

NSPA online discussion: Reaching and supporting children and young people, 21st July 2021

Challenges	Ideas and plans from participants
<p>Demand</p> <ul style="list-style-type: none"> • Overall, an increase in demand for support for children and young people from schools, voluntary sector and mental health teams • Waiting lists are long so it is difficult to know who to signpost to • Activities that were being run pre-covid have stopped or have been cut back. Despite restrictions lifting, services aren't back to the same levels. • Despite support being offered digitally, there are waiting lists for face-to-face support as some people would prefer that • Online harms is a big concern 	<ul style="list-style-type: none"> • CCG invested in social prescribing pilot for young people: referrals by mental health teams. Providing three offers: arts; making music; and nature and green spaces. • Texting services - Chat Health is being run in Manchester, allowing young people to talk to them anonymously; Shout is a national text support for people struggling
<p>Self-harm</p> <ul style="list-style-type: none"> • Mind ran a survey on the mental health impact of the pandemic, results show that some young people were using self-harm as a coping mechanism during Covid and this has increased over the last year • Schools asking for more support, knowledge and training 	<ul style="list-style-type: none"> • Having a more consistent pathway for those who present at A&E with self-harm • Enhance real-time surveillance to include self-harm and attempts • Delivering self-harm training for schools • De-stigmatising self-harm as a way of coping, asking practical things to make sure it's done safely • Working with Harmless on self-harm prevention programmes • Mind resources for children and young people: Coping with self-harm and Supporting a friend or partner

<p>Bereavement support</p> <ul style="list-style-type: none"> • Advice needed on support specific to bereavement by suicide • Equality and diversity – grief is different in different communities 	<ul style="list-style-type: none"> • Specific suicide bereavement support services being commissioned locally • Winston's Wish – information, resources and for children and young people, parents/carers and teachers. Bespoke bereavement training. • Step by Step programme from Samaritans - team can support schools and colleges and any member of the school community, as well as wider community. Focus is mostly secondary schools • Help is at Hand – a postvention guide for people bereaved by suicide with both practical and emotional support. The revised version includes advice for children and young people • Life Changes resource from Lions Lifeskills – general bereavement and loss to support teachers in primary schools
<p>Schools:</p> <ul style="list-style-type: none"> • Reporting increasing concerns about self-harm, anxiety, suicidal thinking • More referrals to Child and Adolescent Mental Health Services (CAMHS) • Teachers often feel uncomfortable talking about self-harm and suicide prevention, with some fear of encouraging it • Greater interest from parents for mental health support for their children • Sometimes safeguarding procedures can delay a young person getting support - how to bridge the gap between school policies and young people's safety? 	<ul style="list-style-type: none"> • Weekly suicide prevention drop-in at a school: self-referral, or referrals/recommendations from teachers or parents. Safety plans created and vital conversations held in a safe space • Mental health embedded across curriculum in schools rather than stand-alone programme or only discussed in PSHE • One organisation is developing a two week suicide prevention programme of alternate provision for young people, including well-being, health, managing emotions, and DBT. Strong uptake from schools. • PAPYRUS work with schools and have created a 'Suicide Safer Schools and Colleges' guide

<p>Digital support:</p> <ul style="list-style-type: none"> • Children and young people are very tech savvy however, research shows the online support space is crowded, fear of reinventing the wheel 	<ul style="list-style-type: none"> • Kooth have been commissioned for digital support in many areas in England. • CalmHarm (app designed to help people resist or manage the urge to self-harm): https://calmharm.co.uk/ • DistrACT (app that gives people easy, quick and discreet access to information and advice about self-harm and suicidal thoughts): https://www.expertselfcare.com/health-apps/distract/
<p>Training:</p> <ul style="list-style-type: none"> • Increasing demand from schools for training around suicide and self-harm • Lack of confidence in running online suicide prevention training – questions around safety • Attendance is better online as less travel and fewer cancellations • Courses have proven to be extremely popular but no safety incidents with it being online, managing to get full courses and attendance 	<p>Creating safer training space online through:</p> <ul style="list-style-type: none"> • People with lived experiences of self-harm and suicidality being included in the creation of training and resources • Readiness document to ensure people are ready to be part of the conversation • Creating group agreement on what it is ok to talk about, what's not ok etc. • Gathering phone numbers in advance • Asking that cameras are kept on and safeguarding rep contacts them to ensure they're ok if they leave • Breakout room available for a safeguarding lead to talk to anyone who needs it