

IMPROVING THE
MENTAL HEALTH
& WELLBEING
OF ALL CITIZENS
IN EDINBURGH

ISSUE 10
OCTOBER
2019

thrive

EDINBURGH



 Growing
Confidence

IN THIS ISSUE

Top Tips for Children and Young People	1
Top Tips for Parents and Carers	4
40 Top Tips for Educational Settings	6
Edinburgh Community Voices	9
Out of Sight Out of Mind 2019 Exhibition	10
Working effectively with children, young people & families	11
Living Warriors	13
Dates for Your Diary	14

Top Tips for Children & Young People

Children and young people said they do these things to keep emotionally well and able to deal with life's ups and downs.

"Talk things over with someone you trust, a friend, teacher, parent or even a pet."

"Be yourself, no-one else can tell you how to feel."

"Do something that you enjoy and makes you happy."

"If you are worried or upset about something write it down or draw a picture of how you are feeling."



Continued on page 2

Welcome to edition #10

by Linda Irvine Fitzpartick

This issue of "Thrive" has a big focus on children and young people's mental health and wellbeing and includes the "Top Tips" that were developed with young people as part of the "Growing Confidence" work led by Pattie Santelices and Young Edinburgh Action at Edinburgh City Council. We hope this will be useful information for young people, teachers, parents and carers. Hopefully see lots of you at the opening of "Out of Sight Out of Mind" exhibition at Summerhall on 10 October World Mental Health Day - see page 10 for more details.



Tips for Children and Young People

Continued from page 1

"Spend time with positive people."

"Focus on the big picture and learn what to ignore."

"Take time for yourself, take a break, relax, meditate, have a bath."

"Do the basics, eat well, get enough sleep and get active."

"Reach out for a hug with someone you trust."

"Look for the positives even when things aren't going well."

Supporting each other

Children and young people hoped a friend would do these things if they reached out for help.

- Just listen to them and try to understand
- Don't judge or laugh at them
- Share your own difficult times with them and give them hope that they can get through this
- Respect their privacy, don't share what they told you with everyone
- Help them to see the positives about themselves
- Include them in things
- Spend time with them face to face, not just on social media
- Help them to identify who they can ask for help – who's on their back up team?
- Encourage them to seek help early before it gets worse
- Don't take it personally if they aren't their usual self

Continued on page 3



It can be difficult to make that first step to ask for help but remember that everyone struggles from time to time and it's okay to not be okay.

Continued from page 2

Where to find further help

If you are worried about yourself or a friend, children and young people told us that it was helpful for them to find an adult to speak to. This could be a:

- Parent or carer
- Teacher
- Doctor
- Or another adult you trust

It can be difficult to make that first step to ask for help but remember that everyone struggles from time to time and it's okay to not be okay. If you would prefer to go online for support these websites are good place to start.

Samaritans

www.samaritans.org

Epic Friends

www.epicfriends.co.uk

Respect Me

www.respectme.co.uk

Mood Juice

www.moodjuice.scot.nhs.uk

Young Scot

www.youngscot.org

Talk to Frank

www.talktofrank.com

Childline

www.childline.org.uk

Breathing Space

www.breathingspace.scot

The Mix

www.themix.org.uk

Healthy Respect

www.healthyrespect.co.uk

Young Minds

www.youngminds.org.uk

This information is taken from a leaflet produced by the *Health and Wellbeing Team*, in consultation with almost 450 children and young people in Edinburgh. These are the things they told us would help them and others to better look after their emotional wellbeing and mental health.

For further information please email: Growingconfidence@edinburgh.gov.uk



This information was gathered in consultation with almost 450 children and young people from Edinburgh.

We asked them what they hoped their parents and carers would do to help them develop good mental health and emotional wellbeing.

Top Tips for Parents and Carers

Here's what they said:

"Do stuff that makes you happy, if you are less stressed, everyone is less stressed."

"Spend more time really listening and talking with us. take our distress seriously when we open up about our worries."

"Love us, care for us, feed us and make sure we get a good night sleep, so we aren't like zombies the next day."

"Don't blame yourself, sometimes we are just having a bad day!"

"Don't force the issue if we don't want to talk immediately. Make time and space for us to tell you in our own way."

"Share your own experiences with us and be open about your mistakes or struggles in the past."

"Listen to our opinion and allow us to be involved in making family decisions."

"Say sorry or give us a hug after we have a row or fall out."

"Have expectations that are realistic and don't put too much pressure on us. There are many paths to success."

"Take an interest in our lives, friends and hobbies outside of school."

"Ask about school and help us with our homework."

"Learn more about mental health, websites and services so you are comfortable talking about these issues."

"Accept us for who we are and encourage our dreams and choices, not just yours."

"Do more fun things together as a family."

"Remember we are still learning and working out who we are. We will make mistakes and when we do, please be calm and patient with us."

Continued on page 5



For further
information
please email:
[growingconfidence
@edinburgh.gov.uk](mailto:growingconfidence@edinburgh.gov.uk)

Continued from page 4

If you want to start a conversation with your child here are a few ideas of where to start.

- What are you most looking forward to in the next few weeks?
- How are you feeling about..?
- What helps you feel calm?
- What do you love about...?
- Is there anything that you are worried about?

If you would like more advice about parenting or mental health support for children and young people here are some websites that can help.

Parentline Scotland will listen to you with kindness, give you time to think things through and support you.

You can call on: 08000 28 22 33 or text: 07860 022844 (standard network charges apply) and they will call you back.

They are open 7 days a week:
Mon-Fri 9am-9pm,
Sat-Sun 9am-12noon.

www.children1st.org.uk/help-for-families/parentline-scotland

Young Minds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25. The charity also has information for parents and carers about mental health. www.youngminds.org

See Me is a charity that focuses on reducing the stigma and discrimination around mental health and offers advice to parents and carers who are concerned about their child.

www.seemescotland.org

The Mental Health Foundation offer a range of support from looking after your own mental health to supporting someone else. They can also help you find further support and advice on how to seek help. www.mentalhealth.org.uk

The City of Edinburgh Council also offers a number of courses that support parents and carers. These include: *Peep Learning Together Programme, Raising Children with Confidence, Raising Teens with Confidence, Incredible Years, Triple P and Teen Triple P.*

For more information see:
www.joininedinburgh.org

For further information please email: growingconfidence@edinburgh.gov.uk



'If you keep things inside it can weigh you down, so it is good to speak to the teacher.'

40 Top Tips for Educational Settings

As a Local Authority, we are continually striving to better support children and young people's mental health and wellbeing.

As part of this commitment staff from different schools and settings across Edinburgh consulted with almost 450 children and young people for their views and suggestions.

The following is a list of the most common responses that our children and young people told us were already working well in schools or that they thought would be helpful.

Ethos and Life of the School

- Being greeted when we arrive in the morning or into class with a smile and a good morning makes you feel good.
- Spend more time getting to know us, build relationships as early as possible before support is really needed.
- Use assemblies to regularly raise awareness and promote mental health issues, signposting and support available, both in schools and the wider community.
- It is helpful when staff know and adapt to your personal circumstances.
- Clear timetables help us to know what the day will be like.
- Look for the deeper reasons behind the behaviour. Often when we are not listening or understanding the learning, there is something else going on.
- Learn from the teachers that have effective ways to help people behave without telling them off/ punishments.
- Celebrate wider achievements and share stories of alternative routes to work and further education. Remember less than 50% of young people go to university.
- Ask senior pupils or community leaders to share success stories and real-life experiences about how they found school, how they felt, what they did, who they spoke to and how they feel now.
- Look after your wellbeing. We are more stressed when you are stressed.

Continued on page 7



'Constant academic pressure and stress from staff and parents to do well in class, pass exams and go to university - it should not be the only thing that matters.'

'Understand that young people have lives outside of school and homework isn't always manageable in the allotted time. It also means we can't spend time at home just relaxing with family but family time improves wellbeing.'



Continued from page 6

In the Classroom

- Allow us to get to class and settled before asking us to take off our jackets.
- Having a stationery box in the classroom is really useful and saves embarrassment if you have forgotten a pen.
- When you get something wrong in class, it is great when the teacher helps you and doesn't get cross so you can learn from your mistakes.
- Consult with us more about what we want to learn and give us opportunities to problem solve together as a class.
- It is preferable when the teacher puts us into groups as it is less stressful and we get to work with new people.
- Please let us have access to water and toilets during class.
- More time for everyone to have a one to one with the teacher to speak about work and learning.
- If a child gets something wrong please be discreet about pointing it out or tell them off in private, don't do it in front of everyone.
- Please understand there are often good reasons why we are late, it is not because we are lazy.

- Consider having a relaxing 10 minutes built into the school day for quiet reading, drawing or mindfulness.

Before School, Break Times & After School Clubs

- Breakfast clubs are a good start to the day and we appreciate spending time with staff in an informal way.
- Consider setting up a mental health and wellbeing group or ambassadors who meet regularly to share better ways to promote good mental health in school and put ideas into practice.
- We would like to have a calm and quiet space to go and relax inside at break and lunchtime.
- More adults in the playground at break and lunch to supervise and speak to.
- There should be a really good variety of clubs to go to and open to all (not just those who are doing it as a subject).
- Give everyone the same chances, for example girls football and boys netball clubs.
- Use senior pupils to run some clubs, they would be better to go to and would relate to us more.

Continued on page 8



‘We would like more resources in the playground, sometimes we get bored and we think that is what causes disagreements and arguments outside which upsets people.’

‘Sometimes teachers don’t have time and they just say ‘sorry can you come back later’ but if we need to tell them something it might have taken a lot of courage to build up to talking to them and then we get shut down. Please arrange an alternative time and place that suits you instead, otherwise we might find it too difficult to come back.’

Continued from page 8

- Offer homework clubs that have staff to help you and give you the materials you need.
- Emotional support groups such as Seasons for Growth and nurture, as well as maths and literacy groups are really helpful.
- The buddy/kindness benches need more focus and attention.

Support

- We feel supported when staff notice us and ask if we are OK, especially if we look visibly different, upset or messier than usual. It is even better when all staff do this not just in the classroom but office staff, janitors, librarians, etc.
- Have someone in the school who has the job of listening and helping with worries or problems on a 1-1 basis (preferably someone who you don’t have to call Miss or Sir).
- Have a clear and confidential way (eg worry boxes, text system, emails) to ask for help and let us choose who we would feel most comfortable talking to.
- All schools should have a nurture room or safe, calm place where you can go to if you are needing support where it does not feel like a punishment.
- More information and posters around school to signpost to health and wellbeing support, making sure we know resources are there and how to contact them.

- Be sensitive about the language you use around wellbeing. Depression, OCD and bipolar are diagnosable conditions and should not be used flippantly.
- Being offered hot drinks or food at 1-1s really helps us to calm down and relax.
- Sometimes young people feel reluctant to come to pupil support as they feel they will always contact home. Make it clearer that over the age of 12 we have a right to privacy and what can and cannot be confidential.
- More classes on building resilience, self-care, life choices, mental wellbeing and the importance of sleep.
- Regular visits from partner agencies and stalls showing the support they offer are good.

Acknowledgements

Thanks to the staff, children and young people from the following schools and settings;

Roseburn PS, Leith Academy, Niddrie Mill PS, Currie Community HS, Young Edinburgh Action, Redhall Special School, Corstorphine PS, Forrester HS, Leith PS, Drummond HS, Gracemount HS, Royal High School, Broomhouse PS, Hillwood PS, Trinity HS, Boroughmuir HS, Craigmount HS, St Augustine’s RC HS, St David’s RC PS, Canongate Youth, Sciennes PS, Bun-sgoil Taobh na Pàirce, Balerno HS, Broughton HS, Newcraighall PS, Hermitage park PS, South Morningside PS, Pirniehall PS, Castlebrae HS, The Junction

For further information please email growingconfidence@edinburgh.gov.uk

Edinburgh Community Voices:

Peer Research - Side Effects of Mental Health Medication and Treatment and Support for Physical Health Issues

by Becky Leach, AdvoCard Community Collective Advocacy Development Worker

We carried out this peer research to hear from people about their experiences, to get these down on paper, to identify any common issues, and to hear from them about what they think needs to be done to address the issues raised.

Towards the end of 2018, Edinburgh Community Voices carried out some peer research to hear from people about their experiences of side effects of mental health medication and treatment and support for physical health issues.

We carried out this peer research to hear from people about their experiences, to get these down on paper, to identify any common issues, and to hear from them about what they think needs to be done to address the issues raised.

We published the reports from the peer research in the summer.

You can read the reports, and find out more, here:

Experiences of Side Effects of Mental Health Medication:

<http://www.advocard.org.uk/2019/06/experiences-of-side-effects-of-mental-health-medication-peer-research-report>

Experiences of Treatment and Support for Physical Health Issues:

<http://www.advocard.org.uk/2019/07/experiences-of-treatment-and-support-for-physical-health-issues-peer-research-report>

We are hoping to hold an event at some point later in the year to look more into the issue of side effects, what needs to be done to address the issue, and what our next steps should be.

If you'd like to be kept updated about this, please contact Becky:

0131 554 5307,
becky@advocard.org.uk



Out of Sight Out of Mind 2019 Exhibition

**Invitation to the opening night on World Mental Health
on 10 October from 6.30pm to 8.30pm.**

We are so excited to invite you to the opening of the *Out of Sight Out of Mind* exhibition at Summerhall.

Out of Sight Out of Mind is the biggest show of its kind in Scotland, now in its seventh year. It is a diverse and ambitious multimedia exhibition created by hundreds of artists with experience of mental health issues coming together to create a body of artworks that is 'amazing' in its diversity of voices and ability to communicate the many different experiences of living with mental health.

Out of Sight Out of Mind has different meanings for people who exhibit in, organise and visit the exhibition. It is an opportunity for people to express themselves, to be heard, join a community, and discuss issues related to mental health.

This year the exhibition will consist of almost 400 artworks and will fill more than an entire floor of the extensive gallery spaces at Summerhall in Edinburgh.

The exhibition launches on World Mental Health Day, Thursday 10th October 6.30-8.30pm at Summerhall, and the exhibition runs from Friday 11 October until Sunday 3 November, open Wednesdays to Sundays, from 10am to 6pm.

Address:

1 Summerhall, Edinburgh EH9 1PL

Please share this invite with your networks and we do hope you can join us. No need to RSVP - just turn up!



The training will be relevant to experienced clinicians wishing to refine and refresh their skills as well as meeting the needs of those with less clinical experience in working with children and families.

Working effectively with children, young people & families

Thursday 17th & Friday 18th October, Edinburgh Conference & Training Venue, 16 St. Mary's St., Edinburgh EH1 1SU.

To reserve your place email:

Amin.ArtsTherapies
@nhslothian.scot.nhs.uk

Ref: CAMHS training

NHS Lothian Arts Therapies

Service are delighted to offer a two day training course which aims to fill gaps and further develop the skills and knowledge base for *Arts Therapists, Play Therapists and Counsellors* working with children and families in a variety of service settings including *Child & Adolescent Mental Health Services (CAMHS)* within the NHS.

The training will be relevant to experienced clinicians wishing to refine and refresh their skills as well as meeting the needs of those with less clinical experience in working with children and families. There will be a mix of theory and practice with considerable time to actively practice putting knowledge into practice.

Using the *CORE* competence framework for *CAMHS* and the *NHS Knowledge & Skills Framework* participants will be introduced to the range of skills required to work with confidence with children, adolescents and families.

Key topic areas:

Inter-agency working, risk management, conducting initial multi-dimensional assessments, developing and maintaining working alliances, using outcome measures, structuring short term work and working as part of a multi-disciplinary team. Mentalization based theory and practice with children, adolescents and families will underpin the training and participants will be reminded of the basic concepts and therapist's stance.

The focus:

Best practice in the light of current knowledge of the effectiveness of approaches and interventions for young people and ways to embed this knowledge within an *Arts Therapies* modality. Therapists will be encouraged to draw upon their existing specialist therapeutic skills and apply these proficiencies to the varied clinical activities required in the modern treatment context.

Continued on page 12



Holly has extensive experience in providing assessment and therapy for children, adolescents, adults and families presenting with mild through to complex needs across a variety of settings.

Continued from page 11

Holly Dwyer Hall

Holly Dwyer Hall is an *Arts Psychotherapist and Child and Adolescent Psychoanalytic Therapist* with over 20 years of both clinical experience and delivering training and supervision. She is an accredited *MBT Practitioner with Adults, Families and Adolescents* and a *MBT – A Supervisor and MBT- F Trainer*.

She has extensive experience in providing assessment and therapy for children, adolescents, adults and families presenting with mild through to complex needs across a variety of settings. She has worked in the *NHS* in *CAMHS* and as part of an *Arts Psychotherapies Service*, providing individual and group *Mentalization Based Arts Therapy* for adults with a diagnosis of Borderline Personality Disorder.

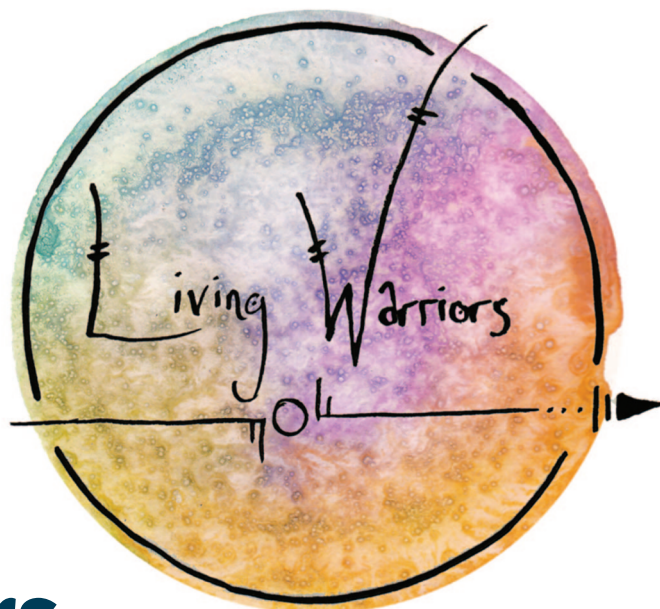
Holly was a lead trainer and supervisor with *ICAPT, The International Centre for Arts Psychotherapies*, and has lectured and presented for courses and conferences in the UK and Internationally. She currently trains privately and for the *Anna Freud National Centre for Children and Families* and is infant observation seminar leader on the MSC in *Human Psychodynamics* and Birbeck University.

For non NHS Lothian candidates a £30 contribution is requested towards venue costs.

For more information about our NHS Lothian Arts Therapies please visit our website:
<https://services.nhslothian.scot/ArtsTherapies/Pages/Arts%20Therapies%20Service.aspx>

You face life's pain.
 You fight it head on.
 You survive no
 matter what.
 You are courage.
 You are strength.
 You are a living
 warrior.

Living Warriors



Edinburgh-based peer support project for survivors of attempted suicide (Over 18 years of age). Founded and run by individuals with lived experience. No referrals necessary.

Peer group sessions can include open discussions, introspective questioning with the option of a creative activity. The group is a safe space for all.

Self-exploration and self-care workshops will occasionally run throughout the year.

Living Warriors has an ethos of non-judgment, openness and understanding of each person's individual journey.

2nd Wednesday of the month:

6-8pm

Pilton Community Health Project
 73 Boswall Parkway,
 Edinburgh EH5 2PW
 (Ring buzzer for entry).

Dates for 2019:

28th August 2
 11th September
 9th October
 13th November
 11th December

Public Transport:

Direct: 8, 14, 19

Within walking distance:

16, Skylink200

Free parking at back of building.

Twitter: @WarriorsLiving

E-mail: nicola@livingwarriors.com

Dates for your diary...

Caring for a child with an eating disorder?



Get support from a parent who's walked this path before.

Try Echo peer coaching, a free telephone service from Beat, the UK's eating disorder charity.

Through Echo peer coaching, you'll be able to speak to a parent who's been there. Echo coaches have supported their child into recovery from an eating disorder. Through weekly 30-minute phone conversations, they'll give you a space where you feel understood, while empowering you to make the most positive impact possible on your child's recovery.

Beat in partnership with NHS Lothian
— funded by Scottish Government.



Go to beateatingdisorders.org.uk/echo to find out more, or call 0131 550 3713.

A charity registered in England and Wales (801343) and Scotland (SC039309). Company limited by guarantee no. 2368495.



CARED

An online platform to empower parents and carers to support recovery from eating disorders across Scotland.

Online Resource for Parents & Carers

CARED is aimed at parents and carers whose loved ones have recently begun treatment for an eating disorder. It is hoped CARED can improve your confidence and support you to feel like you are not alone.

What to expect from CARED:

- Skills-based video tutorials.
- Links to appropriate resources.
- Tutorials compatible with evidence-based treatment.
- Hints and tips from recovered young people, professionals and other parents and carers.

How to access the support:
Visit www.caredscotland.co.uk

CARED

Looking for Further Support?

Helpline:
0808 801 0677 • help@beateatingdisorders.org.uk
Youthline:
0808 801 0711 • fyp@beateatingdisorders.org.uk
Studentline:
0808 801 0811 • studentline@beateatingdisorders.org.uk

Visit beateatingdisorders.org.uk for message boards, online support groups, one-to-one chat and more information about eating disorders and recovery.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.



Beat, the UK's eating disorder charity, has teamed up with NHS Lothian to deliver online peer support for young people and their parents and carers, and 'CARED', an online support resource for parents and carers across Scotland, thanks to funding from the Technology Enabled Care Grant from the Scottish Government.

We welcome your contribution

Edition 11:
November 2019.
Submission by 22 October.

Edition 12:
December 2019.
Submission by 30 November.

Edition 13:
January 2020.
Submission by 30 December.

Editorial Group

Linda Irvine Fitzpatrick
Linda.IrvineFitzpatrick@nhslothian.scot.nhs.uk

Colin Beck
Colin.Beck@edinburgh.gov.uk

Cat Young
Cat.Young@nhslothian.scot.nhs.uk

Prappy Campbell
Prappy.Campbell@nhslothian.scot.nhs.uk