



LINK Locality Meeting Resources



Wednesday 9th December 4 - 5pm

It was wonderful to see so many of you at our LINK Locality Meeting on the 9th of December. It was a fantastic opportunity for Champions to share best practice within their local area and receive advice and signposting from local experts. We have collated the resources mentioned throughout the session so that they can be shared with our entire network of Mental Health Champions.

Please note, these resources have come from Mental Health Champions, not from LINK. There also may be a cost associated with some of the resources mentioned.

Books

The Invisible String - Patrice Karst

A picture book to support CYP with separation from a parent/caregiver.

Not Today, Celeste - Liza Stevens

A picture book about a dog who's owner develops depression. There is also an activity book and guidance for parents.

Sitting Still Like a Frog - Eline Snel

A mindfulness book for children, young people and their families.

My Hero is You - IASC

A story book explaining the coronavirus and how CYP can take action.

Keep Calm! - Dr Sharie Coombes

A book that provides activities for CYP that are anxious about coronavirus.

Practical Strategies

Worry Boxes

CYP are encouraged to write down their worries and place them in the box. Staff can address any worries with the class/CYP.

Breathing Techniques

Using hoberman spheres, sand timers, lava timers, glitter jars etc to support CYP in regulating breathing.

Playdough Emotions

Using playdough to represent how the CYP is feeling. This could be using faces, colours, weather symbols etc.

Exploring through Play

Using role play to explore emotions and feelings.

Apps

Ollee App

An app designed to provide solutions for CYP that are facing challenges with self-esteem, friendships, body worries etc. The app also has a parent zone and offers advice to parents of CYP who are struggling.

Websites

Kooth

Kooth provides free online counselling for children and young people aged 11-25yrs old across Norfolk & Suffolk. They can also access blogs, forums and newsletters about mental health. <https://www.kooth.com/>

Therapist Aid

This website lists tools for mental health professionals and includes worksheets, videos and articles to support with anxiety, depression, parenting, relationships and stress. <https://www.therapistaid.com/>



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Whole School Strategies

Wellbeing Surveys

Using a wellbeing survey with CYP can help schools understand how their students are feeling and understand the things that they find difficult. Examples include:

Me and My Feelings survey - <https://www.corc.uk.net/outcome-experience-measures/me-and-my-feelings/>

Anna Freud Wellbeing Measurement Frameworks - <https://www.annafreud.org/schools-and-colleges/resources/wellbeing-measurement-framework-for-schools/>

Strengths and Difficult Questionnaires (SDQs) - <https://www.corc.uk.net/outcome-experience-measures/strengths-and-difficulties-questionnaire/>

Motional

This diagnostic assessment tool records ACEs and protective factors and gives a whole child picture of pupil's mental health. They also provide interventions to complete with pupils that are struggling.

<https://motional.io/>

Jigsaw

Jigsaw is a PSHE scheme of learning for ages 3 - 16 that provides a mindful approach to PSHE learning.

<https://www.jigsawpshe.com/>

Staff Wellbeing

Positivity Jars

Staff are encouraged to write each other positive messages throughout the week and placed in the jar. Messages are shared at the end of each week.

Group Supervision

Whether done formally by an external provider, or informally as a weekly catch-up with staff, supervision can support wellbeing. For more info about group supervision training, see here:

<https://www.norfolkepss.org.uk/peer-group-supervision-twilight-training/>

Education Support

An organisation with the aim of supporting education staff. Education Support provide a 24/7 helpline for any education staff seeking support. The website also includes videos on managing anxiety, wellbeing tips for staff during the pandemic and further signposting.

<https://www.educationsupport.org.uk/>

Further Training

ELSA

Schools can train staff as Emotional Literacy Support Assistants (ELSAs). The training is designed to build the capacity of schools to support the emotional needs to pupils. See more here: <https://www.elsanetwork.org/>

Thrive

Thrive is a programme designed to promote children and young people's mental health by helping the adults around them know how to respond to difficult situations. Find out more here:

<https://www.thriveapproach.com/>

Mental Health First Aid (MHFA)

MHFA training is designed to enable staff to support those in a mental health crisis. Training available to support adults and/or youth. See more here: <https://mhfaengland.org/>

Further Signposting

Benjamin Foundation

The Benjamin Foundation offers the Time for You service in schools to boost wellbeing:

<https://benjaminfoundation.co.uk/service/time-for-you/>

Barnardos See, Hear and Respond

Rapid support for CYP effected by coronavirus:

<https://www.barnardos.org.uk/see-hear-respond>