**COVID 19 Emotional WB and Mental Health Support Information for Schools**

**KEY MESSAGE:** Targeted (My Time) and Specialist CAMHS have had a significant reduction in referrals. Partners want to emphasise that services are available, have capacity to offer support and have flexed to be able to deliver help during the current pandemic. Please seek advice from My Time and CAMHS if you are concerned about a child/young persons’ mental health. Schools should refer directly to CAMHS and **not** advise families to contact GP. Referral Details are included in this bulletin. CYP Parents and Carers are able to access support sooner currently as waiting times are shorter.  Services are keen to get involved earlier to prevent mental health deteriorating where possible. Schools may be aware of families who would have ordinarily coped who for various reasons now may not be coping and may not know how to or want to ask for help from mental health services.

**MY TIME Cumbria (Barnardos) Targeted Mental Health support**

**To contact the service in both North and South Cumbria** please email the My Time in-box at: [mytimecumbria@barnardos.org.uk](mailto:mytimecumbria@barnardos.org.uk) with the following information:

* Name of school and your contact details
* Whether you are seeking advice or making a referral
* A time when you can be contacted by telephone; contact telephone number.

The admin team monitor emails daily (Monday-Friday 9am-5pm) and will allocate your query to a practitioner who will then contact you.

**You can also contact Practitioners direct:-**

Nikki Swan - Primary Mental Health Worker:  mobile 07510 586 358 email: [nikki.swan@barnardos.org.uk](mailto:nikki.swan@barnardos.org.uk) **SOUTH CUMBRIA**

Annabel Nicholls - Primary Mental Health Worker:  mobile 07599500347 email: [annabel.nicholls@barnardos.org.uk](mailto:annabel.nicholls@barnardos.org.uk) **SOUTH CUMBRIA**

Vicky Dean - Senior Practitioner: mobile 07464 540785 email [vicky.dean@barnardos.org.uk](mailto:vicky.dean@barnardos.org.uk)  **SOUTH CUMBRIA**

Jennie Booth – Senior Practitioner:  mobile 07876846044 email [jennie.booth@barnardos.org.uk](mailto:jennie.booth@barnardos.org.uk) **NORTH CUMBRIA**

Nicola Bryne - Team Manager: mobile:  07734003824   email: nicola.byrne @barnardos.org.uk **NORTH & WEST CUMBRIA**

Deborah Thorley – Children’s Service Manager mobile 07730023628 email: [deborah.thorley@barnardos.org.uk](mailto:deborah.thorley@barnardos.org.uk) **NORTH & WEST CUMBRIA**

**The service is able to take self-referrals from Families and Young People**

My Time will continue to triage with CAMHS on a daily basis and will also support Early Help to ensure that young people referred to services to access the correct service at the earliest opportunity.   They will continue to offer online and telephone support to professionals across the County and support them with identifying available suitable and relevant interventions.

All new referrals will have a Primary Assessment Meeting online, through an approved platform, or by telephone as part of a three stage process.    My Time will continue to triage with CAMHS on a daily basis and will also support Early Help to ensure that young people referred to services access the correct service at the earliest opportunity.   MT Senior Practitioners are currently contacting the school hubs again to ensure they know what the offer is. However ANY school can make contact with the service and ALL schools can let parents know how to get in touch.

**CAMHS Support (North Cumbria)** For CYP who are experiencing serious mental health issues. **The West CAMHS Team can be contacted on 01900 705 800**. **The East CAMHS Team (includes Carlisle) can be contacted on 01228 603 017.**  The teams are able to accept referrals from schools staff who may have just spoken to a young person on the phone. Initial assessment slots are available in May and if it’s not possible to assess over the phone they are able to arrange a face to face assessment, in accordance with government guidelines. North CAMHS referral form can be found here



**North Cumbria Crisis Assessment and Intervention Service (CAIS)** Where young people feel they are in a mental health crisis, referrals can be made by any professional (with appropriate permissions) by ringing 01228 603964. Telephone assessment and support will be given initially. Available 9-8 Monday-Friday and 9-1 Saturday and Sunday.

**South Cumbria CAMHS** (South Lakeland & Barrow)

For advice and support please ensure that in the first instance your worries about a child/young person with an escalating mental health difficulty, are discussed with a My Time Primary Mental Health Worker (see how to make contact in My Time section above) or a senior Health Practitioner or Social Worker. They will advise if a referral to Specialist CAMHS is the appropriate next step and support you through that referral process. South Cumbria CAMHS referral form can be found here. Crisis Support is now provided 24/7 in the Morecambe Bay CCG area and is accessed via CAMHS



**5 – 19yrs School Age PH Nurse Practitioner Team**

E-School Nurse Video Clinics run every Tuesday and Thursday and are available to professionals and families. Parents worried about getting young people into a good routine (sleeping, getting out of bed, nutrition, exercise and emotional wellbeing) whilst in lock-down can book a video slot to talk to a nurse.

To book an E-School Nurse appointment Telephone **0300 30 34 365**

The link for the video clinic is [www.chocltd.co.uk/video](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fwww.chocltd.co.uk%2fvideo&umid=729818e9-f985-4bbf-9f06-7341f489a478&auth=438558d5329f5814a0a31cfd8e89073841978136-dc7ad628c614cbe7e6e19a14e49b68bb7328a4eb)

### Contact the team

[www.cumbria.gov.uk/ph5to19](https://www.cumbria.gov.uk/ph5to19/)

Email: [E-schoolnurse@ncic.nhs.uk](mailto:E-schoolnurse@ncic.nhs.uk)

The team have produced two leaflets about transition to secondary school and also Year 11

 

**The Year 6 Transition leaflet contains a link to free Solihull on-line parenting courses** for anyone who has a child (aged up to 18yrs) attending an educational establishment in Cumbria. The team are getting great feedback about these courses.

**Free Training for Professionals on Trauma, Attachment and Brain Development for Further details and how to access see end of this bulletin**

**HEADS UP – Emotional Wellbeing, Learning Needs and GETTING BACK TO SCHOOL**

A Multi-Disciplinary Group are working with schools on the compilation of a resource pack to support the return of pupils and the wellbeing of staff as we move towards the end of the current COVID-19 lockdown and restrictions. (No date as yet) Many schools have started to make plans. The resource pack currently being developed will be comprehensive and will be available to schools in document form and on-line from May 18th. The resource will be dynamic, regularly updated and integrate inputs and resources from Primary Care Mental Health services for CYP.

Issues raised by schools in relation to wellbeing and learning needs are being audited and we are gathering information about other relevant work going on that could be included**. If you would like to contribute** please email information to [Carly.Brockbank@cumbria.gov.uk](mailto:Carly.Brockbank@cumbria.gov.uk)

**As we approach Mental Health Awareness Week on May 18th a Request from ‘WE WILL’ TO SHARE**

**WE WILL YOUTH MENTAL HEALTH GROUP LAUNCH NEW FILM ‘JUST LISTEN’** Young people reveal that the simplest and most effective way of helping themselves and others to cope during challenging times is to JUST LISTEN. To share this message the WE WILL youth mental health group are launching their latest film, JUST LISTEN. WE WILL say that listening better is a vital skill that can save relationships, health and lives. They ask, ‘Will you be THAT person who steps up and LISTENS BETTER?’

LISTENING BETTER can be improved in minutes - watch ‘BOY’ to understand WHY it’s important to listen.[*https://www.youtube.com/watch?v=L9WBZ1L2s4I&t=11s*](https://www.youtube.com/watch?v=L9WBZ1L2s4I&t=11s)

To find out HOW to listen watch their new film ‘JUST LISTEN’.

[*https://www.youtube.com/watch?v=Kg053UnO7S0*](https://www.youtube.com/watch?v=Kg053UnO7S0)

WE WILL – will you? [*www.ewanrigg.com/wewill*](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fwww.ewanrigg.com%2fwewill&umid=039e1a94-d8d2-4699-9227-a42a16e06650&auth=438558d5329f5814a0a31cfd8e89073841978136-b77355918be4f382381e7d0c0e5d51e7b93b4c99)

Insta @wewillcampaign          Twitter @wewillcampaign

**FREE TRAINING FOR PROFESSIONALS CCC’s Public Health Lead for Children and Families has secured FREE online training for ANYONE working with children and young people in any sector or setting. Please share the details below with as many colleagues as possible. There are three courses:**

1. **Understanding Trauma -** This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
2. **Understanding Attachment -** This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
3. **Understanding Brain Development –** This course is for practitioners who want an introduction to brain development from the antenatal period to adolescence.

The password for all courses is **WORDSWORTHPRF** (valid until April 2021) More information and joining Instructions are in the embedded documents below

There is an unlimited number of users, so we really do want to get it across as many parts of the system that we can to help ensure we have a consistent approach. We will be gathering data around uptake to understand coverage etc. If you would like any further information regarding this, please email [Lindsey.Ormesher@cumbria.gov.uk](mailto:Lindsey.Ormesher@cumbria.gov.uk)

 

End of Bulletin