

Children and Young People's Mental Health in Hertfordshire

Autumn 2016



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Introduction to iThrive approach to young people's mental health

On Monday 17 October more than 200 professionals gathered to hear about a new approach being developed to mental health and wellbeing services for children and young people in Hertfordshire.

School staff sat alongside mental health professionals, GPs, commissioners and voluntary organisation representatives as details of iThrive were outlined at Hatfield's Fielder Centre.

The approach, which places an emphasis on prevention and early intervention, looks at the needs of the child or young person rather than focusing on a diagnosis or child and adolescent mental health services (CAMHS) threshold.

Maria Nastri, CAMHS Transformation manager, explained: "Whether young people are coping, getting help, getting more help or getting risk support, there will always be something for them as organisations across the system work more closely together.

"Through Hertfordshire's five-year CAMHS Transformation programme, led by the county's two NHS clinical commissioning groups (CCGs) and the county council, we are increasing capacity and upskilling children, young people, their families and professionals to be resilient, informed about support available, the choices they have and to understand what they can do to help themselves."



She added: “There was a great buzz in the room as all kinds of professionals with a passion for children and young people’s emotional wellbeing learned about implementing the iThrive approach.”

Presentations on the day included news of online counselling service Kooth, with a preview of their new promotional video, which is [online here](#), and insight from the national iThrive team.

Their website www.implementingTHRIVE.org is now live. Here you’ll find materials explaining the framework, details of how to join the Community of Practice and flag up iThrive-like practice to be featured as a case study.

School’s new Nurture Group uses iThrive model

Peartree Primary School in Welwyn Garden City is assessing its vulnerable children using behaviour maps and planning their levels of intervention using the iThrive model.

Since September, pupils assessed as being in the “more help” quartile have been placed in the Nurture Group, which runs every day.

The Nurture Group is run by experienced teacher Rosemary Proud and supported by Emotional Literacy Support Assistant (ELSA) trained teaching assistant, Wendy O’ Donoghue. It provides high-impact, individualised sessions to support children’s emotional wellbeing.



The specially decorated room includes a creative area, a learning area, a cosy ‘home’ area, adjoining outside space and cooking facilities. The Nurture Group is already having a positive impact in the school – the second most deprived in the county.

Using the Boxall profile to assess the children, Rosemary plans tailor-made English lessons and creative activities which specifically address their emotional needs, drawing from the six principles of nurture. She says mindfulness techniques like yoga, calming hand breathing and self-esteem boosting mirror, mirror compliments have had a good impact.

Each session starts with the children indicating how they are feeling on a feelings barometer based around characters from Disney’s *Inside Out* film. Snack time is an important time of the day when the children learn to share and collaborate. Children read quietly together and are read to on cosy

sofas in the home area. In their creative sessions, they make worry monsters, dream catchers and blow bubbles to help them blow away their worries. If they need to talk there is always an adult available.

Inclusion Leader, Clare Bellwood said: “The Nurture Group provides a safe place for our vulnerable children. It is not a behaviour base. It gives each child the emotional support they need in order to return to the classroom and make accelerated academic progress. Early analysis of Boxall profiles and our in-school data shows that it is having a significant impact.”



Breda O'Neill, CAMHS schools link manager at East & North Hertfordshire Clinical Commissioning Group, said: “I am so impressed with the amazing nurturing support Peartree is providing to support their vulnerable pupils and boost their emotional wellbeing. It is great to see this iThrive-like approach having such success on children’s outcomes.”

Hertfordshire is developing iThrive as its approach to children and young people’s mental health and wellbeing services as part of the five-year CAMHS Transformation. You can read more online [here](#).

Families First – Early Help in Hertfordshire

The way services provide early help to families in Hertfordshire is changing. Families First will bring together organisations which provide early help support to families under one ‘umbrella’ of consistent practice and clearer processes.

Keep yourself up-to-date with the story so far with our new [electronic leaflet](#).

You’ll find more information and answers to most questions about Families First in our [Frequently Asked Questions \(FAQs\)](#). There are lots of ways you can stay connected and benefit from being a part of Families First, for example:



Have you subscribed to Families First News?

[Families First News](#) is the newsletter for all early help professionals in Hertfordshire. Don’t miss out, [subscribe now!](#)

If you have something to contribute or an article to share with Families First professionals, send it to the editor using the 'Contact us' button.



Have you visited the Families First Portal?

The [Families First Portal](#) provides information, advice and guidance to families and professionals to enable them to help themselves or know where to access support at the earliest opportunity.

[Let us know what you'd like to see and send us resources](#) you think would be useful to other practitioners – including documents and useful websites.



Promoting Families First

Did you know we can provide you with [a range of items to promote Families First](#) locally amongst your own networks and resources we can provide you with for events – check out our '[Brand in a Box](#)'

- We now have a set of [Frequently Asked Questions](#) about the local hubs and more.
- The Families First [learning needs analysis](#), developed jointly with the Domestic Abuse Improvement Board, received over 600 responses – thank you to all who took the time to fill it in. The analysis will be used to develop a comprehensive learning and development programme in conjunction with our partners.
- The [workforce shadowing programme will be launched shortly](#) to support and encourage the Families First workforce to gain an understanding of different roles and build on and improve working relationships across agencies. Look out for more about how to register to [spend a day in someone else's shoes](#) soon!
- Following consultation and testing, [a new online system, called Early Help Module \(EHM\), began to replace the current eCAF system from September 2016](#). A key component of EHM is the Families First Assessment (FFA), which your feedback has been invaluable in developing. The FFA provides a simpler way to help identify and plan to meet the needs of children and families, and can be used across all agencies. EHM was initially rolled out to early help teams in Children's Services, then to external agencies from October. Existing assessments will continue to be managed on eCAF, but once workers have been trained they can use the FFA for new cases. The CAF team will support both systems.
- The [Family Group Conferencing pilot](#) is now well underway and has been extended to take in the whole county. Find out more, including how to put a family forward for the pilot, [here](#).
- Our readers have spoken! Following a poll [the newsletter has been renamed from Update to Families First News](#). Families First News now has over 900 subscribers and the latest issue has had over 2,400 hits so far. If you want to subscribe your staff or submit an article get in touch using contactus@hertfordshirefamiliesfirst.org.uk.
- The [practitioner's area of the Families First portal](#) holds information on training and tools to help practitioners support families. Keep sending in your feedback to familiesfirstportal@hertfordshire.gov.uk, and send any tools and websites that you use and think would be helpful to others working with families using [this form](#).
- On 1 September 2016 the [Thriving Families teams became known as Intensive Families First Support Teams](#). They will continue to support the most intensive early help cases.

- The Department for Work & Pensions **Local Family Offer Pilot for Relationship Support** will focus on early help for parent conflict. Progress includes:
 - 54 practitioners attended healthy relationships training
 - Over 30 professionals expressed an interest in being a ‘champion’ and the first champions network has been held
 - We’re developing a practitioner’s toolkit to provide information and resources for front line practitioners
 - A process is underway to commission a mediation service and a counselling service for parents where conflict is impacting negatively on their children (this will only be for families living in the pilot districts of Broxbourne, Welwyn Hatfield, Stevenage, Watford and Hertsmere).

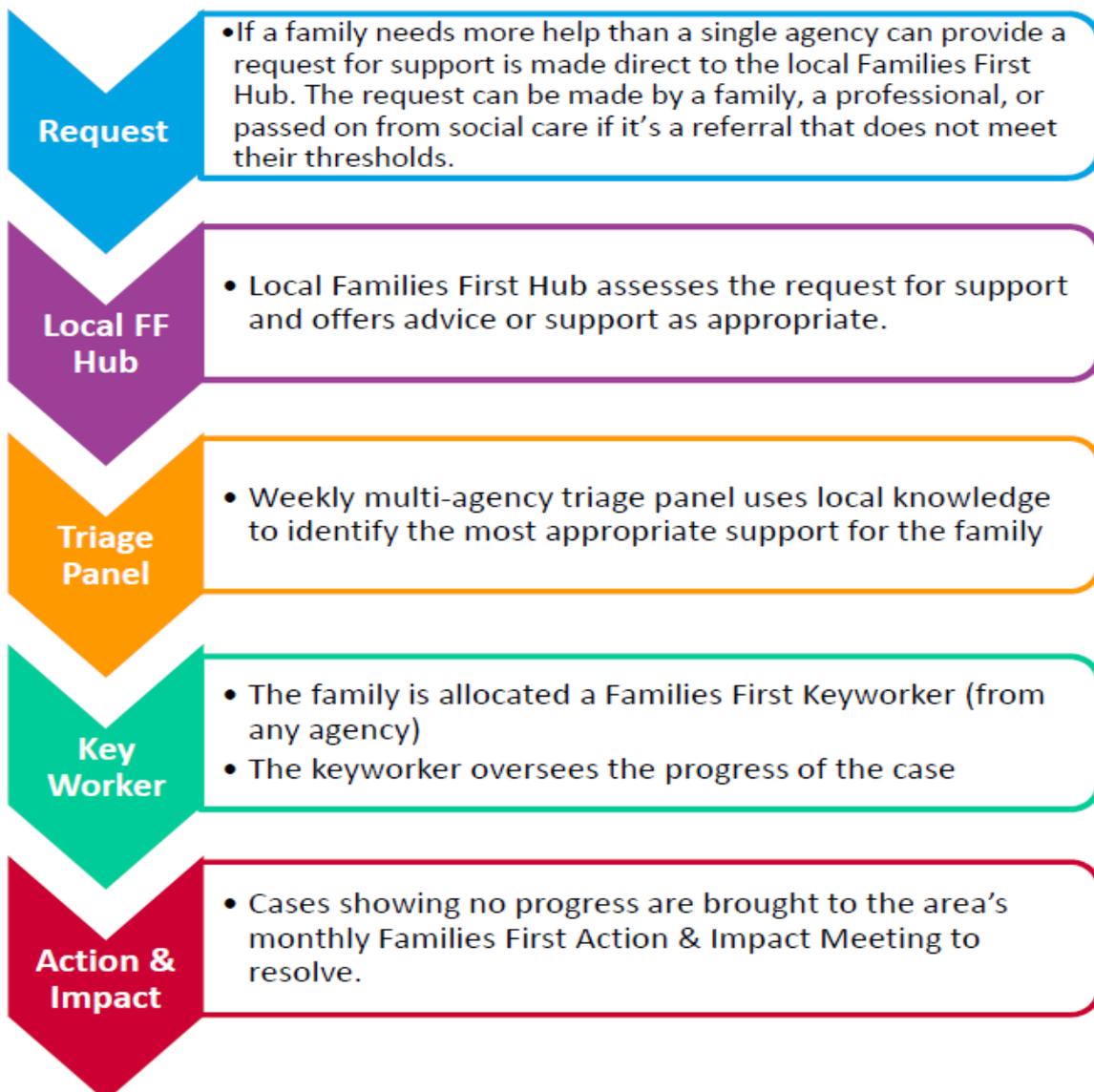
If you have any questions please contact holly.pitt@hertfordshire.gov.uk.

The Families First process

This process will rolled out across the county in a phased approach by April 2017.



Families with emerging needs will be supported by a single agency.



Specialist Services Rebranded as Safe Space

Since the 1st September Specialist Services has been rebranded as Safe Space. While the name has changed, services remain the same.

For almost 15 years, Counselling in Schools has been providing therapeutic support for young people in Hertfordshire. Since its beginning, the service has seen vast developments reflecting the growing need of children and young people. We have grown from a small team to the services we now offer, made up of over 30 counsellors and therapists, as well as Brief Therapy and Mentoring.



Who or what is Safe Space?

Safe Space is the umbrella name for Counselling in Schools (including Art/Drama/Play Therapy), Brief Therapy and Mentoring services. The name Safe Space reflects exactly what is at the core of our work – offering young people a creative, confidential and safe space to explore any issues affecting their everyday lives.

Counselling in Schools

We provide Counselling, Art, Drama and Play Therapy to Primary and Secondary schools across Hertfordshire. The service works with children and young people aged 5-19 years (up to 21 years with care leavers) within educational establishments across Hertfordshire. If the child/young person is not attending school or college, arrangements can be made to see them in an alternative, appropriate space.

Sessions last 50 minutes and we usually work with the child/young person for a minimum of a term (12 sessions). This can be longer or shorter depending on the client's needs.

We are a traded service which means funding is needed in order for the work to go ahead. The majority of work is funded by schools direct, however depending on the circumstances of the child or young person, alternative funding may be available to support the work.

Brief Therapy

Offers a focussed and positive approach, enabling the client to build change in their lives in just a few sessions, while acknowledging their strengths and resources to deal with problems they may encounter.

Brief Therapy is currently a free service but will become a traded service from 1st April 2017.

Mentoring

Mentoring is available to 11-19 year olds (up to 21 for care leavers and 25 years for young people with learning difficulties/disabilities) across Hertfordshire. Mentoring involves the young person meeting with a volunteer mentor for an hour or so a week, in a public place such as café or library or engaging in a social activity, to give them the opportunity to talk about anything they wish to discuss or want advice on.

Typically a mentoring relationship lasts for 3-6 months however this can be longer or shorter depending on the young person's needs.

Quality Assurance

Safe Space offers the following Quality Assurance Standards:

- All our Counsellors are qualified to Diploma level and beyond and Arts Therapists to Masters level
- All our therapists have a valid Enhanced Disclosure Barring Service (DBS) check
- All Counsellors and Arts Therapists access regular clinical supervision in line with BACP, BAAT and BADth requirements
- All Counsellors are accredited or working towards accreditation with the British Association of Counselling and Psychotherapy (BACP)
- All our mentors go through a thorough recruitment process, 2-day training and have a valid Disclosure and Barring Service (DBS) check.

Confidentiality

A key feature of any quality assured Counselling provision is that it is confidential. Counselling gives a child or young person a safe space to share their fears worries or concerns, and it is vital that they are able to develop a trusting relationship with the therapist if the work is to be successful.

When a child or young person sees a counsellor or therapist for the first time they enter into a contract that makes clear that the only time confidentiality would be broken and a discussion shared is if the child or young person is considered to be at risk of significant harm to themselves or others. If this were to be necessary, the therapist would look to obtain a child or young person's permission to share the information where possible. Any decision that is taken by the therapist with regards to breaking confidentiality will be done in the best interests of the child or young person. To encourage a child or young person to feel more in control of their situation, a therapist will work to empower them to feel able to share issues that they are experiencing with school, family or social worker if they have one.

Within the boundaries of confidentiality our therapists will look to share strategies and information that does not compromise the integrity of the work that is being carried out.

Referrals

Referrals to Safe Space may only be made with the consent of the child or young person. To refer in to Counselling in Schools and Brief Therapy a single service request (SSR) form should be completed and returned to the Safe Space team.

The Mentoring service has a specific referral form which should be completed and returned to the Safe Space Mentoring team. Any referral should be discussed with the mentoring co-ordinator before being made.

Referrals for all services can be sent through to Safe Space via Herts FX, Schools FX or internal post. Providing a secure email is used (in accordance with the HCC data protection guidelines), referrals may also be made via email to the appropriate Safe Space shared mailbox:

Counselling in Schools - counsellinginschoolsmailbox@hertfordshire.gov.uk

Brief Therapy – brieftherapymailbox@hertfordshire.gov.uk

Mentoring Service – mentoringmailbox@hertfordshire.gov.uk

Referrals are assessed on a case by case basis. It is possible to work with a child or young person if they are already accessing another service (i.e. CAMHS), dependent on the type of other intervention taking place.

If you are unsure which service is required, or would like further information about the services offered, please contact the Safe Space team on 01992 588796 and we will be more than happy to assist.

Venues

Safe Space operates across the whole of Hertfordshire. The Counselling in Schools and Brief Therapy services work in a variety of confidential, safe spaces. This ranges from educational establishments to community spaces such as one stop shops, libraries and children's centres. Sessions for the Mentoring service must take place in a public space such as coffee shops or cafes or in an educational setting.

Safe Space is not an outreach service and as such we are unable to offer home visits.

Costs

Counselling in Schools is a traded service meaning funding is needed for work to go ahead. Brief Therapy and Mentoring are both currently free to access services*

We offer a variety of contracts; for the latest prices, please contact Safe Space on 01992 588796 or at counsellinginschoolsmailbox@hertfordshire.gov.uk

*Subject to change from 1st April 2017

Homerswood Primary School mark World Mental Health Day

"Today we dressed in yellow to raise awareness for World Mental Health Day. We all found yellow accessories and clothes to brighten our day and we held a very special assembly to chat about how important our health is. We raised over £120."

Homerswood hosted an emotional wellbeing assembly delivered by the CAMHS School Link Pilot and Public Health Hertfordshire. The assembly aimed to raise awareness about mental health and emotional wellbeing and to support the school's charity, Young Minds. The response from the pupils was very positive. If your school is interested in piloting 'The Feeling Good Five' to use in an Emotional Wellbeing/Mental Health Assembly, please contact Breda.O'Neill@enhertscg.nhs.uk



Bid for share of £20,000 Feeling Good Week cash pot

A share of a £20,000 cash pot is being offered to fund a project to boost the wellbeing of children and young people in Hertfordshire in 2017.

Organisations have until New Year's Day to apply for a grant towards an event in Feeling Good Week 2017, which takes place from the 18th to the 25th February.



Feeling Good Week is a Hertfordshire-wide event that sees schools and the wider community promoting young people's emotional wellbeing, raising awareness of mental health and where to access support with the school community.

Young people and youth organisations can apply for up to £500 from the fund, earmarked by the county's two clinical commissioning groups (CCGs) and Hertfordshire County Council. A group of young people will review the applications, submitted through Healthwatch Hertfordshire, and judge which should be funded.

In 2016, 43 projects shared the £20,000 funding and children and young people across Hertfordshire tried yoga and mindfulness, enjoyed football tournaments and learned circus skills to mark Feeling Good Week as schools, children's centres, school councils and youth organisations won funding.

Youth Health Ambassador at Healthwatch Hertfordshire, Frankie Walsh, 19, from Welwyn Garden City, said: "I'm looking forward to seeing lots of applications because last year was great with so many creative ideas. Many bids were for projects that had a long-term impact not just a one-off event. Lots were aimed at reducing the stigma surrounding mental health and the fact that anyone can suffer from a mental health problem and it's OK to ask for help."

Last year, Healthwatch Hertfordshire worked with a group of young people from St Albans Youth Council, supported by Youth Connexions Hertfordshire, to redesign the Feeling Good Week funding process to make it easier for young people and youth organisations to apply.

There's more information and an online application form here: <http://bit.ly/2fz7YQBFeelingGoodWk>





NHS
East and North Hertfordshire
Clinical Commissioning Group

NHS
Herts Valleys
Clinical Commissioning Group



Feeling Good Week 2017

From the 18th - 25th February 2017 we want to make young people feel good!

Have you got an idea? No matter how big or small, you can make a real difference to health and mental health for young people.

Up to £500 will be given per project!

Apply at: www.hwhertfordshireyouth.co.uk and convince us that your project deserves £500!

'I want drums for my youth group to bring music, fun and relaxation to young people'

'I want to organise a yoga class to distract young people from exam stress.'



New services to help resolve conflict between parents

Research shows that children in families with high levels of parental conflict have a higher risk of negative outcomes. Hertfordshire County Council aims to begin to address this through its inter-relationship support pilot, running in Broxbourne, Stevenage, Watford, Hertsmere and Welwyn Hatfield.

Last year, Hertfordshire was one of England's 12 Early Intervention Places to partner with the Department of Work and Pension's (DWP) to trial new approaches to supporting couple relationships and co-parenting. As part of this programme we have commissioned [The Counselling Foundation](#) to provide a counselling service and [Herts Young Homeless](#) will be providing a mediation service. Both services will only operate in the pilot areas.

If you are working with parents, either together or living separately, where conflict between them is affecting the child/young person, you may wish to refer them to one of these services.

More information on their details and the criteria [fact sheet for referring can be found here](#).

If you have any queries, please email css@hertfordshire.gov.uk



Boost for children's mental health crisis care in Hertfordshire

Crisis care for children and young people in Hertfordshire has been given a £590,000 cash boost.

The Department of Health funding for a purpose-built 'place of safety' suite was awarded to Hertfordshire's Crisis Care Concordat Partnership at the end of October.

It was a Hertfordshire concordat priority that children and young people detained by police under Section 136 of the Mental Health Act be taken to a dedicated suite for assessment.

Hertfordshire Partnership University NHS Foundation Trust (HPFT) will extend its existing in-patient unit, Forest House, in Radlett, to create the place of safety, which should open in autumn 2017.

"Currently a child or young person detained under s136 in Hertfordshire is seen within an adult place of safety, in the adult mental health inpatient unit," said East and North Hertfordshire CCG chief executive Beverley Flowers, who chairs the concordat.

"This is often noisy with distressed adults and can be frightening and overwhelming to an already vulnerable young person. A purpose-built suite will benefit the young person, their family and carers, giving them quick access to assessment and treatment during a difficult time."

Children's centres' services get the thumbs up from parents

Whether it's 'Dads behaving dadly' sessions for new fathers or breastfeeding support for mums, services provided at children's centres across Hertfordshire get the thumbs up from parents.

Of the 6,000 parents who took part in this year's survey about children's centres, 98 per cent said they were satisfied with the range of services and activities provided for families with children under five.

A vast range of positive comments and feedback were also received from parents.

A mum from Shenley said: "I had no idea how much support I would need with a baby and young child. It has been absolutely fantastic to have friendly, caring, evidence-based care and advice. It has been a huge support to me, my children and our marriage."

A dad from Hitchin said: "I love 'Dad's behaving dadly'. It's rare that dads get to share their experiences together."

A mum from Stevenage said: "When I had my baby, I was feeling very daunted. I went to the centre within the first week in crisis with breastfeeding. The warm welcome I received when I arrived at reception was brilliant and then being able to see the health visitor and then go to the breastfeeding support made such a difference. I felt supported and miles better having gone. It was at a crucial time and if I hadn't had that there I may have stopped breastfeeding or could have developed depression. I've been numerous times and have always found it extremely useful."

A mum from Kings Langley said: "The information on healthy eating and nutrition has been great and I have changed the way we eat so that we provide our daughter with healthy and nutritious foods."

Richard Roberts, Cabinet Member for Children's Services, said: "It is really encouraging to hear that parents feel that they are getting the support they need to improve their confidence and help their family lead a healthier lifestyle.

"Best of all is that parents told us they would recommend the services provided by the children's centres to their friends and families. We would love to hear from any parents who are not yet registered with their local children's centre. There is plenty on offer to help you give your child the best start in life."

To find out more about children's centres, including how to register, visit www.hertfordshire.gov.uk/childrenscentres

We do not accept responsibility for the availability, reliability or content of the items included in this newsletter and do not necessarily endorse the views expressed within them.

Families Feeling Safe Protective Behaviours Services **Hertfordshire Business Awards 2016 – Finalist!**

We are so pleased to have recently been chosen as a Finalist in the Hertfordshire Business Awards 2016 Social Enterprise category! We evaluate all of our programmes and training with the children, parents, carers and professionals with whom we work and it feels really exciting to have this independent validation of our service.

Last week we received a visit by two judges giving us an opportunity to tell them more about our Protective Behaviours training and services and some of the outcomes for individuals and groups.

Our time with the judges included:

- A parent who attended one of our Families Feeling Safe programmes talked to the judges about her experience of domestic abuse and since attending the programme finding the courage to make changes for herself and her children
- Hearing how a Primary school are embedding Protective Behaviours through whole school staff training, anti-bullying and examples of the many creative ideas they use to engage children in learning that ‘We all have the right to feel safe all of the time’.
- Sally a member of our team talked about our ADHD programme that ran in a secondary school with boys at risk of exclusion. The successful outcome is that they remain in school with an enhanced understanding and ability to manage their feelings, thoughts and behaviours
- The judges also were give a preview of 3 animations that we are creating in collaboration with Leeds University.



We hope we've impressed them and it's been a great experience and achievement so far.

Young Commissioners support the CAMHS Transformation

Young people in Hertfordshire continue to be involved in the CAMHS Transformation in Hertfordshire through their work as Young Commissioners.

A number of our Young Commissioners have met with Maria Nastri, the CAMHS Transformation Manager, to discuss a new website coming to the county as well as the new ‘Youth Charter’ detailing the top messages young people would like to share to those who support them; professionals, parents/carers and young people themselves. Young people across county are currently voting on these as this goes to press and results will be known later this month when they will be shared with others.

Young Commissioners have also been working on the new website to make it a site ‘for young people by young people’ and this has included not only what they think should be included, what they would like available to themselves, but also identifying a name and logo that will stand the test of time and become a brand that young people across Herts know and trust.

There are currently 42 Young Commissioners in the county that are trained and supported by Youth Connexions Hertfordshire. If you would like to know more about our Young Commissioners, information is available online via <http://www.youthconnexions-hertfordshire.org/youth-work/young-peoples-democracy/young-commissioners/> or contact jasmin.payne@hertfordshire.gov.uk

Action and Impact Meetings

Any professional who is working under Families First in Hertfordshire can access Action and Impact Meetings for support.

Families First Action and Impact (A&I) Meetings are an integral part of Families First; they provide a multi-agency forum to address cases which are considered complex or 'stuck' or if a professional is concerned that risks have escalated and it may have met the threshold for child protection and / or require discussion where:

- There is an open Families First Assessment which is not achieving the desired progress towards agreed outcomes
- A Graded Care Profile has been completed in cases where neglect has been identified
- The most appropriate Families First Keyworker needs to be established to move forward
- The family are working with a multi-agency network, without a Families First Assessment; the family are not progressing and involved agencies are unable to identify the next steps
- The aim of these meetings is to improve outcomes for those children and families who require support below the statutory level of intervention; focusing on those with targeted and intensive support needs who are not progressing with their current support plan.

Families are reviewed in the multi-agency setting of the A&I meetings, where attendees:

- Consider cases where blockages are preventing progress being made in terms of agreed outcomes detailed within the Families First Action Plan and where appropriate, suggest alternative strategies
- Allocate resources required to help progress families towards desired outcomes
- Problem solve situations, taking into account safeguarding issues, levels of risk and the emotional health and wellbeing of all family members
- Identify the most appropriate Families First Keyworker where necessary
- Advise if the risks have escalated and it requires a different level of support across the continuum or has met the threshold for safeguarding in agreement with the Safeguarding Team Manager. Children's Services Step Up procedures will be followed by the Families First Manager, when all early help interventions have been exhausted

Meetings are held on a monthly basis according to the following format:

- North Herts, Stevenage (Pathfinder area)
- East Herts, Broxbourne (Pathfinder area)
- Welwyn Hatfield, Hertsmere
- Dacorum, St Albans
- Watford and Three Rivers (Pathfinder area)

If you have a family you would like to discuss at the Action and Impact Meeting, or would like to talk to us about observing a meeting, please get in touch:

Katie Underwood – Families First Project Officer
Tel - 01992 588 937
Email – Katie.underwood@hertfordshire.gov.uk



Team to support new and expectant mums with mental health problems

A special team to support new mothers and pregnant women with moderate to severe mental health difficulties is being set up in Hertfordshire.

The county's two NHS clinical commissioning groups (CCG) have been given national NHS funds to develop a specialist service offering pre-pregnancy counselling to women with mental ill health and supporting new mums with conditions like severe postnatal depression.

The new community mental health service will be delivered over the next three years by local mental health services provider, Hertfordshire Partnership University NHS Foundation Trust (HPFT).

"Figures suggest that at least 400 women in Hertfordshire have severe mental health needs in the weeks before and after birth each year, with another 1,375 having mild to moderate needs," explained Cameron Ward, Herts Valleys CCG Accountable Officer.

"The CCGs are working in partnership with Hertfordshire County Council to increase the support for parents-to-be and new parents showing signs of problems like depression or anxiety."

The service will support unwell mothers, their babies and partners, working alongside GPs, obstetricians and gynaecologists, midwives and health visitors already working with women to prevent their condition deteriorating.

Tom Cahill, HPFT Chief Executive, said: "We are excited about launching the perinatal service in the new year and look forward to using our experience and expertise at HPFT to support women with mental illnesses associated with childbirth. We know what a positive difference this early intervention approach will make for families in Hertfordshire."

Maria Bavetta, from the Maternal Mental Health Alliance Everyone's Business Campaign, which calls for all women throughout the UK who experience perinatal mental health problems to receive the care they and their families need, wherever and whenever they need it, said: "I visited Hertfordshire earlier this year and was so impressed that so many different professionals were determined to make the mental health of new families a priority in the county. A specialist community team will provide women, their partners and families much-needed local accessible services."

YCT launches 2016 Annual Review

After another successful year for YCT, we are pleased to officially launch our new 2016 Annual Review. This gives a snap shot of the year's work, different services we provide, case studies, our impact and evaluation statistics, and so much more!

Throughout 2016 we have been very busy. We have continued to grow and increase our services in terms of number of hours, geographical reach and community counselling locations. We are still a charity that specialises in children and young people, but we are also increasingly supporting the professionals that work in the sector, with supervision, counselling, consultancy and training.

Despite the impact of school budgets being increasingly restricted we are now delivering more hours in schools (1:1 sessions, group work, Forest Schools, training, workshops, assemblies).

Outside of schools, YCT will also be providing a counselling service for young people from another 2 community locations (Buntingford and Royston alongside Cheshunt, Bishops Stortford and Ware) as well as parent-child work, new training contracts and lots of other exciting work on the horizon.

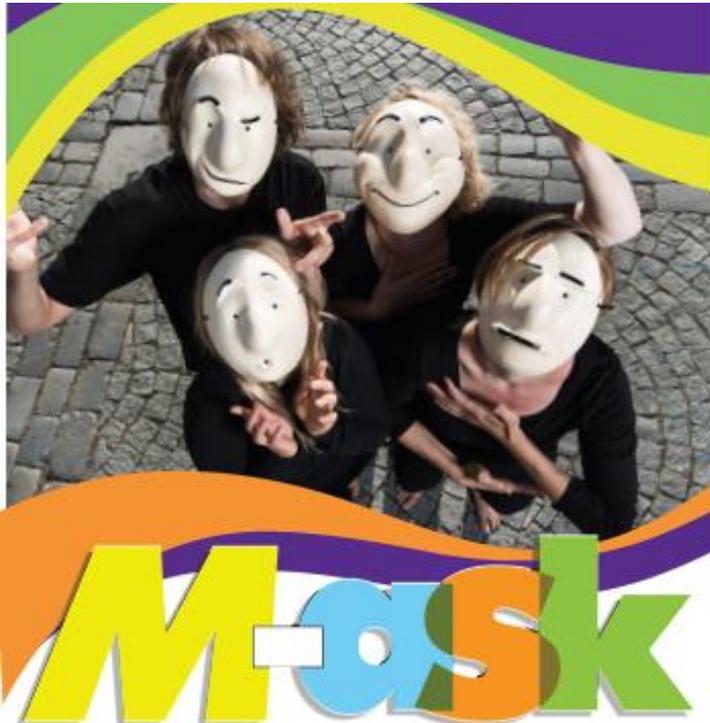
This year we were able to secure another 5 years of BACP accreditation as an organisation - great news as this shows our level of professionalism and commitment to very strict ethical and quality frameworks.

I enjoy getting together our annual review as it really makes me stop and look at the difference YCT makes to the children, young people, families and professionals we support. So please take a moment to have a look here <https://goo.gl/I042vz>, forward on to anyone else interested, and share in our feeling of another successful and impactful year.



Thank you, Lindsay Fox - YCT Director

M-mask Wellbeing Drama Programme starting January 2017 in Hemel



As a result of its popularity we are pleased to announce the opening up of 15 new places for the M-mask programme starting this January; giving even more young people the opportunity to express themselves through the dramatic arts. M-mask is a free 12-week programme for young people funded by Dacorum Borough Council and Hertfordshire Public Health. M-ASK uses theatre techniques to help those suffering from stress, anxiety, depression and other conditions affecting mental wellbeing. You don't need any experience to take part; everyone is welcome, from absolute beginners to the more experienced.

- To take part in the programme you must be aged 11 or over and live

within Dacorum borough.

- The 12-week programme runs every Thursday between 26 January and 4 May 2017 (term time only)
- Time: 5.30pm – 7.30pm
- Location: The Old Town Hall, High Street, Hemel Hempstead, HP1 3AE

Each session will explore theatre techniques using masks and you will also have the opportunity to complete a Bronze Level Arts Award qualification.

To express an interest, please email Active Communities Youth Officer Tracey Basnett at neighbourhood.action@dacorum.gov.uk with the subject 'M-ASK' or telephone 01442 228181.

For further information, please visit www.dacorum.gov.uk/M-mask

Hertfordshire wins funding for family wellbeing workers

Hertfordshire will have four dedicated psychological wellbeing practitioners (PWPs) supporting children and their families towards better mental health and emotional wellbeing in 2017.

The county council teamed up with the two NHS clinical commissioning groups to bid for national funding to trial the posts for a year from February 2017, as part of the county's Child and Adolescent Mental Health Services (CAMHS) Transformation.

The PWPs will be trained to deliver evidence-based interventions for children and families as part of a community mental health model in the Families First teams.

As part of the early help offer, the PWPs will see young people who wouldn't otherwise reach local thresholds for CAMHS, offering low-level interventions, including:

- Brief parent training for behavioural problems in children;
- Behavioural treatment for anxiety and guided parent-led self-help; and
- Behavioural activation for depression.

The bid for children and young people's improving access to psychological therapies programme (CYP IAPT) and Health Education England funding was made in partnership with Children's Services, adult commissioning in Health and Community Services (HCS) and the CCGs, which are implementing the CAMHS Transformation Plan.

There's more information about Hertfordshire's Transformation Plan for Children and Young People's Mental Health and Wellbeing [here](#).



Do you know about the Local Offer?

Hertfordshire's Local Offer is the door to finding out about support, services and activities available for children and young people with special educational needs or disabilities (SEND) and their families, as well as also being a hub of information for professionals.

You can find out more at www.hertfordshire.gov.uk/localoffer

The county council has the responsibility for ensuring the needs of children and young people with SEND aged between 0 to 25 are met. Schools and settings also have legal duties for SEND and most children and young people have their needs met in their school or setting without intervention or support by the local authority.



Our updated description of the provision we expect to be available from early years settings, schools and colleges in Hertfordshire can be [found here](#).

Harmful Sexual Behaviour Survey – your input needed! (By 31st December)

Hertfordshire County Council is part of a national research project set up with a range of local authorities, and supported by Research in Practice and the National Children's Bureau. This survey is for completion by those working with children and young people in Hertfordshire. We consider Health and Education staff groups to be an essential and valuable part of the team.

The overall aim of the research is to improve our understanding and needs of the local authority in terms of harmful sexual behaviour of children and young people in our area. National Children's Bureau will publish a national report via Research in Practice, National Children's Bureau and Local Authorities.

Completing this survey is entirely anonymous and voluntary and you are free to exit the survey at any time. We would be grateful if you could answer as many questions as you feel able to. If you make a mistake, or want to change your answer, you can click the back button. It is fine if you do not know the answers to some questions; please just answer as accurately as you can.

Please Ctrl and click to follow the survey below. The closing date for the survey is 31st December 2016. <https://www.snapsurveys.com/wh/s.asp?k=147706918271>

This should take approximately 15 minutes to complete. Your help is appreciated to increase our knowledge about what improvements we can make to services to improve outcomes for children and young people with harmful sexual behaviour.

Welcome to the Wellbeing Team (Post 16 and adults)

The Wellbeing Service offers psychological help and practical support for people experiencing a wide range of very common mental health problems such as worry, low mood, insomnia and stress. We also provide support for carers and people who are struggling with the reality of living with long term physical health conditions. Our service can provide help too if you are experiencing anxiety or low mood during or after pregnancy.

Many of the options that we offer are based on cognitive behaviour therapy (CBT) which has shown through research to be a highly effective psychological therapy for people experiencing anxiety or depression. CBT involves looking at the way you think and your ways of coping in order to identify changes that you can make that may help you to feel better.

We deliver treatment in a variety of ways to ensure we can support those needing help as flexibly as possible. Interventions include guided self-help using self-help materials, facilitated Computerised CBT programmes, skills based workshops and individual sessions.

If you feel that you would benefit from the service, you are over 16 years and are registered with a GP in Hertfordshire, please make a self-referral by calling the team on 0300 777 0707 or completing a referral form online at <http://www.hpft.nhs.uk/our-services/community-services/enhanced-primary-mental-health-services/> Alternatively you can discuss this further with your GP.

Once you make contact with the team we aim to be in contact within a few days to book your initial assessment appointment. At this assessment appointment you will be able to discuss your problems in more detail and reach a decision about which form of treatment may be most suitable for you. (Poster on next page).



Are you...



The Wellbeing Team
can help you work out how to feel better...

We offer workshops, online self help, guided self help with telephone support, individual sessions and other techniques aimed at helping you to find ways of coping and get you back to your usual self.

To refer yourself to this free service

- Call 0300 777 0707
- Use our QR code 
- Visit www.hpft.nhs.uk/wellbeing-service

To use this service you need to be registered with a Hertfordshire GP



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CAMHS school consultations trialled

A clinician from one of Hertfordshire's child and adolescent mental health services (CAMHS) met school staff to support their work with pupils as part of a national pilot project.

Staff at Watford's Chessbrook Education Support Centre were invited to discuss concerns they had and get advice from a Hertfordshire Partnership NHS University Foundation Trust (HPFT) professional. Some 14 members of staff booked a 30-minute slot with the CAMHS clinician, including teachers, a counsellor and outreach workers, who support children and young people in other schools.

The consultation trial was being tested as part of the CAMHS schools link pilot. In Hertfordshire, 20 schools were involved in the CAMHS Transformation project to give children and young people better emotional wellbeing health help by improving links between schools and NHS mental health services.

Chessbrook assistant headteacher Steve McShannon said the consultations proved very popular. "For lots of staff, they're doing really good work, and it was great to hear they're doing the right thing." Other staff feedback was also positive: "It was really empowering – it's weird how much of a difference it makes," said one teacher. Another added: "If this were a regular provision, it would change our work; make it more joined up and efficient. It could make CAMHS more efficient too."

Cases discussed included issues of parental emotional neglect, panic, anxiety, disorganisation, aggression, withdrawal, attachment, Autistic Spectrum Disorder, bereavement and anger. Professionals went away reporting improved confidence, a different perspective and practical strategies, confident they could have more of an impact on the young people they work with.

The CAMHS clinician said: "I have the utmost respect for the staff that I was pleased to meet with. They are adaptable, skilled, professional and frequently called to hold a significant level of risk."

Breda O'Neill, East and North Hertfordshire CCG CAMHS Schools Link Manager, said: "A second phase of testing consultation models is now running, developed with support of Educational Psychology Service colleagues, with one to one and group consultations being held in a small number of schools with clinicians from HPFT and Hertfordshire Community NHS Trust's Step 2."

Deborah Sheppard, Herts Valleys CCG CAMHS Schools Link Manager, said: "We know that some schools are managing a high level of need and often need some advice to validate and reassure them. We hope to develop this kind of activity going forward so more schools in Hertfordshire will have access to case consultation surgeries to discuss stuck, complex or high need children causing concern."

Step2 – Creativity in meeting demand

Step2 is a county-wide early intervention Child and Adolescent Mental Health Service (CAMHS) commissioned to support children between the ages of 0-19 who present with mild to moderate mental health and emotional wellbeing difficulties. The team provides mainly outreach work and is made up of a very committed small team of around 9.5 whole time equivalent staff members. The service provides brief therapy of up to 6 sessions and continuously strives to find new and creative ways of meeting growing demand. Step2 receives approximately 200 referrals per month.



Step2 continues to show innovation, creativity and flexibility:

Step2 has piloted an in-house developed Parent Master Class focusing on the parent-child relationship which includes psycho-education for parents on what they can do to form positive relationships with their children. The three hour-workshop has been very well received and we were lucky enough to have a young person observing the session and giving us some excellent feedback: "It is an indispensable tool for parents whose children are experiencing mental health difficulties and one that shouldn't be underrated. After the master class, I went home and talked it all through with my mum. We both agreed that had she been able to access something like this, I may not have ended up in hospital for so long or maybe not even at all!" Step2 is now running two of these workshops each month.

Improvement work at Step2:

To manage demand Step2 is now operating from more clinic-based locations and although we know that this is not always convenient for everyone to travel – the change helped us to improve access to initial sessions with a fantastic outcome of reducing waiting time to approximately 2 months' wait. This is a significant improvement whilst Step2 still endeavours to provide community appointments where appropriate and relevant.

Clinic based sessions in Hertfordshire schools:

In order to increase accessibility, Step2 has successfully engaged with schools and clinicians are now able to use a room in a number of supportive schools in Hertfordshire on a weekly basis. Huge thank you to the helpful schools which are: The Priory (Hitchin), Broadfield Primary School (Hemel), Wormley C of E Primary School (Ware). This partnership working will continue to enhance the positive relationships between schools and CAMHS services.

Step2 involvement with the CAMHS School Link pilot:

Step2 has been involved the CCG initiative to look at improving relationships between schools and CAMHS services. As an engaging partner in this pilot, Step2 was happy to provide three workshops at The Priory School (Hitchin) Mental Health day event in October. Step2 delivered two workshops to young people asking - what is mental health, and breaking the stigma whilst sharing information on CAMHS services. A further workshop was provided around 'What CAMHS services are' to Education staff.

Children and Young People Improving Access to Psychological Therapies (CYP IAPT):

Step2 has started taking part in the CYP IAPT programme which will support service improvement and the team is committed to future changes to make the service even better. This will mean more CYP engagement in the development and delivery of the service. As part of this work, Step2 is reviewing its website where plenty of relevant information will be included about the service but also information others will be able to use when wanting to read more about what we do and where to get help as well as what parents can do to help their children. Useful links from CYP IAPT will also be available on the website once this is ready to go live.

Satisfaction feedback:

Step2 regularly collects information from clients we support through the Friends and Family Test (FFT). This information is shared internally and externally and feedback is consistently overwhelmingly positive. In Quarter 2 (July-September), Step2 FFT test responses concluded that **92.5%** would like their friends and family to use Step2 if they needed to.



Here are some examples of the feedback we received during this quarter:

- 'The support we received just at an initial assessment helped provide the confidence and skills to support my child to work through her anxiety and worries. This has helped provide continuing dialogue with my child which should help for the future'.
- 'Very grateful for the Advisor, the help she provided using practical strategies and emotional support for my son and his family. A real light at the end of the tunnel for us'.
- 'The sessions with my daughter have helped her so much, she is like a different child'.
- 'This service has changed my son's life and ours. He is back closer to the happy lad we know'.
- 'We saw an advisor and I just want to thank her and say how impressed I was with her input. I have never seen a professional who put my son at ease and got him to talk as quickly as she did. Her manner with him was amazing. I thought he was likely to say very little in the meeting and she soon managed to get him opening up and telling her all sorts of things relevant and otherwise! Now we are putting her advice in practice at home'.

CAMHS Transformation Innovation Fund update

More than 85 applications were received to the CAMHS Transformation Innovation Fund. There were some excellent projects that addressed current unmet but identified need within the county and some that offered an opportunity to explore new ways of partnership working that will help inform the implementation of the CAMHS Transformation.

Some of the projects the multi agency panel agreed to fund were:

- Child and family dyad work to support children and young people who have experienced trauma,
- Group and one to one therapeutic support for young people wanting to explore their sexuality and / or identity, developed collaboratively with young people,
- CBT family programme to support children and young people with long term chronic medical conditions.

The Panel also decided to fund additional training courses such as Mental Health First Aid and ASIST to support some of the requests within bids. There will be a full report in the next newsletter.

Schools have their say on CAMHS

In order to collect baseline data for the CAMHS School Link project, a survey was developed and administered through Survey Monkey. The survey sought to establish the range of services schools are aware of and are accessing, which services are being paid for, what the spend is and if there is any appetite for this spend to part fund a new model. We also wanted to find out the range of school based intervention and prevention, the positives and negatives in the current system and priorities in a new one.

There were 151 responses to the online questionnaire. As well as school staff, colleagues from ESTMA, alternative provision, school partnerships, housing, nurseries and early years settings also contributed.

The survey found that schools are accessing a range of services. The breadth indicates good awareness of different provision to support children and young people's mental health, including non health services. Statutory provision is not the most highly sought service, in fact, specialist CAMHS was the seventh most common service referred or signposted to. Schools report that the

