**Mental Health Champions Newsletter June 2021**

**Dear Champions**,

Welcome to our June newsletter. We hope you are beginning to make some plans to take care of yourselves in the forthcoming summer months.

**Network Meetings**

Feedback from many schools and Champions is that it seems increasingly difficult to find support for the CYP you are working with. In order to address this, the theme of our meetings this half term will be around schools having increased awareness of the many **services and organisations in Bradford that can offer support to CYP experiencing mental health and emotional wellbeing difficulties**. As CAMHS waiting lists can be lengthy, we hope this will enable schools to understand that there are other offers of support that can be accessed.

Dates for the meetings are as follows (All 9.30 to 12 noon):

* Monday 5th July (West)
* Tuesday 6th July (North)
* Thursday 8th July (South)
* **Friday** 9th July (East) *\*Please note change of usual day from Wednesday to Friday. This has had to change due to prior commitments within the EP Team*

Bookings are made through the Skills4Bradford website. **Once you have booked a session, our business support team will ensure you receive the necessary log in details.** <https://skills4bradford.co.uk/>Don’t forget that Champions will only receive email notifications and log in details for these sessions once a booking has been made **and confirmed/checked out** by your school’s “Skills for Bradford” **administrator**.

A recorded session will also be available for those Champions who cannot attend any of the live sessions, although you are welcome to book a meeting in a different area if your allocated day is not convenient.

**Information**

* **First Response**

The [First Response crisis service](https://www.bdct.nhs.uk/wp-content/uploads/2016/12/First-Response-concertina-leaflet-new-freephone-number.pdf) supports people experiencing a mental health crisis. It offers support 24 hours a day, 7 days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis.

[*First Response’s*](https://www.bdct.nhs.uk/services/first-response/)*free phone number is:* 0800 952 1181

Please click on this link for more details: [First Response crisis service](https://www.bdct.nhs.uk/wp-content/uploads/2016/12/First-Response-concertina-leaflet-new-freephone-number.pdf)

*Please note: The MHC Team does not hold any additional information – please make any enquiries directly to the providers via the links given.*

* **CAMHS training**

As demand rises for mental health support, these CAMHS-led courses aim to give you an understanding of key well-being needs (including your own) to boost the support you give children, young people and families.

Click on the links below for more details on upcoming multi-agency, practitioner-led training, free to anyone in the Bradford and Craven area:

* [E-learning](#_E-learning) for an introduction to child and adolescent mental health.
* [CAMHS Digital Well-being Modules](#_CAMHS_Digital_Well-being) for child and adolescent mental health - Three modules.
* [Self-harm and trauma](#_Self-harm_and_trauma) – implementing positive well-being approaches – Two modules.
* [Eating Disorders](#_Eating_Disorders_in) in children and young people – Four modules.
* [Recharging your batteries](#_Recharging_Your_Batteries_1) workshop for parents/carers

**Full details here:**

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*Please note: The MHC Team does not hold any additional information – please make any enquiries directly to the providers via the links given.*

**Parent workshops**

The focus of these sessions will cover where parents/carers might access additional sources of support for their children/young people in their care.

The sessions will be held on following dates:

1. Monday 12th July 9:30am to 11:00am
2. Monday 12th July 1:00pm to 2:30pm
3. Tuesday 13th July 9:30am to 11:00am
4. Tuesday 13th July 1:00pm to 2:30pm

To register interest, parents should contact Charlotte McLaughlin on work mobile phone: 07816 089217 or Email: [charlotte.mclaughlan@bradford.gov.uk](mailto:charlotte.mclaughlan@bradford.gov.uk) (before 12 noon please).

Please note, these are group sessions covering training similar to Champions’ training in a workshop format. *We are unable to offer parents or families any individual advice or support via this forum.*

**Individual MHC Supervision**

We are continuing to offer individual supervision sessions with an Educational Psychologist for Champions to discuss their work in school. This not limited to Covid recovery, but must relate to low-medium level mental health/emotional wellbeing concerns and should reflect your role as a Mental Health Champion.

Sessions are available in July and August – please see out page on BSOL for further details.

**If you have a concern relating to a specific child or young person**

MHC supervision is intended to be an opportunity to reflect on your *own practice* as a Champion, which would normally involve low to medium level emotional wellbeing or mental health concerns. We ask for parent/carer consent if you feel you will start to talk about an individual CYP as we feel this is the ethical thing to do, and it helps to cover GDPR requirements.

However, if you feel that the child/young person’s needs are greater than this, or if you know you are asking for advice about the CYP rather than your own practice, or if you are acting in a different role (e.g. class teacher, SENCO) it might be more appropriate to access the wider EP team.

All Bradford Schools are able to access **EP Consultation hubs**. This service enables school staff to access support and advice from an EP in a timely and efficient way. EP hub sessions are available across the year and are covered by individual area teams within the EP Service. School staff are also able to invite parents to join these sessions. EP consultation hub sessions are not limited to mental health/emotional wellbeing – the service covers all aspects of school-based concerns (e.g. learning, social skills, inclusion etc)

Please note that these consultation hubs work in a slightly different way and require a different consent form to the MHC supervision consent form. More details can be found here: <https://bso.bradford.gov.uk/content/ep-early-help-hubs>

**KOOTH and QWELL**

A reminder that KOOTH is the free digital support service for **young people** aged 10-18 in the Bradford area. It is a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners.

QWELL is a free digital counselling support service for **adults, including school staff**, commissioned by Bradford Metropolitan District Council and NHS Bradford & Craven CCG. Anyone living in Bradford and aged 19+ can register anonymously by visiting [www.Qwell.io](http://www.qwell.io/) and can access the service 365 days of the year from any internet device.

(Please note the MHC Team does not hold any further information on these services).

**A representative from Kooth will be attending the July Network Meetings when you will have the opportunity to ask questions about the service.**

**General contact details:** For any queries about the MHC project, please email us at: [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk) or telephone EPT business support team: 01274 439444. Key information can also be found on our page on Bradford Schools Online (click [here](https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk) for the link).