

HEALTHIER MINDS



From Poverty to Flourishing:

Supporting Children and Young People's Mental Health and Wellbeing

Annual Conference for Educational Psychology 25 March 2022

Who are we?

Chris Atherton

- Senior Educational Psychologist
- East Renfrewshire Educational Psychology Service

Angela Merrylees-Stalker

- Healthier Minds Principal Teacher
- Healthier Minds Service

What small thing have you done this week to keep a healthy mind?

Answers in the chat...

Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy
Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money
Management
Paying Bills
Boundaries

Work



Time Management
Work
Boundaries
Breaks



1966



1969



1970s



*1955 Sobell Model T175RG
15" screen (UK)*



© 2002 TVhistory.TV (TVIK)



“Poverty is both a cause of mental health problems and a consequence. Poverty in childhood and among adults can cause poor mental health through social stresses, stigma and trauma. Equally, mental health problems can lead to impoverishment through loss of employment or underemployment, or fragmentation of social relationships. This vicious cycle is in reality even more complex, as many people with mental health problems move in and out of poverty, living precarious lives.”

Knifton, L. & Inglis, G. (2020) Poverty and mental health: policy, practice and research implications. *BJPsych Bulletin*. Oct; 44(5): 193–196
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7525587/>

From Poverty to Flourishing: Why is this session relevant?

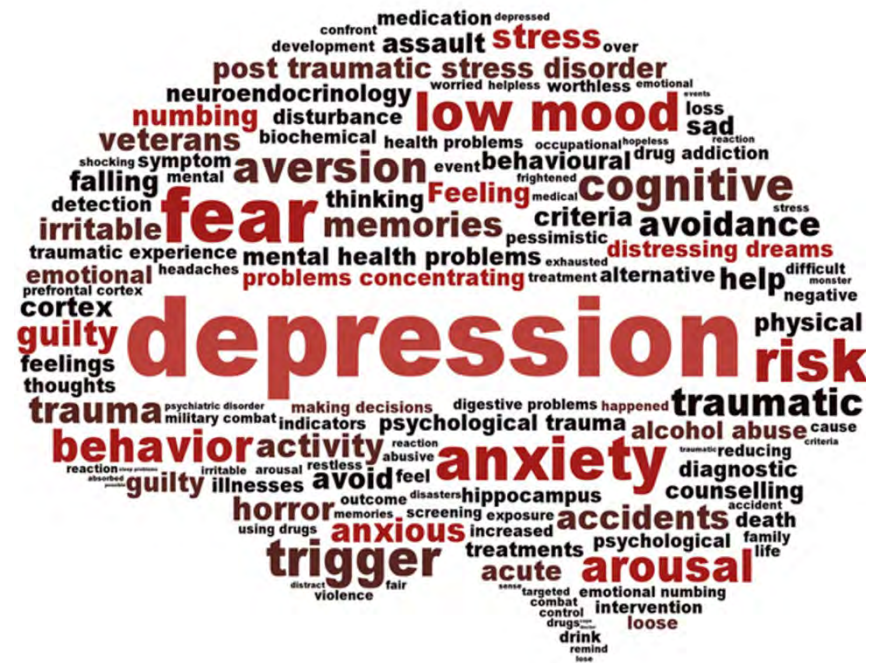
- “The mental health of individuals is shaped by the social, environmental and economic conditions in which they are born, grow, work and age.
- Poverty and deprivation are key determinants of children's social and behavioural development and adult mental health.
- In Scotland, individuals living in the most deprived areas report higher levels of mental ill health and lower levels of well-being than those living in the most affluent areas.
- In 2018 for example, 23% of men and 26% of women living in the most deprived areas of Scotland reported levels of mental distress indicative of a possible psychiatric disorder, compared with 12 and 16% of men and women living in the least deprived areas.
- There is also a clear relationship between area deprivation and suicide in Scotland, with suicides three times more likely in the least than in the most deprived areas.”

Kniffton, L. & Inglis, G. (2020) Poverty and mental health: policy, practice and research implications. BJPsych Bulletin. Oct; 44(5): 193–196 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7525587/>

How do we enrich our community's understanding of what nurtures and supports our mental wellbeing?

Changing the Narrative

Mental Health



Mental Wellbeing



Vision and Aims

Our Vision

- *All children and young people in East Renfrewshire will understand how to nurture their mental wellbeing and be supported appropriately by key adults in times of need.*

Our Aims

- *Children, young people and families will have the information and advice they need to manage most of life's common challenges together.*
- *Children, young people, families and trusted adults will have a shared understanding of mental wellbeing and work in partnership to improve it together.*
- *Children, young people and their families will get the help they need when they need it and be directed to the appropriate support by the first service they contact.*



<https://blogs.glowscotland.org.uk/er/healthierminds/>

Nurturing and Supporting Mental Wellbeing Together

- HOME
- OUR VISION AND AIMS
- MENTAL WELLBEING
- ADDITIONAL SUPPORT NEEDS
- SUPPORT FROM AGENCIES
- BEREAVEMENT & LOSS
- SPENDING TIME ONLINE
- TALKING ABOUT COVID-19
- TRANSITION AND RECOVERY

HEALTHIER MINDS



November 21, 2019
by Mr Atherton
1 Comment

Welcome to Healthier Minds

Welcome to **Healthier Minds**, East Renfrewshire's guide to promote the mental wellbeing of our children and young people.



<p>Sleep</p> <p>Get 7-9 hrs Stick to the same sleep and awake times Get rid of technology</p>	<p>Eat</p> <p>Have a balanced diet Keep hydrated Don't binge eat Eat at set times</p>	<p>Exercise</p> <p>Get active, and out of the house Proven to make people feel happier and more energetic</p>	<p>Enjoy and Relax</p> <p>Find something you enjoy doing Make time for it every day Develop relaxation techniques</p>
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The Mental Wellbeing Continuum





1



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HEALTHIER MINDS

West of Scotland
Renfrewshire

A Guide for Parents and Carers





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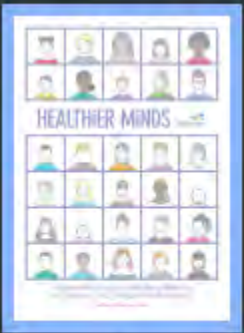
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HEALTHIER MINDS East Renfrewshire

A Framework for Supporting the Mental Wellbeing
of Children and Young People in East Renfrewshire
Getting it Right for Every Child



2



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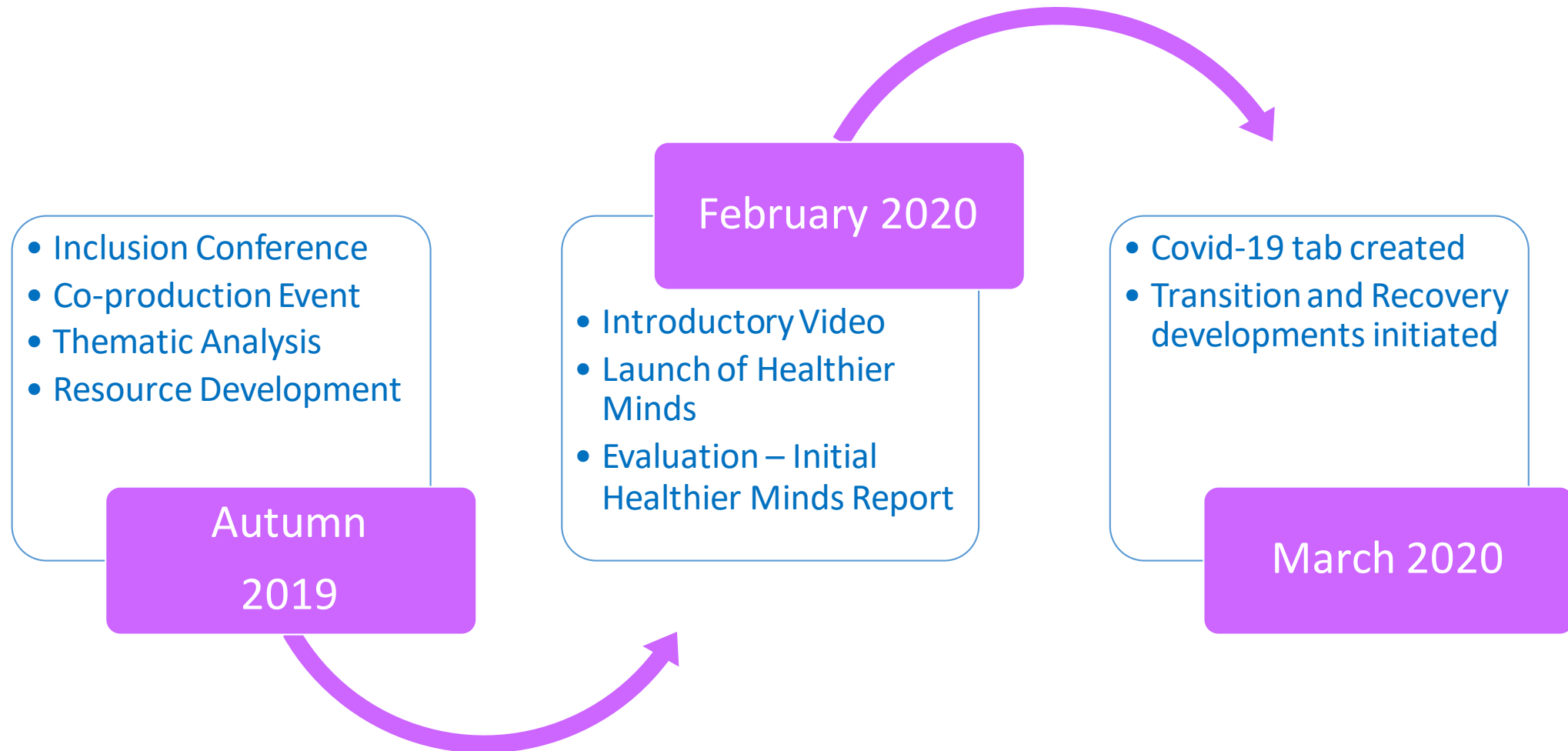


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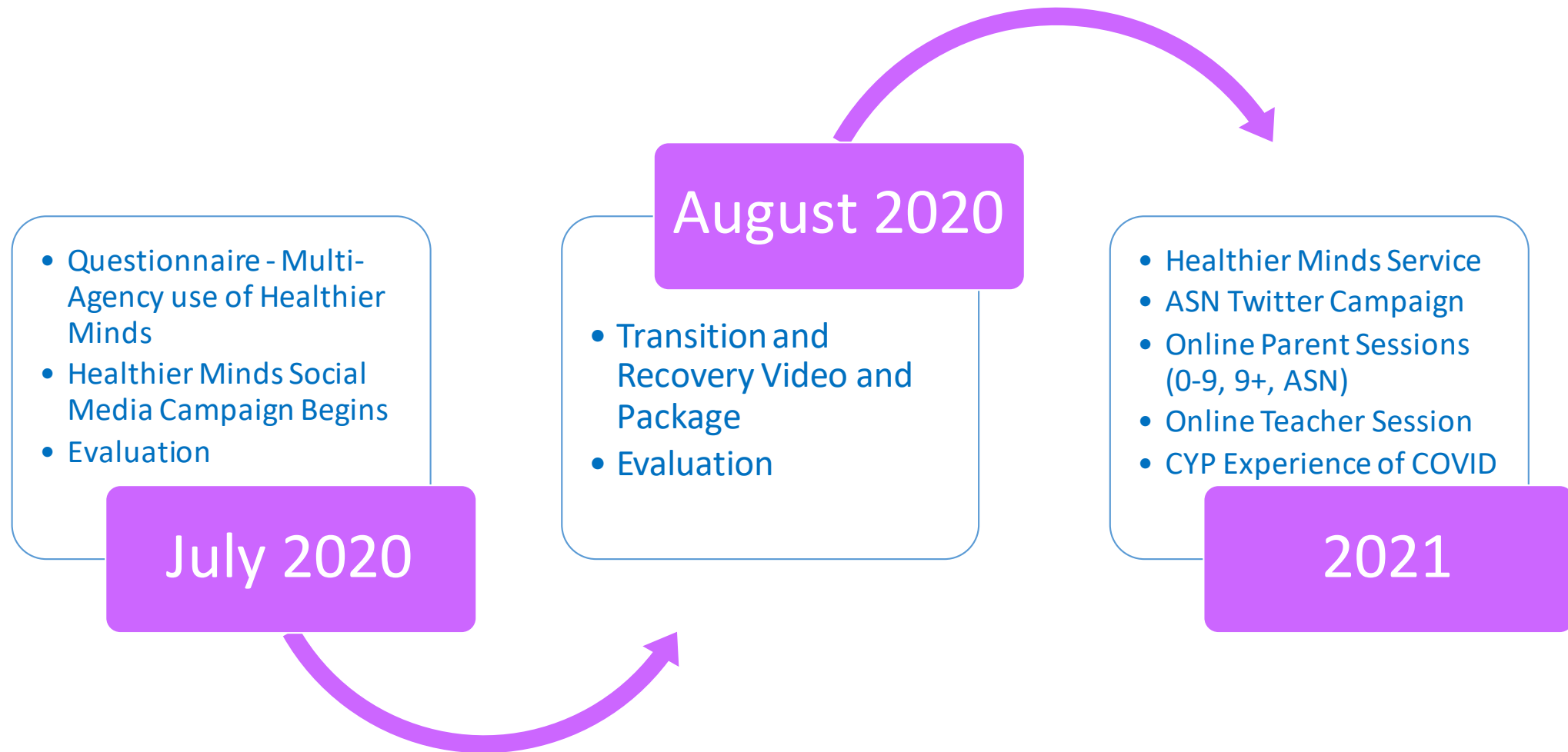
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Timeline 2019...



Timeline 2020...



Timeline 2022...



“The website is very accessible and has lots of great information and support for professionals.”

(Head Teacher)

“I think this is an excellent resource and is very well put together. In light of the current climate around mental health any support and help for young people is essential to ensuring that everyone feels supported and listened to.”

(Head of Centre)

“With so many children and adults experiencing mental health issues, it will be helpful to have these resources to support us as professionals.”

(Principal Teacher)

Multi-Agency Feedback (N=34)

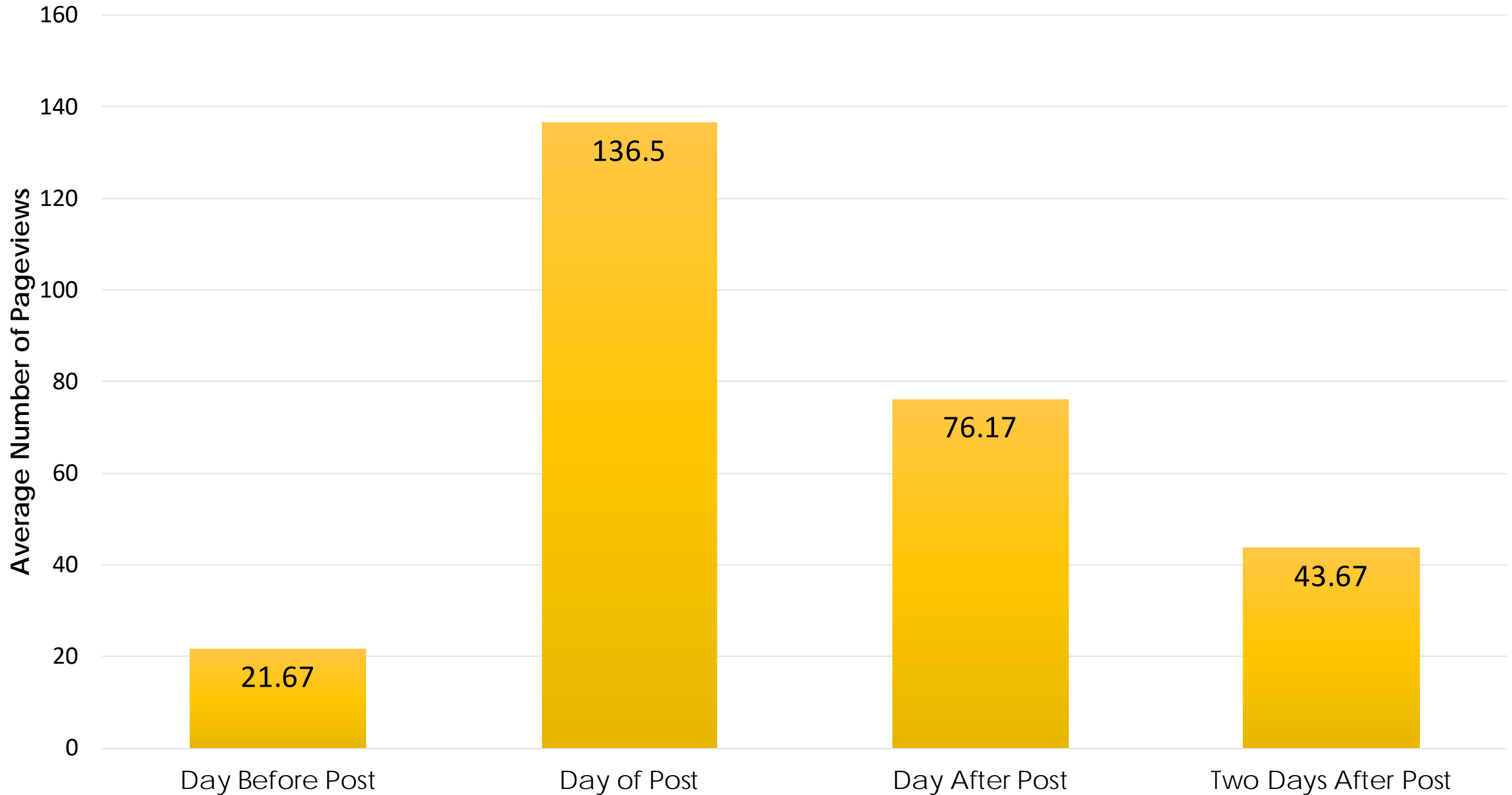
- **83.3%** said they found Healthier Minds *extremely* or *very* useful in supporting children and young people's wellbeing in East Renfrewshire.
- **61.5%** said they'd recommended Healthier Minds website and resources *very frequently* or *frequently* to colleagues.
- **48.1%** said they'd used the Healthier Minds website to signpost resources to people and families that they work with *very frequently* or *frequently*.

Summer Social Media Campaigns 2020 + 2021

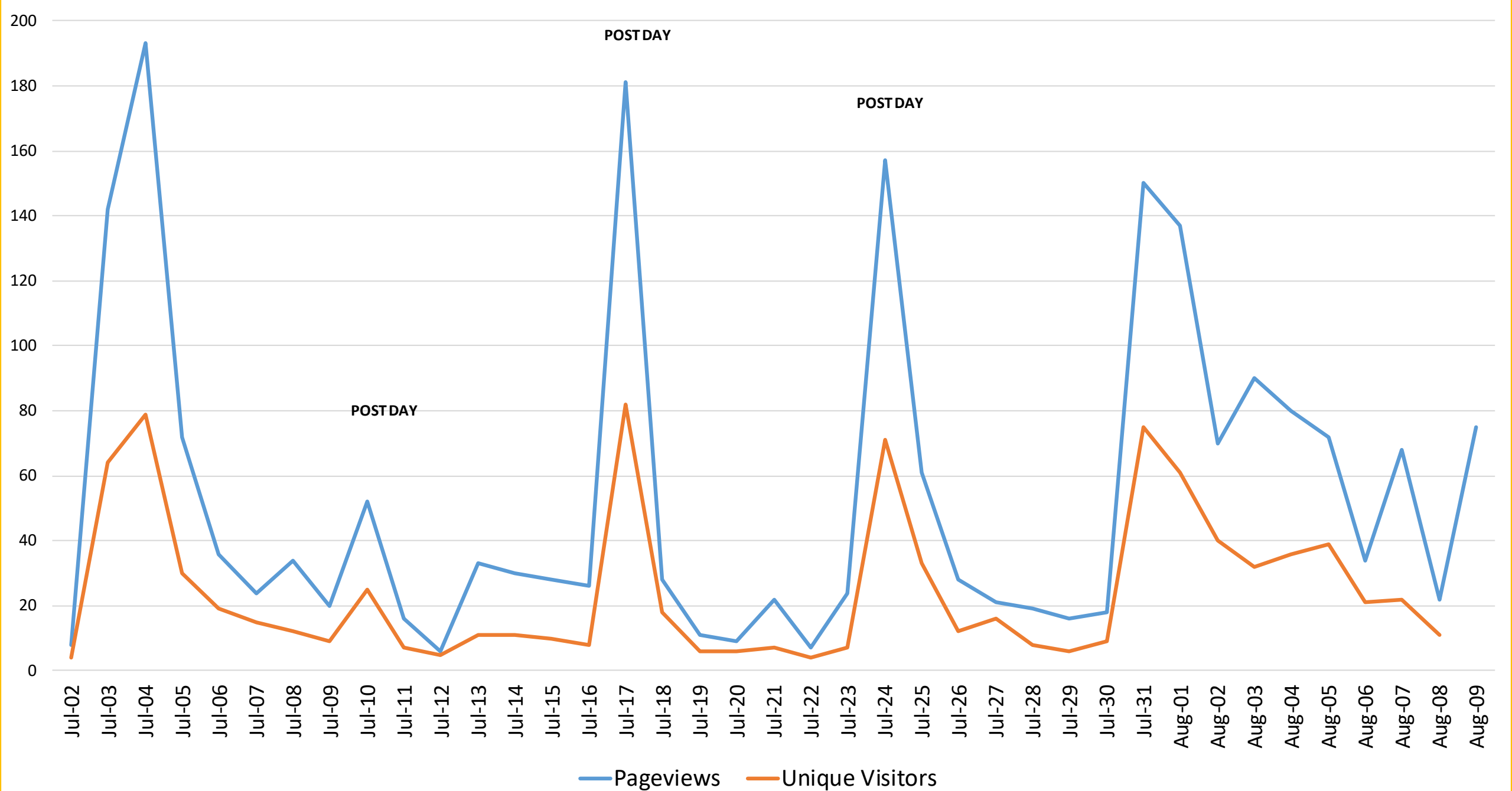
Date	Resource Tweeted	Twitter Reaction		Facebook Reaction	
03/07/20	Healthier Minds Parents' Guide	17 retweets 22 likes	Reach: 36,849 13 clicks	31 shares 25 likes	Reach: 12,642 80 clicks
10/07/20	Covid-19 Resource Pages	17 retweets 27 likes	Reach: 35,827 9 clicks	Unknown because of error	
17/07/20	Healthier Minds homepage and stills from Transition and Recovery video	1 comment 5 retweets 13 likes	Reach: 28,860 14 clicks	1 comment 3 shares 15 likes	Reach: 6,718 38 clicks
24/07/20	Bereavement Guidelines	15 retweets 23 likes 3 rd performing tweet of the week	Reach: 34,759 35 clicks	4 shares 15 likes	Reach: 5,425 37 clicks
31/07/20	Social Stories Page	18 retweets 20 likes	Reach: 38,396 39 clicks	10 share 6 likes	Reach: 4,399 30 clicks
07/08/20	Transition and Recovery Site	1 comment 24 retweets 42 likes 3 rd performing tweet of the week	Reach: 52,052 57 clicks	12 shares 17 likes	Reach: 7,773 73 clicks
14/08/20	Transition and Recovery YouTube video	10 retweets 9 likes	Reach: 35,130 19 clicks	1 comment 7 shares 8 likes	Reach: 6,010 37 clicks

Date	Resource Tweeted	Twitter Reaction	Facebook Reaction
3 July 21	Healthier Minds website	Reach 36,849, Likes 22, Shares 16, Clicks 13.	12,642, Likes 25, Shares 31, Clicks 80
10 July 21	Healthier Minds resources	Reach 35,827, Likes 27, Shares 17, Clicks 9	Analytics Error
17 July 21	Young people's feelings towards returning to school	Reach 28,860, Likes 13, Comments 1, Shares 5, Clicks 14	Reach 6,718, Likes 15, Comments 1, Shares 3, Clicks 38
24 July 21	Bereavement materials	Reach 34,759, Likes 22, Shares 12, Clicks 35 3 rd performing tweet of the week (ER)	Reach 5,425, Likes 15, Shares 4, Clicks 37
31 July 21	Social stories	Reach 38,396, Likes 20, Shares 17, Clicks 39	Reach 4,399, Likes 6, Shares 10, Clicks 30
7 August 21	Transition and recovery package	Reach 52,052, Likes 42, Comments 1, Shares 24, Clicks 57 (3 rd top performing post on Twitter for the week)	Reach 7,773, Likes 17, Comments 0, Shares 12, Clicks 73
14 August 21	YouTube video	Reach 35,130, Likes 9, Comments 0, Shares 10, Clicks 19	Reach 6,010, Likes 8, Comments 1, Shares 7, Clicks 37

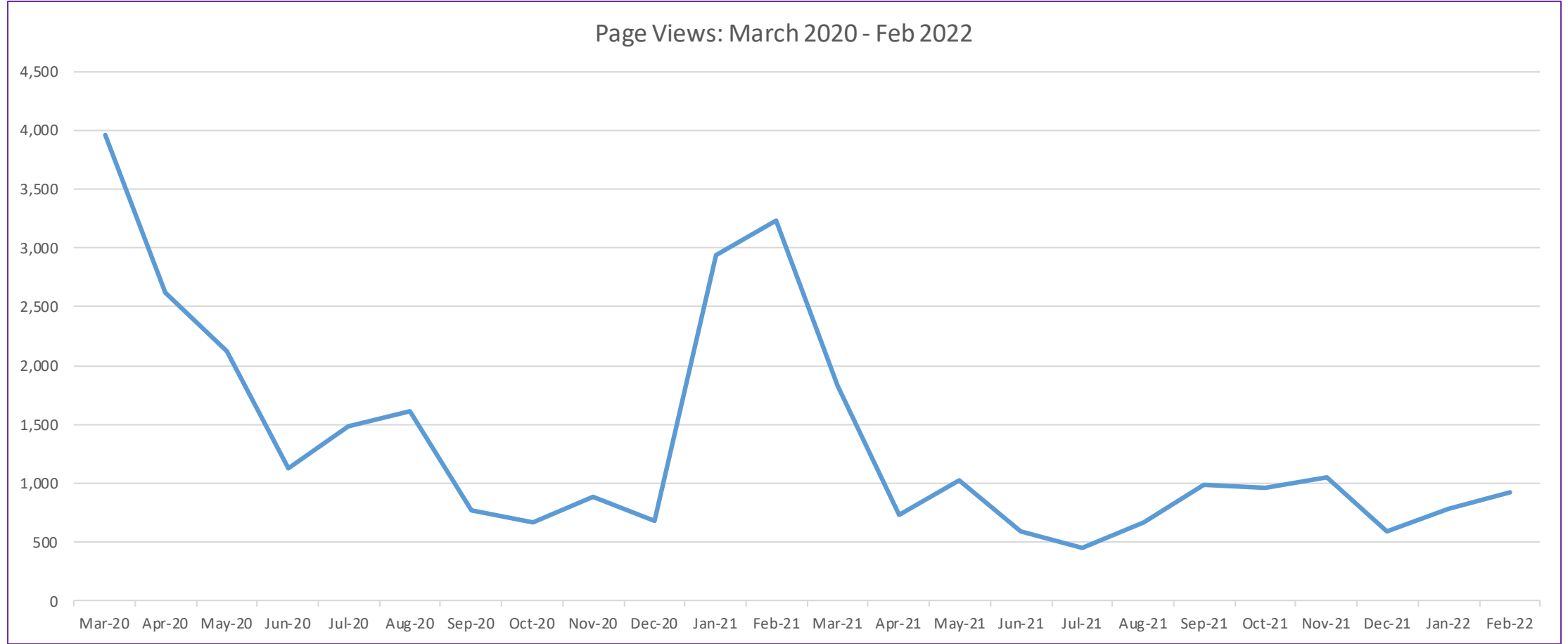
Healthier Minds Page Views



Visits to Healthier Minds Site



Website Page Views (32,974)



Transition and Recovery

- EPS Position Paper
- Healthier Minds Transition and Recovery Pack
- 25 minute training video looking at five principles of recovery and the views and experiences of children, young people and staff

<https://www.youtube.com/watch?v=QKwAAu0k-DQ&t=2s>

(960 views since August 2020)

Transition and Recovery Package and Video Evaluation (n=88)

- **97%** said that they strongly agree/agree that *“The video will help me reflect on what children, young people and staff may need on their return to school to support their health and wellbeing”*
- **99%** said that they strongly agree/agree that *“The information provided in the video and in the Transition and Recovery Document will give me more confidence about how I can respond to children, young people and staff who need some help or support when we return to school”*

On the original resource...

"The Transition and Recovery pack was very informative and gave some excellent ideas on how children may be feeling about a return to school and any worries or concerns and how we as adults can help and aid in a smoother transition."

"Thank you very much...The information will help me both professionally and personally and I like the fact that it is a resource I can go back to at any time for support and reassurance."

"Thank You! This is an excellent resource which enabled me to reflect on my own experiences of lockdown and allowed me to relate to the experiences of others. The video was very well presented and it was so nice to see the familiar faces of staff and pupils alike."

"Helped me to take a step back and remember that the well-being of the pupils is key for success in other curricular areas."

On Transition and Recovery Info...

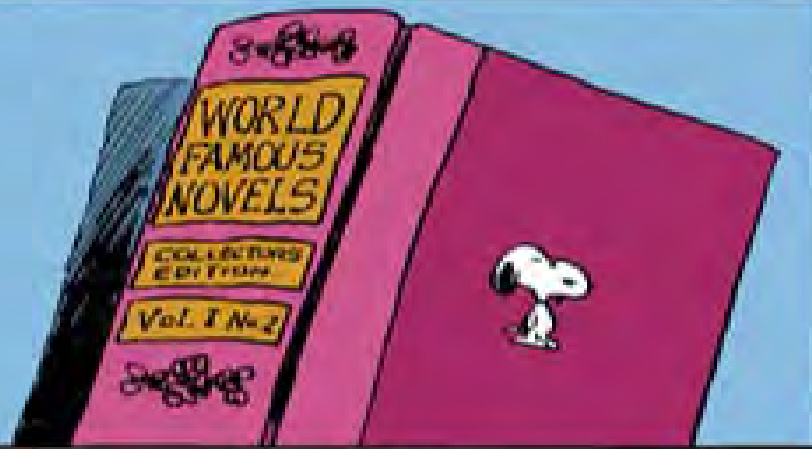
“The Transition and Recovery pack was very informative and gave some excellent ideas on how children may be feeling about a return to school and any worries or concerns and how we as adults can help and aid in a smoother transition.”

“This is an excellent training and information resource that we will use throughout the coming months and beyond to support and enhance the planning and delivery of our services for our families.”

“The support you provide is outstanding. Some of our staff and parents have used the services you provide and all have commented how beneficial it was. It is great to have such a valuable service.

Thank you for all you do.”

Classic
PEANUTS
featuring
"Good ol'
Charlie Brown"
by SCHULZ





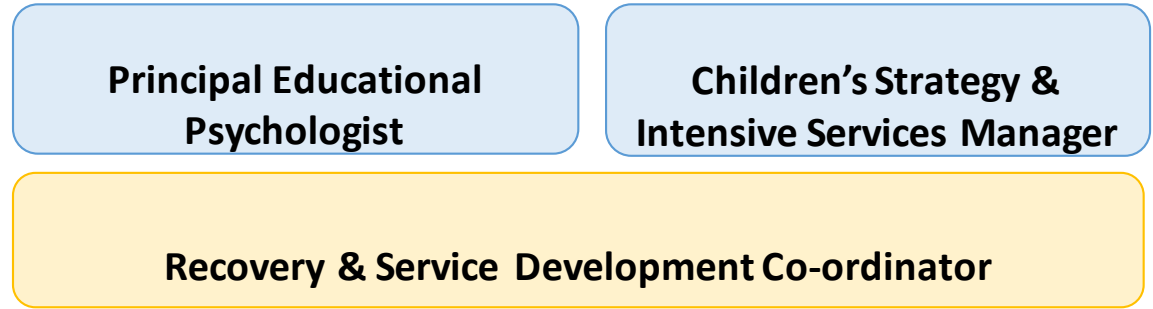
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Coproduction event – November 2019

HEALTHIER MINDS

- ✓ Whole school approaches
- ✓ Promotion of positive relationships
- ✓ Nurturing & supportive ethos
- ✓ Awareness raising
- ✓ Building coping skills
- ✓ Staff training
- ✓ Parent & carer training
- ✓ Trauma informed
- ✓ Appropriate resources
- ✓ Signposting
- ✓ A range of interventions – specific to each child or young person
- ✓ Child or young person's active involvement



Education

Senior Educational Psychologist

Principal Teacher

Educational Psychology Assistant

Teacher

Educational Psychology Assistant

Children 1st

Project Worker

Project Worker

Parentline

HSCP

CAMHS

Support worker

School Nursing

School Nurse

Staff nurses & student supporting HM referrals

Social Work

Support worker (CLD)

Young Person Trainees

Business Support

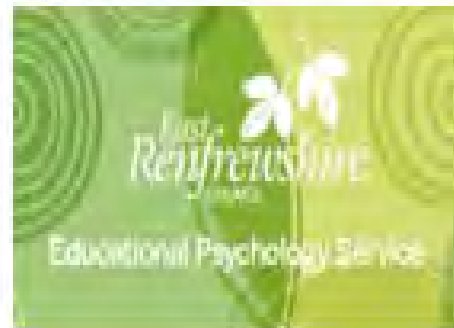
Business Support Assistant

HEALTHIER MINDS SCREENING HUB

HEALTHIER MINDS
TEAM



EAST RENFREWSHIRE
HEALTH AND SOCIAL CARE
PARTNERSHIP



Specialist Children's Services



Data: Nov 2020 - March 2022

576 Young People Referred
(54 re-referrals)

Top reasons for referral:

- **Anxiety/ Stress**
- **Low Mood**
- **Emotional regulation**

163 Supported by
Healthier Minds Team

233 supported by Youth
Counselling service

16 Parents/Carers supported
by Ch1st -Parentline

26 Continuing support with
Ch1st -FWS

11 referrals to CAMHS

CLPL Network

Healthier Minds Teacher Network CLPL

Sessions (N):	11
Signed up (N):	98
Attended (N):	164

- Anxiety
- Sleep
- ASD
- Staff wellbeing
- Problematic eating
- Self-harm
- Nurture, ACEs and Trauma-Informed Practice
- Emotional based school avoidance
- LGBTQI+

Evaluation Summary:

Number of evaluations completed: 69

The Healthier Minds Session was useful (Average): 4.9



I learned helpful information (Average): 4.7



I learned helpful strategies (Average): 4.5



Knowledge before the session: 3.5 (Neither agree/nor disagree)

Knowledge after the session improved: 4.4 (Agree)

- Emotional Based School Absenteeism (course of 5 weeks with peer coaching session in between)
- PSA Training and Development: Supporting Anxiety; Understanding Emotional Regulation; Developing Resilience and Self-Esteem (Full In-Service Days with peer coaching sessions in between)

Young People said.....

“the worker visited me at home and school and listened to my worries then helped me deal with starting high school”

“I’m feeling much better now. Much less anxious. I’m seeing more people again now”

“just a thank you for making my life better”

Parents & Carers said.....

“I never once felt judged. She was so nice to me and made the process so much easier.”

“Worker was very flexible with my son and was able to (quicker than I’ve seen anyone else) respond to their mood/state of mind at the time and adjust the level of interaction they could cope with.”

“He is a different child from when we first referred him to the Healthier Minds service.”

“Worker has been a good match to support her and she bonded well.”

Parents & Carers said.....

"I am starting to see a difference in B, due to your help, which is great"
Parent/Carer

"I can see the difference in A since working with you, it's been a vital support. It's been great for the family all round!"
Parent/Carer

"...that was a good first meeting for X he feels a little less apprehensive about the meeting now thanks for your time"
Parent/Carer

Staff said.....

“Healthier Minds team is an amazing new service that we are lucky to have!”

Teacher

“It’s like a super JST!”

Pastoral Support Team

“Thank you so much for all the work that the HUB are doing for our young people. I have made quite a few referrals and I have been so grateful for all the various support that has been offered to each pupil.” ***Teacher***

“We have had a very positive experience using the Healthier Minds resources and team. The range of CLPL has been relevant and of high quality.”

Principal Teacher

“Thank you - we really value the support from Healthier Minds team.”

Future....

- In place till March 2023
- New Children 1st service – Spring 2022
- Build capacity in schools through
 - survey feedback; themes from referrals; CLPL Network feedback; CLPL Network sessions; universal support and lessons on anxiety in partnership with TIPS Team (GCC NHS)
- Role out new Self-Harm training programme – Summer 2022
- Development of CLPL sessions offered
- Group work referrals
- Peer support training for young people
- Accessibility (males and BAME)

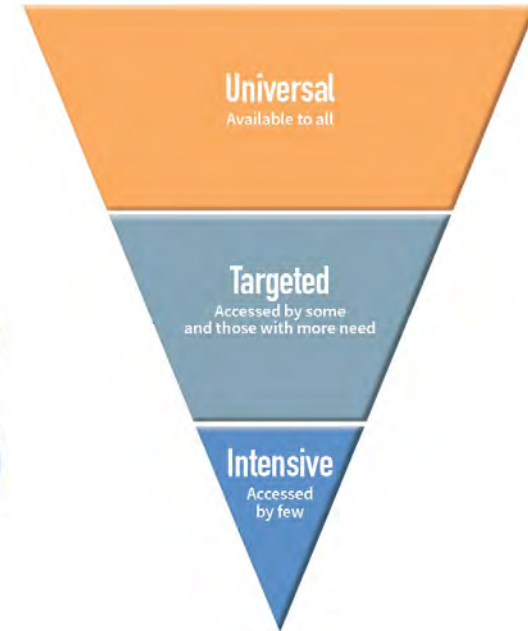
For mental & emotional wellbeing support and information please visit:



HEALTHIER MINDS with the NHS
A Guide for Parents and Carers



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<https://blogs.glowscotland.org.uk/er/healthierminds/>