

## CAMHS Mental Health Support Team (MHST) / Getting Help Team

### Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings and Wider Partners – Autumn Winter 2023

As part of the CAMHS offer for early intervention we are pleased to offer the Autumn Winter 2023 resources and webinar programme for education settings and wider partners in East Berkshire.

In response to education staff and professionals requesting further mental health and wellbeing webinars, we are launching a new set of webinars with themes including Understanding Depression and Low Mood in Young People, Supporting Young People with Eating Disorders, Supporting Young People with Anxiety Through CBT techniques and Understanding and Responding when Young People Self-Harm.

For ease we have incorporated the Frimley Integrated Care Board (ICB) Workforce Offer into this programme.

What follows is a menu of opportunities which offer education settings and other professionals the opportunity to enhance their knowledge around early intervention children and young people's mental health issues. We have worked together with some of our key partners to help us to support you to support the children, young people and families you work with.

This offer contains the following information:

1. **SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)**
2. **Webinar Programme**
3. **PPEP Care Training**
4. **Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM**
5. **Kooth Resources and Webinars**
6. **Number 22 - Youth Counselling Service (RBWM and Slough)**
7. **Youthline – Young People's Counselling Service and for adults who care for and support young people in Bracknell Forest**
8. **Frimley Integrated Care Board (ICB) Workforce Offer**
9. **Other Local Resources**
10. **National Resources**

We hope you find the webinars and resources provide a good learning experience on children and young people's mental health and emotional wellbeing.

## 1. SHaRON Digital Platform



SHaRON for Professionals is an online network for education professionals providing peer support and access to resources 24/7 on mental health and wellbeing to enable you to support children and young people. SHaRON stands for Support Hope and Resources On-Line Network. This digital platform provides support specifically for Education Professionals.

The SHaRON for Professionals platform consists of education professionals like you as well as peer and clinical moderators (from Berkshire Healthcare CAMHS and staff from local authorities).

The platform can support

- Knowledge sharing: platform members can share resources, learning and information from across education to support CYP mental health
- Connecting with others: members can build their personal and professional networks by connecting with other education staff from across East Berkshire
- Remote collaboration: a central location for documents, files and other team resources allows teams working across dispersed geographies or different office locations to collaborate and participate more easily.

As we are building our community of practice the SHaRON platform will be the heartbeat of the network and will be the 'go to' place for information on CYP mental health.

We are inviting staff who have a lead for CYP mental health to join the platform. This could be a SENCO, Pastoral Lead, PHSE lead, Designated Safeguarding Lead or SLT member.

To sign up for access to SHaRON for Professionals please email a request to: [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

## 2. Webinar Programme

Our webinar series is being delivered in collaboration with a range of colleagues. We aim to make these as interactive as possible so professionals can strengthen their knowledge and skills at all levels. All webinars will be hosted via the Microsoft Teams platform and presented by staff from the CAMHS Mental Health Support Team (MHST) and the Getting Help Team (GHT). See below for further details and a link to their resources.

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
16/10/2023	15:30 – 17:00	<b>Understanding Depression and Low Mood in Young People</b>	This training covers how to recognise and understand low mood presenting in childhood/adolescence, as well as how to better support these children, young people and their families.	All education settings and professionals working with children, young people (up to 18 years) and families.	<b>Presenter:</b> Emma Prince, Children's Wellbeing Practitioner Getting Help Team, CAMHS, Berkshire Healthcare	<b>SIGN UP <a href="#">HERE</a></b>
9/11/2023	15:30 – 17:00	<b>Supporting Young People with Eating Disorders</b>	This training covers what an eating disorder is, how you spot one, how to broach the subject with a young person or child, how to access specialist help and what specialist help looks like.	All education settings and professionals working with children, young people (up to 18 years) and families.	<b>Presenter:</b> Mary Curtis-Weight, Systemic Family Psychotherapist CYPF Eating Disorder Service, CAMHS, Berkshire Healthcare	<b>SIGN UP <a href="#">HERE</a></b>
20/11/2023	15:30 – 17:00	<b>Supporting young people with anxiety through CBT techniques</b>	A programme of training designed to help staff in education and primary care to: <ul style="list-style-type: none"> <li>Recognise and understand mental health difficulties presenting in childhood/adolescence.</li> <li>Better support these children, young people, and their families</li> </ul>	All education settings and professionals working with children, young people (up to 18 years) and families.	<b>Presenter:</b> Bonnie Brittle Senior CYP PWP & Clinical Supervisor, Getting Help Team, CAMHS, Berkshire Healthcare	<b>SIGN UP <a href="#">HERE</a></b>
6/12/2023	15:30 – 17:00	<b>Understanding and Responding when Young People Self-Harm</b>	This webinar will help you better understand why young people self-harm, give tips on how best to respond and support them. If need be how you can access the right support.	All education settings and professionals working with children, young people (12 years and above) and families.	<b>Presenter:</b> Yani Chocalingum, Team Lead, CAMHS GHT Bracknell, Berkshire Healthcare	<b>SIGN UP <a href="#">HERE</a></b>

Should you have any queries regarding signing up for these webinars please contact: Lucy Jacobs GHT/MHST Business Support Manager, [lucy.jacobs@berkshire.nhs.uk](mailto:lucy.jacobs@berkshire.nhs.uk)

### 3. PPEP Care Training

**Psychological Perspectives in Education and Primary Care (PPEPCare)** training has been designed to help staff/volunteers in the CYP workforce to:

- Recognise and understand mental health difficulties in children and young people.
- Offer appropriate support and guidance to children, young people and their families using psychoeducation and relevant evidence based psychological techniques (e.g. using a cognitive behavioural framework).

PPEPCare is delivered by specialist CAMHS, Getting Help Service and Mental Health Support Teams and Educational Psychologists. Please see full list of modules below:

#### **PPEPCare Modules**

- Overview of common mental health issues in children and young people
- NOW – Having constructive conversations with distressed young people
- Supporting young people with low mood
- Supporting young people with anxiety
- Supporting young people who self-harm
- Behaviour difficulties: Supporting children and their parents via a parenting intervention
- Overcoming childhood (under 12s) anxiety
- Supporting young people with eating disorders
- Promoting resilience in children & young people
- Supporting children and young people with obsessive compulsive disorder
- Supporting children and young people with specific phobia
- Supporting children with separation anxiety disorder (SAD)
- Supporting young people with post-traumatic stress disorder (PTSD)
- Autism & Mental Health Part 1 and Part 2
- ADHD
- Attachment
- Working with Families

For further information about PPEPCare modules [Click here](#). To book a session please use the online form available [here](#). Your local trained trainers will then contact you to discuss your needs.

## 4. Emotional Health & Wellbeing information - Bracknell Forest, Slough and RBWM local authorities

### 4.1 For RBWM staff only

#### Emotional Wellbeing Champions Programme 2023

The Wellbeing Team invites you to take part in the 2023 Emotional Wellbeing Champions programme for Primary Schools. The programme supports schools to develop a positive culture around mental health. The workshops offer students the opportunity to further their knowledge and create their own mental health campaigns within their school.

These are likely to be run in November '23, if you are interested in taking part please contact Natalie Evans [natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk) or Hariette Sarner [hariette.sarner@achievingforchildren.org.uk](mailto:hariette.sarner@achievingforchildren.org.uk).

#### Senior Mental Health Ambassadors Programme 2024

The Wellbeing Team invites you to take part in the 2024 Senior School Mental Health Ambassadors programme. The programme supports schools to develop a positive culture around mental health. A training day offers students the opportunity to further their knowledge and create their own mental health campaigns within their school. Following last year's success, we will again be exploring the use of rap music to express messages around Mental Health. To retain this within the programme we will require a contribution of £30 per school towards the costs of the external providers.

This event is likely to be run in February '24, if you are interested in taking part please contact Natalie Evans [natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk) or Hariette Sarner [hariette.sarner@achievingforchildren.org.uk](mailto:hariette.sarner@achievingforchildren.org.uk)

## 4.2 For Bracknell staff only – Education

### Early Help Family Hubs:

Within our family hubs we provide a tier 2 targeted service to support families, children and young people in Bracknell Forest. We practice a Team Around the Family (TAF) model supported by the Outcome Star assessment. Within the Early Help service there are Early Help Professionals, Education Welfare Service which includes EBSA practitioners (see below), A reducing parental conflict worker and a parenting lead, alongside our Getting Help colleagues. We have a wide-ranging parenting offer details of which can be found below. The youth centre provides activities, support, and information to young people and their families through case work and group sessions. The youth centre offer includes promoting positive mental health and emotional well-being, support for young people and related activities, information and advice on a range of topics, universal and targeted youth work sessions, sexual health clinics, LGBT support, young carers support and information, youth participation, member of the youth parliament, youth council and college drop-in support. Our service sits within the People directorate in BFC and comprises of four family hubs and a youth hub.

### Emotional School Based Avoidance:

- The Education Welfare Service offers support from Emotional Based School Avoidance Practitioners. They work in collaboration with professionals, education settings, families, children and young people to offer support to address Emotional Based School Avoidance. The offer comprises of varying elements which are all used to support children and young people to achieve success in education including:
  - Consultations with professionals and settings
  - Bespoke assess, plan, do review cycles
  - Sharing of resources and strategies
  - Developing training tools
  - Contributing to wider Local Authority panel meetings
  - Targeted work within the community and education settings
  - Parent drop-in sessions for advice and guidance

**Information on Family Hubs:** [Family hubs | Bracknell Forest Council \(bracknell-forest.gov.uk\)](http://bracknell-forest.gov.uk)

**Reducing Parental Conflict:** [Reducing Parental Conflict programme | Bracknell Forest Council \(bracknell-forest.gov.uk\)](http://bracknell-forest.gov.uk)

**Reducing Parental Conflict digital intervention:** [Parent guide for England \(oneplusone.org.uk\)](http://oneplusone.org.uk)

**Emotional School Based Avoidance:** [Welcome to Educational Psychology Service | Can-Do | Bracknell Forest \(bracknell-forest.gov.uk\)](http://bracknell-forest.gov.uk) Contains a link to the EBSA Webinar that has been developed for schools by the EBSA Practitioners and the Education Psychology Service.

**Youth Hub:** [Braccan Walk Youth Centre | Bracknell Forest Help Yourself \(bracknell-forest.gov.uk\)](http://bracknell-forest.gov.uk)

**Young Carers:** [Bracknell Forest - Young Carers | Bracknell Directory \(fsd.org.uk\)](http://fsd.org.uk)

**Parenting Offer:** [Parenting referrals | Bracknell Forest Council \(bracknell-forest.gov.uk\)](http://bracknell-forest.gov.uk)

**Contact details for further information:** [early.help@bracknell-forest.gov.uk](mailto:early.help@bracknell-forest.gov.uk)

#### 4.3 For Slough staff only – Education

##### **Slough School Health & Wellbeing Project: Education Staff Wellbeing webpage**

Information about local and national initiatives aimed at promoting education staff wellbeing plus workshops, advice and guidance for developing a whole school approach to staff wellbeing; all in one easily accessible place: **[School Health & Wellbeing Project | Education Staff Wellbeing web page](#)**

##### **Slough School Health & Wellbeing Project: Education Staff Wellbeing Self Care Guide**

This guide contains information, advice and guidance for staff to enable them to look after their own wellbeing. The guide follows a graduated approach with sources of additional support towards the end. There is also a section specifically for head teachers and school leaders. A copy of the guide can be found on the **[School Health & Wellbeing Project | Education Staff Wellbeing web page](#)**

##### **Slough School Health & Wellbeing Project: Developing a Whole School Approach to Health and Wellbeing**

The Slough Whole School Approach (WSA) to Health and Wellbeing framework and tools have been produced to help schools develop a whole school approach to promoting the health and wellbeing of pupils and staff. It is based on the Public Health England Whole School Approach model which is promoted by the Department for Education and encompasses key Department for Education guidance around health and wellbeing and also makes links to the Ofsted Schools Inspection Handbook (2021).

The Slough tools and guidance can be found on the **[School Health & Wellbeing Project | Developing a Whole School Approach to Health and Wellbeing webpage](#)** Schools who are part of the **Mental Health Support Team** initiative can also receive support with their WSA work from their Education Mental Health Practitioner.

## 5. KOOOTH Resources and Webinars



Kooth is a free BACP accredited online counselling and emotional well-being support service for young people. It offers a safe, secure and anonymous way for young people to access support with their emotional health and wellbeing needs from a professional team of qualified counsellors and emotional wellbeing practitioners. In addition to professional support, there are a range of Kooth community-based options, such as discussion boards and magazine articles which provide peer to peer and community support, all of which are safe, secure and pre-moderated. Kooth is commissioned by the NHS to provide services to young people who live or go to school in East Berkshire aged 10-25 years. Having a Kooth account ensures that users have access to a range of mental health and wellbeing services. Kooth's website is available 24/7 and counselling services operate weekdays from 12 noon to 10pm and weekends from 6pm to 10pm, 365 days a year.

For resources, assemblies, information sessions or to book a Kooth stall at an event please contact Lana Nagle (Kooth Engagement Lead) at [lnagle@kooth.com](mailto:lnagle@kooth.com) - all are free as part of the commissioned service.

Kooth provides regular webinars for professionals to provide an insight into the Kooth service offer and a demo of the site. The sessions will showcase each of the features on the site and the ways in which it is useful to a young person, as well as demonstrate how this can offer organisations increased capacity to support young people as part of a wider service offer and wrap-around care initiative. There will also be an opportunity to ask our team any questions you may have. Please note these are for professionals only unless otherwise stated.

Dates for webinar sessions are ongoing throughout the year. Please contact Lana if you would like to be added to our mailing list to stay up to date with these opportunities and other Kooth service updates. Additionally, all our upcoming webinars can be found on [Linktree \(https://linktr.ee/KoothEngagementTeam\)](https://linktr.ee/KoothEngagementTeam), where you can book on to as many as you wish.

## 6. Number 22 Counselling Services (RBWM and Slough)



Number 22 is a well-known local charity, staffed by volunteers. We provide free, confidential counselling to young people (11 years +) and adults in Windsor, Maidenhead and Slough. We support people in distress by providing a space where our clients can feel valued and heard. We're here to support you if you don't know where to turn; we listen and won't judge you. Together we may find a way for you to make changes to your life which may help to relieve feelings of anxiety and depression.

### Our services include:

- ❖ Free counselling for Young People and adults
- ❖ We provide counselling in schools in Maidenhead, Windsor and Slough
- ❖ Transition groups for Year 6 pupils in primary schools
- ❖ A parent programme offering training and support in understanding adolescents
- ❖ Support line – a confidential telephone service for young people
- ❖ Seedlings Service – counselling and play therapy in primary schools
- ❖ Advocacy service – supporting children in contact with social service
- ❖ Hope – working with clients who have suicidal ideation
- ❖ Family Action – supporting young carers
- ❖ Reflective practice – offering support to DSLs in schools and staff in social care

You can find out more about the service we offer by visiting our website [www.number22.org](http://www.number22.org) where you will find our online form to leave your details or give us a call on 01628 636661. People seek counselling for many different reasons. No problem or worry is too small. Please do get in touch if you would like some support.

## 7. Youthline – Bracknell Forest’s Young People’s Counselling Service (Bracknell)



Youthline provides a free, confidential counselling service for young people attending secondary school and those up to the age of 25 years from our main base at Portman Close, Bracknell. We also provide counselling to adults who care for and support young people, including parents, carers and professionals.

Youthline’s outreach programme supports all 11 secondary schools in Bracknell Forest providing a school based one-to-one counselling service and group work to students.

We can provide a safe space to talk to someone who is able to listen to you with respect and without making judgments to support you through life’s challenges and help you explore your personal thoughts, feelings, and experiences. One of our friendly counsellors will be assigned to work with you whatever your issue is. If things are getting you down, then talking to someone may help.

We offer a safe and supportive environment with a team of mainly volunteer counsellors – all who have had a DBS check, professionally supervised, and continuously updating their skills. We are a BACP Accredited and registered Charity, managed by professional staff and overseen by a team of Trustees who all come with a vast amount of experience working with young people.

You can find out more about the service we offer by visiting our website: <https://www.youthlineuk.com/>

## 8. Frimley Integrated Care Board (ICB) Workforce Offer



### Charlie Waller Webinars

Charlie Waller run live webinars for anyone who looks after children and young people - parents, carers, educators - as well as young people themselves and anyone interested in psychology or mental health.

All of their webinars are presented by mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing. Past topics have included: the teen brain, sleep, supporting a highly sensitive child, and perfectionism.

The webinars explore practical, evidence-based strategies for maintaining positive mental health, whether that's paying attention to our own wellbeing, or how to support those around us.

Upcoming webinars include:

- Supporting young people: Suicidal thoughts
- Supporting young people: The teen brain... what's going on?
- Barriers to speaking out

For further information on the upcoming webinars and to register, please click [HERE](#).

If you have any questions about our webinars, please email [webinars@charliewaller.org](mailto:webinars@charliewaller.org)

## Making Every Contact Count (MECC) eLearning and New toolkit

MECC is for everyone, it is not restricted to one person, profession or organisation. MECC enables the delivery of consistent and concise health and wellbeing information and encourages individuals to engage in conversations about their health at scale across organisations and populations. The fundamental idea underpinning the MECC approach is simple. It recognises that staff across health and care, local authority and voluntary sectors have thousands of contacts every day with individuals and are ideally placed to support health and wellbeing. MECC is intended for anyone who has contact with people to “Make Every Contact Count” and develop public health knowledge.

MECC Toolkit is now available which complements the existent 4 MECC eLearning sessions. The toolkit has more than 130 resources. Access the [toolkit](#) and more information on MECC eLearning [here](#).

The 4 MECC eLearning sessions are:

1. **What is MECC and why is it important?** <https://portal.e-lfh.org.uk/Component/Details/608793>
2. **How to have a MECC conversation** <https://portal.e-lfh.org.uk/Component/Details/609102>
3. **Signposting** <https://portal.e-lfh.org.uk/Component/Details/609180>
4. **Five ways to wellbeing** <https://portal.e-lfh.org.uk/Component/Details/478402>

## Every Mind Matters Lesson Plans on Mental Health Wellbeing:



[Mental wellbeing | Overview | PHE School Zone](#)

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.

These mental wellbeing resources can help teachers deliver lessons that engage young people on a variety of key issues including:

- Bullying and cyberbullying
- Self-care
- Physical and mental wellbeing
- Unhelpful thoughts
- Building connections
- Worry
- Social media
- Sleep
- Dealing with change
- Transition to secondary school
- Puberty
- Online stress and FOMO
- Alcohol
- Exam stress
- Body image in a digital world
- Forming positive relationships

Every Mind Matters can also support staff by providing simple, practical advice for a healthier mind.

## 9. Other Local Resources

### Trauma Informed Practice Training



**OUR AIM**  
To work collaboratively with Thames Valley Violence Reduction Unit to deliver high quality, engaging and impactful Trauma-Informed Practice training that will empower professionals to make lasting change to how their organisation/practice supports young people experiencing the impact of trauma.

**OUR OBJECTIVES**  
To help delegates understand how they can embed a 'whole service' approach to trauma-informed practice in their own settings/organisations.  
To improve outcomes and quality of life for young people affected by trauma as well as those that work with them.  
To help professionals understand how young people's behaviour is a communication of need and often not an entirely conscious choice, and to spread this understanding to all partners/agencies working with young people.

**LEVEL 1-INTRODUCTION TO ADVERSE CHILDHOOD EXPERIENCES**  
The initial level 1 seeks to understand what TIP is, signs and impacts of Trauma. 3.5 Hours including a 15- minute break. Selected dates during September – December. To book please head to the Eventbrite link: <https://www.eventbrite.com/e/introduction-into-childhood-adversity-trauma-awareness-training--tickets-694781278507?aff=oddtcreator>

**LEVEL 2- TRAUMA INFORMED PRACTICE TRAINING**  
Level 2 builds on the knowledge of level 1 and the practicalities of being Trauma informed in the workplace. 4 Hours- Including a 30-minute break. Selected dates during September – December. To book please head to the Eventbrite link: [https://www.eventbrite.com/e/694677588367/?keep\\_tld=1](https://www.eventbrite.com/e/694677588367/?keep_tld=1)

## Healthy Teen Mind Crisis Tools learning guides

This bitesize Crisis Tools learning resource will help address the urgent need for individuals working in a range of settings to have the awareness and confidence to support young people in a mental health crisis. Visit [www.crisistools.org.uk](http://www.crisistools.org.uk)

Presented in video and text format with accompanying downloadable guides. The four Crisis Tools learning content covers:

1. [What we need you to know?](#) - outlines key challenges and strategies that individuals need to know before they begin their interaction with a young person in crisis.
2. [How to start the conversation.](#) – features practical tips to help set up for success and build trust when supporting a young person in-person, over the phone or online.
3. [So you want to talk about risk?](#) – explores the risk conversation from a young person’s perspective, including how to get the conversation back on track when things go wrong and practical approaches.
4. [How to wrap things up.](#) – covers key tips and strategies to help end a conversation in a collaborative way that feels safe for everyone.

The learning resource can be used by:

- mental health staff who may encounter young people in a crisis, this will include a multi-disciplinary staff group incl. non-clinical roles
- individuals working in other health and care settings such as primary care, urgent and emergency care
- individuals working in emergency response settings
- individuals working in any education settings
- students and learners who will work and are working with young people
- families and carers



## The Little Blue Book of Sunshine

### a) The Little Blue Book of Sunshine (Ebook)

8Frimley Integrated Care Board (ICB) have relaunched the mental health booklet – the Little Blue Book of Sunshine.

The book **offers lots of practical and useful advice** and aims to help children and young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it.

This year more than ever, anyone can sometimes feel down, worried or anxious because of a variety of situations like lockdown, school, family or friends. The #littlebluebookofsunshine explains some of the things teenagers can do right now to feel better, and who to turn to if things feel too much.

The booklet is also now available for free in Apple Books and Google.



## 10. Key National Resources

*Raising awareness*



*fighting depression*



**YOUNG**MINDS

**Newsletter** the latest news from the Trust and features on mental health, out twice a year

**Resources** View, download or order hard copies of free booklets and posters for children, young people and professionals there are resources for schools and families, colleges

**Schools in Mind Network** - A free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

**Resources for schools** - Child mental health experts have developed a booklet series aimed at supporting all staff working in school settings.

**Resources** - The Young Minds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.

**Teaching resources** – contains a number of lesson plans, assembly plans, programmes and PSHE resources to support and assist in teaching and learning about mental health and wellbeing.

Whole-school approach to mental health and wellbeing. Information and resource to support a whole school approach to mental health and wellbeing

**Resource library** and a section on section on **mental health needs** includes information on the different conditions that might affect children, the behaviours that school staff might see that could indicate a child is struggling, and the strategies that school staff can employ to support them.



## Our Front Line



**Mental Health and Bereavement Support  
for all Key Workers**

 For mental health support 24/7,  
text 'KEY WORKER' to 85258.

 Mental health and emotional support  
call 116 123, day or night, 365 days a year.

 Access mental health and bereavement  
resources tailored to key workers  
at [ourfrontline.org](http://ourfrontline.org)

Our Frontline.

Our Frontline is a partnership between **Shout, Samaritans, Mind, Hospice UK** and **The Royal Foundation of the Duke and Duchess of Cambridge**

Our Frontline offers **round-the-clock one-to-one support, by call or text**, from trained volunteers, plus **resources, tips and ideas to look after your mental health.**

[Click here](#)