in a separate procurement.

A 12 week consultation was held from the 3rd September 2015 to allow people to provide feedback on the proposed new service model (including the principles and outcomes). This had been developed after finding out the views of children, young people, parents, carers and health, education and social care professionals on the current CCHS and how we can make them better.

The feedback received from the consultation was reviewed and where necessary, we made changes to the new service model.

In February of this year we went out to tender for a new service provider (or service providers).

On 6 May, it was announced that a new partnership of healthcare providers has been selected to submit a full proposal to deliver CAMHS specialist and targeted services.

The partnership is made up of local, not for profit NHS providers; Bristol Community Health CIC, Sirona care & health CIC, North Somerset Community Partnership CIC, Avon and Wiltshire Mental Health Partnership NHS Trust and University Hospitals Bristol NHS Foundation Trust.

All this work has been supported by the Young People's Reference Group which is part of Young Healthwatch and is made up of young people who are interested in the recommissioning process.

NHS England is continuing with their procurement. No announcement has yet been made but is expected late summer or early autumn.

If you would like further information please contact Margaret Kemp on email: margaret.kemp@bristolccg.nhs.uk or phone 0117 900 2662 or visit: <https://www.bristolccg.nhs.uk/get-involved/cchs/childrens-community-health-services-overview/>

Bristol's Inter-agency Gypsy, Roma and Traveller Team

The Gypsy, Roma, Traveller (GRT) Inter-agency Team is based in Bristol and have over 14 years' experience in working with ethnic Travellers as well as other travelling groups across the wider Bristol area.

They provide comprehensive and effective community-based support to both ethnic Travellers (i.e. Romany English Gypsies, Eastern European Roma and Irish Travellers) as well as other occupational Travellers (e.g. Showpeople, Circus People, New Travellers and Boat Dwellers) through targeted outreach that helps children, young people and families build bridges into mainstream services, promote community cohesion and resilience.

They provide free and bespoke cultural awareness training to:

- all services supporting children, young people and families
- schools
- mental health services.

Their aims are:

- to foster a better understanding of GRT culture and people
- to improve service accessibility
- to Improve service engagement
- to promote cultural sensitivity.



They also provide an opportunity to become part of a strong network of professionals who are confident and capable in supporting one of Bristol's vulnerable and marginalised groups.

GRT Inter-agency Team Website:
www.bristol.gov.uk/grt

Virtual Directory of Services:
www.grtbristol.com

Ante-Natal Rockabye Pilot

The Ante-Natal Rockabye Pilot for pregnant women, funded by Bristol City Council, and run in spring 2016 at St Paul's Children's Centre, arose out of our work with families on the Rockabye Programme.

Research shows that outcomes for babies are vastly improved if parents are given the opportunity ante-natally to reflect on how they were parented and how they would like to parent; and also to acknowledge the presence of their baby in utero as an intentional, feeling being.

The six week pilot was aimed at parents deemed by health professionals to be vulnerable to perinatal mental health problems and to developing poor attachments with their babies. It offered a non-judgemental, empathic and reflective space in which participants could share hopes and fears about becoming a parent.

There was also lullaby singing, a creative activity designed to encourage the pregnant mums to explore issues raised in a safe, non-verbal way and a mindfulness meditation to invite the women to become aware of their growing babies and any feelings towards them.



Nurturing connection

Through the process of sharing and making sense of childhood experiences, the mums were able to clarify their intentions for parenting and begin to form loving connections with their babies. A second pilot, available to pregnant women city-wide, will be run in the autumn.

For further information please contact Clare Beckell at clarebeckell@icloud.com or Katy Taylor at katytaylor@gmx.com.

Home-Start is awarded Children in Need grant

**Home
Start**

Support and friendship
for families

Home-Start Bristol

Supporting families in Bristol and South Gloucestershire



Home-Start Bristol is delighted to have been awarded a grant by Children in Need to improve the lives of disadvantaged children in Bristol. The charity which celebrates its 30th birthday next year, aims to give children the best start in life by working with the whole family.

Beverley Symonds, scheme manager, said: "We are very pleased that Children in Need is supporting this work which will focus on children being happier, healthier and better prepared for school or nursery.

When parents are going through a challenging time there is inevitably an impact on the children. Our trained volunteers support parents to overcome their difficulties but in addition we spend time with the children. It is about reducing stress and putting the fun back into family life so that children are given the best start in life and have the opportunity to achieve their full potential."

Home-Start Bristol is recruiting volunteers, who are parents themselves, to support families across Bristol and South Gloucestershire.

For more information call **0117 950 1170** or visit: www.homestartbristol.org.uk



Bristol Drugs Project services for children and young people

Bristol Drugs Project's (BDP) Youth Links Team offers support for children and young people using drink or drugs or those affected by parental or sibling drink or drug use.

They work in a variety of locations to suit the needs of the individuals referred to them. Largely this is through schools or colleges, but they also meet people at referrer agencies, local cafes or even parks as they like to make the meeting place as accessible as possible.

Interventions are focused and short term. They offer six to eight sessions which can be tailored to meet the specific needs of the child or young person. Areas commonly covered include goal setting, harm reduction, understanding addiction, strategies for changing drug use, resilience, management of emotions and anger, self-image and esteem. Should the child or young person meet a more complex needs threshold they have a signposting route to Child and Adolescent Mental Health Services.

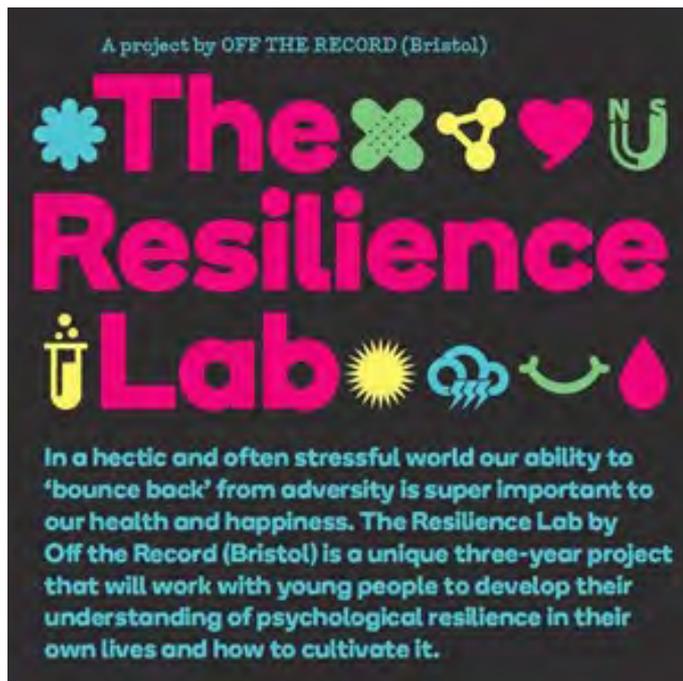
BDP also runs the M32 youth group for those affected by parental substance misuse. The group meets on a Monday evening and is split into two age groups five to ten and 11 to 16. The focus of the groups are to provide positive experiences, role modelling and to encourage fun in a safe environment. Those who wish to access the group can do so for up to 12 months.



Their workers are non-judgemental and highly skilled at engaging hard to reach and reluctant children and young people. They take telephone referrals and can discuss potential referrals over the phone. Their referrals come from a wide variety of sources including Early Help, education, youth services, parents and self-referrals.

For further information on the Youth Links Team please call **0117 987 6008** or email: Joanna.mallinson@bdp.org.uk and for the M32 groups please call **0117 987 6009** or email: Lynne.Jobbins@bdp.org.uk

Resilience Lab @ Off The Record



Come and join us for a series of **FREE** and most importantly **FUN** workshops to learn some new skills and ideas for how to cope with stress and deal with the challenges you face.

The Resilience Lab offers workshops to learn new skills and ideas for how to bounce back when under stress. Workshops are offered in-house at Off The Record (OTR) or can be arranged for groups of young people in schools, colleges and other youth settings.

When and where are the in-house sessions?

Wednesday nights 6.30-8pm 1-2 Perry Road, BS1 5BQ. Please check the website for an up-to-date schedule – www.otrbristol.org.uk

Who can come to the Lab?

Anyone living in Bristol aged 14-25 who wants to learn some new ideas for how to thrive despite the pressures they face in life. Come on your own or bring a friend along too!

Interested?

You can just show up, but spaces are limited. To book a space call our free phone number on **0808 808 9120** or contact Lin on: lin@otrbristol.org.uk

Want to join us as a peer facilitator?

Email Lin: lin@otrbristol.org.uk

Group Bookings?

Interested in booking a Resilience Lab session for a group of young people? Contact Charlotte on charlotte@otrbristol.org.uk for more details.

Golden Key – opening doors for a smooth transition



Citywide partnership Golden Key is working with 300 of Bristol's most vulnerable and chaotic people to find out what's preventing them moving on with their lives. The eight year, £10 million programme is funded by the Big Lottery Fund and led by mental health charity Second Step.

Part of Golden Key's work involves engaging with a group of 16-21 year olds who have experienced a mixture of homelessness, mental health problems, substance misuse and offending behaviour. These young people are informing Golden Key about the challenges involved in the move to adult services and what needs to change to make this transition smoother.

To ensure Golden Key changes things for good they have brought together a group of people, from across Bristol's services, who are experts at working with young people. The group meet each month to discuss what they have learnt from young people and what changes professionals and organisations need to make.

If you are a professional who would like to get involved in the programme's monthly transition working group, please contact the Golden Key team on **0117 909 6630**.

More information about the programme visit: www.goldenkeybristol.org.uk. Golden Key is also on Twitter with the handle @GoldKeyBristol.

A day in the life of...

Assisting young people transitioning into adult services

Jane Corney, shares her day with us

I am one of the senior practitioners working out of the Petherton Resource Centre which is home to a busy Assessment and Recovery Service. We cover the entirety of South Bristol, from Southville through to Hartcliffe and St Anne's. I am the first point of call for referrals coming from the Child and Adolescent Mental Health Services (CAMHS) in South Bristol to ourselves.

Firstly, I will have a phone conversation with the young person's key worker in CAMHS. We might discuss the young person's needs in relation to psychological support, medication review or ongoing social support to engage with housing, education or work. We may attend CAMHS team meetings and offer advice regarding alternative services and can work in conjunction with Off The Record to explore these options. Our youth transition workers - who are Off The Record employees but based in our Assessment and Recovery teams - play a valuable role in bridging these services.

If it looks likely that an Assessment and Recovery team would be best placed to meet that need then we call a care plan meeting with that young person and their carer and discuss how their care might be transferred to adult services. We work in

very different ways to CAMHS and we would explain those differences to the young person and their carers. We will focus most of our work out in the community, perhaps implementing exposure therapy for those suffering social anxiety or building a young person's confidence to get out and about by undertaking bus work or attending college.

We also work collaboratively and work towards recovery with each young person. Our aim is to increase a young person's independence and responsibility for their own recovery. Many young people who have come to the end of their time in CAMHS will have fully recovered or just want an opportunity for more independence. The service's input at that point may simply be to offer information on future sources of help available to young people and how to access these should the clinical need require it.

The South Bristol Assessment and Recovery Team is based at Petherton Resource Centre, Bristol, BS14 9BP. The centre can also be contacted on **01275 796285**.

Documents are available in other formats. If you would like this information in another language, Braille, audio tape, large print, easy English BSL video or CD Rom or plain text please contact: 0117 903 7937.

First Step feedback shows promising recovery rates

First Step, Bristol's NHS Primary Care Adult Eating Disorder Service, has reason to celebrate after receiving excellent feedback and demonstrating promising recovery rates.

The service provides assessment, Cognitive Behavioural Therapy, signposting and onwards referral for adults in Bristol with anorexia or bulimia type eating problems, via a single point of referral. Over 60% of referrals received are for people aged 18-25.

A recent satisfaction survey revealed that 98% of respondents were satisfied with the service from their therapist. One person described their experience of the service as: 'Helpful and non-judgemental' and said that they 'feel very lucky to have it available'. Early data also indicates that the service has an impressive recovery rate of 72.2%. When asked to report what had changed, patient comments included: "My self-belief. Realising that changing shape does not change who you are."

First Step can be contacted on **0117 414 6644** or at awp-tr.firststep@nhs.net.

Information, and simple referral forms for Bristol GPs are available through the NHS Bristol Referral Support Tool at http://www.clinician.bristol.nhs.uk/clinician_portal/referral_support_tool/first_step.aspx.

Community Access Support Service

New Emotional Wellbeing Fund - an opportunity for voluntary and community groups to deliver activities that support the emotional wellbeing of children, young people and families.

This is important because one in ten children aged five to 16 years have a diagnosable mental health problem.

This new opportunity which has been funded by Bristol City Council for one year will offer grants of up to £1,000 for activities and will be administered by Wellspring Healthy Living Centre building on the work earlier in 2016 around the Time to Change Champions Fund delivered by the Community Access Support Service team.

The intention is that this programme meets the needs of vulnerable groups and areas with identified poor mental health. The aim of the activities delivered by groups to children, young people and families will be to:

- raise awareness of feelings and the related impact on emotional wellbeing of oneself and others
- improve awareness and access to information, support and services
- promote resilience, prevention and early intervention to avoid problems in the first place and reduce the risk of escalation and crisis.

The programme will open in September 2016 – watch out for it on our website:

www.wellspringhealthylivingcentre.org

More news from Bristol City Council

Take a look at our other newsletters.

Children's Emotional, Health and Wellbeing Newsletter

For professionals working with children and young people, birth to 25.
www.bristolccg.nhs.uk/library/emotional-health-and-wellbeing-news

Early Help Newsletters

For practitioners, parents, children and young people, split into North, South and East/Central Bristol.

Findability News

For children and young people (birth to 25) with special educational needs or a disability and their families, and professionals.
www.findability.org.uk

Learning City

For anyone interested in keeping up to date with Learning City News.
www.bristollearningcity.com/contact/sign-up

News from the Hope

For professionals wanting information on the Hope School and issues for Children in Care.
www.bristol.gov.uk/schools-learning-early-years/resources-professionals/news-from-the-hope

Safeguarding in Education

For designated safeguarding leads in schools, including independents.
www.tradingwithschools.org

SENCO Newsletter

For Special Educational Needs and Disability Coordinators in schools.
www.tradingwithschools.org



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Bristol Clinical Commissioning Group