

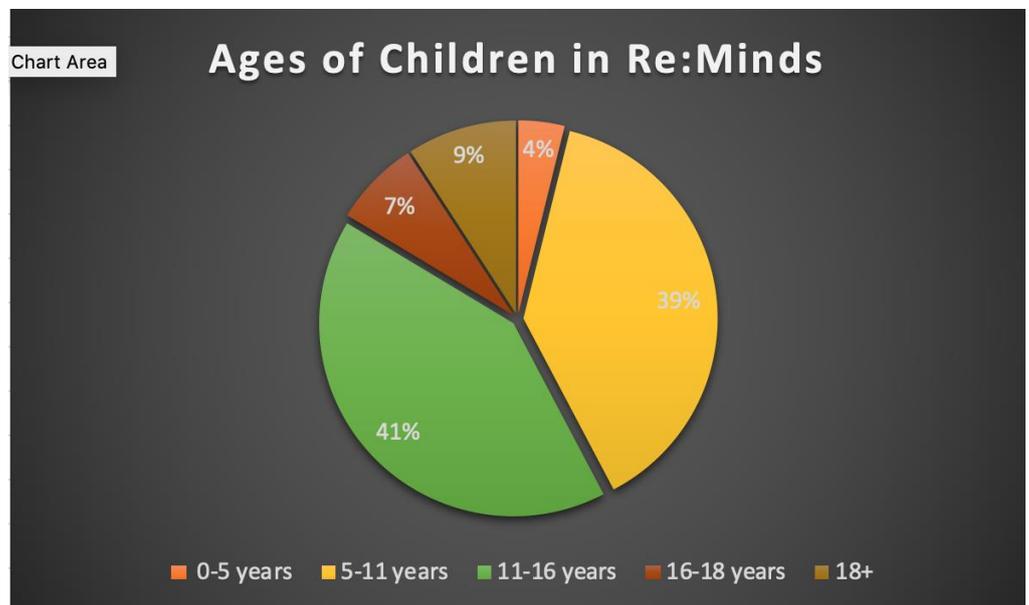
June 2020 Newsletter



A parent-led support group for families of children with autism or mental health issues

June seems to have flown by! We have been busier than ever, with the over 850 members now. Over the last month we have had 257 posts and interacted with 5,7000 people on Facebook– it's certainly keeping us busy! We have also increased our 1:1 support, trying to help our families find the right help.

We did a quick poll of the age ranges of our families; this information helps to shape what we are doing and our long-term plan.

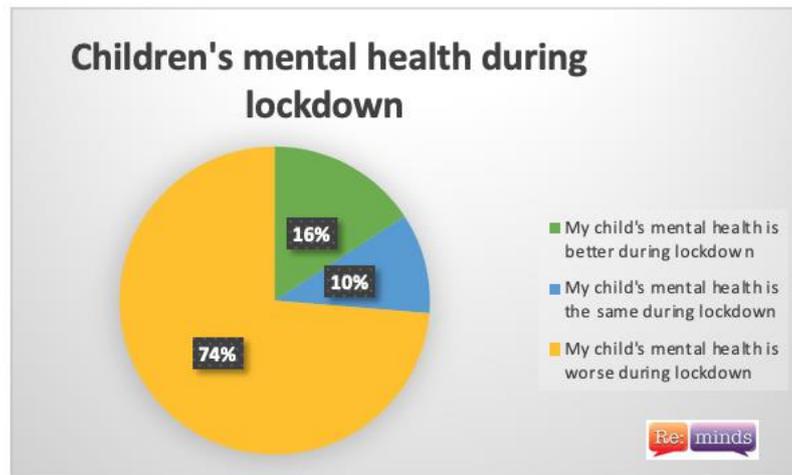


We have also been working with our families to try and find out about the support they have received as their children approach and transition into adult services. Whilst there has been some good practice, there is definitely room for improvement across the city. This is our focus for the coming year and CAMHS have already

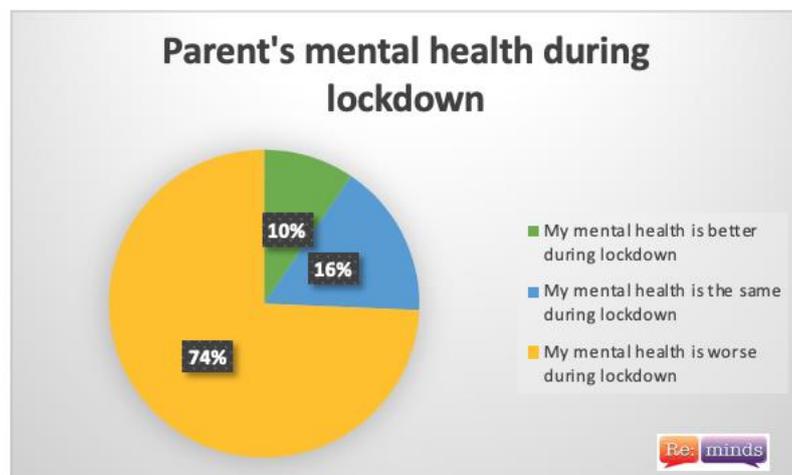
agreed to work on this with us, we are hoping other services want to get involved too!

Mental health during lockdown

We ran a poll of our families to find out how the lockdown is affecting their and their child's mental health. The results are, sadly, as we expected from the problems people have been posting on the page and have inspired us to keep working with other services to try and get the right help for our families.



Total number of participants 95



Total number of participants 74

New Things in

Black Lives Matter

This month we have teamed up with CAMHS and one of our fantastic parents to try and think more about how we can improve services and engagement with our Black and Minority Ethnic families. There is a massive gap in BAME families using services such as CAMHS and we want to change that. We were inspired to make a change after seeing the Black Lives Matter events, which made us question our own practices. We've had a meeting with CAMHS and have created an action plan. The first step is for Re:Minds to get into local communities across the city and engage with parents to support them in accessing services across Southampton. We are really keen to team up with anyone in the community who might be able to help us do this...and anyone who can help us fund this new project!

Mini N.A.P. Course

June saw the start of our new online N.A.P. (Not Another Parenting) course to help parents think about themselves. This was due to start back in April as a five-week course for our families in two different locations across the city. However, due to lockdown we have re-written some parts of the course to create three 45-minute sessions to help our parents think about their own mental health. Caring for a child with additional needs is incredibly hard and so we hope taking a little bit of time to think about their own needs might help some of our families.

Mini NAP Course
Not Another Parenting Course

We are running three Zoom sessions as mini versions of our course for parents, each lasting approximately 45 minutes. Whilst the things we cover are for you, we hope they can also be used with your children too.



- Mindfulness & Guided Meditation
- Unhelpful Thinking Styles & Fixable/Unfixable worries
- Zones of Support

All resources will be emailed in advance
 If you are interested please email gill@reminds.org.uk for a sign up sheet

Re: minds In association with
NHS Solent NHS Trust

A parent-led support group for families of children with autism or mental health issues

ADHD Support Group

We are delighted to announce a new ADHD Support Group.

We are working with Cathy Laver-Bradbury from CAMHS to offer regular online meetings, we hope to continue this as a new group when it is safe to do so.

Dates
 24th June – Behavioural Management in ADHD
 8th July – ADHD Medication
 22nd July – school issues in ADHD

Plus a regular Q&A

www.reminds.org.uk info@reminds.org.uk www.facebook.com/zoomreminds

NEW ADHD Support Group

Our new ADHD virtual support group started this month with Cathy Laver-Bradbury from CAMHS running it on behaviour management. This group began after we had a large number of parents asking for more advice about ADHD and Cathy very kindly offered to take it

on for us. We have more meetings coming up over the next few weeks on school issues and education.

Ranturday

Every Saturday we give our families the opportunity to have a good old-fashioned moan about something which is driving them mad without fear of judgement or comment! This is proving very popular and we hope helps to alleviate some of the stress they are under!



Caution

Rant in Progress

Online Courses

We have been doing some online courses, which we have shared with our families, on Supporting Emotional Regulation in Autistic Children and 10 Things to Know About Anxiety. These have been really useful and it's great to be able to access some free online learning.

- We have restarted our Friday morning meetings via Zoom to chat to each other about how it is going, which is a really nice way to keep in touch.

**Zoom
Meetings**

- This month we also had a fantastic Zoom run by the School's Mental Health Team on Anxiety. This was a really popular Zoom, with lots of practical ideas and strategies for us to try. The videos and notes were shared on our Facebook group and have received some very positive feedback.
- Our Friday evening Quiz group has really grown over the last month and has now become a family occasion with children and dad's (and even pets) joining in too! This is such a great way to get to know each other and have a relaxed evening together which can help us forget about how tough things are for a little while! We particularly enjoyed our Disney Princess fancy-dress week last Friday. Thankfully no-one seems to worry too much about the scores!
- We are continuing our regular Zooms with Chantal Homan from CAMHS to give us updates about any changes there and there is a chance for our families to ask any questions they might have. This month we talked about sensory diets, crisis care and how to better engage dads at CAMHS and in Re:Minds. We've shared the new Mental Health Support in Schools team referral information, which has been very positively received, the only thing our families want is more of it in more schools!

How to get support:

To access the support on offer from the MHST please complete a Referral form and email to SouthamptonMHST@solent.nhs.uk. If a referral form is not attached to this leaflet, please email the team and we can send you a form for completion.

There are two referral forms available:

1. A self-referral form. This is for completion for young people aged 14 years and above wanting to access some support.
2. A Professionals and Parent/Carers referral form. This form is for completion by schools and colleges and also parents/carers who would like to refer their child.

Please be aware that you are only able to refer/self refer if you/ your child are on roll at one of the following schools:

Chamberlayne College for the Arts	Weston Shore Infant School	Maxtree Nursery and Infant School
Harefield Primary School	Woodlands Community College	Mount Pleasant Junior School
Hightown Primary School	St Mary's Church of England Primary School	Newlands Primary School
Sichem College	Townhill Infant School	Portsmouth Primary School
Kanes Hill Primary School	Basset Green Primary School	Redbridge Primary School
Ludlow Infant Academy	Canolf School	Richard Taunton Sixth Form College
Ludlow Junior School	Compass School	Swaythling Primary School
Class Academy Mayfield	Highfield Church of England Primary School	Tanners Brook Primary School
Thornhill Primary School	Mansbridge Primary School	The Polygon School
Valentine Primary School	Mansel Park Primary School	Vermont School
Weston Park Primary School	Mason Moor Primary School	



Southampton MHST
Self-Referrals and Parent/Carer Referrals
15th June 2020-31st August 2020

Southampton Mental Health Support Team (MHST)

Whilst most children and young people are not in schools and colleges currently, we are opening our service up to self referrals from young people aged 14 years and above and referrals from parent/carers of children aged 5-13 years. This is for a trial period until the end of August 2020 when we will review this process in line with current government guidance on school attendance.

What are Mental Health Support Teams (MHSTs)?

- Mental Health Support Teams are a new resource, funded and accountable through the NHS. They will complement existing resources, rather than replace them.
- They will work with schools and colleges to support them with mental health and wellbeing difficulties and to treat mild-moderate emotional wellbeing and mental health difficulties.
- Support will be delivered through one-to-one interventions, group work, or work with families in a range of low-level needs such as anxiety, low mood and challenging behaviour.

Introduction to MHST:	Referral Criteria during Covid-19	
<p>When will the MHST start delivering a service?</p> <p>The Southampton MHST service will be launched formally in January 2021.</p> <p>During 2020 we are developing both the team and the service, ready for the service to 'go live' early in the New Year. As part of this development we will be gradually increasing a service offer to the schools and colleges within the city who are taking part in the MHST project. A list of participating schools can be found on the back page.</p> <p>Who will the MHST be working with?</p> <p>The team will be offering individual and targeted group interventions with a focus on prevention & early intervention. They are offered for children and young people who present with mild-moderate emotional wellbeing/mental health difficulties.</p> <p>Operational Hours and Contact Details:</p> <p>The MHST operational hours are Monday- Friday 09:00-17:00 (Closed on Bank Holidays)</p> <p>MHST Phone Number: 0300 123 6689</p> <p>MHST Team Email: SouthamptonMHST@solent.nhs.uk Emails are checked daily by the team however the response time may vary. We aim to respond to emails within 3 working days.</p> <p>If you are needing urgent mental health support then please call 111 or visit the NHS 111 website to speak to the Mental Health Triage Service. They are available 24hours a day, 7 days a week for anyone living in Hampshire and the Isle of Wight.</p>	<p>Referral Criteria:</p> <p>Depression/Low Mood (mild to moderate symptoms)</p> <p>Anxiety (mild to moderate symptoms)</p> <p>Generalised Anxiety</p> <p>Specific Phobia</p> <p>Separation Anxiety</p> <p>Panic</p> <p>Low Level Social Anxiety (as part of other anxiety presentation)</p> <p>Sleep Difficulties within the context of anxiety and low mood symptoms</p>	<p>Exclusion Criteria:</p> <p>Plans or Action to End Life</p> <p>Active Self Harm requiring medical attention</p> <p>Bereavement</p> <p>Trauma</p> <p>Anger and Violence</p> <p>OCD</p> <p>Emotional Dysregulation</p> <p>The MHST are not able to work with any children or young people who are open to CAMHS.</p>
	<p>Please be aware the MHST is not a crisis or emergency service, therefore unfortunately we are unable to work with high levels of risk or offer a crisis response.</p> <p>What support is available?</p> <p>Due to the current Covid-19 situation we are working differently. Unfortunately we are unable to offer any face to face intervention at this time. We would however, like to extend an offer of an alternative provision during this time including:</p> <ul style="list-style-type: none"> ☐ Telephone support to families and young people. ☐ Send out some helpful resources and self-help information. ☐ Assessment of a child/young person via a digital platform called Microsoft Teams. This will enable you to see the clinician you and your child are talking to. ☐ CBT informed intervention via a digital platform following assessment. 	

New volunteers

We are delighted to welcome our first 'official volunteers', Donna Taylor and Yasmin Hersi as part of our team. Donna has been a part of the Re:Minds group for a long time and is always there to help us out when we need it. Yasmin has agreed to work with us to help get into local communities and to engage with BAME families there. We are really excited to be working with them both.

Interviews

We have started our weekly interviews with our families again this month. This has been a very powerful way to find out about the ups and downs of their life and we hope it helps others to know they are not alone in what they are going through. We have been blown away by the strength and bravery of the people we have interviewed and want to thank them for taking part.

Re-Starting Groups

We are really missing our weekly groups and have been talking to St James Road Methodist Church about how and when we can start our meetings. The earliest we may be able to do this is September, but we will make a decision then about the best thing to keep us all safe. We hope the new café there will be open soon as we think we can keep it very busy! Whenever we can restart the groups, we intend to continue with some Zoom meetings as well for those

families who cannot get to our meetings and will video speakers to share on the group so that no-one misses out.

Current Re:Minds Groups

Evening Group - meet with other families in similar situations

Hospital Group - for families whose children are in adolescent psychiatric hospital

Education Group - working with SENDIASS to offer help and for families with education issues

Pop-In Group - a chance to chat to other families in similar situations

CAMHS Drop-In Clinic - a chance for anyone to speak to a CAMHS manager about an issue relating to their child

Family Group - a chance to chat to others (this is our only group where parents are able to bring their children with them)

Speaker Group - each month we have a speaker from CAMHS talk about an issue relevant to our children

The N.A.P. Course (Not Another Parenting Course) - this was due to start last month and will resume as soon as lockdown is over and it is safe to do so. This is a 5 week course aimed at parents to think about looking after themselves and their children. It also covers basic information about services and support available in Southampton.

If you would like to receive our Newsletter by email, please sign up by emailing info@reminds.org.uk with the title 'Newsletter'



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www.facebook.com/groups/reminds



www.reminds.org.uk



info@reminds.org.uk