Welcome to the
Mental Health Network for
Education Settings in Warwickshire

We will be starting at 4pm!

The session will be recorded

Warwickshire County Council

Working for Warwickshire

Mental Health Network for Education Settings in Warwickshire

Wednesday 27 April 4pm – 5pm

Debbie Hibberd, Lead Commissioner (School Improvement)

Neesha Memetovic-Bye, Wellbeing & Resilience Commissioner (Lifestyle & Prevention)

Warwickshire County Council

Working for Warwickshire

Agenda

4:00	Welcome & Updates	Debbie Hibberd
4:05	Self-harm	Christal Ruddock, Gemma Gough & Jo Farmbrough
4:35	Cyber Crime	Joe Patterson
4:45	Questions	
4:55	Future Meetings and AOB	Neesha Memetovic-Bye

Warwickshire County Council

Welcome & Updates

- 65 members of staff across the county completed the **Youth Mental Health First Aid** courses

- 100 education settings across the county from maintained nurseries to colleges were successful in bidding for the **Mental health curriculum in education settings grant funding**

Self-Harm

Jo Farmbrough, Gemma Gough (Educational Psychology Service)

Christal Ruddock (Early Help)

Warwickshire County Council

Working for Warwickshire

What is self harm?

The National Institute for Clinical Excellence
(NICE) describes self harm as:

"any act of self-poisoning or self-injury carried out by an individual irrespective of motivation"

(NICE 2013, p.42)

- Scratching / cutting
- Hitting self / head banging
- Hair pulling
- Biting

- Burning skin
- Skin picking
- Poisoning
- Exercising excessively

Warwickshire County Council

Warwickshire Educational Psychology Service

Background

- UK has one of the highest rates of self-harm in Europe
- Warwickshire has higher hospital admissions for self-harm when compared with the UK

(Palmer, 2017)

- More common in young women than men
- Less common in primary-aged children,

but increasing…

Warwickshire County Council

Warwickshire Educational Psychology Service

National and Local Context

- New NICE guidelines due July 2022
- Warwickshire Self-Harm Working Group (producing model self-harm policy for schools)
- C&W Suicide Prevention Partnership (currently refreshing suicide prevention strategy, partnership arrangements and work programme)

Current activity

Suicide Prevention Gatekeeper Training: free training for public-facing frontline workers within Coventry and Warwickshire.
https://cwmind.org.uk/suicide-prevention-training/

Dear Life: www.dearlife.org.uk is Coventry and Warwickshire's dedicated website to help you find support in a crisis or if you are worried about someone's wellbeing but are not sure how to help them.

Amparo: offers practical and emotional support for anyone bereaved by suicide in Coventry and Warwickshire https://amparo.org.uk/our-locations/coventry-warwickshire/

Wellbeing for Life Festival 2022: Saturday 14th May, Pump Room Gardens, Leamington Spa 10am-3pm https://www.wellbeing4life.co.uk/

For more information about the C&W Suicide Prevention Partnership, please contact:
Hannah Cramp, Suicide Prevention and Partnership Manager, Public Health, WCC
hannahcramp@warwickshire.gov.uk

Warwickshire County Council

Warwickshire Educational Psychology Service

Stressors and risk factors

Discussion:

What experiences might someone have had that *may* lead to self harm?

Source: University of Oxford (2018)

Vulnerability factors

Individual	Family	Social
History of depression or anxiety, low self-esteem, a sense of hopelessness, poor problem-solving skills, impulsive behaviour, problems with drugs/ alcohol, being on the autistic spectrum, having ADHD or having an eating disorder.	Mental health difficulties in parents/carers, poor parental relationship, conflict with parents, drug/alcohol misuse within the family, abuse or neglect or a family history of self-harm.	Difficult peer relationships, peer rejection, bullying (including cyberbullying), having friends who self-harm, easy access to means of self-harm, influenced by websites or social media that encourage self-harm, or influenced by suicide or self-harm of well-known figures in the media.

Remember: Self-harm is something that can affect anyone

Warwickshire County Council

Warwickshire Educational Psychology Service

Additional factors that might make someone more at risk

- Experience of a mental health need

- Being a young person who is not under the care of their parents, or has left a care home

- Being part of the LGBTQ+ community

- Having been bereaved by suicide

(source: Truth about self-harm, Mental Health Foundation)

> **Children in care are 4 - 5 times more likely to experience mental health difficulties than the wider population**

Warwickshire County Council

Warwickshire Educational Psychology Service

**Family
relationship
difficulties**

**Difficulties
with peer
relationships**

Bullying

Feeling under pressure to
conform/achieve

Difficult times of the year
e.g. anniversaries

Significant trauma
e.g. bereavement,
abuse

Triggers

Times of change
e.g. parental
separation

Exam
pressure

Self harm
behaviour in other
young people

Self harm portrayed
in the media

Trouble in
school or with
the police

Warwickshire
County Council

Warwickshire Educational
Psychology Service

Self-harm warning signs

Changes in behaviours to notice:

- Eating/sleeping habits

- Increased isolation

- Levels of activity and mood

- Academic achievement

- Talking about self-harming or suicide

- Abusing drugs or alcohol

- Becoming socially withdrawn

- Expressing feelings of failure, uselessness or loss of hope

- Giving away possessions

- Wearing baggy or long-sleeved clothes

Warwickshire County Council

Warwickshire Educational Psychology Service

What intent/function may self harm behaviour serve?

- To feel in control
- To relieve tension and emotional pain
- As a way of communicating distress
- As a form of punishing themselves
- To feel more connected and alive, otherwise they feel detached. To not feel numb
- It can provide distraction
- To elicit care from others
- Means of getting identity with a peer group

The self-harm cycle

Dispelling the myths

All people who self-harm are suicidal	**NO. only a very small number, for most it is a release from emotional pain**
Self harm is attention seeking	**NO. Many young people go to great lengths to hide their self-harm**
The more serious the injury, the more serious the problem	**NO. The nature and severity of the self-harm does not reflect the nature or severity of the problem**
They must like the pain	**NO. It is not about pain, it is about coping**
Self-harm is a young person's issue	**NO. people of all ages self-harm**
People who self-harm can stop easily if they want to	**NO. It is a way of coping and is very difficult to stop unless a better way of coping can be adopted**
Self-harm is the problem, if we stop this then the person will be fine	**NO. Self-harm is not really the problem and may be seen as a solution to problems that will not go away**

Source: Self-harm in children and young people Handbook, National CAMHS Support Service 2011

Warwickshire County Council

Warwickshire Educational Psychology Service

Responding to a self-harm incident

- Keep calm and address immediate risk
- Take it seriously, acknowledge distress and reassure
- Active listening
- Procedures to follow (safeguarding policy)
- Confidentiality
- Sources of support
- Clear next steps identified

Continuing a conversation…

You've shown a lot of strength in telling me this. I want to help you find support

I am so sorry you are feeling this way. Can you tell me more about how you are feeling

It can be hard to talk about this, but take your time and I will listen

There are organisations that offer support, I can give you their contact details

Take your time and tell me what's happening for you at the moment

It sounds as though things are really hard at the moment…can you tell me a bit more?

There is hope. There is help available and we can find it together

Warwickshire County Council

Warwickshire Educational Psychology Service

What to do… (longer term)

- Early intervention
- Person centred planning
- Identify a key adult
- Understanding the circumstances of self-harm
- Explore alternative coping
- Signposting
- Seeking further support
- Accessing training for staff

Christal – safety planning/risk assessments/training

No suicidal self-injury/harm is a term used to describe self injurious behaviour. By completing risk assessments, we hope to find the reason behind it and establish the motivating factors

The importance and positive impacts of safety planning/risk assessments will enable you to:

- Identify triggers – Unconscious schemas/schema healing
- Establish Early Warning Signs
- Prevent an emerging crisis/predict future events – escalation to suicidal ideations
- Determine the level of intent to harm themselves
- Understand the protective factors – what is the YPs/Parents current support network

Remain curious regarding observations of the non-verbal communication - **Please note that is the signs and symptoms (presentation is masked) the risk assessment process does not come to fruition and safety planning may not be effective.**

Warwickshire County Council

Insight into upcoming training – Prevention of Self Injurious Behaviours and Suicidal ideations

Risk Assessments - Identifying the story

BREATHS

- Burden
- Rejected/Rejection
- Exhaustion – Explore sleep
- Anxious
- Trapped
- Hopelessness
- Shame

If the above is evidenced following the risk assessment it is very likely

that the individual has thoughts to end their life.

Safety plan – example

EHTS - Integrated Safeguarding Training for professionals

https://www.safeguardingwarwickshire.co.uk/safeguarding-children/education-safeguarding-service-training

Included in this flyer are the following training courses:

1. Early Help (Pathway to Change) Training
2. Initial DSL Training
3. DSL Refresher Training
4. Reflective Supervision
5. Importance of the Safeguarding Boards and Partnership briefings
6. Prevent Training
7. Consortia Training - Trauma sensitive
8. Reducing Parental Conflict
9. Effectively supporting the children of today in Schools
10. Solihull Approach 2-day Foundation course
11. Restorative Practice
12. Online Courses and guides:
    a) Adverse Childhood Experiences
    b) Understanding Trauma
    c) Understanding Attachment
    d) E-learning Reducing Parental Confict
    e) For parent and carers
    f) One Minute - Information guides
13. Early Years please click on this link below. https://www.warwickshireearlyyears.co.uk
14. Protective Behaviours
15. Safer Recruitment Training

RISE training offer for Professionals

https://cwrise.com/download.cfm?doc=docm93jijm4n6207.pdf&ver=8443

Christal - Early help offer

Early Help is the support we offer to potentially vulnerable children, young people and their families. The purpose of Early Help is to put in the right support at the right time so that problems are less likely to escalate to a point where the child becomes vulnerable or in need.

Education Providers already have a strong knowledge of the Early Help offer in Warwickshire therefore I will not use the limited time I have to elaborate on this further today however what I would like to do is give a brief overview of the offers of support available to our education settings within the EHTS:

- **Consultation via the Family Support Helpline: 01926 412412**

- **Consultation with Locality Targeted Support Officers**

- **Consultation with Locality Early Help Team Leaders**

- **Consultation with Early Help Social Workers**

- **Consultation with the Education Safeguarding Lead: Dawn Parsons based within the Front Door**

- **Consultation with the Front Door (EH Hub/MASH Hub): 01926 414 144**

- **Consultation with Head Teacher Coach: Carl Lewis**

- **Locality Early Help Network Events**

Important – if you feel that escalation of support for a family is required where an EH plan of support has not been successful and the family are at risk of an emerging crisis EHTLs chair weekly Locality Panel Discussion Meetings with Managers based in the Initial Response Teams – This process can be considered if the threshold is evidenced and the child/YP/Parent is not at risk of IMMEDIATE harm – Spectrum of Support document - https://api.warwickshire.gov.uk/documents/WCCC-829341009-284

Warwickshire County Council

Further support:

Connect for Health – Warwickshire school nursing service offer:

- student workshops on self-harm

- Work with young people who would like individual support for self-harm

- public health campaigns / messages / display boards for events

- Chat Health text messaging service for young people Monday to Friday 9-5pm

Tel: 03300 245 204   Email: connectforhealth@welearn365.com

Website (with referral forms): www.compass-uk.org

Educational Psychology Service – the link EP for your school can provide advice and support regarding individual children/young people and staff training re self-harm from the school's EPS subscription sessions.

Warwickshire County Council

Key Messages

- Self-harm in itself is not a mental illness it is a sign of emotional distress

- One of the most powerful things an adult can do to support is actively listen

- The importance of developing whole school practices – you should not be managing in isolation, you should have your own safety net.

Useful resources and references

- **Mind** - https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/useful-contacts/

- **Young minds** https://www.youngminds.org.uk/media/wr5fwijg/no-harm-done-professionals-pack.pdf

- **NSPCC** – https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm

- **NICE** - https://www.nice.org.uk/guidance/qs34

- **Palmer (2017)** *Exploring self-harm in young people in Warwickshire* - *https://api.warwickshire.gov.uk/documents/WCCC-644-442*

Warwickshire
County Council

Warwickshire Educational
Psychology Service

Useful resources and references

- **Truth about self-harm** **https://www.mentalhealth.org.uk/publications/truth-about-self-harm**

- **University of Oxford.** 'Young people who self harm a guide for school staff' (2018) https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/wave-1-resources/young-people-who-self-harm-a-guide-for-school-staff.pdf?sfvrsn=e6ebf7ca_2

- **Royal College of Psychiatrists** Managing self-harm in young people, 2014. https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/self-harm-in-young-people-for-parents-and-carers

- **Self-Harm: Guidelines for Professionals and Volunteers – 2014** (The Northamptonshire Toolkit) https://www.asknormen.co.uk/resources/uploads/files/NCC119034_Self%20Harm%20Booklet.pdf

- **Papyrus** 0800 068 4142 website https://papyrus-uk.org/hopelineuk/

- https://girfec.fife.scot/__data/assets/pdf_file/0034/187792/Self-Harm-Guidance-Sept-2017.pdf

For young people

- **Chat Health** ChatHealth is a confidential text messaging service that enables children and young people (aged 11-18) to contact their local public health nursing (school nursing) team and health visiting. This service is provided by Coventry Family Health and Lifestyles Service: Parent text 07507 329114 Young People text 07507 331949. Monday to Friday 9am-5pm

- https://www.kooth.com/ **Kooth** is commissioned by WCC and is a useful resource to support young people with their mental health and well-being

- **MeeToo** – Mental Help app for young people aged 11-25 yrs. Endorsed by the NHS, MeeToo is a free, safe and anonymous app, that enables young people to talk about difficult things and help themselves by helping each other.

- **ChildLine** 0800 1111 website: https://www.childline.org.uk

For Parent/Carers

Kaleidoscope Plus Group – peer support groups in Warwickshire for parents/carers of young people who self-harm. Call: 07970040016 ; SPARK@Kaleidoscopeplus.org.uk

RISE **https://cwrise.com/for-parents/**

Coping with self-harm: a guide for parents and carers – available for free download from: https://www.ox.ac.uk/news/2015-12-01-new-guide-parents-who-are-coping-their-childs-self-harm-you-are-not-alone

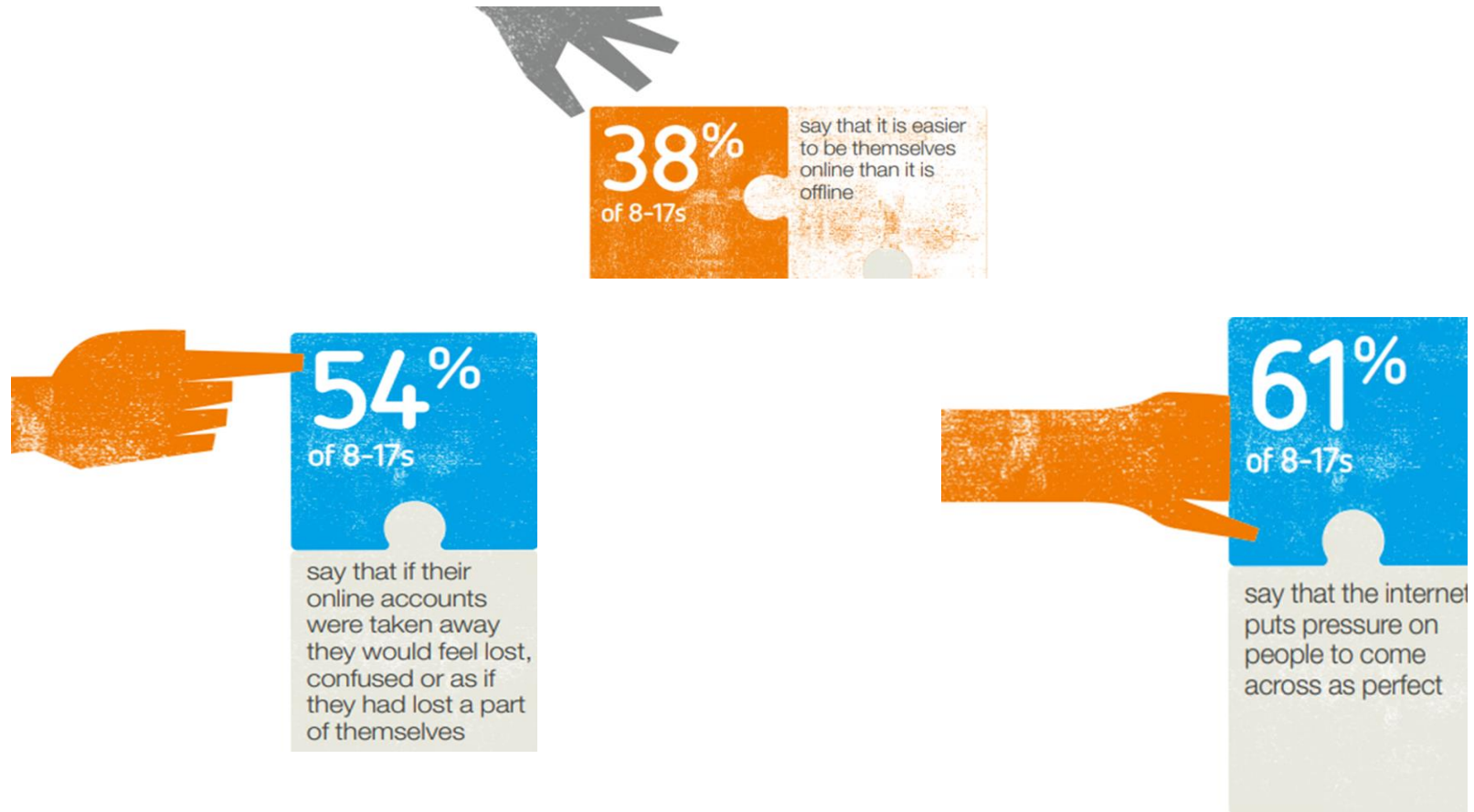**Young Minds parent helpline** – 0808 802 5544 – website https://youngminds.org.uk/find-help/for-parents/parents-helpline/

Supporting Parents - Dr Pooky Knightsmith
https://www.youtube.com/playlist?list=PL1HN98dJOCA9vkq4Wi4OGJCYtOD-yexOe

Samaritans: 116 123

Cyber Crime

Joe Patterson

The impact of Social Media

38% of 8-17s say that it is easier to be themselves online than it is offline

54% of 8-17s say that if their online accounts were taken away they would feel lost, confused or as if they had lost a part of themselves

61% of 8-17s say that the internet puts pressure on people to come across as perfect

Warwickshire County Council

Young People Online
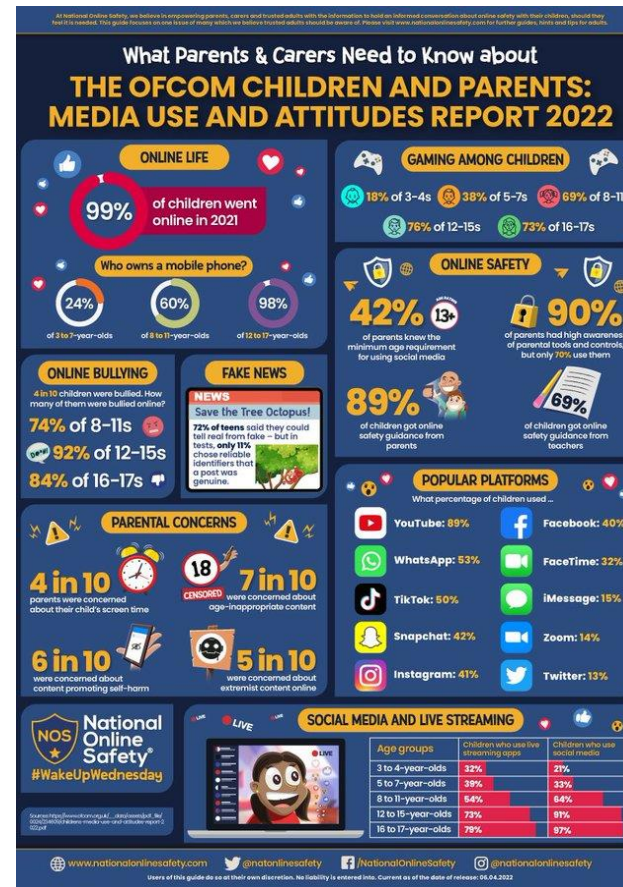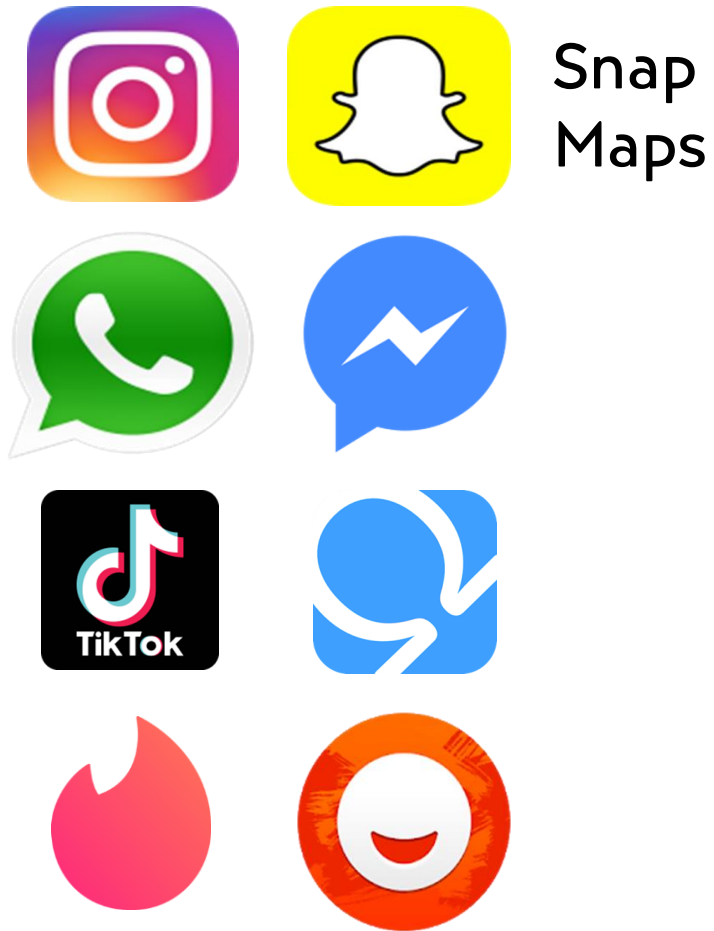
Snap
Maps

Any Other Business

- The next meeting will be **Tuesday 14 June via teams 4-5pm**

Warwickshire
County Council

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 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