

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

14th December 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 (LGBT)	Keira Rounsley
4:25	Mental Health & Gender Dysphoria	Jenny Wyatt-Sames
4:40	Update on CW Mind offer	Sabrina Gardner-Orr
4:50	Future Meetings and AOB	Kate Sahota

Welcome & Updates

- MHSTs trailblazer – wave 7
- Networks for waves 1 and 5

Mental Health and Protected Characteristics

Focus: LGBT+

Overview

- Under the [Ofsted Education Inspection Framework \(2019\)](#) inspectors will assess the extent to which the school complies with the relevant legal duties under the Equality Act 2010, including, where relevant, the Public Sector Equality Duty and the Human Rights Act 1998. Schools must “promote an inclusive environment that meets the needs of all pupils, irrespective of age, disability, gender reassignment, race, religion, belief, sex or sexual orientation”.
- Stonewall’s [School Report \(2017\)](#)

The Science of Exclusion

- Neuroscience shows the same area of the brain which processes physical pain is activated when people have been excluded.
- Social belonging = fundamental psychological need.
- Exclusion can reduce **self-esteem**, **sense of control**, and a **sense of having a meaningful existence**.
- These negative reactions apply regardless of who's rejecting you!

What does LGBT+ stand for?

Lesbian - Refers to a woman who has a romantic and/or sexual attraction towards women.

Gay - Refers to a man who has a romantic and/or sexual attraction towards men. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian.

Bisexual - Bi is an umbrella term used to describe a romantic and/or sexual attraction towards more than one gender.

Transgender (Trans) - An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

+ - Simply there to include all identities, regardless of how people identify themselves.

- Half of LGBT people (52 per cent) said that they've experienced depression in the last year (2018)
- More than four in five trans young people have self-harmed, as has three in five lesbian, gay and bi young people who aren't trans (2017)
- More than two in five trans young people have attempted to take their own life, and one in five lesbian, gay and bi students who aren't trans have done the same (2017)

True or False?

**The LGBT+ community is one
big happy family**

FALSE

Coming out only happens once

FALSE

More than one in five Black, Asian and minority ethnic people have experienced an eating disorder in the last year

TRUE

**One in five LGBT+ people with
a disability have experienced
some form of addiction**

TRUE

1. GET THE BASICS RIGHT

Schools should have clear and widely promoted policies and procedures on preventing and tackling homophobic, biphobic and transphobic bullying and language, including online abuse. Every incident of homophobic, biphobic and transphobic bullying should be taken seriously and quickly acted upon, with clear and consistent sanctions for those responsible.

2. SHOW CLEAR LEADERSHIP

Head teachers, senior management and governors should send out a strong message to all pupils and staff that homophobic, biphobic and transphobic bullying and language is not acceptable. They should also be clear on the school's positive ethos around creating an inclusive learning environment for all pupils.

3. CREATE AN INCLUSIVE CURRICULUM

Schools should ensure that LGBT people and experiences are reflected across the curriculum, to celebrate difference and make the diversity of LGBT people visible. They should ensure that relationships and sex education (RSE) takes the needs and experiences of LGBT people into account, including in discussions around online safety.

4. EQUIP YOUR STAFF

Creating an inclusive school environment and tackling homophobia, biphobia and transphobia should be seen as the responsibility of every member of staff. All teaching and non-teaching staff should be trained on tackling homophobic, biphobic and transphobic bullying and language. Teaching staff should also be trained on online safety, supporting LGBT pupils and young people's mental health and wellbeing.

5. CELEBRATE DIFFERENCE

Tackling homophobic, biphobic and transphobic bullying should form part of a whole school approach towards celebrating difference and creating an inclusive environment for all pupils. Schools should profile diverse LGBT role models by welcoming external speakers and by creating an environment where LGBT teachers can be open about their identity.

Dates for the calendar

There are many awareness days, weeks and months that focus of LGBT+ matters. We have included a few of the main ones below. However, you can find an extensive list of LGBT+ Awareness Periods by clicking [here](#).

- **Anti-bullying Week** - November (www.anti-bullyingalliance.org.uk/anti-bullying-week)
- **International Day Against Homophobia, Transphobia and Biphobia** - 17th May (www.dayagainsthomophobia.org)
- **International Transgender Day of Visibility** - 31st March
- **LGBT+ Pride Month** - June
- **LGBT+ History Month** - February (www.lgbthistorymonth.com)
- **Transgender Awareness Week** - typically second week of November
- **Transgender Day of Remembrance** - 20th November

Local and national LGBT+ organisations

- **Educate and Celebrate:** Educate & Celebrate are experts in transforming schools and organisations into LGBT+ Friendly places (<http://www.educateandcelebrate.org/>)
- **Warwickshire Pride:** A not-for-profit organisation which provides a range of services and social activities for the LGBT+ community (www.warwickshirepride.co.uk)
- **Gender Identity Development Service (GIDS):** Full details of the support offered by GIDS and the referral process can be found on its website - www.gids.nhs.uk
- **NHS Information on Gender Dysphoria:** <http://www.nhs.uk/conditions/gender-dysphoria/Pages/Introduction.aspx>
- **Depend:** Provides support, advice and information for anyone who knows, or is related to, a trans person of any age (www.depend.org.uk)
- **Gendered Intelligence:** A not-for-profit organisation which provides support for young trans people aged 8-25; a broad portfolio of services for educational settings including workshops, assemblies and staff training; and training and consultancy for professionals across all sectors (www.genderedintelligence.co.uk)
- **Gender Identity Research and Education Society (GIRES):** Works to improve the lives of trans and gender non-conforming people and has lots of useful information on its website, including several e-learning modules (www.gires.org.uk)
- **Mermaids:** Offers support to children and young people with gender issues and their parents (www.mermaidsuk.org.uk)
- **Stonewall:** The national LGBT charity which provides information and resources for young people, their families and schools (www.stonewall.org.uk)

Additional organisations which may be helpful for staff and LGBT+ children and young people and their parents or carers can be found in Stonewall's "[An introduction to supporting LGBT children and young people](#)".



Equality and diversity for schools

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Directories

[Education Services Directory](#)

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7. Advice for schools on planning inclusive visits
8. For further information and support
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<https://schools.warwickshire.gov.uk/managing-schools/equality-diversity-schools>

Equality, Diversity and Inclusion (EDI) for Schools

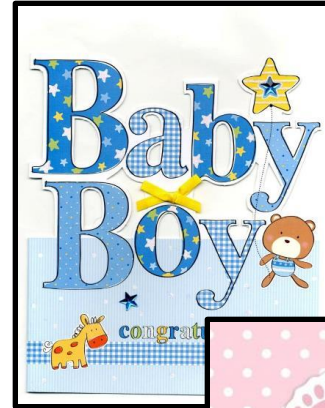
Equality, diversity and inclusion in education is essential for both teachers and students. Every school, college or setting wants to make sure all their learners can thrive and reach their full potential. By raising awareness of all strands of diversity, how to eliminate



RISE

Gender Dysphoria in RISE

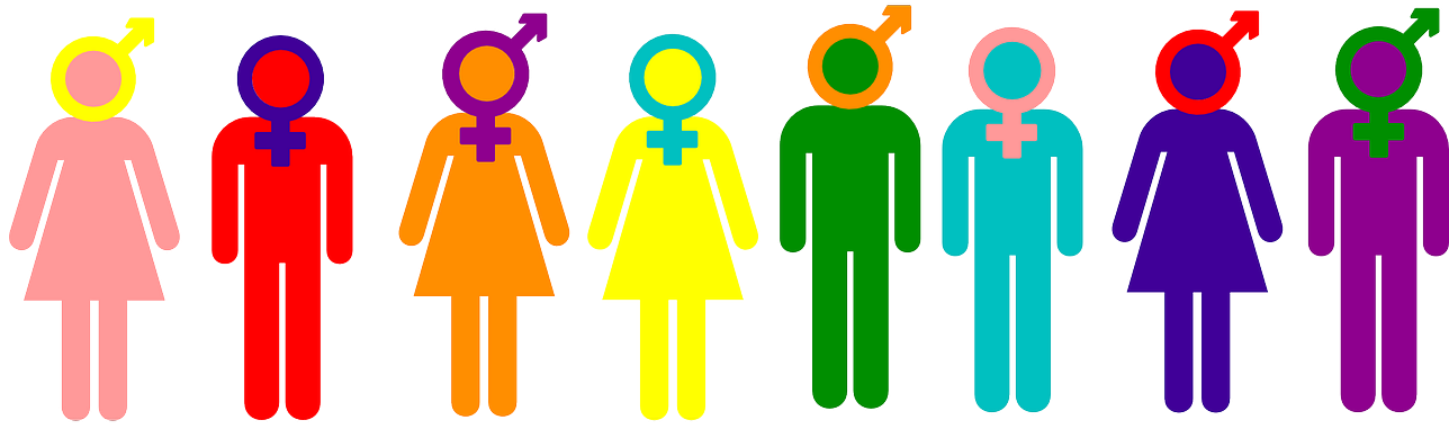
Dr Jenny Whyatt-Sames (Psychologist)
Molly Beardsmore (Assistant Psychologist)



Western society has a binary response to these!



Gender on a spectrum



Links with mental health

- Unsupported transgender children have significantly higher rates of:
 - depression
 - suicidal ideation, attempts and self-harm
 - eating disorders – current number of ED cases has risen.
- Stigma and shame from society
 - Social isolation
 - Not feeling they fit in/belong
 - No visible positive role models within society
- When accepted and socially transitioned, some of these difficulties are not observed



GD cases

- Database 65 cases;
Consultation booked into
March/ April 2022
- Approx. $\frac{1}{4}$ from the Crisis team
- Approx. 60% identify as trans
(majority FtM)
- Approx. 40% non binary / other
presentation
- Rise in complex cases

Schools

- Young people speak about the role of their school in supporting their experience and helping them to understand their gender identity.
- Examples of good experiences;
 - Culture of acceptance, diversity, inclusion (permitted language, lesson content, leadership, **visibility**)
 - Reduction in gendered toilets / changing spaces / PE
 - Transphobic bullying specifically addressed
 - LGBTQIA+ groups
 - Acknowledgment of individual approach e.g. some young people do not wish to transition in school

GD/MH interventions

- **GD consultation** resulting in itemised plan.
- **Parents group:** Grief, denial, confusion, frustration, pride, hope, guilt, anxiety.
- **Transtastic:** Over 13s therapeutic support group.
- **Trust Support and Help:** Und



- **Referral via**



External e.g. GP

Internal e.g. treatment waiting list

Resources

Resources relevant to children / young people and their families:

- **The Gender Identity Development Service (GIDS)** at The Tavistock and Portman NHS Trust is the only specialist NHS gender service for under 18s in the UK. If the family feel they would like a referral to GIDS they can request this from their GP. Waiting times for this service are currently upwards of 2.5 years:
<http://gids.nhs.uk/>
- **Mermaids** supports children and young people up to 20 years old who are gender diverse, and their families, and professionals involved in their care: <http://www.mermaidsuk.org.uk/resources-for-parents.html>
- **Educate and Celebrate** provides resources and training to schools: <http://www.educateandcelebrate.org/>
- **Schools Transgender Guidance** helps parents and schools know how they can assist a transgender child in school: <https://www.safeguardingwarwickshire.co.uk/images/downloads/ESS-PB/PoliciesandProcedures/Trans-Toolkit-for-schools-2017.pdf>
- **Childline** provides useful information for young people, message boards to seek support and advice from others and a helpline: <https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/transgender-identity/>

General resources:

- **Stonewall** provides advice and support around issues of sexuality and gender:
<http://www.youngstonewall.org.uk/>
- **Gender Identity Research and Education Society (GIRES)** has lots of articles that could be useful to parent/carers, teachers and young people: <http://www.gires.org.uk/resources>
- **Gendered Intelligence** provides information about meet ups around the country:
<http://genderedintelligence.co.uk/>
- **Warwickshire Pride** : <http://www.warwickshirepride.co.uk/>

Resources

Adult Services:

There are seven adult Gender Identity Clinics (GICs) in England available. Patients have the right to choose which of the clinics they are referred to, no matter where they live ([Interim NHS England Gender Dysphoria Protocol and Guideline 2013/14](#)).

•Northampton Gender Identity Clinic:Telephone: 01327 708147

Email: genderclinic@nhft.nhs.uk

Website: <http://www.nhft.nhs.uk/gic>

•Nottingham Gender Identity Clinic.Telephone: 0115 876 0160

Email: not-tr.gender-services@nhs.net

Website: <https://www.nottinghamshirehealthcare.nhs.uk/nottingham-centre-for-transgender-health>

Books/ films for children / young people that parents have cited as useful in speaking with their children about all things trans / gender expression:

•**The boy in the dress:** by David Walliams (book and film)

•**Bill's New Frock:** by Anne Fine

•**My Brother Bernadette:** by Jacqueline Wilson

•**I am Jazz:** by Jazz Jennings

•**Parrotfish:** by Ellen Wittlinger

•**10 000 dresses:** by Marcus Ewert

•**The Art of Being Normal:** by Lisa Williamson

References

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- Stonewall (2018) School report. LGBT in Britain Trans report. Stonewall, London.
- Turban, J., Ferraiolo, T., Martin, A., & Oleski, C. (2017). Ten things transgender and gender nonconforming youth want their doctors to know. *Journal of the American Academy of Child & Adolescent Psychiatry*, 56(4), 275-277.
- Austin, A., Craig, S. L., & D'Souza, S. A. (2018). An Affirmative cognitive behavioral intervention for transgender youth: Preliminary effectiveness. *Professional Psychology: Research and Practice*, 49(1), 1.
- Durwood, L., McLaughlin, K. A., & Olson, K. R. (2018). "Mental health and self-worth in socially transitioned transgender youth": Corrigendum.
- Olson, K. R., Durwood, L., DeMeules, M., & McLaughlin, K. A. (2016). Mental health of transgender children who are supported in their identities. *Pediatrics*, 137(3), e20153223.

Update on current offer from CW Mind

Big Umbrella

Big Umbrella is an early intervention project that operates within schools and colleges in Warwickshire. The aim of the project is to teach children and young people skills to manage and maintain good wellbeing. An assembly is delivered to the whole school (reception to age 18), followed by resilience workshops targeting specific age groups and 1-1 sessions for children who need extra support - suitable from year 6 to 18 years.

For more information visit cwmind.org.uk/big-umbrella/



Buddy Service

The Buddy Service operates within Coventry where a young person is matched with a buddy who has similar interests and likes. The YP and their Buddy will meet regularly to support confidence and increase independence to the point where the young person feels as though they don't need the service anymore. The service is open to young people aged 13-18.

For more information visit cwmind.org.uk/the-buddy-service/



Young Black Men's Project

Young black men are one of the most overrepresented BME groups in in-patient mental health services and within the criminal justice system. The project works in partnership with the Tamarind Centre to promote empowerment, resilience and aims to address some of the issues black men aged 11-30 and their families are facing. The YBM project is available in schools, community spaces and places of worship.

For more information visit cwmind.org.uk/young-black-men-2/



Further Support

cwmind.org.uk/
cwrise.com/
kooth.com/
dimensions.covwarkpt.nhs.uk/

CYP Services (The Junction)
 (024) 7663 1835

Samaritans: 116 123
 Childline: 0800 11 11
 Rise 24/7 Crisis Line 08081 966798



CW Mind CYP

@cwmindcyp



Mind Coventry and Warwickshire

Children & Young People's Service

Our Services



Update on current offer from CW Mind

Children's Community Autism Support Service (CCASS)

The CCASS service is open to children and young people, up to age 19 across Coventry and Warwickshire who are on the neurodevelopmental waiting list or have previously received an autism diagnosis and require support.

The service supports young people through youth groups with creative activities and quizzes, 1-1 support on referral and further support available to parents, education staff and professionals.

For more information visit cwmind.org.uk/autism-support-service/



Guardian Ballers

Guardian Ballers uses basketball to support young people's mental health in secondary schools aged 11-18 across Coventry. The program encourages young people to get moving through basketball skills, make their community better, be open and educated about their mental health.

For more information visit cwmind.org.uk/guardian-ballers/



Keyworker Pilot Project

The Keyworker Project works with young people aged 14-25 years who have autism and/or learning disabilities across Coventry and Warwickshire that are at risk of admission to hospital, or about to be discharged. An allocated keyworker will work alongside the young person to support their needs in conjunction with their families and clinical teams.

For more information about this project, please contact Maria Dainter at The Junction on 024 7663 1835



Looked After Children CAMHS LAC/ Warwickshire CLA

The CAMHS Looked After Children and Warwickshire Children Looked After services offer support to children and young people in residential and foster care, those who are adopted, foster carers, adopters and professionals working with looked after children. Support offered for young people includes counselling and creative play. Carers and professionals are also able to access advice, support and training.

For more information visit cwmind.org.uk/looked-after-childrens-services/



Reach Service

The Reach service is open to children and young people within Coventry, aged 5-18 who are experiencing poor mental health such as low self-esteem, anger, low mood and/or anxiety. A range of services are offered, including; counselling, therapeutic group work, peer support groups and online tools and self-help activities.

For more information visit cwmind.org.uk/reach/



Rise Service

The Rise service is available to CYP aged 7-18 throughout Warwickshire and is delivered in partnership with Coventry & Warwickshire NHS Partnership Trust. Services available include; counselling, therapeutic group work, peer support groups and online self-help tools and activities. Referrals into the Rise service are accepted from professionals.

For more information visit cwmind.org.uk/rise-in-coventry-warwickshire/



Vibes Youth Groups

Youth groups are available for children and young people aged between 7 - 18 in Coventry who have an Autistic Spectrum Condition diagnosis.

For more information, contact The Junction on (024) 7663 1835



Any Other Business

- Education return funding
 - Mental Health First Aid Training
- Mental Health Curriculum funding bids launch
- Future meetings
 - Half termly from 2022 (Feb 22, Apr 22, June 22)
 - Review meeting in July 2022 to agree next steps
- Any issues to raise/discuss?



Future meetings will be managed by:

debbiehibberd@warwickshire.gov.uk
neeshamemetovic-bye@warwickshire.gov.uk

Check the website:







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

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.

<p>VISIT WARWICKSHIRE LIBRARIES</p>	<p>for Reading Well Books on Prescription (BOP) recommended self-help books, audio CDs and e-books visit: www.warwickshire.gov.uk/booksonprescription</p>	
<p>GO ONLINE</p>	<p>bigwhitewall.com completely anonymous online community, free to people living in Warwickshire, available 24/7</p>	
<p>TELEPHONE</p>	<p>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</p>	
<p>SPEAK TO SOMEONE</p>	<p>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</p>	
<p>ACCESS THERAPIES (IAPT)</p>	<p>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</p>	
<p>FOR CHILDREN AND YOUNG PEOPLE</p>	<p>Rise - Warwickshire's emotional wellbeing and mental health services for children and young people. Call 0300 200 2021 or visit www.cwrise.com/home</p>	



Find out more at warwickshire.gov.uk/mentalhealth

 @WCCPublicHealth

 facebook.com/PublicHealthWarwickshire

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](#)