

# Transformation Newsletter

The Surrey Children and Young People's Mental Health Whole System transformation plan was created through consultation with children, young people and families to find out what they have to say about current provision and what they felt was needed.

This document, the Transformation Plan is a brief summary of the work undertaken from 2016 to present time and emphasises on the direct impact the new initiatives have **on the children and young people as well as the people around them.**

The Rights and Participation team for CAMHS and SEND along with the CAMHS Youth Advisors have written this report to reflect on the amazing work being done by the transformation plan throughout Surrey. With focus on service user experience, this plan demonstrates the impact these services are making.

Inside are updates from:  
Kane FM  
Music to my ears  
Eating disorders service  
RAP Team  
The Fountain Centre  
Disability Challengers  
Find Your Flow  
And many, many more!!!!



# The Rights and Participation Team for CAMHS and SEND

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The RAP team have been working with children and young people who access emotional health and wellbeing services for **10 years**. We have successfully developed and delivered many service user led projects across Surrey using service user perspective and engagement; by sharing experience, inspiring others and using interactive exercises.

We have a **network of over 400** young people county wide who access both CAMHS and SEND services called CYA (CAMHS Youth Advisors) and SYAS (SEND Youth Advisors Surrey).

The transformation plan funds elements of the teams' activity and core function with a particular focus on RAISE (Raising Awareness In Schools Through Experiences) and SSHAW (Safeguarding And Self-Harm Awareness Workshops). This enables us to work closely with children and young people county wide to help raise awareness of emotional health and reduce the stigma, as well as train young people to present and facilitate sessions with professionals across Surrey

The team works alongside colleagues from Surrey County Council and SAPP and this includes:

'Our perspective' a one and half day training course for all professionals within the CYP services

"Recruit crew", where young people sit on interview panels and have a say along with professionals

"Our Voice," is a magazine that young people in Surrey can contribute to. This magazine is placed in CAMHS waiting rooms alongside other editions of Our Voice:

- ↳ Our Voice Road through CAMHS under 12
- ↳ Our Voice Road through CAMHS
- ↳ Our Voice in Schools
- ↳ Our Voice in Schools Junior
- ↳ Our Voice for Teachers
- ↳ Our Voice for Parents and Carers
- ↳ Our Voice Moving Forward
- ↳ Our Voice in SEND
- ↳ Our Voice, Our Future



We also have 4 Senior assistants within the team that work in the 4 CYP Havens across surrey.

As well as running countywide consultation groups for young people to feed back into the service, RAP offers training programs to help build confidence and gain skills such as public speaking and working well in a team. Most of all these offerings are a great opportunity to make friends!

## The Big Chat



In January 2018, over 60 professionals with experience of working with children and young people attended 'The Big Chat'; a workshop organised by Surrey Youth Focus and Healthwatch to discuss how young people could be better supported and empowered to cultivate their mental health and emotional wellbeing. The focus was very much on promoting and maintaining wellbeing for young people who are thriving/coping/struggling rather than the treatment of unwell young people.

How can we reverse the trend from struggling and unwell towards enabling the large majority of young people to thrive?



Representatives attended from organisations including Surrey and Borders NHS Partnership, Surrey County Council, Districts and Boroughs, Surrey Police, University of Surrey, Clinical Commissioning Groups, local schools and colleges and third sector organisations. The discussions from The Big Chat have been collated to inform this summary report with key themes that include the following:

- The issues that cause mental ill-health are many and varied; services have no bearing on much of what goes on in young people's lives. We need deep insights into young people's lives to understand all of the contributory factors which help/hinder their mental wellbeing. The current methods of questionnaires and focus groups, often about services, are not getting to the heart of the matter. We need new routes to finding out about young people, possibly through ethnographic research.
- We need to enable young people to lead and co-lead to support each other and to achieve the cultural change required to address mental health issues.
- We need to systematically address contributory social factors that undermine wellbeing. e.g. bullying, body image, poor use of social media, unhelpful educational pressure, etc.



*"Finding the Kane Youth Project has been an absolute blessing for us. Even when he has given up all other activities due to nerves/anxieties etc. he has continued attending Kane. It is genuinely the only thing that structures his week and helps him feel a degree of self-value and 'normality'."*

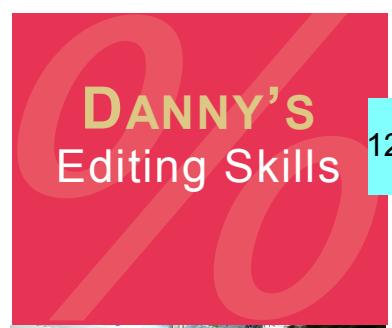
*"It has opened up his life and it is fantastic and exciting for the family to see him enjoy himself. He is really looking forward to the next stage!"*

*"The radio station is the perfect place for anyone who has interest in presenting or working backstage to make sure the show runs smoothly. The station is completely functional for people who have special educational needs and disabilities."*

*The course is very flexible and works around the young people to make sure they can reach their full potential all of the time. The radio shows provide great opportunities for young people to boost their confidence and improve many other skills.*

*"A break from the reality of my condition"  
"Kane is a very important part of my life it helps build confidence and gives me a purpose"*

*Kane FM makes sure every aspect of support is in place to suit the needs of all the young people, one of these include a therapy dog. In conclusion, Kane FM is a brilliant opportunity for young people who have SEND needs to develop and learn new skills, while being given responsibility and a chance to work towards an arts award*



Nearly all work is carried out on a one-to-one basis in different settings within the Student Union and the radio facilities. This exposes young people to a variety of situations to increase their social skills and overcome some anxieties.

*"I truly believe that the help and support from the team at the CYP Haven can offer the potential to make a big impact on someone's life and can even be life changing."*

## Children and Young People's Haven.

Guildford CYP Haven opened on 17<sup>th</sup> May 2018. Since that date, we have welcomed over 320 young people into the Discovery Centre during the 3 sessions we are open, each week, Over a third of the young people reported that if the Haven was not available, they would have visited A & E.

Guildford CYP Haven facilitates a workshop every Sunday, covering various topics relating to mental health and wellbeing. These include anxiety management, self-esteem, stress and resilience and positive alternatives to self-harming behaviour and emotional regulation.

This Service has attracted national interest and has featured on BBC News and Radio 4. Following the success of the Guildford CYP Haven, we opened a CYP Haven in Epsom in March 2018 and have already had over 130 young people visit for support. A CYP Haven in Staines was opened in May and is proving to be popular. Subsequently a fourth Haven is now open in Redhill!

Positive feedback was provided by people visiting the Haven. 100% of young people reported they were given information about their care in a way they felt able to understand.



*"The team at CYP Haven are very supportive and I feel I can talk to them about anything without the worry of being judged. It is a quiet place where you can clear your head and think about everything that is going on."*

*"When I first went to the Haven, I was terrified. I stood outside for ages on the phone to my friend who was trying to convince me to ring the doorbell. Eventually I did, and speaking to the workers was the first time I'd felt properly listened to in a very long time. There was no pressure or expectation, and I could talk about things at my own pace. It was so helpful to be able to just drop in, and the fact that there's no waiting list and you don't have to wait until your next appointment is a lifesaver. The thought of going to the Haven may seem intimidating and scary, but when you're there it feels really safe, secure, and I'd definitely recommend going if you need to."*

"I just want to say thank you so much for everything you have done for my son the difference from three months ago is amazing and a lot was down to your input. If there is anything we can do i.e. references for your service to other parents etc. please feel free to let me know".

"I couldn't have been more impressed with how comprehensive the information for parents was - no questions left unanswered .....



"I was able to get the support that I need to help cope with things that I was struggling with. I learnt how to deal with how I felt and any thoughts and fears that I had and how to distract myself.'  
'I felt validated. I felt like it was okay to have my problems.'



Service User

"Everyone let me have so many chances because they believed in me and offered every bit of support to keep me out of hospital as they knew that wasn't the best place for me. I was lucky to have a great key worker and she really helped with meal supports.'

'I felt like I could tell my keyworker everything and she played a massive part in allowing me to be healthy again.'

# Music to My Ears

The Catch22 Music to My Ears (MTME) project was designed to work with hard to engage young people aged 11-18 who are involved with or at risk of being involved in the criminal justice system, providing them with emotional wellbeing support through the use of music and music production. Both one-to-one interventions and group work were provided in a variety of settings including home visits, youth centres, schools, colleges and art centres. The project uses music production as means of developing young people's confidence, emotional wellbeing, resilience, skills and aspirations as well as support to access further opportunities and services.

Hi, Just to say a massive thank you XXXX had a brilliant time and was really sad when it ended. He is still talking about it. It not only kept him occupied but I think he really benefited from the social interaction and the creative and supportive atmosphere. Congrats on a great project. If there is anything else similar that you think might be suitable for him please could you let us know especially as he is not currently attending school. Thanks so much Best wishes".

"Music to my ears showed me I can do more than I thought I could. I have learnt things about myself I never knew and I feel proud of what I have achieved. The music skills I have learnt have given me the confidence to meet new people and now I have new friends and music is my full time hobby."

"Music to my ears got me into college, I have friends now and we all love music; I didn't used to leave my room. "

# catch 22



## Eating Disorders Team

Referrals to the Eating Disorder Service has been made easier than ever before. Young people or their carers can self-refer and if an eating disorder is suspected, then an appointment will be given within 5-15 calendar days. Treatment will start immediately after you have been assessed. There are no waiting times.

The service has also developed a really successful Enhanced Pathway specifically aimed at young people who might otherwise need to go into hospital. This has been proven to prevent admissions and to shorten those that have to happen. A continued focus on shortening admissions further is in the pipeline. This means that more young people can be treated in the community and stay with their families who are helped to support them in their recovery.

'Prompt assessment and start to care. Excellent therapist. Saw the whole family situation as well as the eating disorder.'

"We have received exemplary care from the Young Person's Eating Disorder Clinic at Willow. The standard of care and support has far exceeded our expectations of NHS services. Without their involvement over the past few months we would not have coped and our daughter would definitely not have improved. We are so truly grateful. Thank you.'



# Find your flow

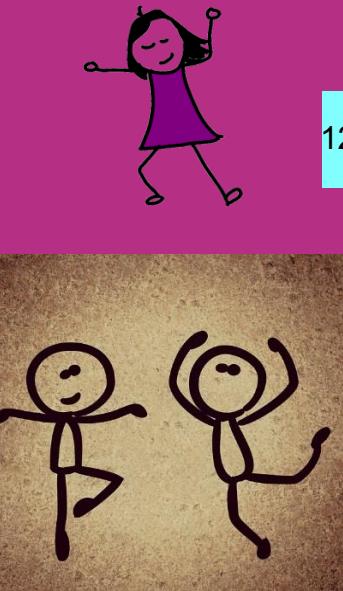
Is a creative session for young people who are experiencing anxiety & stress, led by Ruth Wheeler & Rachel Deadman. The class combines dance, yoga & art practices as a means for the participants to develop coping skills to reduce their anxiety.

They successfully piloted this project over 6 weekly sessions April – May 2018 with 13 amazing young girls - thanks to funding from the CAMHS transformational fund & support from Surrey County Council's Surrey Arts Team.

As a direct result of participants asking for the course to continue, they are rolling out the programme for another 6-weeks in June & July (funded by parents of girls attending).

## Rachel Deadman – dance tutor

*"there really has been much laughter and joy in the sessions and seeing the difference in how they were in that first session to how they are now really is encouraging; what they have shown me is that they are all very capable of stepping outside of their comfort zones to engage in mindful practices & be present in their bodies"*



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*"My daughter has been buzzing at the end of each session, wanting to tell me about what she did."*

*"Thank you for all your help and guidance over the last 5 weeks. Every Tuesday my daughter comes out full of confidence & smiles."*



We have had 3 meetings so far and 17 core members, 5 members are interested in training to take on leadership of the group. We recently had an excellent presentation from the CYA RAP

**The Bus Shelter SNIPPETS:** A 12-week SNIPPET programme run from the Eikon detached work bus on wellbeing, it will give new and longer-term attendees a chance to have a brief focus on a subject linked to their long -term wellbeing. SNIPPETS are short, easy to deliver and are great starting points for conversation.



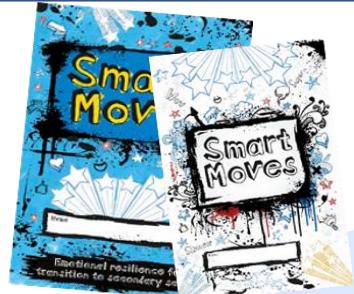
**Eikon Empowering Families** – we learnt from parents and carers with children and young people with mental health issues or that overwhelmingly they were feeling disempowered & confused. We set up group in collaboration with parents and carers to support them to get what they need in this key area.



*We put a big copy of the decision making flow chart on the wall and it is now used for all sorts of different decisions – it really seems to help them think things through and keep calm in situations.*  
*Upper School Leader and Head of PSHE, Cordwalles School*

**Smart Moves-** Is an evidence based programme upskilling teachers and staff to build resilience in students. The programme was well received with a strong uptake and positive response from schools. Four other counties and one charity in South Africa have expressed an interest in the programme. The current roll out is to around 80% of secondary schools and 60% of primary schools in Surrey. Second year of funding has been secured and roll out to schools for this year is under way hitting 70% of secondary schools. Year 3 resources developed and sent to schools

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Smart Moves helped me deal with my fear – so for me that was i don't want to die in a tsunami or earth quake and I figured out they don't happen.  
*Year 6 student*

# HOPE

The HOPE Service is a multi-agency service for young people aged 11-18 who are experiencing complex mental health, emotional, social and behavioural needs which could cause a placement breakdown or may require a Tier 4 hospital admission. At HOPE there is a dedicated team of social workers, nurses, teachers, psychologists, art/drama therapists, psychiatrists, a systemic family worker and activity workers. The service is provided on a short term basis usually for 6-12 months, referrals to our service are made via a CAMHS Consultant or a Social Worker.

HOPE this year has offered training to mainstream schools and Surrey's Children's Homes around mental health including self-harm, trauma and other topics.

All HOPE staff are now trained in Dialectical Behaviour Therapy and skills groups using this approach are offered in both day programmes. Staff are due to undertake Non-Violent Resistance training and this will offer another approach for working with children and their families open to the Hope Service. Parent and Carer groups are held weekly at Epsom and Guildford and this has been opened out to include parents of children open to social care and CAMHS Community Teams.

The HOPE Service is based on 3 sites in Surrey, 2 in Guildford and one in Epsom. Our remit at HOPE is to prevent or shorten Tier 4 inpatient hospital admissions for young people with mental health difficulties. It is also to prevent out of county fostering, community home or residential school placements for young people and prevent family breakdown, where a young person is likely to be placed out of county. The HOPE Service also work with young people in the community and/or through the provision of an individualised day programme to meet their specific therapeutic, educational and social needs. We also support young people to access employment, education or training on exit from Hope.



HOPE works with approximately 60 young people at any time with around 30% of the children in the Day Programme being Looked After Children. In May 2018 the Day Programme which, delivers education, therapeutic interventions and activities was inspected by Ofsted and rated as Outstanding in all areas which is an amazing achievement for the service.

Whilst, the HOPE Service was awarded the Care Excellence Award at the beginning of 2017, the Extended HOPE Service was also the winner of the Crisis Services Award at the National Children and Young People Mental Health Awards in the same year. Additionally, the HOPE service <http://www.hopeservice.org.uk/> also received very positive feedback and was rated 'OUTSTANDING' by Ofsted in 2018.

## Extended HOPE

Mental health and emotional crisis out of hours support for Surrey young people aged 11-17

- 2 bedded children's home for young people to stay up to 7 – 10 days
- Access to mental health assessment and support in the evenings

The service aims include; prevention of A&E attendance and paediatric ward stays, placement breakdown and out of county placements, police detention and psychiatric admission

There were 1431 contacts to the service out of hours, leading to 172 face to face visits, supporting 293 different young people and families. Contact with the out of hours mental health crisis service offering support and risk management prevented A&E presentations, prolonged paediatric ward stays, police detention, placement breakdowns, out of county placements and consideration for hospital admission.



Extended HOPE have been part of the promotional film involving the whole of the HOPE Service which is now in the editing stages. We have shared learning with other authorities and partners giving an overview of Extended HOPE, our innovative service. Feedback from young people, partners, parents and carers continues to be positive.

Extended HOPE continues to welcome shared learning with partners and insight to Surrey professionals by offering shadowing experiences.

This past year: 80 young people used the respite beds. Admissions to Hope House prevented 20 prolonged paediatric ward stays / repeated A&E attendance, consideration for 36 psychiatric admissions, 17 placement breakdowns, 7 out of county placements at the point of admission.

# Everybody's Business

Ten two-day courses of this multi-agency/multi-disciplinary training were held in 2017, attended by a total of 154 practitioners, aimed at Universal staff working in a range of settings including early years, social care, schools, health, police, youth justice, district/borough councils and the Voluntary, Community & Faith sector. Everybody's Business helps to equip staff to recognise emerging mental illness and emotional distress in children and young people, and to develop confidence in knowing how and when to support directly, and when and how to appropriately refer to more specialist services.

90% said they were now able to ascertain how they could respond to a child's mental health difficulties in their role, such as by completing a risk and resilience factor assessment, and through introducing resilience plans into placement plans for young people: 'Three strategies: fun, friendship, praise are great to implement together as I have always used one - "praise". I can incorporate the other two now.'

'I feel more confident in my ability to work with children and also more confident in recognising when referral is appropriate.' This included not only strategies for intervention to help the child, but ways in which practitioners could better look after their own mental health whilst working intensively with high-need families: 'The training helps practitioners learn about resilience so I can begin to build my own and consider how we can support our pupils/schools/families.'



We receive on average 20 referrals per month for support which has increased as more professionals and patients have found out about this service



This year, following an additional grant from the CCG we have introduced monthly bereavement groups and have developed a short film introducing a child that has been using the service and how the Fountain centre has supported him.

By the end of the course, 94% knew how to access appropriate services, including understanding available services

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Following the 2017 training, 98% of the 154 professionals who attended the course felt confident about identifying factors that contribute to good mental health in children and young people, and of knowing 'that it's better to offer support rather than fear I am going to do more harm. I will step forward, not step back.'

## The Fountain Centre

Providing support to children who have a parent or close family member diagnosed with cancer. Unlike any other cancer support service, we can support the child from the time of diagnosis, through treatment and beyond, including a new bereavement support service.

We continue to provide:

rapid response service to the wards and outpatients

1:1 counselling for children

Schools education and group support service

*"Knowing that this service is there for parents in a time of distress is very comforting for me as their nurse. I have someone I can turn to and this takes the stress off me". Oncology clinical nurse specialist (CNS), St Luke's Cancer Centre.*

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*"Soon after I was diagnosed my 10 year old daughter started struggling emotionally. Julie helped her immensely and made her realise that how she was feeling was completely normal and gave her a couple of coping strategies to try. Knowing that my daughter had someone to talk to other than family was just what she needed at this difficult time". A parent with a cancer diagnosis*

# Heathside School

The funding received from the CAMHS Transformation board for 2016-2018 has been used to successfully establish an Art Psychotherapy service within Heathside Secondary School. Its main focus has been on both transition and inclusion of Key Stage 3 (KS3) students. The intervention has consisted of 4 short term, 2 long term groups and bi-weekly 1:1 sessions for KS3 students. By July 2018, 105 therapy sessions will have been delivered and a total number of 26 Young people will have participated.



*The commissioned service will offer support through direct intervention and embed a 'positive behaviour approach'.*

The final report and evaluation is currently being drafted however as seen from evidence collated from RCADS (Revised Children's Anxiety and Depression Scale) so far the service has had a positive impact on the Young people involved in the scheme.

*"Helped me by opening up to people about my worries and problems."*

*"It gave me something to look forward to."*



*"I have less anxiety spikes, it is less severe."*

*"It made me more confident."*

## Childrens Crisis Intensive Support Service

The Children's Intensive Support Service is a multi-disciplinary, integrated county wide service for Children aged 4-18 with challenging behaviour as a result of Learning Disability and/or Autism. The fundamental aim is to maintain the Child in their home, or local community provision and sustain a beneficial network of support including school, short breaks and leisure while increasing emotional health and wellbeing.



*CCISS will provide intensive community support and interventions to support children in crisis to remain with their family or placement within their local community preventing the need to be placed out of county.*

*CCISS Team provides support out of hours for children, their families and carers in crisis. The service consists of an Assessment and Support Service which will work on an outreach basis with children out of hours, enabling assessment and interventions with children and providing support to their parents and/or carers. The service will work with children in their homes and in the community when and where appropriate and safe to do so. Initial visits to homes will be with 2 members of staff, follow up visits may be with 1 member of staff following risk assessment.*

# Parent and Infant Mental Health

Last year we worked with over 1200 babies and their parents who, for a variety of reasons, are struggling to form positive relationships with one another. We do this through therapeutic baby massage group's and one to one work. Two staff have recently had training in Video Interactive Guidance which uses visual feedback to encourage parents. Parents have told us they find it very helpful.

We are delighted that in October a new specialist perinatal mental health service for parents with mental health challenges during the perinatal period will be launched across Surrey. This is really good news for the families in Surrey. Early intervention is the key.

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## Out of County post for Looked After Children

The CAMHS Children in Care Team's Out of County practitioner role has been put in place to support a very vulnerable group of Surrey children in care – those placed in foster care or residential care outside of Surrey. Social workers for children placed out of county, who may be very many miles away, have previously found it very difficult to source

access and select appropriate therapy and mental health services for them. The aim of the post is to make this process far easier, by having a CAMHS practitioner liaise with community CAMHS teams and private providers in the area where the child is placed and to help with the funding process.

It also means that a Surrey mental health practitioner is able to have oversight of the work with the child. This ensures that, although the child is living away from Surrey, they are getting a service that is as good as they would living in their home local authority.

The post has been in place since October 2017 and there are currently around 20 children who we have supported in accessing therapeutic and mental health support.'

Along with providing individually tailored assessment and intervention for these children and young people, the role is working closely with the Looked After Children's nurses,



we are planning to provide group work at the YMCA pilot project in Guildford as a route to early identification of their psychological and emotional needs and overall review of physical health needs.

## Unaccompanied Asylum Seeking Children

UASC CAMHS Care Leavers Article - June 2018

Since November 2017 a newly funded, 2 year, Specialist Mental Health Practitioner post has been embedded into SABP CAMHS Specialist Services to provide assessment and intervention for the specific emotional, psychological and mental health needs of Surrey Unaccompanied Asylum Seeking Children (UASC) and UASC Care Leavers. This role straddles both the CAMHS Care Leavers Service and 3C's the Looked After Children, CAMHS Service.

These children and young people have experienced compounded and multiple trauma and losses, surrounding reasons for leaving their homes, communities, friends and families, and surviving their journey to the UK. As a result, many are now struggling to cope with the overwhelming impact of trauma and loss on their physiological, psychological and emotional health. Having witnessed and been on the receiving end of the horrors of war, death, torture, persecution, starvation and exploitation.

Since the inception of this post, we have seen a steady increase in referrals to the service from Social Workers, Personal Advisors, GP's and Support Workers concerned about these children and young people's emotional and psychological wellbeing. With reports after intervention that sleeping patterns have returned, feeling "relieved" after sessions and being able to cope a little better with their intrusive traumatic memories and overwhelming feelings surrounding their multiple traumatic experiences and losses.

# The key Adult Programme

12 The Key Adult Programme (KAP) aims to promote the inclusion of children with social, emotional and mental health needs thought to be associated with developmental trauma and attachment. It offers key adults working with vulnerable children an opportunity to deepen their understanding of developmental trauma, build empathy and curiosity, and extend their relational and practical skills in providing effective support. It also provides a safe reflective space for key adults to explore how their own story influences their responses to children and to develop their own coping strategies and resilience during what is often intensive work.

## Progress to date:

The KAP has focused on adults working with children in key stage 1 and 2. 27 key adults attended the training day on 20<sup>th</sup> April 2018 and participated in supervision groups in May and June. Feedback on the programme has been hugely positive. In particular, key adults have referred to the significant impact of increasing empathy and curiosity within daily interactions with vulnerable children with positive impact on children's engagement and wellbeing and on their own confidence and resilience.

## Future directions:

Following the positive response to the KAP, Surrey Educational Psychology Service plan to extend the KAP to those working in secondary schools and offer a programme for school leadership teams and for teachers in understanding developmental trauma and building trauma-informed schools

*"It has given me the confidence to be able to join the child. I can feel their feelings with them and not have to fix the problem." Jane*

*"It's changed the way I speak to the children as I know the importance of listening to children's perspectives"*  
*Sarah*



*"It gave me a better understanding of developmental trauma and I'm more confident about understanding my relationship with a child. It's not all about do do do.. it's about developing the connection." Christa*

*"Challengers is an amazing organisation. We would not have survived our struggle with various organisations without you. You even sent a rep to our sons EHPC review. I cannot thank everyone involved enough for being there for my child."*

# Disability Challengers

Challengers Is a brilliant service that provide play and leisure opportunities for children and young people no matter their needs or disabilities. Challengers provide a range of different schemes from pre-school to young adults. Challengers is a great opportunity for children and young people to meet and make new friends whilst also being able to develop and learn new skills. Leisure activities are a regular occurrence and gives children and young people the chance to try out activities that may be new to them or were unable to access in the past due to disabilities. Challengers does not turn anyone away regardless of their disability or background, they also provide one to one sessions with children and young people. In conclusion challengers is a great service that provides children and young people brilliant opportunities to develop and learn new skills whilst also being able to take part in great leisure activities where they can meet new people and enjoy themselves no matter their disability or background.



*"I have finally found a nice group of people for my son to be himself with his special needs and I know he's completely safe and he can enjoy himself with other young people that have either the same or different needs to my son I just wish that I had discovered challengers earlier."*

*"The staff levels were high the kids all looked like they had an adults attention. They all seemed to be enjoying themselves and engaged in something. There were plenty of different areas and activities the children could engage in."*

*"My daughter absolutely loves Challengers, she always looks forward to going. She really loves the activities on offer and always looks forward to seeing the staff. It really improves her confidence and self-esteem and this in turn gives us huge peace of mind. We would really struggle without Challengers!"*

# SSHAW (Safeguarding and Self Harm Awareness Workshops)

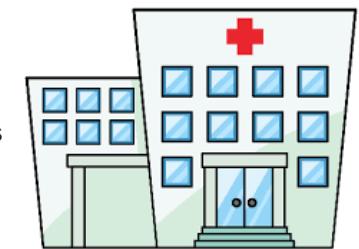
The rights and participation team for CAMHS and SEND have worked hard in building strong relationships with all 5 acute hospitals in surrey. The Workshops were typically 3.5 hours long with participants engaging in a variety of different exercises with the learning objective of 'understanding what it feels like to be a young person going into A&E in an emotional health and wellbeing crisis.'

Exercises are delivered by young people who have experience of attending A&E for their mental health, this could be self-harm, attempted suicide or anxiety/panic attacks. The YP's share their stories in hope to inspire and educate professionals on how to deal with these types of Situations in a calm and relaxing way that makes the YP feel more comfortable and willing to open up and accept the help.

We have developed a section to this training known as **SSHAW: Communicating effectively with Children and Young people with ASD in A+E**. Which is an informative workshop to give effective communication tools for professionals when dealing with ASD young people in A+E. During the training professionals and our young people share their experience of what it's like to have ASD and be presented with either a crisis or in a crisis.

**100% of participants felt more confident in dealing with a young person in a mental health crisis after receiving the training.**

**100% felt more confident in talking to someone who was suicidal after the training.**



*"I found being able to train the staff at hospitals helped me loads for my confidence and made me realize how far I had come in my journey, they listened so much to me and were really nice, I was so nervous to talk about my time in A&E especially because I was so unwell but they all clapped me and said how far I had come"*

95.9% knew more about Mental Health  
79.6% said they now know what stigma is  
Young people's knowledge about what mental health services are available to them increased to 93.4%



100% of young people said they felt that they had learnt something from the presentation, with the majority saying they felt less worried, more able to talk about their feelings and had increased their knowledge surrounding mental health

## RAISE (Raising Awareness In Schools through Experiences)

The Rights and participation team for CAMHS and SEND aims to reduce stigma and raise awareness of emotional health and wellbeing within students in surrey. We have successfully provided this to thousands of students across 41 schools. Young people have been sharing their own personal experiences of accessing mental health services and using a variety of different exercises to encourage young people to speak openly about mental health and tackle common myths around it. The team are able to sign post and give advice to those seeking help at the end of the workshops. We now deliver workshops/assemblies/talks from year 3 to college years

We now have a completed magazine known as 'Our Voice for Teacher's'. This magazine will be given out at the end of each workshop. It includes a variety of services available to children and young people, both online and offline, face to face and over the phone communication.

It includes tips to help spot a child or young person who is at risk of mental health conditions or is struggling. It also

includes real life experiences from teachers and students. In addition to this we also run a series of exercises putting them in the shoes of the students, which has proven to be an excellent addition to the workshops.

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*"I wanted to say a massive thank you for coming to talk at our workshop last night. I hope from the feedback you got last night you know how well your presentation was received and what invaluable advice you gave to our parents. I have received very positive feedback from the parents I spoke to and received the following email this morning"*

*"I thought it was brilliantly put together, and you and your team created a very safe space for people to come and listen and ask for help. From what I could see as I left, you will have had difficulties in finishing at 8pm, which is testament to how such a very difficult issue was so carefully handled"*

*"The girls from CYA opened my eyes. You are all to be commended for an excellent job"*

100% of attendees said they would recommend to their colleagues 100% also said that they feel it is relevant to their role and that they believe all staff should receive the training.

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