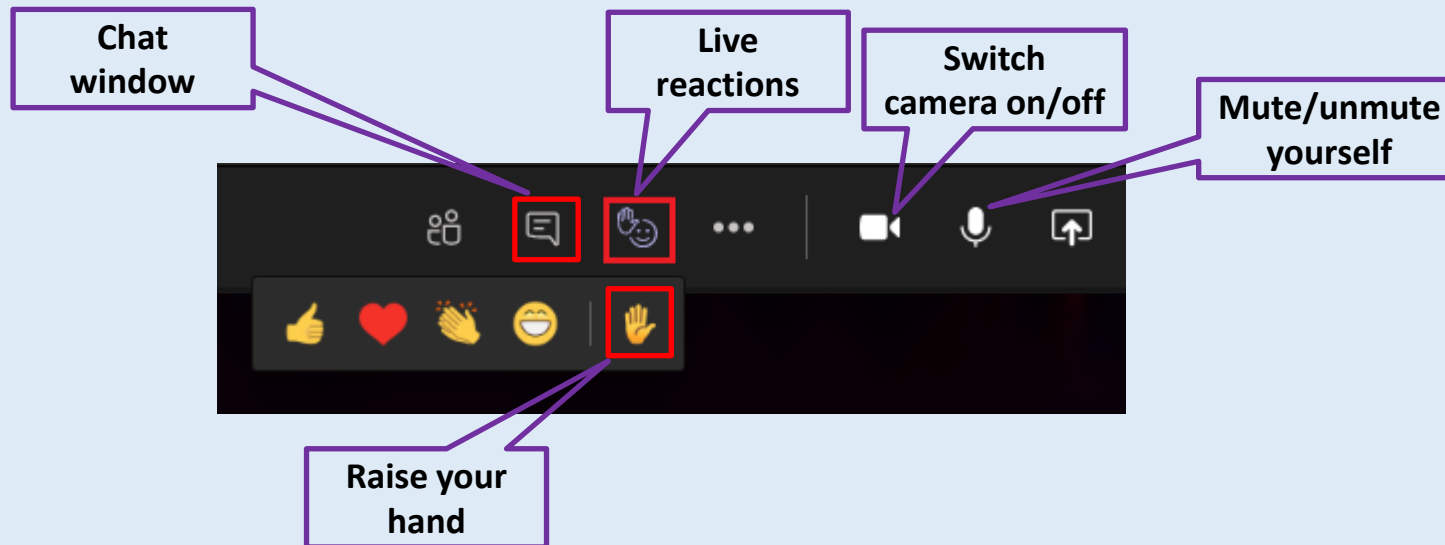


Warwickshire RISE Service

**Parent Carer Webinar
28th February 2023**



- During the presentation, please have your microphone on mute
- Feedback
- Teams meeting functions:
 - Please feel free to use the chat section to post questions
 - Or alternatively use the 'live reactions, raise your hand' feature and the moderator will invite your question



Questions & Answers

- Feel free to post questions in the chat during the presentation
- Q&A session will start at the end of the presentation
- All questions, including any not covered in the time allowed, will be answered and posted on Warwickshire County Council's website with a recording of the session and slides:
<https://www.warwickshire.gov.uk/get-involved-say>
- We'll circulate details by email to all participants after the webinar

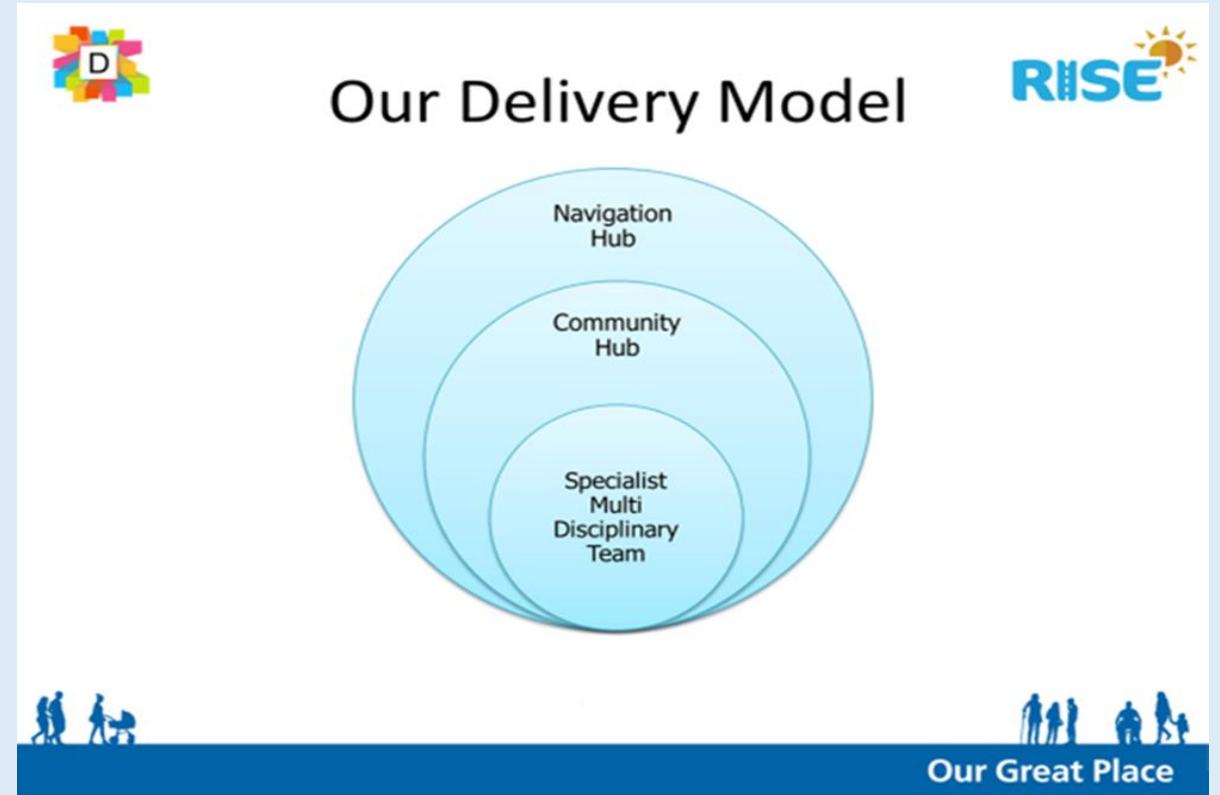
Speakers

- Michelle Rudd, Transformation Lead for Children & Young People's Mental Health Services, Coventry & Warwickshire NHS Partnership Trust (CWPT)
- Eve Moseley, Head of Service, Mental Health Services for Children & Young People, CWPT

Supported by:

- Sam Craven, Voice, Influence & Change Development Officer, Warwickshire County Council
- Avril Upstone, Parent Carer Rep, Warwickshire Parent Carer Voice
- Gemma Cartwright, Neurodevelopment Team, CWPT
- Melissa Gray, CW MIND

- Every child gets support when they need it:
 - No door is the wrong door





OFFICIAL



RISE Early Help

- **Mental Health in Schools Team (MHST)**
- **Primary Mental Health Team (PMHT)**

RISE Front Door & Urgent Care

- **Crisis Team**
- **Navigation Hub**
- **Think Family Outreach Team**

Core Specialist Teams

- **Access and Engagement Team**
 - **Intervention Pathway Hub**
- Coventry
North Warwickshire
South Warwickshire

Specialist with Additional Vulnerabilities

- **Family Therapy**
- **Youth Justice**
- **Eating Disorders**
- **Children Looked After**

A journey with **RISE** 
is as unique as the person seeking support

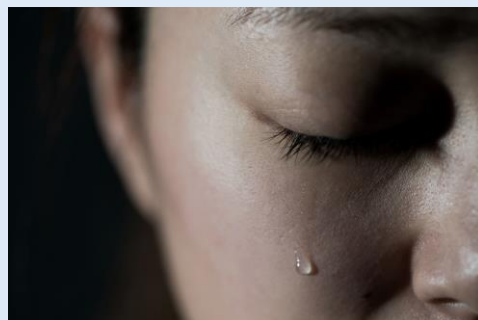


National Picture about our Children/Young People's Mental Health



Children and Young People’s Mental Health – what do we know?

- Need is Increasing
- Poverty in impacting
- Emphasis on a child/young person centred approach is needed
- Negative Experience of Social Media
- Educational Experiences
- Risk is increasing
- Complexity
- Vulnerabilities




Centre for Mental Health 

One in six
school-aged children
has a mental health
difficulty.

(NHS Digital, 2021)

SNAPSHOT OF CYP REFERRALS PRE AND POST PANDEMIC TO RISE

Month	2022	2021	2020	2019
May	755	686	309	539
June	637	584	469	458
July	608	584	357	549



Key Findings

- 1. Increase in need** - One in four teenagers aged 17-19 have a mental health difficulty, an increase from one in six in 2021
- 2. The role of poverty** - strong link to young people's mental health
- 3. Patterns according to gender** -
 - More boys aged 7–11 yrs have mental health difficulties (20% compared to 11% in girls)
 - More young women aged 17–24 yrs have mental health difficulties (31% compared to 13% of young men)
- 4. Impact of Social Media** - Young People with mental health difficulties
 - Feel less safe online (48.4% feel safe compared to 66.5% with no mental health difficulties)
 - Are more likely to have experienced bullying online (29.4% have compared to 12.5% in general population)
- 5. Educational experiences of children and young people** - Young People with mental health difficulties
 - Missed more than 15 days of school (13% compared to 4% without)
 - Less likely to feel safe at school (61% compared to 89% without), enjoy learning or have a supportive friend





How can RISE Help Children, Young People and their Adults around them?



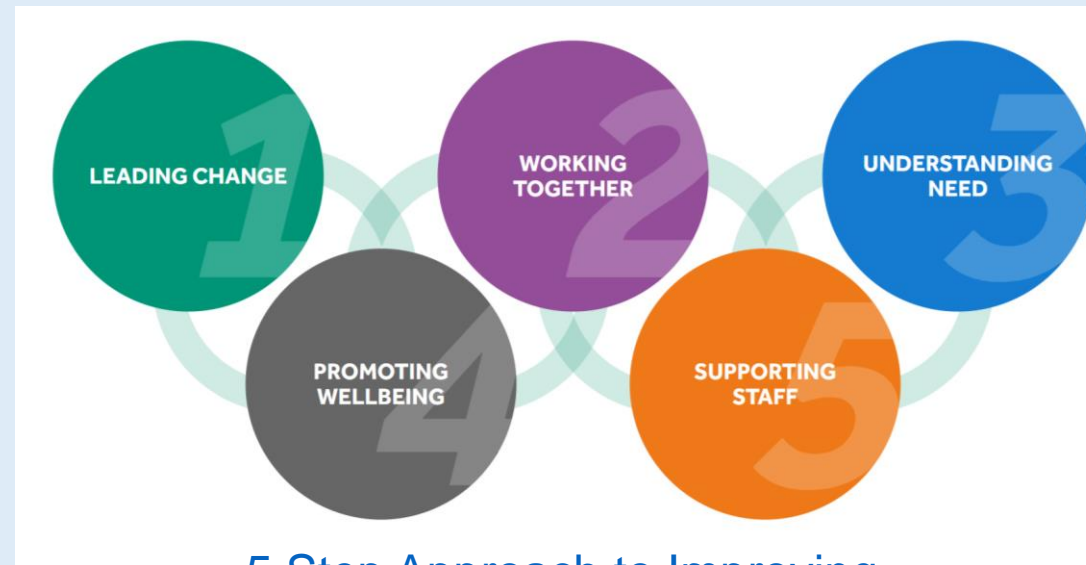


- Educational Mental Health Practitioners
- Specialist Mental Health Practitioners
- Youth Workers
- Team Leaders & Service Managers
- Clinical Lead
- <https://cwrise.com/mhst>



Working with the Whole School

- Mental Health Lead Training for Mental Health Lead in School
- 1:1 or group work; face to face or virtual
- [Using CBT](#) – Cognitive, Behavioural Therapy – Think, feel, Act



5 Step Approach to Improving Mental Health and Wellbeing

RISE Navigation Hub

0300 200 2021

Outcomes

- Increasing awareness
- Creating calm
- Building emotional awareness
- Mood boost
- Sleep hygiene/habits



Primary Mental Health Team

- Providing advice, support and guidance to the adults in the child/young person's life
- [Dimensions Tool](#)
- Outcome of this tool is used in consultations
- [Referral](#) to Primary Mental health Team (PMHT) - triaged for most appropriate service



Consultations & Parent Information

Sessions - 07917 504682 or

email risecommunityoffer@covwarkpt.nhs.uk

[More Information](#)

Professionals Anonymous Consultation - 024

7696 1585 or email

Warwickshire.PMHT@covwarkpt.nhs.uk

Named Consultation – refer to Navigation Hub

<https://cwrise.com/how-to-refer-to-services>

RISE Navigation Hub

0300 200 2021

OFFICIAL

- **Multi Disciplinary Approach:**
Wrap around Care for Children/Young People requiring moderate plus Mental Health care
- **Core Specialist Teams can help** when Child/Young Person:
- **Will see CYP with parent/carer or on their own** to find out the best way to help them



- Feels sad or like they don't want to be here any more
- Has problems with their family, friends or at school
- Hurt themselves or wants to hurt themselves
- Feels anxious and scared
- Has problems with eating and food
- Has trouble talking or sleeping
- Hears voices or see things
- Feels angry or are struggling to control their behaviour or temper
- Finds it hard to concentrate or get on with friends
- Has to check or repeat things, or worries about germs
- Doesn't like themselves or has low self-confidence

Multi-disciplinary support to children and young people (under 18) who are in mental health crisis.

We assess those who are:

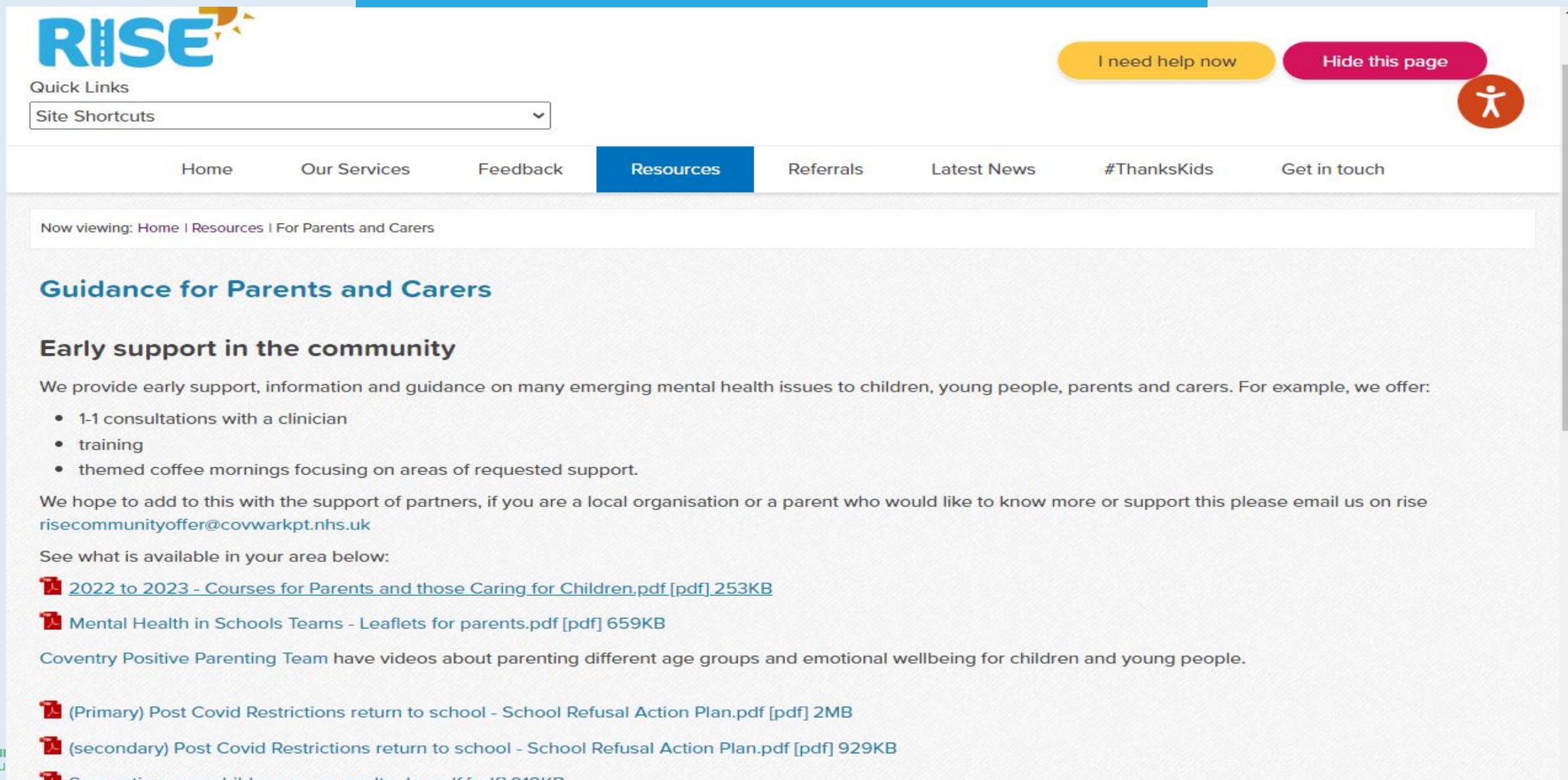
- An immediate and significant risk to others due to their mental health
- Being considered for admission to a mental health inpatient unit
- At risk of immediate and significant self-harm
- In acute psychological or emotional distress that is causing them to not be able to go about their daily activities e.g., going to school and looking after themselves

For urgent calls, when children and young people are experiencing a mental health crisis contact the Rise Crisis team 24/7.

**Call Freephone 08081 966798
(select Option 2)**

- Working in collaboration with children, young people and their families or carers to offer specialist assessment and treatment provision
- To restore both physical and psychological wellbeing
- Our Specialist Eating Disorder team works with children and young people with eating disorders, such as Anorexia Nervosa, Bulimia Nervosa, or Binge Eating Disorder.
- Intervention offered online with NICE Guidelines (May 2017, new guidance due Spring 2023)
- Other support includes CBT, nutritional management, medical monitoring, individual and parent/carer's support
- Psychoeducation support through evidence-based group interventions
- Where there is serious medical risk there may be referral for inpatient stay





The screenshot shows the RISE website's navigation and content. At the top left is the RISE logo. To its right is a 'Quick Links' dropdown menu currently set to 'Site Shortcuts'. Further right are two buttons: 'I need help now' (yellow) and 'Hide this page' (pink), followed by a user profile icon. The main navigation bar includes links for Home, Our Services, Feedback, Resources (highlighted in blue), Referrals, Latest News, #ThanksKids, and Get in touch. Below the navigation is a breadcrumb trail: 'Now viewing: Home | Resources | For Parents and Carers'. The main heading is 'Guidance for Parents and Carers', followed by the sub-heading 'Early support in the community'. The text explains that the service provides early support for mental health issues to children, young people, parents, and carers. It lists three types of support: 1-1 consultations with a clinician, training, and themed coffee mornings. A contact email is provided: risecommunityoffer@covwarkpt.nhs.uk. Below this, it says 'See what is available in your area below:' and lists three PDF documents with download icons: '2022 to 2023 - Courses for Parents and those Caring for Children.pdf [pdf] 253KB', 'Mental Health in Schools Teams - Leaflets for parents.pdf [pdf] 659KB', and '(Primary) Post Covid Restrictions return to school - School Refusal Action Plan.pdf [pdf] 2MB'. The text also mentions that the Coventry Positive Parenting Team has videos about parenting. At the bottom, two more PDF documents are listed: '(secondary) Post Covid Restrictions return to school - School Refusal Action Plan.pdf [pdf] 929KB' and 'Coventry Positive Parenting Team - Parenting for Children with Mental Health Issues.pdf [pdf] 15.010KB'. In the bottom left corner, there is a small logo for 'Warwick County Council'.

RISE

Quick Links
Site Shortcuts

I need help now Hide this page

Home Our Services Feedback **Resources** Referrals Latest News #ThanksKids Get in touch

Now viewing: Home | Resources | For Parents and Carers

Guidance for Parents and Carers



Early support in the community

We provide early support, information and guidance on many emerging mental health issues to children, young people, parents and carers. For example, we offer:




- 1-1 consultations with a clinician
- training
- themed coffee mornings focusing on areas of requested support.

We hope to add to this with the support of partners, if you are a local organisation or a parent who would like to know more or support this please email us on risecommunityoffer@covwarkpt.nhs.uk

See what is available in your area below:

-  [2022 to 2023 - Courses for Parents and those Caring for Children.pdf \[pdf\] 253KB](#)
-  [Mental Health in Schools Teams - Leaflets for parents.pdf \[pdf\] 659KB](#)

Coventry Positive Parenting Team have videos about parenting different age groups and emotional wellbeing for children and young people.

-  [\(Primary\) Post Covid Restrictions return to school - School Refusal Action Plan.pdf \[pdf\] 2MB](#)
-  [\(secondary\) Post Covid Restrictions return to school - School Refusal Action Plan.pdf \[pdf\] 929KB](#)
-  [Coventry Positive Parenting Team - Parenting for Children with Mental Health Issues.pdf \[pdf\] 15.010KB](#)

Warwick County Council

Transformation Priorities for Children/Young People Mental Health: The Long-Term Plan

Eating Disorders

- Expansion of Core Specialist Eating Disorders Service
- Development of Eating Disorder Intensive Home Treatment Service
- Expansion of Eating Disorders 18-19 years olds
- ARFID pathway (Avoidant Restrictive Food Intake Disorder)

CYP MH Crisis (System supported)

- Expansion of Children/Young People Mental Health Crisis service
- Sustainable Long term 24/7 crisis line
- Cognitive Behavioural Therapy workforce to support patient flow (anxiety/low mood)

Digital

- E-Portal to support referral process – increase ease of access and self-referrals
- Rise Front door project

Early Help

- Further roll out of MHST (Mental Health Support Teams for schools) expansion of the offer with wave 7 commencing September 2022 – will now support coverage across all Coventry and Warwickshire working towards NHSE/I objectives



Other Transformation and Re-Imagining of Services as we move away from Covid

- Intervention hub with the development of the Patient Flow Team – dedicated clinical and patient flow expertise staff
- AET – Access and Engagement team
- CORC accreditation (Child Outcome Research Consortium)
- Multiagency Dashboard to support Children in Crisis work stream – leading the system with the needed intelligence
- PMHT – exploring the expansion of our Primary Mental Health Team offer beyond schools and into Primary Care Networks – working with our GP colleague's
- Youth Workers and co production

New Developments

- Increasing our Partnership with VCSE - First Steps to support our CYP Community Eating Disorder service
- Life space for Youth Workers embedded in our MHST and Rugby Pilot
- Dimensions review to update all self-care and guidance flyers
- Written Statement of Action – embedding training for all Children/Young People Mental Health staff to support our Neurodivergent Children and Young People
- Leading the way with Crisis Care multiagency wrap around approach
- Children/Young People and Parent participation led by our Youth Workers
- I want Great Care – Children/Young People iPads



Thank-you for listening

Local offer webpages: www.warwickshire.gov.uk/send

Email: Sendchange@warwickshire.gov.uk

Feedback on SEND Services: www.warwickshire.gov.uk/sendfamilyfeedback

