

Mental Health and Wellbeing Support for Children, Young People, Parents and Carers during the Covid-19 Pandemic.

The following service information is available to support the mental health and wellbeing offer to schools across Derby and Derbyshire during the Covid-19 pandemic. **Please share this with all appropriate colleagues.**

CAMHS -Specialist Community Advisors (SCA)

CAMHS Specialist Community Advisors provide consultations to all professionals from statutory, community and voluntary organisations, about the mental health and wellbeing of children and young people.

Consultations involve the SCA providing evidence based specialist mental health advice, appropriate ongoing support options, guidance, signposting or support to make onward referrals. If you have already have established links then please continue to contact your SCA directly.

The SCAs service is being maintained during COVID-19 and will continue once services resume to normal functioning. If you are unsure who your SCA is or how to contact them, please see below.

AREA	NAME	Tel No	Email address
Erewash North & South	Amanda Selby, Clinical Lead	07768 671397	amanda.selby1@nhs.net
Southern Derbyshire	Dawn Wain	07717 782268	Dawn.wain@nhs.net
Amber Valley & South Dales	Rachael Mc Ilwrick	07917 243130	Rachael.mcilwrick@nhs.net
Derby City locality 1,2 & 5	Sonia Simpson-Brown	07833 927241	Sonia.simpson-brown@nhs.net
Erewash and Southern Derbyshire	Angela Jordan	07787 274992	angela.jordan6@nhs.net
Amber Valley and City locality 3&4	Miriam Krepa	07717 538764	Miriam.krepa@nhs.net
High Peak and North Dales	Sam Jones, Team Lead North	07900 243 578	samantha.jones27@nhs.net
Chesterfield South and Central	Liz Stephens	07795 354 988	e.stephens1@nhs.net
Chesterfield North, Staveley and Brimington	Natalya Van Steenberg	07766 697 940	natalya.vansteenbergen@nhs.net
Bolsover and North East District	Sophie Tipple	07825 995 967	sophie.tipple@nhs.net

Dronfield, Eckington and Clowne	Marie North	07899 962 773	marienorth@nhs.net
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Build Sound Minds Derby and Derbyshire



Our offer to Secondary schools in Derby and Derbyshire during the Covid-19 period

Bouncing back

Bouncing Back is a two-session programme with each session lasting 1 hour. It is aimed at young people who are showing some early signs of struggling with their emotional health and teaches them techniques and understanding that improves their resilience and their ability to 'bounce back' when faced with adversity.

Blues

The Blues programme is a six-week programme, based on research and acclaimed internationally, that we have been delivering in Derbyshire since October and nationally for the last 2 years. Each session lasts an hour. The Blues Programme gives students the support they need to understand how they're feeling. It helps them to build resilience and reduces low mood, depression and anxiety. Really importantly, it gets teenagers talking.

We have now created a version of both these courses that can be delivered digitally to groups of young people in Year 9 to Year 11 and are able to offer this to secondary schools across Derbyshire and Derby City

If you would like to discuss with us how we can provide this course to a group of your young people, please contact Caroline.Stodart@actionforchildren.org.uk

We will provide:

- Two members of staff trained to deliver the programme to facilitate
- Delivery of the programme via Microsoft Teams
- All paperwork required to be completed by the parent/young person in advance of the programme delivery
- All resources required for the programme which will be sent to young people, either by e-mail or hard copy

You will need to provide:

- A group of up to 8 young people who you feel will benefit from the course and are willing/able to participate
- Microsoft Teams will be used for communicating with the young people from your school if they are currently at home
- Completed paperwork and consent for all young people
- A named contact who will be available if we have any safeguarding or other concerns after the sessions
- Support to the service for student engagement in the programme

Changing Lives



Referral Criteria for Mental Health Support Teams during school closures

Changing Lives is a new service offering Mental Health Support through brief evidence-based psychological interventions, based on the principles of cognitive behavioural therapy (CBT). The service is available across Derbyshire and Derby City during the current school closures.

It will then revert to only accepting referrals from the Centres of Excellence and associated schools which form part of the project.

The Child/ Young person must:

- Be 0-25 years (Over 18 only where the young person has SEND needs or is a care leaver)
- Not meet the threshold for CAMHS support
- Not be persistently or severely self-harming or actively suicidal

The Child/ Young person will be experiencing:

- Mild to moderate symptoms of anxiety
- Simple phobias
- Social/ General/ Separation/ Health Anxiety
- Panic
- Worry/ stress
- OCD (in some cases)
- Change/ Adjustment difficulties
- Experiencing mild to moderate symptoms of low mood
- Physical symptoms including poor sleep and appetite
- Cognitive symptoms including negative thoughts about self/others/world
- Anger/ irritability
- Interpersonal difficulties
- Loss

Support available to others:

- Brief parenting support for behavioural difficulties
- Supporting parent lead interventions for younger children
- Dedicated support line for School staff Mondays and Tuesdays only

Contact us for more information:

General enquiries: helen.skinner10@nhs.net

High Peak, Dales and North Derbyshire: emma.fox21@nhs.net

Amber Valley, Erewash, Derby City and South Derbyshire: vicky.vieselis1@nhs.net

Information for Children and Young People, Parents and Professionals

Mental Health Support Line

A new mental health support line run by Derbyshire Healthcare Foundation Trust and operating seven days a week between the hours of 9am and midnight has been set up to provide access to support for people of all ages in Derby and Derbyshire. Please call number 0300 790 0596 where mental health professionals will be on hand to advise, there may be a low cost charge for making this phone call.

For more information, please visit:

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

Finding Support Online

A new website has been created called the **Derby and Derbyshire Emotional Health & Wellbeing Website** pulling together a range of information from different organisations to help support health and wellbeing. The website provides a one-stop-shop where you can find local information about available emotional health and wellbeing support and how to access it. Please visit www.derbyandderbyshireemotionalhealthandwellbeing.uk to find out more.

Free Online Counselling



Free online counselling, requiring no referral, and delivered by accredited counsellors is available to people in Derby and Derbyshire via the Kooth and Qwell services.

- Kooth is for children and young people aged 11 to 25 years
- Qwell is for parents and carers whose children are under 18 years old.

The services provide access to text-based counselling support from 12 noon until 10pm on weekdays and 6pm until 10pm on weekends as well as 24/7 access to online forums where concerns and relevant articles can be shared and discussed.

Please visit either www.kooth.com or www.qwell.io to sign up and create an account for free.