

# newsletter

## Darlington Child and Adolescent Mental Health Service (CAMHS)



### **we're still open**

The Mulberry Centre is still open for face to face appointments (Mon-Fri 9am to 5pm). In line with government guidelines we will be following the 2 metre social distancing guidelines and may be wearing Personal Protective Equipment (PPE).

### **telephone appointments**



We are also offering appointments and support by telephone. This can cause a little anxiety at first but lots of our young people say that they get used to talking over the phone after the first session or two. We would like to thank our young people who have adapted to this so well.

### **video appointments via Attend Anywhere**



We are continuing to use Attend Anywhere appointments. These have been very successful and we would like to thank our young people that have adapted to this so well. The feedback given has been excellent and one young person said the Attend Anywhere sessions *"are brilliant and moving forward I think these will help more children engage with their CAMHS practitioner"*. This young person has made brilliant progress with their practitioner using Attend Anywhere.

### **feedback - thank you NHS volunteers**

The Chat & Check NHS volunteers are now contacting families to get feedback on the services we are offering. This will be confidential using our Friends & Families questionnaire and is a great way for families to share their views on the way our service is delivered.

## what's new

### great news for Darlington schools!

Darlington has been awarded the new Trail Blazer for Mental Health Support Teams (MHSTs) in schools. This is in line with the 'Transforming Children and Young People's Mental Health Provision' green paper and NHS Transformation Programme and will support the mental health of children and young people in schools. The focus of the Darlington Trail Blazer will be around key transition points in the school pathway.

*MHSTs are intended to provide early intervention on some mental health and emotional wellbeing issues, such as mild to moderate anxiety, as well as helping staff within a school or college setting to provide a 'whole school approach' to mental health and wellbeing. The teams will act as a link with local children and young people's mental health services and be supervised by NHS staff (NHS England).*

### rooms at the mulberry centre

The rooms here are looking good and cleaning schedules are in place for all toys and equipment. We have started to collect rainbow art work to display and we'd love for more of you to send us some of your pictures. We are also working with the Parent-Carer forum in choosing age appropriate fidget toys to use during appointments.

#### **Calling Young Artists!**

We have also created a Relaxation Room and we have some spare canvasses if you would like to create a painting for us to display in this room. One of our young artists created this beautiful painting and it also helped with their anxiety.



**I began painting during lockdown, I then came to realise how much it helps me cope with anxiety. Painting has become very helpful and calming for me.**

### Darlington ASD survey

We'd appreciate it if you could complete this survey which has been developed on behalf of NHS Darlington Clinical Commissioning Group (CCG) to gain insight from families into the Darlington Autism diagnosis pathway. Feedback will be used to help us understand what the needs are locally, what needs to be done to make services better to improve the quality of life for children and young people in Darlington. This survey will close on Friday 24th July 2020. Access the survey here:

**[www.surveymonkey.co.uk/r/9W3W385](http://www.surveymonkey.co.uk/r/9W3W385)**

# what we're doing

## working together

On 12th May Maxine delivered a sleep workshop as part of the Parent-Carer Forum and this was extremely well received. There are plans to deliver this again in the future but, for now, here are some top tips for good sleep from the workshop:



- 1. Keep a regular bedtime for your child and wake your child at a regular hour each morning, so that the body clock is strengthened.**
- 2. Do not let your child have prolonged naps in the late afternoon. If your child still needs to sleep, schedule the nap for early afternoon.**
- 3. Avoid stimulating activity in the hour before bedtime, including TV, tablets and consoles.**
- 4. Avoid drinks of cola, chocolate, tea and coffee i.e. caffeine and additives before bedtime. Instead have a warm milk to drink.**
- 5. Make sure that your child does not go to bed hungry, but try not to eat too close to bed time.**
- 6. Make sure that your child's room is quiet and dark.**
- 7. Keep room temperature to a comfortable level. High temperatures disturb sleep.**
- 8. Keep their room clear of distractions and electronic equipment such as TVs and consoles.**
- 9. Environmental noise should be kept to a minimum (no loud TV).**
- 10. Help your child to learn to fall asleep alone in his/her bed, without your presence.**

**relax kids** We have posted out consent forms for the virtual Relax Kids course -  
**(1st July)** please contact us if you have not received this. Once we receive consent forms back, we can find the best way to deliver this support to young people. More information will also be sent by post soon.



## the psychological wellbeing practitioner (pwp) team

The PWP team are continuing their work doing low intensity Cognitive Behavioural Therapy (CBT) to help young people struggling with low mood/anxiety. They have adapted to the current situation by offering support via telephone or Attend Anywhere and are seeing very positive results and helping young people to feel better. You can make a referral to us by calling the spa team (see below).

## the single point of access (spa) team

We are still getting referrals into CAMHS and our SPA team are working hard to take these referrals. They are doing a great job assessing the difficulties young people and families are having and helping them to get the most appropriate help and support. To make a CAMHS referral you can contact them on 0300 123 9296.

# helpful links & other services

## **CAMHS single point of access**

Contact **0300 123 9296** to make a referral to CAMHS for children/young people community mental health support.

## **CAMHS/TEWV Crisis**

24/7 support for children/young people in mental health crisis. Call **0300 0200 317**


## **Rollercoaster Parent Support**

Support for parents/carers with children struggling with mental health difficulties. Call **07415 380 040** or find them on Facebook @  **rollercoasterparentsupport**

## **Kooth**

Free, online forum and counselling/mental health support for young people aged 11+. Visit **www.kooth.com** to find out more.

## **WeHeartCBT**

Free CBT resources to help schools, parents and professionals support children with mental health difficulties. Visit **www.heartcbt.com** or Facebook @  **WeHeartCBT**

## **Recovery College Online**

Free resources to help support people struggling with mental health difficulties. Visit **www.recoverycollegeonline.co.uk** to find out more.

## **Darlington Mind**

Offering a dedicated service from 1.30-4.30pm (Mon-Fri) to help anyone aged 11-18 who is struggling to cope with the current situation.

Call: **07432 843161** Email: **crew@darlingtonmind.com**.

## **St. Teresa's Hospice**

Family support and bereavement team offering specialist support and counselling for anyone diagnosed with a palliative or life limiting illness, as well as their families/carers.

Call: **01325 254321** **www.darlingtonhospice.org.uk**

## **Daisy Chain**

Supports young people, families and adults affected by ASD, ADHD and sensory differences across Tees Valley.  
**0800 031 5445** **www.daisychainproject.co.uk**

## **Little Treasures Autism Charity**

Support for those with autism across the North East. Call **07749 681 130** or email: **littletreasures18@gmail.com**

## **The Children's Front Door Team**

Advice and practical support for Darlington families.  
Call **01325 406222** or  
email: **childrensfrontdoor@darlington.gov.uk**

## **Health Watch Darlington**

Helping you and your family to find the right services in Darlington. Call **01325 380145** or email **info@healthwatchdarlington.co.uk**

## **Darlington Parent Carer Forum**

A Parent Carer Forum is a group of parents and carers of children with additional needs and/ or disabilities who work with local authorities, education settings, health providers and other providers to make sure the services they plan and deliver meet the needs of children and families in the area.

Parents and carers can make a real difference by sharing their ideas and thoughts. It is always up to you how you want to participate in your forum - it may be just by being a member, or you may want to get more actively involved and make sure those who are making decisions know what parents and carers think.

The forum have been working closely with Tracy from CAMHS for a while now and have started a CAMHS focus group for parents and carers. This is something we want to continue to develop when normality resumes!

In response to COVID-19, we started hosting weekly zoom sessions for parents and carers to try to ease the feelings of isolation linked to being at home with limited support. We've also worked with services to arrange speakers to join us and deliver workshops to help support you with different issues.

Zoom sessions take place weekly on a Tuesdays at 10am.

We also have Helen from SENDIASS available to answer any of your questions at this time.

Follow the Parent Carer Forum on facebook for the link to join in the zoom meeting or email **info@darlingtonpcf.co.uk**

