

Issue 18:  
June  
2023

# 'Kind Minds' Newsletter



**Children and young people's mental health and emotional wellbeing  
Staffordshire**

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please get in touch with ideas, contributions or to be added to the distribution list:



[louise.andrews-gee@staffordshire.gov.uk](mailto:louise.andrews-gee@staffordshire.gov.uk)

## Single Point of Access launched for Children and Young People in Staffordshire

  
Midlands Partnership University  
NHS Foundation Trust

The way children and families' services are accessed is being streamlined with the introduction of a new single telephone number and email address.

Services which are part of the single point of access are [CAMHS](#), [Health Visiting and School Nursing](#) and [Action for Children](#).

CaFSPA aims to simplify the way children, young people, their families or carers seek care, support and guidance while also streamlining how health and care professional, alongside others can make a referral.

CaFSPA will triage information provided to understand the needs of the child, young person, and their families.



**The CaFSPA can be accessed via:**

**Telephone:  
0808 178 0611**

**Email: [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)**

Please visit our website for more information:

 <https://www.mpft.nhs.uk/about-us/latest-news/children-and-families-single-point-access>



# Making a referral for children and young people's mental health and emotional wellbeing support in Staffordshire


Summer 2023



## North Staffordshire



- Child and adolescent mental health services are accessed via the **Single Point of Access (SPA)**, bringing together children and young people's mental health services including Action for Children.
- The **Crisis Care Centre** can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened by the CCC and passed over to the duty team for triage.

 Telephone: 0800 0 328 728


 Online referrals:  
<https://combinedwellbeing.org.uk/da-our-services/>




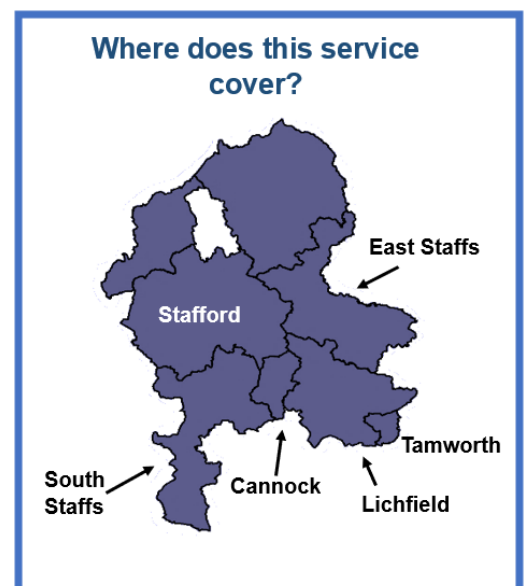
## South Staffordshire



- Child and adolescent mental health services are accessed via the **Children and Families Single Point of Access (CaFSPA)**, bringing together children and young people's mental health services including school nursing and Action for Children.
- The **CaFSPA** can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened and triaged by the CaFSPA.

 Telephone: 0808 178 0611

 Email referrals to: [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)



## UPDATE: Action for Children Staffordshire emotional health and wellbeing service

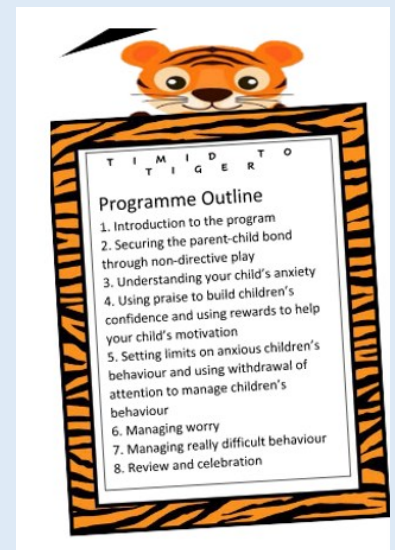
**When Action for Children's Emotional Health and Wellbeing Service receive a referral for an anxious young child, we are often asked by parents, "why are you offering sessions to me and not working directly with my child?"**

We know that children of younger ages can often struggle to transfer the knowledge they learn in one-to-one sessions into real life applications. Working through parents is an effective strategy, as parents are thought to be a vehicle for change and in the prime position to engage their children in the day-to-day application of the skills. This is because they are often present in the real-life anxiety-producing situations.

Therefore, by working through parents and helping parents to feel skilled and confident in managing their children's difficulties, young children are able to learn real-life applications of the skills and with the support of the parent continue to use these on an ongoing basis, which in turn produces longer term gains.

One example of this type of support is our Timid to Tiger programme. Timid to Tiger is an evidence-based manualised programme for the parents of children with anxiety. We deliver this in eight sessions of 90 minutes with the parents of primary-school-aged children.

**The goal of the Timid to Tiger programme is for parents to feel confident and have positive parenting strategies to help their child manage their anxiety.** It is effective for children presenting with separation anxiety, social anxiety, generalised anxiety, panic and specific phobias. Parents who have engaged in this support for their children have found it really helpful:



*"I wasn't very pleased initially, when they wanted me to do the course, and not work with my child. I didn't think it would work and really doubted it. The sessions from the start were so good, now I get it. You have all of these skills to use for every situation, and in eight weeks we changed things so much, not just for my child but for myself and our family"*

Parent feedback from Timid to Tiger programme

*"My son has only been going to school for an hour a day. Today he stayed all day - this is such an achievement"*

Parent feedback from Timid to Tiger programme



## Wellbeing Day

Our recent community Wellbeing Day at Chasewater Innovation Centre was a great success! Over 60 children and families attended and enjoyed a range of fun craft activities, building resources for their very own wellbeing toolkit.

Look out for our next event in the summer on our website or our Facebook page:

 <https://www.staffordshire-ewb.actionforchildren.org.uk/>


 <https://www.facebook.com/AFCStaffordshire/>

## Referrals and waiting times update

We continue to work hard to get support to children and young people as soon as possible. Our waiting times can differ depending on the young persons pathway. Wait times for a group workshop are minimal, enabling children and young people to receive support quickly.

Wait times for one-to-one sessions are longer, and we are working hard to reduce this. Whilst we understand that some children and young people prefer this type of support, we would encourage them to try a group workshop. This can be a great way to see that others have similar emotions and difficulties, and therefore reduce their feelings of isolation.


Our overall **average** wait times continue to improve, and in April 2023 were:

 Referral to assessment: 9.6 days

 Assessment to first intervention: 7.8 days

## Contact us

Remember to contact us, check progress of a referral or to get some information, advice and guidance:

 01782 977 877

 [StaffordshireEWB@actionforchildren.org.uk](mailto:StaffordshireEWB@actionforchildren.org.uk)

 <https://www.staffordshire-ewb.actionforchildren.org.uk/>




Mental Health Support Teams in Schools aim to deliver evidence-based interventions for mild to moderate mental health issues, and support schools to develop their whole school or college approach to mental health. The NHS, in partnership with Health Education England and the Department for Education are funding the roll out of MHSTs to between 1/5 and 1/4 of the country by the end of 2023.



We are in the process of developing a new MHST in the Lichfield locality, which will offer support to 16 schools across the district. This new MHST will start rolling out in September 2023, and we will see Trainee Education Mental Health Practitioners attending university training for the first year, and then embed into schools' full time.

Mental Health Support Teams will be accepting self-referrals over the summer break for children and young people at schools with a Mental Health Support Team.

For further information regarding Mental Health Support Teams in Schools in the South please contact:

 [MHSTCannock@mpft.nhs.uk](mailto:MHSTCannock@mpft.nhs.uk)

## SAMARITANS

### Online safety resource from Samaritans

Guidance on staying safe online, co-designed by young people with lived experience of self-harm and suicidal feels and experience of supporting others at risk.

The tragic case of Molly Russell, [who died by suicide](#) following repeated exposure to suicide-related content on social platform TikTok, is a reminder of how important online safety is for children. These [free resources from Samaritans](#) give professionals, families and children much-needed tips to help them stay safe.



Find tips, hints, advice and guidance about controlling what content you see online, tips on posting about suicide online safely, how to report worrying online content, supporting someone who might be struggling and more. Please visit:

 <https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/>





New Era is a holistic Domestic Abuse (DA) service operating across Staffordshire and Stoke-on-Trent.

Offering help to all those affected by domestic abuse in Staffordshire and Stoke-on-Trent, New Era provides free and confidential support for victims, perpetrators and their families.

New Era works with Children and Young People, aged four to 17 who have experienced or witnessed domestic abuse. The aim is to support children and young people to be:

- Safer and less fearful;
- Equipped to recognise and avoid risky behaviours;
- Confident and well-supported to positively move on from their experience.

We work together with children and young people, in their own time and in their own space, through one-to-ones, group work and sessions in schools and other safe locations. We also work alongside other children's agencies as part of wider multi-agency framework to deliver high-quality services for children and young people.




There are lots of ways children and young people can get support to cope and recover from the effects of domestic abuse and the team use a range of resources to help them build relationships, understand emotions, safety planning, build confidence and self-esteem and understand healthy and unhealthy relationships.

New Era also provides free interactive training to any professional working within Staffordshire and Stoke-on-Trent, to understand the effects of domestic abuse has on children and young people. This training is available to book through their page on Eventbrite, using the link here:

 <https://www.eventbrite.co.uk/o/new-era-ending-relationship-abuse-37251124253>

For more information about New Era services, please contact:

 0300 303 33778

 [new-era@victimsupport.org.uk](mailto:new-era@victimsupport.org.uk)

 <https://www.new-era.uk/>





## Resources to support children and young people through school transition


Moving from primary school to secondary school, or onto further education are existing times, but for many children and young people these transitions can be a daunting prospect.

We have rounded up some resources to help young people, parents / carers and schools to support the mental health and emotional wellbeing of children and young people as they start the next chapter of their lives:


### Primary Resources:


 **Anna Freud National Centre for Children and Families** Moving Up! An animation and teacher toolkit about the transition to secondary school. Access here: <https://mentallyhealthyschools.org.uk/resources/moving-up-the-transition-to-secondary-school/>


 **BBC** [BBC Teach](#) - transitioning to secondary school resources, with a campaign from BBC Bitesize and films plus inspirational examples from schools around the UK. Please visit: <https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>

 **HEALTH for TEENS** [Health for Teens](#) has advice and guidance for young people, parents and carers, have a look here: <https://www.healthforteens.co.uk/growing-up/starting-a-new-school/starting-a-new-school/>


### Secondary and FE Resources:

 **Anna Freud National Centre for Children and Families** Starting college or university: advice for autistic young people. Access this toolkit here: <https://mentallyhealthyschools.org.uk/resources/starting-college-or-university-advice-for-autistic-young-people/>


 **Anna Freud National Centre for Children and Families** Know before you go: guide to navigating university life. Access this toolkit here: <https://mentallyhealthyschools.org.uk/resources/know-before-you-go-guide-to-navigating-university-life/>

 **YOUNG MINDS** [Young Minds](#) - has resources, information and tools to support young people, teachers and parents with school transitions. Please visit: <https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>

### Staff Resources:

 **Anna Freud National Centre for Children and Families** Teacher resources for students transitioning to secondary school. Access here: <https://mentallyhealthyschools.org.uk/resources/teacher-resources-for-students-transitioning-to-secondary-school/>

### Parent / Carer Resources:

 **Health for Kids!** Health for Kids - has lots of information, advice and guidance about young children starting school, here: <https://www.healthforkids.co.uk/walsall/moving-on-supporting-children-through-school-transition/>





## End of term and summer resources - emotional health and wellbeing apps, resources and activities for children, young people and adults



We have rounded up some summer wellbeing activities for children, young people and adults to prepare for the end of term and to refer to over the summer break:



### SilverCloud (from Action for Children)

For children, young people, parents and professionals - sign up to interactive programmes to support mental health and wellbeing. Age 16+

<https://actionforchildren.silvercloudhealth.com/onboard/actionforchildren/>



### TellMi App

Children and young people can talk anonymously about difficult things with other people of a similar age and experience. All posts are moderated. Age 11-25

<https://www.tellmi.help/>



### The Sandbox

Online mental health support for children and young people in South Staffordshire. Self-help mental health resources, quick access to support and internet-delivered Cognitive Behaviour Therapy and more. Age 12+

<https://sandbox.mindler.co.uk/>



Anna Freud  
building the mental  
wellbeing of the  
next generation

### Self-Care Library

Online library of self-care strategies for young people to manage their wellbeing.

<https://www.annafreud.org/on-my-mind/self-care/>



Anna Freud  
building the mental  
wellbeing of the  
next generation

### My Self-Care Plan: Primary

Create a self-care plan with activities to support mental wellbeing, for ages 5-11.

<https://mentallyhealthyschools.org.uk/resources/my-self-care-plan-primary/>



### Every Mind Matters

A free tool, approved by the NHS, offers customised self-help suggestions following a brief quiz about your emotions and experiences.

The *Your Mind Plan* quiz is suitable for adults aged 18+ and is ideal for teachers, school staff, parents and carers.

<https://www.nhs.uk/every-mind-matters/>



Anna Freud  
building the mental  
wellbeing of the  
next generation

### My Self-Care Plan: Secondary

Create a self-care plan with activities to support mental wellbeing, for ages 11+.

<https://mentallyhealthyschools.org.uk/resources/my-self-care-plan-secondary/>



### Combined Wellbeing Portal

Information, advice, guidance and tools for young people, parents and carers and professionals. Includes referral and self-referral route for support in North Staffordshire.

<https://combinedwellbeing.org.uk/>



### Chat Health Text Messaging Service

Parents and carers text: 07520 615 722

Young people living in Staffordshire, text: 07520 615 721

[Families Health and Wellbeing 0-19 service :: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](https://www.mpu.ac.uk/health-wellbeing/families-health-wellbeing-0-19-service)





## Emotional health and wellbeing support for adults - including school staff, parents and carers.



### North Staffordshire Wellbeing College

The Wellbeing College offers a range of wellbeing focussed educational workshops that are free and open to anyone aged 18 or over, who reside in Stoke-on-Trent, Newcastle-under-Lyme and the Staffordshire Moorlands.

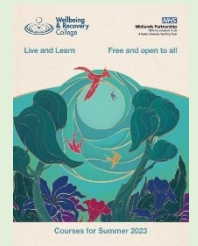
The Wellbeing College aims to provide learning opportunities for people who have and who continue to experience mental and physical health challenges, their family members, staff who support them and members of the public with an interest or involvement in mental and physical health.

To view the summer prospectus, visit:  
<https://www.combined.nhs.uk/wp-content/uploads/2023/04/Summer-Term-Wellbeing-College-prospectus.pdf>



The Wellbeing and Recovery College provides recovery-focussed education courses that are free and open to anyone aged 18 or over who live in Staffordshire, Shropshire, Telford & Wrekin and Stoke on Trent.

The Wellbeing and Recovery College aims to offer a balance of online, evening and in person courses, which focus on both mental and physical health and wellbeing and provide a safe space for shared learning.



To view the summer prospectus, or if you would like to contact the team or book onto any course, please visit:  
<https://recovery.mpft.nhs.uk/>



### Staffordshire and Stoke-on-Trent Wellbeing Service (IAPT)

We are a team of NHS professionals trained to specialise in offering effective, evidence-based treatments for a wide range of common problems that affect most of us at some point in our lives.

We specialise in all symptoms of anxiety, and low mood (depression), but we also deliver physical rehabilitation programmes for physical conditions, and help people to live better with long term physical conditions. We treat both emotional and physical symptoms together - because we all experience both in our lives.

We offer a range of effective therapies including Cognitive Behaviour Therapy, Interpersonal Therapy, Physical Rehabilitation Programmes, Counselling, Couples Therapy and guided self-help.

**This service is available to adults (over 18) who live in Staffordshire or Stoke-on-Trent or who are registered with a Staffordshire or Stoke-on-Trent GP.**

We cover the whole of Staffordshire and have NHS clinics in each area. Visit our [SELF REFERRAL](#) page to find out which of our teams serve your GP practice. You can self-refer by simply phoning us, or by completing our secure online form, and we will contact you by phone to confirm your appointment. We aim to offer you an appointment within two weeks.

For more information or to self-refer please visit: <https://www.staffsandstokewellbeing.nhs.uk/>



## Staffordshire Libraries Summer Reading Challenge

We're teaming up with children's charity, the Youth Sport Trust, for **'Ready, Set, Read!'**, a Summer Reading Challenge focused on reading, sport and play.

Delivered in partnership with national children's charity the Youth Sport Trust and public libraries, this year's Summer Reading Challenge aims to keep children's minds and bodies active over the summer break, empowering young people to forge new connections with others and unleash the power of play, sport and physical activity through reading.



Children are challenged to get reading over the summer holidays from 8<sup>th</sup> July to the 11<sup>th</sup> September. Through taking part in the free Challenge, children will be able to join a superstar team and their marvellous mascots as they navigate a fictional summer obstacle course brought to life with illustrations by children's illustrator Loretta Schauer, rewarded by free incentives including stickers.

The Summer Reading Challenge shines a light on the power of public libraries as a hub for local communities and will bring together the benefits of sport, play and creativity. The Youth Sport Trust has developed fun family activity cards, which alongside the official 2023 Summer Reading Challenge book collection, will aim to keep imaginations moving over the school holiday.

The Summer Reading Challenge has been running since 1999 and helps to prevent the summer reading 'dip' that many young people experience during their summer holidays while schools are closed. With the help of local libraries, the Summer Reading Challenge is accessible to all and provides a fun, free activity for children. In 2022, the Summer Reading Challenge reached 723,184 children and families across the UK, with 608,015 children taking part through their local library service, a 31% increase compared to 2021. The Challenge also drove 132,223 new children's library memberships which is 40% higher than the 2019 pre-pandemic total.

Find out more here: <https://summerreadingchallenge.org.uk/>

## Reading Well for Teens



A new [Reading Well for Teens](#) collection has been launched in public libraries across Staffordshire. The scheme - run by national charity The Reading Agency - will support the mental health and wellbeing of teenagers, providing information, advice and support to help them better understand their feelings, handle difficult experiences and boost their confidence in a post-pandemic context.

Reading Well will add value to existing services by supporting early intervention support through books aimed at helping teens to understand and manage their health and wellbeing at a time of huge post-pandemic need.

At the beginning of 2022, more than 400,000 children and young people were being treated or waiting to be treated for mental health problems in England - the highest number on record.



Reading Well can help: it can either be used independently or recommended by a professional. 89% of health professionals surveyed said the books helped support people outside of consultation time.

91% of previous Reading Well users found their book helpful or very helpful, with 83% saying their book helped them to understand more about their health needs, and 71% that their book supported them in coping better with health needs.

This collection of books has been chosen and endorsed by leading health professionals and co-produced with teenagers (aged 13-19). This process means that Reading Well lists are not just expert-endorsed but also speak authentically to the needs and interests of users: 100% of young people surveyed said they would recommend their Reading Well book to a friend.



The list features 27 books and a range of supporting digital resources covering topics including wellbeing, anxiety, depression, body image, neurodiversity, bereavement, life experiences, sexuality and gender identity. Books can be requested at any Staffordshire Public Library.

Find out more here [Teens | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#) and reserve your copy here [Staffordshire library catalogue \(sirsidynix.net.uk\)](#)



## June is Pride Month!



**June is Pride Month - a month dedicated to celebrating LGBTQI+ communities around the world.**

LGBTQI+ school pupils are twice as likely to have been bullied and 91% have heard negative language about being LGBTQI+ in the past year, a recent report by charity Just Like Us has found.

This Pride Month, take time to celebrate diversity in our school and college communities, learn about different identities, learn about LGBTQI+ history and build an inclusive school or college environment where everyone is able to be their authentic selves.

**We've collected some information and resources to help celebrate Pride Month 2023:**



[LGBT+ History Month](#) has a wide selection of general resources for use in schools and at home, including a new downloadable pride flag, classroom resources, presentations and resources for parents and pupils.



[BBC Teach](#) has a wide range of resources around LGBT+ history to help support teaching in the classroom.



[Mentally Healthy Schools](#) has a LGBTQI+ history lesson pack for children aged 4-7.





[Mentally Healthy Schools](#) has resources to deliver a sexual orientation and gender identity workshop for secondary school pupils.



[Mentally Healthy Schools](#) have produced a good practice guide for those working with trans and non-binary young people.



[Mentally Healthy Schools](#) have produced 10 top tips for creating an LGBTQI+ inclusive school environment.

### Useful reading:



The charity [Just Like Us](#) have produced a report, *Growing up LGBT+*, which found that pupils whose schools had positive messaging about being LGBTSQ+ was linked to improved mental health and emotional wellbeing for all pupils, regardless of whether they are LGBTQI+ or not.

Find out more and read this report here: <https://www.justlikeus.org/blog/2021/11/25/research-report-growing-up-lgbt-bullying/>



## Training and Learning Opportunities



### Exercise and mental health



OpenLearn

Every year thousands of pounds are spent on medications to treat conditions such as anxiety and depression. This free course, *exercise and mental health*, will look at the links between exercise and improved mental health and psychological wellbeing. This includes consideration of the role of exercise in combating stress, anxiety and depression, and in enhancing mood.

This course is delivered online, is free and takes about two hours of study time to complete. It is at Level 2: Intermediate. Upon completion, you will receive a statement of participation.

Find out more and join this course here: <https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0?active-tab=description-tab>

### Challenging ideas in mental health



OpenLearn

Take a new and different look at mental health. This free course, *challenging ideas in mental health*, invites you to think differently about life's dilemmas by taking account of the views of all concerned, especially people experiencing mental distress. It explores ideas and practice in mental health and will appeal to a wide range of people.

This course is free, takes about 8 hours of study time to complete and is at Level 2: Intermediate. Upon completion, you will receive a free statement of participation.



Find out more and join this course here: <https://www.open.edu/openlearn/health-sports-psychology/health/challenging-ideas-mental-health/content-section-0?active-tab=description-tab>



### Youth Mental Health: Supporting Young People Using a Trauma-Informed Practice

This course will teach you different ways you can support young people who have experienced trauma, focussing on using a Trauma-Informed Practice. You'll start by examining Adverse Childhood Experiences - a widely used term in children's mental health and education. You will also evaluate the role of physical health and the ways you can support young people in maintaining their emotional wellbeing when faced with stress or trauma.

This course is free and takes about 2 hours of study time to complete. Upon completion, you may receive a digital certificate of completion when eligible.

Find out more and join this course here: <https://www.futurelearn.com/courses/pep-talk-supporting-young-people-mental-health>

### Evidence Library



### "Our best mental health tips - back by evidence"

This free downloadable guide provides you with the best tips on how to look after your mental health - backed by research.

The guide looks at what works to protect your mental health and prevent problems. Protecting mental health is easier than you might think. We can all do it every day, with simple activities that help us feel OK, we are better able to cope with life.

Read more and download this free guide here: <https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips>

### Dates for your diary - mental health and wellbeing celebration days



<b>June</b>	June 2023	Students preparing for school, college or university (dealing with change)
	June 2023	June is Pride Month
	June 2023	Loneliness Awareness Week
<b>July</b>	30 July 2023	International Day of Friendship
<b>September</b>	10 September 2023	World Suicide Prevention Day
<b>October</b>	October 2023	Black History Month
	10 October 2023	World Mental Health Day



**Feeling Confused? Below is a summary of who can access which service (of those featured above):**

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / Cre Experienced within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth).  Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
North Staffordshire CAMHS (NSCHT)	Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme)  Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
Mental Health Support Teams in Schools	C&YP with mild to moderate difficulties, focussing particularly on low mood, anxiety and behavioural difficulties. C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, Stafford, Cannock Chase, Tamworth, <i>Lichfield coming soon.</i> <b>*participating schools only</b>
New Era Domestic Abuse Service	Holistic Domestic Abuse service operating across Staffordshire and Stoke-on-Trent. Support for anyone who has been or is at risk of being a victim of domestic abuse, including young people (aged 4-17) in abuse relationships or those who have witnessed abuse. Telephone or online referrals and self-referrals via website.
North Staffordshire Wellbeing College	For adults aged over 18 residing in Newcastle-under-Lyme, Staffordshire Moorlands and Stoke-on-Trent.
Wellbeing and Recovery College	For adults aged over 18 residing in Staffordshire, Shropshire, Telford & Wrekin and Stoke-on-Trent.
Staffordshire and Stoke-on-Trent Wellbeing Service (IAPT)	For adults aged over 18 residing in Staffordshire or Stoke on Trent, or who are registered with a Staffordshire or Stoke-on-Trent GP.

Thank you to our partners:

