

Welcome to the Mental Health Network for Education Settings in Warwickshire

We will be starting at 4pm!

The session will be recorded

Mental Health Network for Education Settings in Warwickshire

3rd November 2021 4pm – 5pm

Margot Brown, Lead Commissioner (School Improvement)

Kate Sahota, Lead Commissioner (Family Wellbeing)

Agenda

4:00	Welcome & Updates	Margot Brown
4:05	Mental Health & Protected Characteristics (Race)	Keira Rounsley/Delroy Madden
4:25	Mental Health in the Curriculum	Kate Sahota/Neesha Memetovic-Bye
4:35	Creative Arts on Referral for CYP	Barnardo's / Arts Connect
4:50	General questions and AOB	Kate Sahota

Welcome & Updates

Mental Health & Protected Characteristics

Focus on Race

What are the facts

Focus on race

- Black men are more likely to have experienced a psychotic disorder than White men, and be then be given medication and not offered talkingtherapies as a part of their treatment plan
- Black people are four times more likely to be detained under the Mental Health Act than White people
- The south Asian community have the second highest rate of detention with women being disproportionately affected
- Refugees and asylum seekers are more likely to experience mental health problems than the general population, including higher rates of depression, anxiety, and PTSD.

www.Mind.org.uk

Focus on race

Loss

- Is a recurrent theme as a trigger for mental illness although the nature of the loss can range from losing a loved one to loss of home, identity or social status.

Social stress

- Accommodation, finance particularly within the migrant community who are more likely to be No recourse to public funds

Trauma

- Has been the main trigger for people experiencing psychosis and schizophrenia

What are the facts

- What we do know from research that is available is that boys from the age of 11 that are of African and Caribbean decent are not more likely to present with a diagnosable mental health condition when compared with their white peers.
- This changes quite dramatically by the time these young boy's become adults as they are many times more likely to be diagnosed with severe mental health conditions, and therefore more likely to end up in costly and restrictive mental health crisis interventions.
- They are disproportionately represented in psychiatric hospitals and report experiences of different pathways to access care, insufficient access to talk therapies, and generally poor mental health service provision.

www.mind.org.uk

Mental health in the south Asian community

South Asian Health Foundation
#WorldMentalHealthDay2020

Mental Health in South Asians

In England & Wales, research has indicated that older South Asian women are an at-risk group for suicide

South Asian immigrants experience high levels of mental health disorders, which often go unaddressed

British Asians are a third less likely to contact with mental health services

Pakistani men & older Indian & Pakistani women have significantly higher rates of depression & anxiety - This may contribute to the high rates of heart disease & diabetes

Information Sources: Mental Health Foundation; Weich et al (2004); Karasz et al (2019)

Positive interventions

- More visible Black/Asian role models/staff
- Embedding resilience boosting activities
- Diversifying the curriculum
- Positive messages on identity
- Validation of life experiences

Questions?

Mental Health in the Curriculum

The Mental Health Curriculum in Educational Settings Grant Funding is designed to support educational settings and education colleagues achieve the following outcomes:

- Children & young people will be supported through the curriculum to build their resilience and positively manage their mental wellbeing
- Children & young people will be supported to set their own mental wellbeing goals, focussing on their strengths and abilities
- Staff will be supported to develop their confidence in delivering a mental health curriculum
- Education settings will have a comprehensive and accessible mental health curriculum
- Education settings will have an environment that supports positive mental wellbeing

Mental Health in the Curriculum

The fund will be available for education settings to access money for the following priority objectives:

- Training and teaching resources (e.g. lesson plans, assemblies)
- Physical resources (e.g. models of the brain, yoga mats, wellbeing rooms)
- Staff time to be able to develop the resources and timetable

Mental Health in the Curriculum

- Run through of the form, followed by Q & A

Mental Health First Aid Training

Youth Mental Health First Aid Online Course Booking Request

The Microsoft Form
will be shared with
schools from
Thursday 4th
November 2021

It will close on
Friday 26th
November 2021

The Youth Mental Health First Aid Course is ideal for designated staff at every level who would like to become Youth Mental Health First Aiders with skills to spot signs of a range of mental health issues in young people (age 8 to 18) and guide a young person to appropriate support. This course qualifies attendees as Youth Mental Health First Aiders.

Learning outcomes

At the end of the course you will be able to:

- Understand young people's mental health and the factors that can affect their wellbeing
- Equip learners with the knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS or a mix – or engaging with parents, carers and external agencies where appropriate
- Use enhanced interpersonal skills such as non-judgemental listening
- Spot the triggers and signs of mental health issues
- Feel confident to step in, reassure and support a young person in distress

Cohorts

Cohorts will run from January 2022 and the course will require attendance at 4 x afternoon sessions over a 2 week period (on Tuesdays and Thursdays between 1pm and 3:30pm). There will be pre-work that must be completed in advance of each session.

Funding

The course is free to attend for Warwickshire schools. We have 160 places, therefore only 1 place will be allocated per school on a first come, first served basis. Schools will also receive a £300 contribution towards staff time to complete the course. The course must be fully completed and certificate of attendance provided in order for the school to receive the contribution.

Creative Arts on Referral for CYP

- Children's charity Barnardo's and Arts Connect have joined forces to deliver an exciting programme of arts including drama, music, movement, photography, crafts and film to support young people aged 7- 17 in Warwickshire who have mental health challenges.
- The courses will be a mixture of online and face to face learning and will be tailored to the young person and what they enjoy doing from singing and puppetry to film and 3D sculptures. There will also be the opportunity to become Young Arts Ambassadors and showcase their work at local community and cultural venues.

Any Other Business

- **Any issues to raise/discuss?**

Sources of support and information for adults

<https://www.warwickshire.gov.uk/mentalhealth>

Struggling to cope?

Don't wait for things to get too much.

VISIT
WARWICKSHIRE
LIBRARIES

for **Reading Well Books on Prescription** (BOP) recommended self-help books, audio CDs and e-books visit: www.warwickshire.gov.uk/booksonprescription



GO ONLINE

bigwhitewall.com completely anonymous online community, free to people living in Warwickshire, available 24/7



TELEPHONE

a team of trained and experienced support workers - 24/7 via the **Mental Health Matters Helpline** on **0800 61 61 71** and **0300 330 5487** for mobiles or try **Time Online**, the online chat service



SPEAK TO SOMEONE

in person at **Warwickshire Wellbeing Hubs** - free one to one support, walk-in sessions and drop-in sessions visit: www.cwmind.org.uk/wbw or call: **02477 712288**



ACCESS THERAPIES (IAPT)

a service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy - call **02476 671090** to self-refer



FOR CHILDREN AND YOUNG PEOPLE

Rise - Warwickshire's emotional wellbeing and mental health services for children and young people. Call **0300 200 2021** or visit www.cwrise.com/home



Find out more at warwickshire.gov.uk/mentalhealth

@WCCPublicHealth

facebook.com/PublicHealthWarwickshire



Working for Warwickshire

Sources of support and information for schools

WCC directly delivers and commissions a **range of services** able to support education settings with the mental health of children and young people, ranging from prevention and early intervention, through to crisis support.

Universal and Prevention Services

- [Health Visiting](#)
- [School Health & Wellbeing Service](#)
- [Family Information Service](#)
- [Family Information Service – professional briefing booking](#)
- Family Support Line – 01926 412412
- [Warwickshire County Council Mental Health Website](#)
- [Togetherall](#)
- [Chathealth](#)
- [Dimensions Tool](#)

Early Help and Targeted Support Services

- [Kooth](#)
- [Rise](#)
- [Education Psychology](#)
- [Family Support Teams](#)

Crisis Support

- MASH education number – 01926 418608
- [Rise Crisis and Home Treatment Team](#)

margotbrown@warwickshire.gov.uk
katesahota@warwickshire.gov.uk

Join the network: <https://forms.office.com/r/nWwW79TN82>

Check the website:

<https://schools.warwickshire.gov.uk/mental-health-education>