



Warwickshire Parent Carer Webinar (SEND) RISE 28th February 2023 Q&A's

1. How could communication with school and home be improved regarding different behaviour at home and school, to help children to become more balanced over the two settings?

We would suggest talking to the SENCO initially about different behaviour at home and school.

This link also provides useful information:

<https://www.autism.org.uk/advice-and-guidance/topics/education/different-behaviour-between-school-and-home/parents-and-carers>

2. What support is available for young people up to the age of 25 that have an Education, Health & Care Plan? Could details please be shared of contacts for adult services and how to find out about the support offered?

The Rise Offer began with an aspiration to develop a 0-25 offer; this was disrupted by Covid and the development of the NHS England Transformation Plan, which include a transformation agenda for 18–25-year-olds, and is a responsibility held by adult mental health teams. We will continue to look at how to ensure the best transition from children and young people services to adult services.

Coventry & Warwickshire MIND offer a service that helps to bridge the gap for young people transitioning to adult mental health services specifically for young people aged 16-25, through the **Community Autism Support Service**:

- **Group and one-to-one support for 16-25-year-olds transitioning into adult mental health or community services.** <https://cwmind.org.uk/peer-mentoring/>
- **CASS Young People's Service** (up to the 19th Birthday) - <https://cwmind.org.uk/cass-children-and-young-people/>
- **CASS Adults Service** - <https://cwmind.org.uk/cass-adults/>
- **Also Kooth** - <https://www.kooth.com/>

3. I would like to know more about supporting older teenagers through A-Levels and transition to university. I have a 21-year-old who dropped out during Covid and has since struggled with his mental health.

The mental health leads in schools can support young people through A-Levels and transitioning to university. The primary mental health team are also a good starting point to support a consultation. The [Dimensions Tool](#) is useful for guidance and information, and [Kooth](#) offers on line support and counselling. The peer mentoring support offered through CW Mind may also help:

<https://cwmind.org.uk/peer-mentoring/>

Universities tailor their own offer of support and this sits within the Adult Mental Health Transformation Plan. A project is also starting regarding preparation for adulthood and will include the transition to university.



4. Does RISE offer sensory assessments to help understand how an autistic child's mental health is affected by their sensory experience?

Occupational Therapy in Warwickshire will consider a child/young person’s sensory differences as part of their occupational therapy provision. However, there needs to be a clear impact on occupation in terms of daily life, education, self-care, play/leisure etc. The traded service in Warwickshire may be needed if a more specialist assessment is required.

For more information including toolkits and resources, see here : <https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/occupational-therapy/Sensory-Based-Approaches>

The Primary Mental Health Team also provide parent sessions on sensory needs and there are resources on the [CW Rise website](#) from Occupational Therapists regarding sensory needs.

5. On slide 15 there is a list of difficulties, a few of which I feel my daughter ticks - how do I get her support? Is school the first port of call?

Yes, we would recommend you start by talking to the school. Below is a list of schools that have involvement from the Mental Health in School Teams. For further information please see <https://cwrise.com/mhst/> (scroll down to find this).

North Warwickshire Schools working with MHST

North Warwickshire Schools				
All Saints Bedworth C of E Academy & Nursery	Arden Forest Infant School	Ash Green Secondary	Camp Hill Primary	Chetwynd Primary
Coleshill School Secondary	Exhall Cedars	Exhall Junior School	Galley Common Infants	George Elliot Academy Secondary
Glendale Infant School	Goodyears End Primary	Hartshill Academy Secondary	Hurley Primary	Keresley Newlands Primary
Kingsbury Primary	Kingsbury Secondary	Michael Drayton Primary	Middlemarch Primary	Nathaniel Newton Infant School
Newdigate Primary	Nuneaton Academy Secondary	Parklane Primary	Polesworth Secondary School	Queens C of E
Race Leys Infant School	Race Leys Juniors	St Michaels C of E Primary	Whitestone Primary	

Rugby Schools working with MHST

Rugby Schools				
Ashlawn School	Bilton C of E Junior School	Bilton School (Secondary)	Boughton Leigh Junior School	Hillmorton Primary School
Paddock Primary School	Rugby Free Secondary School	The Avon Valley School		



South Warwickshire Schools working with MHST

North Warwickshire Schools					
Alcester Academy	All Saints C of E Junior School	Aylesford School Primary & Secondary	Bidford on Avon C of E Primary	Bishopton Primary	Brailes C of E Primary School
Campion School	Clapham Terrace Community Primary	Coten End Primary School	Cubbington C of E Primary	Emscote Infant School	Ettington C of E Primary
Evergreen School	Great Aine Primary	Hampton Lucy C of E Primary School	Henley in Arden C of E School	Kineton C of E (voluntary aided) Primary School	Kineton Secondary
Lapworth C of E Primary School	Lighthorne Heath Primary School	Moreton Morrell Primary	Myton School	North Leamington School	Our Lady's Catholic Primary
Our Lady & St Teresa's Catholic Primary	Shipston Primary School	Shottery St Andrews C of E Primary	Southam College	Southam Primary School	St. John's Primary, Nursery & Children's Centre
St Mary's Catholic Primary School	St Nicholas C of Primary	Studley Community Infants School	Studley High School	Studley St Mary's C of E Academy	Sydenham Primary School
Tanworth in Arden C of E Primary School	Temple Grafton C of E Primary School	Temple Herdewyke Primary School	The Ferncombe C of E Primary School	Thomas Jolyffe Primary	Tysoe C of E Primary School
Welford on Avon Primary	Wellesbourne C of E Primary School	Westgate Primary School	Whitnash Primary School	Woodloes Primary School	

- For consultations & parent information sessions, contact 07917 504682 or email risecommunityoffer@covwarkpt.nhs.uk
- [More Information on Mental Health in School Team](#)
- Further information on the Dimensions Tool: <https://dimensions.covwarkpt.nhs.uk/>

6. Who is the lead for the Mental Health in School programme?

The Mental Health in Schools Team is an NHS service that has been introduced as part of national plans to expand mental health service for children, young people and their families within education settings. The Teams from Rise work closely with schools to develop their approach to mental health and wellbeing, providing mental health interventions, advice and liaison with specialist services. For more information, please see: <https://cwrise.com/mhst/>

7. How long does it take for someone to get in touch when a referral to Rise has been made?

The local target for responding a referral is 95% of referrals within 12 weeks.

8. How do you get mental health support for a 16/17 year old that is new to the system, especially with waiting lists so long?

We would recommend accessing the resources via the links below initially, particularly the [Dimensions Tool](#) and [Kooth](#):

<https://www.warwickshire.gov.uk/mental-health-wellbeing/emotional-wellbeing-mental-health-support-young-people>

Contact RISE Navigation Hub: 0300 200 2021

Also support via CW Mind: <https://cwmind.org.uk/peer-mentoring/>



9. With Eating Disorders, do you support ARFID?

The Specialist Eating Disorder team in CWPT works with children and young people with eating disorders, and use therapies as recommended by the National Institute for Clinical Excellence (NICE) guidelines. There is no pathway currently for Avoidant Restrictive Feeding Disorders (ARFID). For more information, please see: <https://cwrise.com/eating-disorders-children/>

An ARFID pathway is part of the future step in developing the RISE Offer.

10. Can we access counselling through you? Can I self-refer my son?

A range of information and support for young people's mental health and wellbeing can be found via this link: <https://www.warwickshire.gov.uk/mental-health-wellbeing/emotional-wellbeing-mental-health-support-young-people/2>

The [Mental Health in School Team](#) work with young people on a 1:1 or as a group.

The [Primary Mental Health Team](#) offer advice and support to parents, and those working with young people. Through a process of joint-decision, which blends clinical expertise with the insights of the professional or parent/carer, together we may decide that the best option is to work directly with the young person and/or their parent/carer.

For further advice contact: **Contact RISE Navigation Hub: 0300 200 2021**

11. Is there any support available for primary aged children with separation anxiety?

Please see a link below to support for parents regarding separation anxiety, including talking to the child ahead of any changes so that they are aware of what to expect in advance, having a clear morning routine and focusing on the positives:

<https://mentallyhealthyschools.org.uk/resources/separation-anxiety-tips-for-parents/>

Neuro Focus

12. What support can be offered to neurodiverse children and how does the Rise vs neurodevelopmental referral system work? How does the referrer know which referral to make?

The [neurodevelopmental referral form](#) has a section to raise any additional mental health concerns. At the point the referral is received they are screened by a mental health clinician at the navigation hub. If there are no mental health concerns raised this will go directly to the neurodevelopmental service to triage. They will then make a decision based on the information provided as to whether an autism and/or ADHD assessment is appropriate. The neurodevelopmental service also has regular meetings with the Access and Engagement team in Rise. So, if a child has been referred in to Rise for mental health needs and are then assessed but it appears to be a possible neurodevelopmental presentation, then the clinician can discuss with the neurodevelopmental team. If a child/young person is on the neurodevelopmental waiting list and their mental health deteriorates they can contact the navigation hub to discuss this as a mental health assessment may also be needed. Being on a neurodevelopmental waiting list does not exclude you from accessing mental health support if there is a mental health need identified. Often the mental health needs can be supported by other teams within Rise rather than the Specialist Mental Health Teams, such as Primary Mental Health, Mental Health in Schools.



13. How does Rise propose to help children who are autistic and also have mental health concerns?

Information and advice in the [e-booklet for neurodivergent people and their families](#) includes support on mental health and wellbeing. There has been a focus on reducing the waiting times for children and young people to be assessed on the Neurodevelopmental Pathway.

There is also the Intensive Support Team - a team of nurses, social workers and support workers with expertise in autism and learning disability who work with children/young people during a crisis to prevent hospital admissions, and Key Workers who are experienced in working with children/young people with autism and Learning Disabilities. If a young person is at risk of a hospital admission, they should be added to the local Dynamic Support Register (a register of adults and children with autism and learning disability who are at imminent risk of hospital admission).

CWPT are currently scoping what a 'Specialist Neurodevelopmental Service' providing post diagnostic support should look like and which children/young people they would be best placed to support. Some of this work will be working alongside mental health services and CASS to ensure there is a smoother process of escalating and navigating support. As part of the Autism Strategy this is a priority workstream.

14. If my child is assessed by the Neurodevelopment team as Autistic, what support is the available for her mental health, anxiety, school refusal and high levels of violence from her linked to the fact that she is Autistic?

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[Neurodevelopmental Information & Advice Ebooklet](#) brings together what information and advice for neurodivergent children, young people and adults.

A telephone appointment clinic service is available while waiting for assessment where you can discuss specific developmental, behavioural concerns with a Neurodevelopmental Practitioner who will give advice and suggest strategies on a 1:1 basis - **0300 303 1255**

Part of the RISE Offer for parents involves courses from the [Recovery & Well-being Academy](#).

CWMind Community Autism Service can also provide emotional support, signposting and information plus further personalised support if required. The service can be accessed via a local telephone support line: 02476 012333 Mon-Fri 8am-8pm, email navigation@casspartnership.org.uk, browsing the website www.casspartnership.org.uk Or Facebook/Twitter by searching of @casspartnership. Services include the following:

1. Community Outreach service – an experienced Coventry and Warwickshire-based team, working with individuals to identify goals and provide group, one-to-one and themed support for children, young people and adults.



2. Peer mentoring service – available in the coming months, this new element of CASS aims to connect autistic individuals with trained peer mentors, with their own lived-experience, helping to support with daily routines, confidence building, and wellbeing support, exploring opportunities to engage in local activities and social and community groups.
3. Training and education – a programme of courses and webinars to suit all needs. Workshops, toolbox sessions and recorded materials help build confidence and improve autism understanding. Drawing on lived-experience, all sessions and courses provide effective and practical support for day-to-day living, in the community, in school, and in the workplace.

Early Help have programmes of support available to develop parenting strategies, including NVR (Non-violent Resistance), and Solihull Approach. [Speak to Early Help](#) or contact Family Information Service for more information: fis@warwickshire.gov.uk or call 01926 742274

15. How can I accelerate my son's date for assessment? He was referred last summer, but his behaviour has escalated.

The waiting time for autism assessments is reducing and the service are contacting families referred in early 2022. A telephone appointment clinic service is available while waiting for assessment where you can discuss specific developmental, behavioural concerns with a Neurodevelopmental Practitioner who will give advice and suggest strategies on a 1:1 basis - **0300 303 1255**

For a consultation with the Primary Mental Health Team call: 07917 504682 or email risecommunityoffer@covwarkpt.nhs.uk

The Early Help team in Warwickshire County Council may also be able to provide support, for example with Non Violent Resistance Training. Contact the Family Information Service for more information: fis@warwickshire.gov.uk or call 01926 742274 or [Speak to Early Help](#).

16. Is CASS the best entry point for children with autism struggling with mental health?

Children's Community Autism Support Service can be a good support option depending on your child's needs. They offer youth groups for children who are awaiting a diagnosis or already have a diagnosis. They also support young people with 1-1 sessions and parent support is available. To speak to a member of the team and find out if this is the correct support option for you call 02476 631835 or visit <https://cwmind.org.uk/cass-children-and-young-people/>

17. Where can we seek counselling/emotional support for an autistic child with anxiety? Are there any face-to-face groups for young autistic girls to meet and build friendships?

Please visit CW Mind for support: <https://cwmind.org.uk/cass-children-and-young-people/>

More information for support for autistic girls is also here: <https://autisticgirlsnetwork.org/> Autistic Girls Network have a group that meets, so it is worth contacting them to find out about availability of this.



18. I'm interested to hear of any support for parents of children with additional needs.

Please see this link for support for parent of children with additional needs:
<https://www.warwickshire.gov.uk/children-families/parenting-support/4>

Also the [e-booklet for neurodivergent people and their families](#)

19. What support is available to help CYP who are struggling to attend school?

The first step is to communicate with the school who might be able to offer specific support to the child/young person and refer young people to other specialist services to support if required. If you are concerned about your child's mental health, you can also speak to your GP. If your child has an EHC Plan and is struggling to attend school, you may also wish to speak to the Plan Coordinator at Warwickshire County Council to look at holding an emergency annual review.

Further support can also be found in the following links:

- Coventry & Warwickshire MIND: <https://cwmind.org.uk/>
- Kooth: <https://www.kooth.com/>
- <https://www.parentingmentalhealth.org/>

Useful Links

SEND Local Offer webpages <https://www.warwickshire.gov.uk/send>

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

New Local Offer Facebook page <https://www.facebook.com/WarksLocalOffer>

Warwickshire Parent Carer Voice

- www.warwickshireparentvoice.org
- <https://www.facebook.com/Warksparentcarervoice>

Young People to get involved - www.warwickshire.gov.uk/ypvoice

Rise - Consultations & Parent Information Sessions - 07917 504682 or email risecommunityoffer@covwarkpt.nhs.uk. [More Information](#)

Rise Resources - <https://cwrise.com/resources>

Coventry & Warwickshire MIND – <https://cwmind.org.uk/>

Mind Website for CYP Mental Health: <https://cwmind.org.uk/supporting-children-and-young-people/>. Tel: 02476 631835

Kooth – <https://www.kooth.com/>

Parenting Mental Health, supporting parents, supporting children - www.parentingmentalhealth.org

NHS mental health services Co-Production

Are you or someone you know interested in improving NHS mental health services? We are looking for RISE ambassadors to lead on the change within child and adolescent mental health services and shape how we work with young people. email: Alesha.patel@covwarkpt.nhs.uk to get involved.



Dimensions of Health and Wellbeing - <https://dimensions.covwarkpt.nhs.uk/>