

# Hertfordshire CAMHS Newsletter



## Edition 8 – November 2021

The CAMHS newsletter for Hertfordshire, shares news with all professional CAMHS partners who are helping children and young people to develop and maintain positive emotional wellbeing and mental health, demonstrate healthy behaviours and feel more resilient and empowered.

We're keen to share news from all providers of emotional and mental wellbeing support for children and young people in Hertfordshire including the NHS, public services - council/s, education settings and other partners including voluntary, community and social enterprise (VCSE) organisations, as well as sharing case-studies and views of parent/carers, children and young people.

If you have any news or information about your service/organisation, a message or other feature you would like to appear in this newsletter, or some feedback on the newsletter please contact: [lisa.gazeley@hertfordshire.gov.uk](mailto:lisa.gazeley@hertfordshire.gov.uk) .

Share your news and help all CAMHS partners understand more about what is happening in Hertfordshire's CAMHS services.

[Click on the links below to take you to the information in this e-bulletin:](#)

### Ask the CAMHS System

What to do, if you're planning on sending a young person in Hertfordshire with mental health concerns to A&E?



## CAMHS System News

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- Purple All Stars dance to support to Just Talk
- Mental Health Support: Guidance for professionals working with children and young people
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## Thriving

- Spaces available for Watford FC CSE Positive Minds programme in January and April 2022
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- Social Media and Apps – Friends or Foes?
- NESSie online workshop for parents and carers

## Getting Help

- Over 200 social prescribing referrals for youngsters in Stort Valley
- CHEX supporting families in the community

## Getting More Help

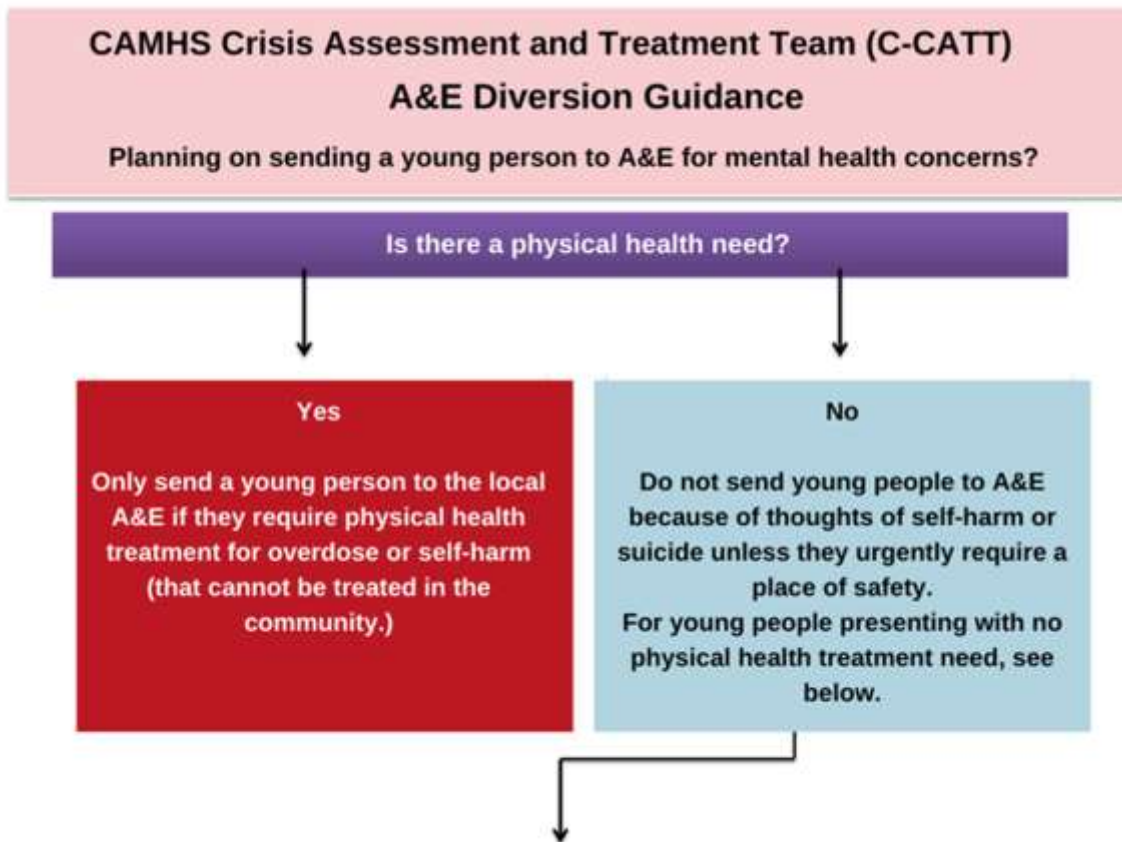
- Professionals asked to complete 10 minute survey on young people's Keyworker scheme

## Getting Risk Support

- What to do for children and young people in a mental health crisis

### Ask the CAMHS System

Here's a flowchart to be followed, if you're planning on sending a young person in Hertfordshire with mental health concerns to A&E.



#### Call Single Point of Access (SPA) on 0800 6444 101

A SPA Clinician will screen the call using guidance provided by C-CATT. The caller will be advised that the family will receive a call back within an hour. Depending on the level of need determined; this will be either from a C-CATT Clinician to complete a telephone assessment or to arrange to see the young person face to face, or, if the young person is deemed not to require a response from a Crisis Clinician, the family will receive a call back from the SPA Clinician to inform them of what support can be offered (e.g. referral to an alternative mental health service.)

This service (including CAMHS crisis support) is now available 24/7

Please email your question to: [lisa.gazeley@hertfordshire.gov.uk](mailto:lisa.gazeley@hertfordshire.gov.uk) and we'll find out the answer and respond in these newsletters.

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## **EastEnders' mental health coach reaches out to young people for Just Talk Week 2021**

**Hertfordshire's fifth Just Talk Week launched on 15 November 2021 and is this year being supported by inspirational mental health ambassador, coach and speaker, Antonio Ferreira.**



**Watch a short clip from Antonio [here](#)**

Antonio, who volunteers with Mind and other mental health charities, recently advised TV drama EastEnders on its schizophrenia storyline and is a regular podcast guest. He has lived-experience of mental health issues and will be sharing his personal experiences and advice throughout the week.

The effects of the pandemic have taken their toll on everyone, including Hertfordshire's young people, with uncertainty and isolation often resulting in low mood, feelings of frustration, anxiety, or loneliness.

[Just Talk Week](#) will include the promotion of useful and quality assured information, free webinars from local organisations, social media takeovers, mindfulness

sessions and a competition based on the [Five Ways to Wellbeing](#): Connect, Be Active, Take Notice, Give and Learn.

[Antonio](#), who will be sharing his personal experiences and advice on Twitter, Facebook and Instagram throughout Just Talk Week said: “Growing up, I feel society makes a lot of boys feel that they have to be strong and can’t show any vulnerable emotions. I think boys can do that and they should - it’s not something that society should direct them how to feel.

“Showing vulnerability and emotions makes you human and that’s what we all are.”  
“I’m supporting the Just Talk campaign, as it encourages young people – boys and girls to talk about their feelings. There’s no shame in asking for help, as everyone feels low from time to time and you shouldn’t try to ignore it or hide it.”

This year’s theme is ‘kindness’; Specifically, how we can be kinder to ourselves, to one another - and how small acts can mean a lot. Following the success of last year, Just Talk Week 2021 resources will be shared directly with schools and colleges, and events will be held online, so that young people, parents, carers and professionals can easily get involved, wherever they are.

The Just Talk website provides a raft of free and helpful resources for children, young people, their parents and carers, schools, and professionals.

Hertfordshire County Council’s Cabinet Member for Public Health and Prevention, Cllr Morris Bright, said: “The power of kindness goes a long way, and it is more important than ever that we are being kind - to ourselves and to others. Using tools to boost our mental health is a great way to practise self-care and reaching out to those who may be struggling, can also be a great support.

“By encouraging children and young people to feel comfortable and able to talk about how they feel and take small daily steps to boost their wellbeing, using the ‘Five Ways to Wellbeing’, they are learning new strategies to look after their mental health, now and as they move into the future.

“I would urge young people, parents, carers and professionals to get involved in Just Talk Week 2021, by visiting the website to see what resources are available to help and by joining in some of the interesting events happening throughout the week.”

To find out more visit [www.justtalkherts.org](http://www.justtalkherts.org). Follow the campaign on Facebook: [JustTalkHerts](#) Instagram: [@JustTalkHerts](#) Twitter: [@JustTalkHerts](#)



## Purple All Stars dance to support to Just Talk



A talented group of people with learning disabilities, who have a passion for helping others learn how to look after their health, are supporting Hertfordshire's Just Talk Campaign. They have recorded a fantastic new dance routine to: "Lean On Me" to help share the campaign's messages, which encourage young people to show strength by talking about their feelings.

Huge thanks to the wonderful Purple All-Stars and their Creative Practitioner, Kate Harding, who leads the groups across Hertfordshire - Kate choreographed, filmed and edited their beautiful new dance routine and you can watch it on YouTube here: [Lean on me and Just Talk - YouTube](#)

### **Mental Health Support: New Guidance document for professionals**

A [new guidance document](#) has been produced, to help professionals working with children and young people in Hertfordshire. It lists some of the signs of emotional/mental health issues, together with suggestions of what might help and where to go for advice and support.

### **Herts for Learning launches new Sexual Abuse Toolkit for schools**

Herts for Learning (HfL), the UK's largest schools-owned company, has launched a free [Sexual Abuse toolkit](#), which is aimed at schools and is available to all staff, students and governors. It has been developed by the 'Hertfordshire Everyone's Invited Working Group', which was set up in May 2021, at the request of Hertfordshire County Council and the Hertfordshire Headteacher forums. It was formed in response to the murder of Sarah Everard, the subsequent Everyone's Invited movement and the report published in May 2021 by Ofsted into Sexual Abuse in Schools.

The toolkit is free to access and contains resources, information and support for primary, secondary and special schools on respectful relationships, and preventing and responding to sexual abuse.

To support the launch of the toolkit and to provide further guidance to schools, settings and trusts, Herts for Learning will be running two webinars in the coming months; one aimed at senior leaders and governors in secondary schools and one aimed at senior leaders and governors in primary schools.

### **Webinar details:**

#### **Preventing the rise in school age sexual abuse (primary)**

Date: Thursday 18 November 2021

Time: 1:00pm – 3:00pm

This webinar is **free** to attend for Hertfordshire schools and costs £69 (excl VAT) per delegate for all non-Hertfordshire schools.

Book on the HfL CPD Hub, course code: [WEL/21/435/P](#)

#### **Preventing sexual harassment and abuse – systems and curriculum (secondary)**

Date: Tuesday 8 March 2022

Time: 9:30am – 3:30pm

This webinar is **free** to attend for Hertfordshire schools and costs £129 (excl VAT) per delegate for all non-Hertfordshire schools.

Book on the HfL CPD Hub, course code: [WEL/22/725/S](#)

Find out more about the toolkit here: [Herts for Learning launches new Sexual Abuse Toolkit for schools | Herts for Learning](#)

#### **Anti-Bullying Week 15-21 November**

This year's theme is, "One Kind Word" and Odd Socks Day is happening on Monday 15 November. Find out more on twitter @ABAonline and listen to this year's [feel-good theme tune "One Kind Word" here](#).

#### **Feeling Good Week 2022 to focus on body positivity**

It can be easy to think you need to change parts of yourself, but what if you spent more time devoted to being you, for you? This year, the Feeling Good Week theme is Body Positivity. The scheme would like to see applications with ideas that promote acceptance, respect and celebration of all children and young people for who they are, and tools that can be used to support good mental health and emotional wellbeing.



Feeling Good Week is a Hertfordshire-wide event that encourages schools and the wider community to promote children and young people's emotional wellbeing by raising awareness of mental health and showing where support can be accessed within the community.

From **7 – 11 February 2022**, we'd like your organisation to help make children and young people in Hertfordshire feel good, by running your own special projects to boost their emotional and mental wellbeing.

Youth organisations, schools, and young people are invited to submit a bid and apply for up to £500 of funding, which has been put forward by Hertfordshire County Council, and the county's two Clinical Commissioning Groups (CCGs). The bids will be reviewed by a panel in December, and they will decide which projects will receive funding.

For more information please visit:

<https://www.healthyyoungmindsinherts.org.uk/home/news-and-resources/events/feeling-good-week-february-2022>

Please submit completed application forms via email:

[CAMHS.Commissioning@hertfordshire.gov.uk](mailto:CAMHS.Commissioning@hertfordshire.gov.uk)

The deadline for applications is:

**Friday 3 December 2021**

Please note, unless there is an issue with your application form, bids will not be acknowledged by email. Only one application per organisation will be accepted.

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*Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies.*

### **Spaces available for Watford FC CSE Positive Minds programme in January and April 2022**

Positive Minds is a fully funded ten-week award winning wellbeing programme, delivered in primary schools across Hertfordshire to Year 6 pupils. Schools can [find out more and apply here](#).

### **HAPpy Christmas Holiday Programme**

Hertfordshire County Council has joined forces with Herts Sports Partnership and the Hertfordshire Community Foundation to organise a programme for the Christmas holidays for young people age 5-16 who are eligible for benefits related free school meals.

Young people can take part in sports and activities, arts and crafts, and enjoy a meal with friends whilst having fun during the holidays. Sessions are a minimum of four hours long and take place all over Hertfordshire. Bookings open on Monday 6 December. Find out more here [HAPpy Activity Camps - Herts Sports Partnership \(sportinherts.org.uk\)](https://sportinherts.org.uk)

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*Those who need advice and signposting.*

### **Social Media and Apps – Friends or Foes?**

South London and Maudsley NHS Foundation Trust (SLAM) has produced a really useful guide to help address people's concerns about body image, eating disorders and mental health. It provides some practical ideas about how to change the way people are using social media, so that it helps them move towards a better life free from constant anxiety about food, weight and shape. Take a look at the guidance [here](#).

### **NESSie online workshop for parents and carers**

Please share details of the free workshop below, for parents who would benefit:

[Supporting a child with ASD/ADHD with bereavement and loss](#)

Tuesday 30 November 1-2.30pm

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*Those who need focused goals-based input.*

### **Over 200 social prescribing referrals for youngsters in Stort Valley**

Back in summer 2019, the GPs from Stort Valley and Villages Primary Care Network (PCN) decided to create a young people's social prescribing service. The aim was to help parents, carers and young people, by providing them with some extra help and guidance for low level mental health problems, eating problems, gender dysphoria, problems at school and other social difficulties and/or isolation. They employed Ben Nesham into a brand new role as Link Worker for adolescents and together they created this fantastic new service from scratch.

Ben spent his first six weeks, investigating what local services were available and developing close links with professionals working in CAMHS services, as well as with local third sector organisations. GPs then began referring their young patients, aged 11-25 to Ben, who spent time with them, listening to their problems and finding out what might help them. He then matched them to the relevant services, who could provide that help – this could be exercise, sports, social, arts and crafts groups and/or workshops or counselling services etc. Ben said: "I'm not a therapist, but my aim is to guide young people and introduce them to services, that can help. I have access to advice from a GP 24/7, as well as having weekly meetings with GPs about patients and regular supervision which is a great support.

“Our PCN has a Mental Health Coach who can help young people to feel more positive about life and also support them to manage the difficult parts of being a teenager better, using mindfulness and other evidence-based techniques. Our coach also supports parents and carers to manage conflict and their child’s challenging behaviours more effectively.”

The feedback received from GPs, parents, carers and young people has been positive and Ben has already helped more than 200 young people. Dr Sian Stanley, leads the Adolescent Social Prescribing Service at Stort Valley and Villages PCN and spends around an hour of her time each week overseeing the service. She said: “The aim is to get young people to the right place, at the right time, for the right treatment. We want to ensure that young people with mental health problems, receive the help they need from the appropriate CAMHS service, but that others who are troubled with other issues e.g. problems at school and/or at home, with drugs and alcohol, being bullies or bullied, loneliness etc. are also given the help and guidance they need.

“The time and financial investment in offering this new service is providing considerable value to our GPs, as well as being fantastically helpful for our families who are struggling, by helping them to get them back on track.”

### **CHEX supporting families in the community**

Every day children, young people and families miss opportunities to help them reach their goals. Our mission is to support them by building self-esteem, improving mental health and wellbeing whilst ensuring they have the personal tools to recognise and utilise those opportunities.



### **What CHEXS do**

CHEXS bespoke 30-week programme offers an innovative whole family approach. Supporting children and young people through age-appropriate activities, one to one coaching and small group work as well as offering parenting workshops, support groups, activities and advice thereby ensuring a unique and whole family support programme.

CHEXS’ Family Support Services and their Children and Young People GROWTH programme can be utilised and commissioned to help tenants, residents, patients and other community members outside of educational settings.

Their offices are based in Waltham Cross and they can cover Broxbourne and the surrounding areas (including Enfield and Essex).

Find out more at: [www.chex.co.uk](http://www.chex.co.uk) or get in touch on: [admin@chexs.co.uk](mailto:admin@chexs.co.uk)

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*Those who need more extensive and specialised goals-based help.*

### **Professionals asked to complete 10 minute survey on young people's Keyworker scheme**

Hertfordshire's Keyworker Pilot Scheme which is Hertfordshire wide and hosted within the county council's Transforming Care Team is asking if professionals could find 10 minutes to complete the formal professionals feedback, to assist the learning for the required evaluation of this pilot.

Hertfordshire's Dynamic Support Register (DSR), oversees around 60 children and young people who are at risk of admission to a mental health inpatient hospital. All children and young people who are RAG rated red and amber have a keyworker offer, as do some who have moved down to green. The Keyworker Pilot works with children and young people, their families and professionals, with the aim of eliminating all unnecessary and avoidable inpatient admissions, re-admissions and gaps in their individual support needs that can lead to crisis, including A&E visits.

Please could all professionals who are working with a child/young person who has been allocated a keyworker, spare 10 minutes to complete the evaluation for the keyworker pilot? The **pre-keyworker survey** should be completed as early as is possible into the allocation of a keyworker and the **post-keyworker survey** should be completed after the involvement of the keyworker. They each take around five minutes to complete:

- **Pre-keyworker survey:** <https://surveys.hertfordshire.gov.uk/s/FOMIVE/>
- **Post-keyworker survey:** <https://surveys.hertfordshire.gov.uk/s/BYIOTI/>

This exciting pilot scheme that began towards the end of last year (2020), needs to receive lots of feedback, which is vital to ensure the scheme continues improving and developing its offer, to meet the needs of young people, their parents and carers, as well as other professionals who are working with them.

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*Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services.*

### **What to do for children and young people in a mental health crisis**

In the event of a mental health crisis, the quickest way to get help at any time of the day or night is to call freephone number: **0800 6444 101** or call **NHS 111** and select **option 2** for mental health services.

In the case of **serious illness or injury**, dial **999** for emergency services.

If you require urgent medical care for a physical health need, or for physical health treatment for an overdose or other self-harm that can't be treated in the community, or if there is an urgent need for a place of safety, if there is an imminent risk to yourself or others, please attend your nearest emergency department.

As a safety precaution reminder to parents, friends and family, please ensure all medication and harmful substances are locked away/not easily accessible.

### **For children and young people already using CAMHS services**

- Those already receiving support from CAMHS who need help, should contact their care co-ordinator on the number provided, or for help in the evenings, weekends or bank holidays call **0800 6444 101**.
- Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net) for non-urgent enquiries

### **Live webchat service**

For those who prefer to speak online, click on the SPA red button [here](#). This service is available Monday-Friday, 7am-7pm.

### **Alternative Contacts**

- [Samaritans](#) Tel: 116 123, 24 hours a day, every day
- [Childline](#) Tel: 0800 1111 via [1-2-1 chat](#) , Under 19s can confidentially call, email or chat online about any problem, big or small.
- [HOPELINEUK \(papyrus\)](#): Tel: 0800 068 4141 Text: 07860 039967 or email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
9am – midnight every day including weekends and bank holidays. For young people under 35, who are feeling suicidal.
- [Young Minds textline](#) provides free, 24/7 support across the UK for young people who are struggling to cope. Text YM to 85258 for help.

For a range of self-help information for those aged 16+ please click [here](#)

If young people are experiencing mental health problems and need help, please discuss the issues with the GP (family doctor), who will make a referral to the appropriate services. To register with a local GP, go to [www.nhs.uk](http://www.nhs.uk)

**If you have any news or information about your service/organisation, a message or other feature you would like to appear in this newsletter, or some feedback on the newsletter please contact: [lisa.gazeley@hertfordshire.gov.uk](mailto:lisa.gazeley@hertfordshire.gov.uk) .**

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