

Supporting Children and Young People with their Mental Health



Delivered by The Nest

Who are The Nest?

At the Hub:

- The Nest is a free and confidential mental wellbeing advice and support service for young people aged 11 – 25 in Southwark, Peckham.
- We offer early intervention and prevention for emotional and mental health issues.
- Young people can access wellbeing advice, 1:1 counseling services, group work, peer mentoring and virtual resources .

How to contact us :

- Visit our website: <https://thenestsouthwark.org.uk/>
- See us at the Hub: Unit 4 Co-Operative House, Rye Lane Peckham, London SE15 4UP

At your school:

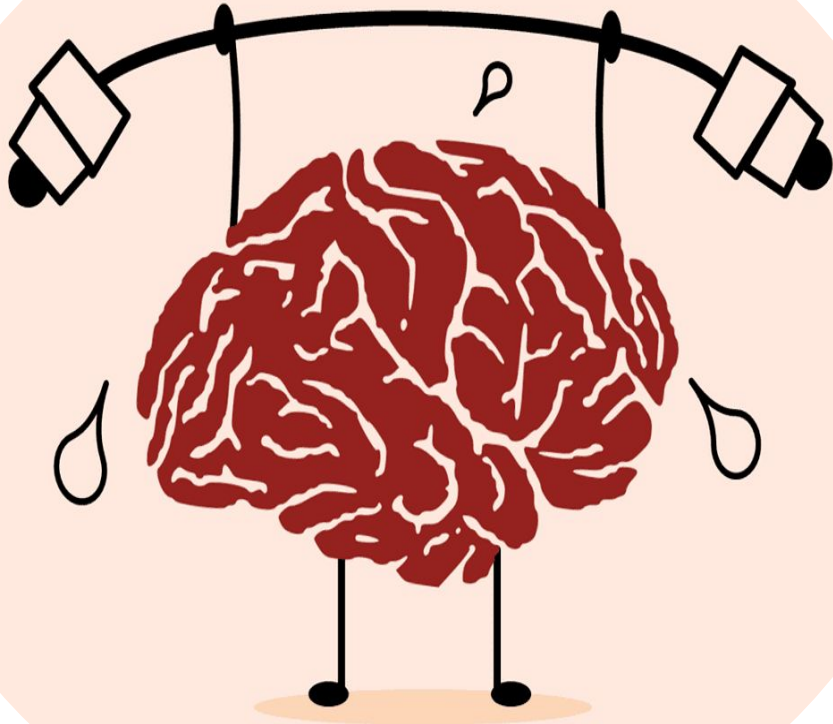
- We offer assemblies, workshops and groups on mental health and wellbeing topics in primary and secondary schools.
- We also provide training to school staff and parents/carers to educate and build confidence in addressing common mental health concerns experienced by children and young people.



What do you
think Mental
Health is?



What is Mental Health?



"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. ."

- CDC (Centers for Disease Control and Prevention)

Describing Mental Health to Children

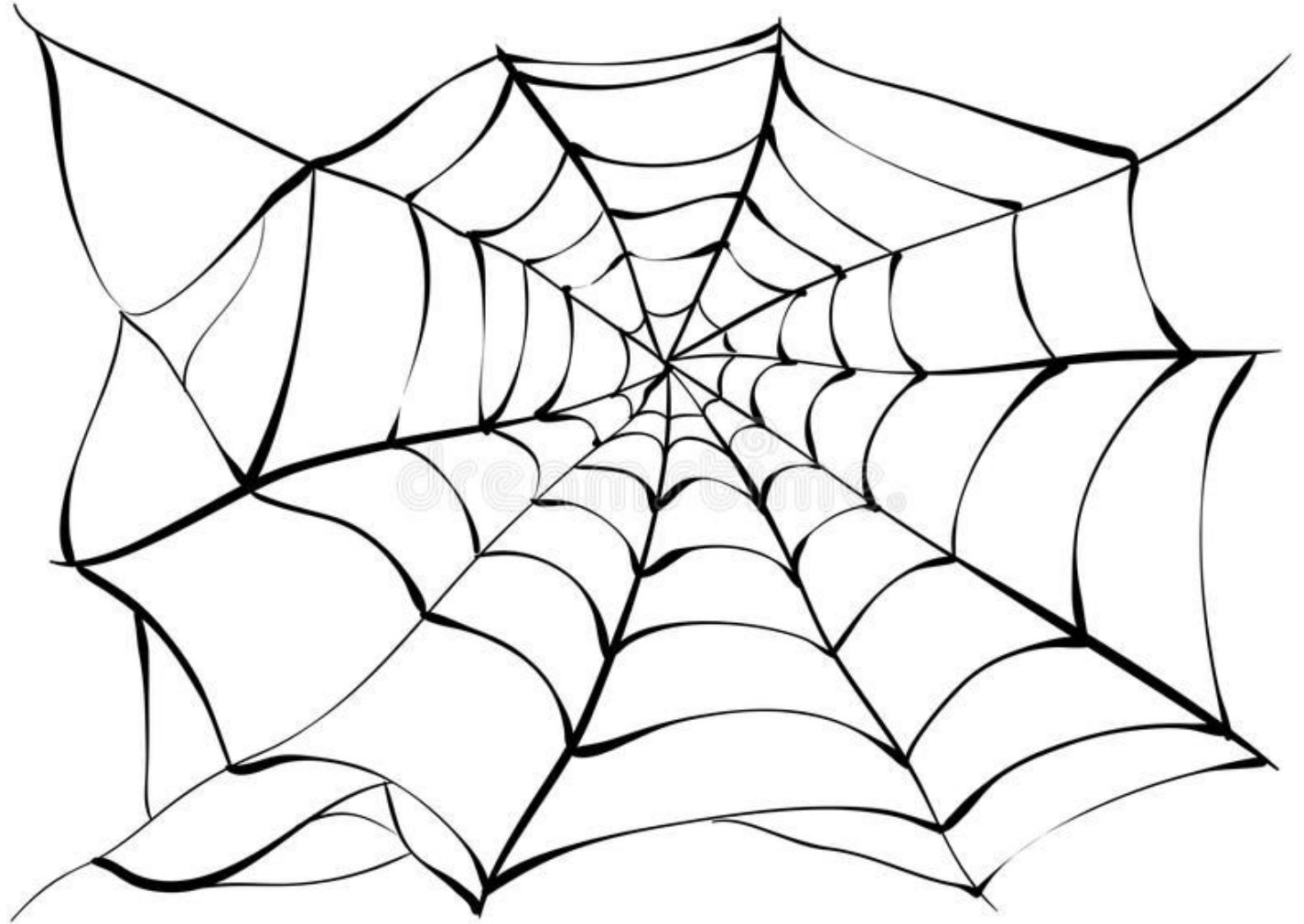
Everyone has Mental Health



Our Mental Health on a sliding scale

Children and young people will exhibit different moods, thoughts and behaviors at various times, that is part of normal childhood development.

What barriers do you face when supporting child with their Mental Health?



It is important for children to build their emotional resilience and learn to self-regulate.

However, some characteristics and behaviors may be signs of an underlying mental health concern if they are intense, persist over long periods of time or are inappropriate for the child's age and interfere with the child's life.

When this is the case:

- Take notice of changes in behaviour/mood
- Talk to the child
- Steps towards support



Under achieving
at school

Not concerned with their appearance
OR obsessed with
their appearance/weight

Avoiding friends and family

Outbursts of anger

Showing extreme
emotional reactions

What changes in a child's behavior could indicate that they are struggling with their Mental Health?

Acting out or rebelling

Changes to sleeping
or eating habits

Not doing the things they used
to enjoy.

Increased risk-taking behaviour

Experiencing
frequent mood swings

Worrying constantly

Lacking in energy
or motivation

What do we do at Heber?

RULER is an approach to social and emotional learning (SEL) that teaches emotional intelligence to people of all ages, with the goal of creating a healthier, more equitable, innovative, and compassionate society.

We have been using RULER for approx. 4 years and have seen the positive impact it has had on the children.

Welcome to RULER

There are 5 learnable skills of emotional intelligence

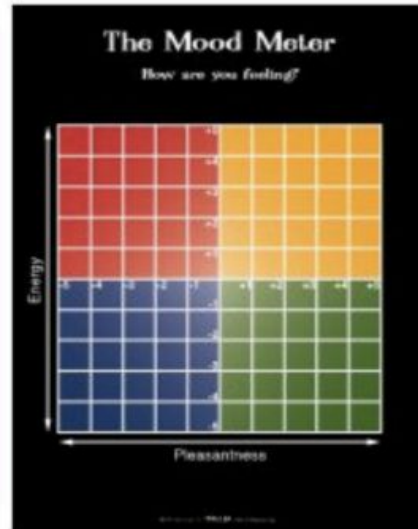


Ruler Approach: 4 Anchor Tools



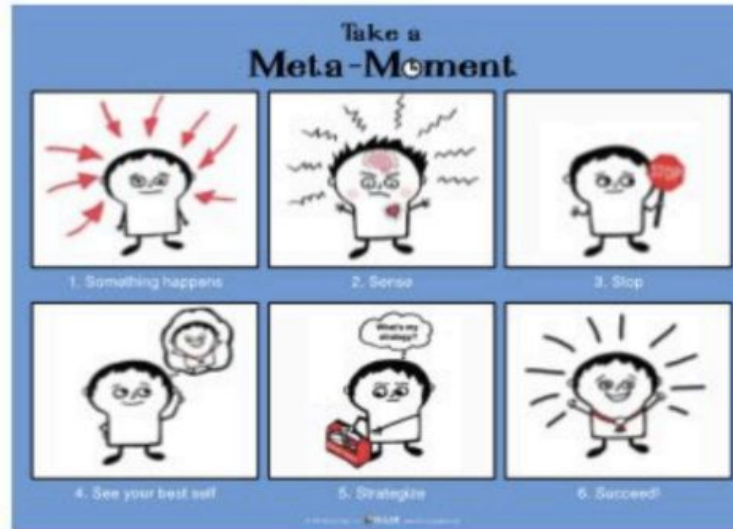
Charter

Establish safety based on norms



Mood Meter

Increase self-awareness and emotion regulation



Meta-Moment

Manage response when triggered



Blueprint

Perspective taking

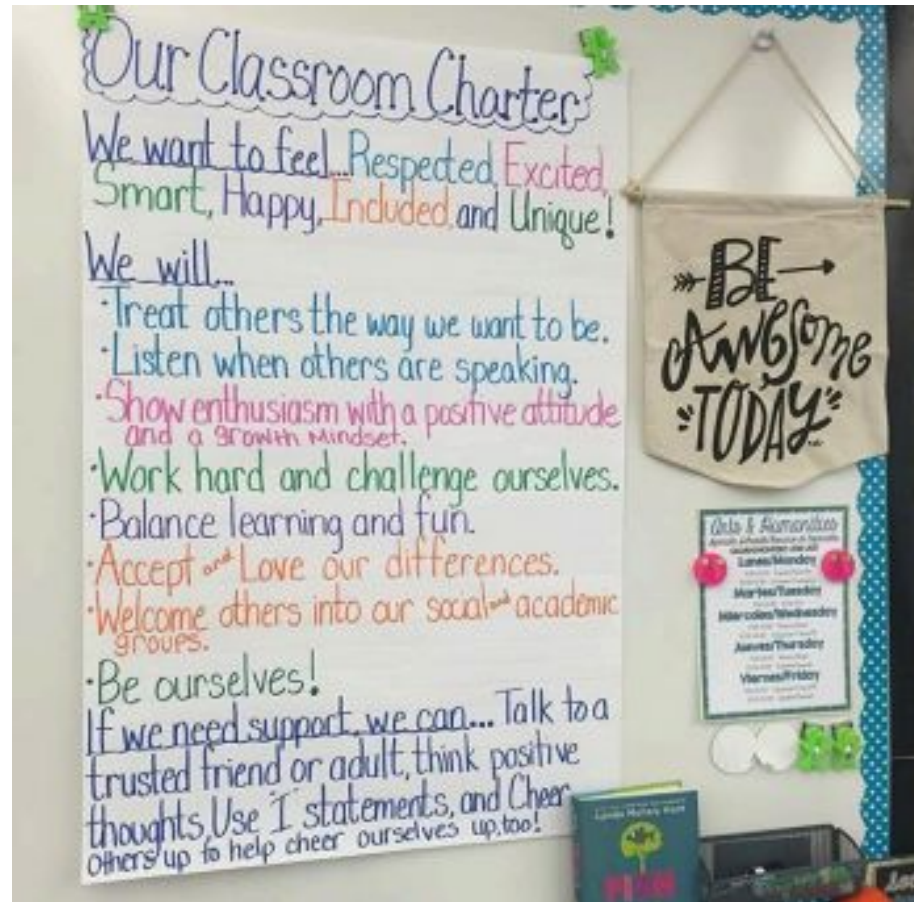
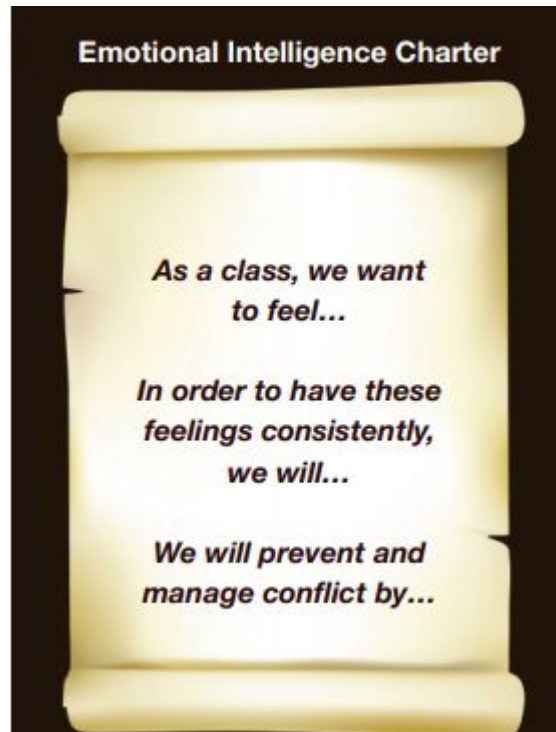
Mood Meter

The Mood Meter is a tool to build emotional awareness and understanding. Everyone in the family can get involved by agreeing to check in with themselves and each other on the Mood Meter. First, you 'plot' your feelings in one of the quadrants, then think about the specific name of that feeling. Next you can reflect on what caused you to feel that way, and consider the consequences of that feeling. You can choose a strategy to maintain your mood or to shift it. And you can share your feeling, understanding and strategies with everyone in the family!



The Class Charter

- Very similar to a class charter but it is more of a working document and starts with the question: "How do you want to feel coming to school each day"



The Blueprint

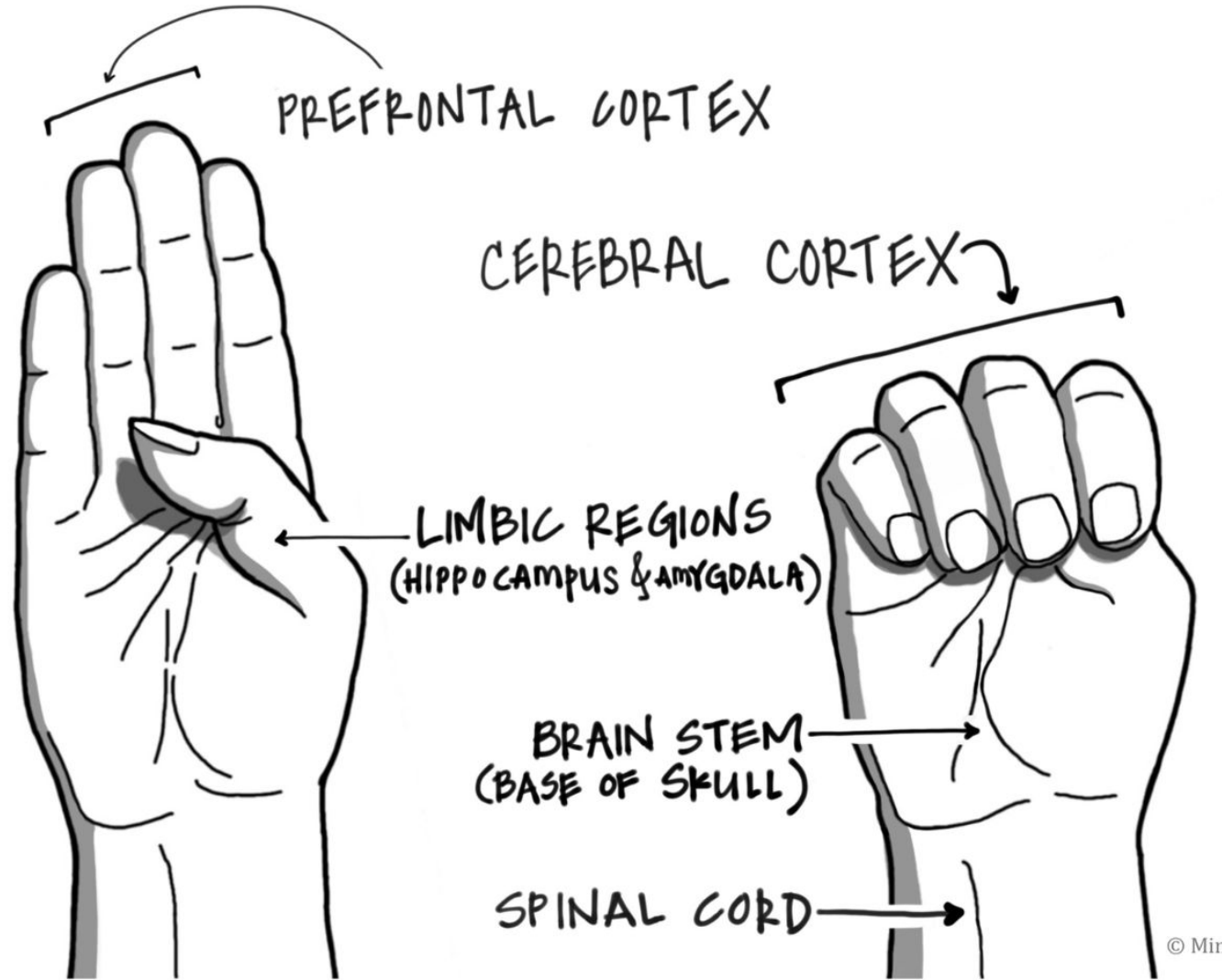
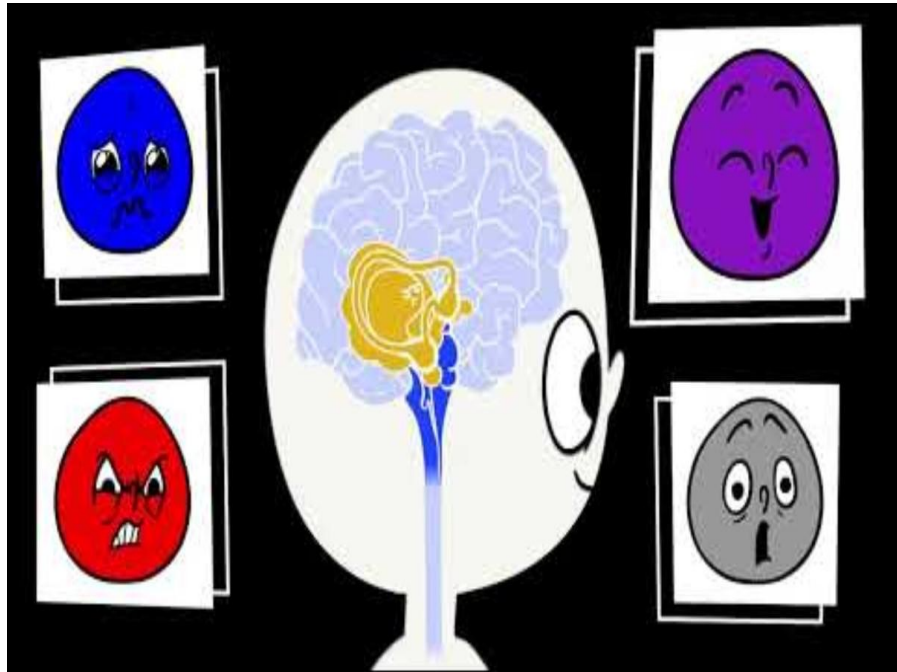
- Used by all staff when talking through a situation with a child - instead of timeout / reflection sheets. Laminated sheets will be handed out.
- The children can record their answers in their journal BUT it can also be done verbally with an adult.
- Staff use the Blueprint when talking to the children about their behaviour particularly when they've not been able to regulate.

Solve Problems with The BluePrint

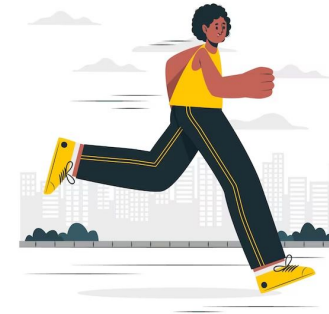
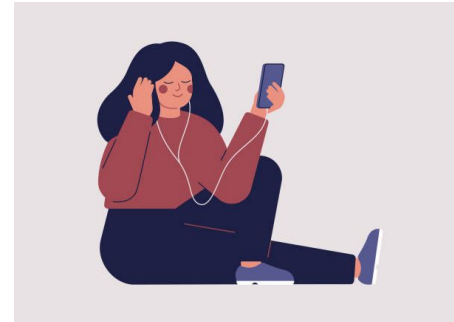
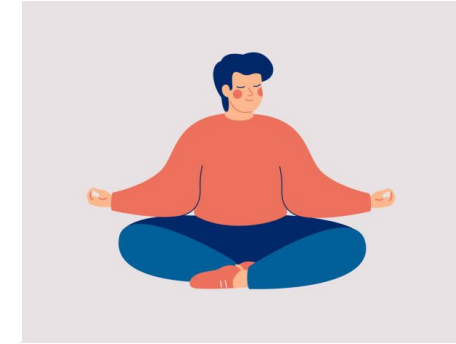
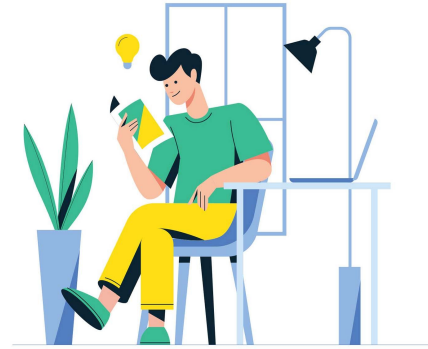
| Describe what happened. | | |
|------------------------------|--|--|
| Ruler Skill | Me | Other Person |
| R ecognise and Label | How do I feel? | How does _____ feel? |
| U nderstand | What caused my feelings? | What caused _____'s feelings? |
| E xpress and regulate | How did I express and regulate my feelings? | How did _____ express and regulate their feelings? |
| R eflect and plan. | What could I have done to handle the situation better? What can I do now? | |

Hand Model of the Brain

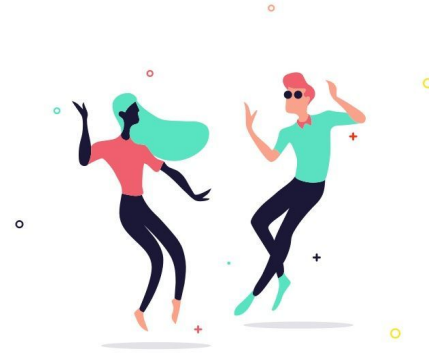
Flipping the Lid



Emotional Regulation strategies



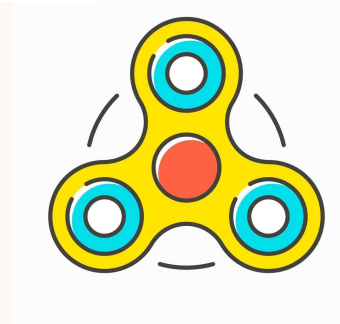
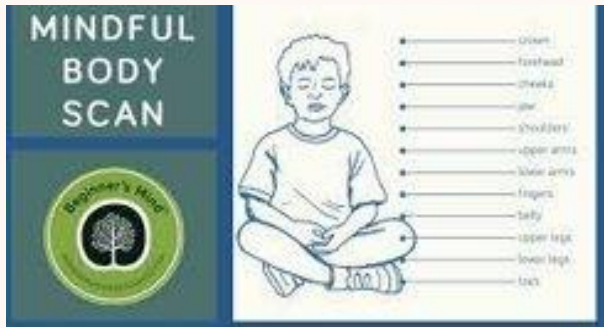
Different strategies work differently for different children. Generally, we want to **UP-REGULATE** in the blue zone and **DOWN-REGULATE** in the red and yellow zone



UPREGULATING



DOWN-REGULATING



Regulation

We work with the children during PSHE lessons and assemblies to encourage them to 'see what works for you' when you are feeling low mood low energy or low mood and high energy.

In year 2 for example, we have practised breathing strategies, relaxing different parts of our bodies slowly and even ASMR!



Model and Demonstrate



Praise and Encourage

- Emotional regulation can be learnt through modelling the correct emotional response as a prominent adult in the child's life.
- Model and demonstrate the steps of emotional regulation by using **RULER** and how you feel in each/how to respond to these feelings
- Verbalise your observations
- Validate and sympathise

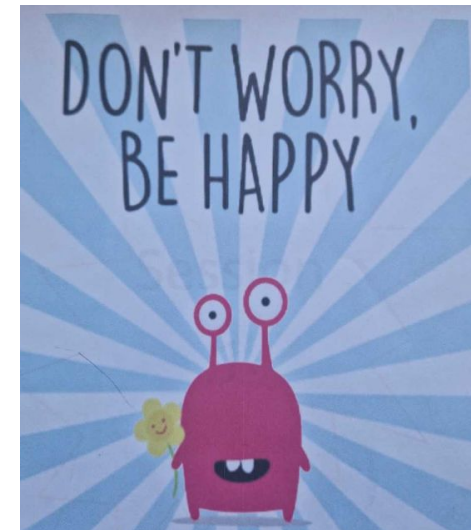
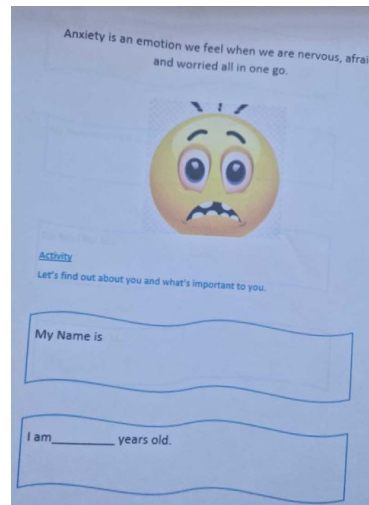
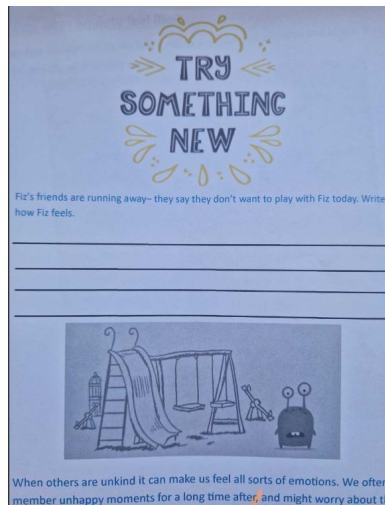
- **Positive attention increases the positive behaviour**
- **Show interest in learning about pupil's triggers and what tools work for them.**
- **Praise pupils' willingness and ability to discuss their emotions**
- **Help identify strategies they have used**



Specific Support.

If we have a child who – for whatever reason – requires extra support we will allocate time with Mr Aziya or myself. Mr Aziya is our school Learning Mentor. He supports the children with social skills, regulation and as a trusted adult to talk to.

We have also developed a 6 week program that we can use to support a child if they have low self esteem or anxiety.



Self-care practices



Self-Care is different for everyone, so make sure you find what works for you.

Ask for help. Make sure you're getting the support you need.

Be kind and patient with yourself.

Set boundaries for yourself.

Do things you enjoy – try and find some “me time”.

Self-Care is not selfish!



What Next?

Topics you would
like to learn more
about?



Thank you for joining us today!

Before you leave....

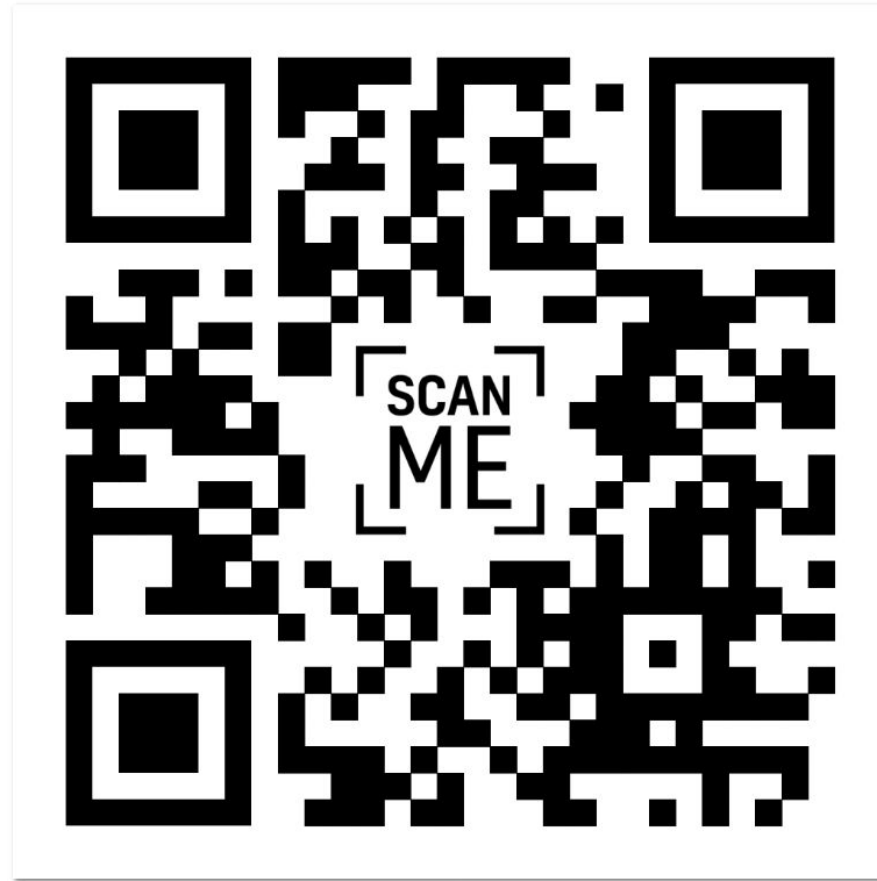
- Please take a moment to scan the QR code and complete a feedback form so we can ensure we can keep improving our service for you.
- Do you have an idea about a future workshop we could deliver? Let us know!

For any further information on what we can offer your schools please contact Connie, our School Engagement Team Manager on: Connie.placito@groundwork.org.uk



Feedback.

Please let us know how you found this workshop. There is also a section to suggest any other workshops you would be interested in.



Additional support & signposting

- **Barnardo's** protects and supports the UK's most vulnerable children. They provide a range of services to help and support children, young people, parents and carers.
- **CALM** (Campaign Against Living Miserably) runs a free, confidential helpline and webchat service offering help and advice to anyone feeling down or in need of support.
- **ChildLine** is a free, confidential service where children can talk about any issue they're going through. You can call their helpline or use their webchat to speak to a trained counsellor.
- **The Children's Society** supports children going through serious life challenges. They run services and campaigns to make children's lives better.
- **Family Lives** offers information and support on all aspects of family life, including the stages of child development, issues with schools, parenting support, bullying and mental health concerns.
- **Papyrus** supports people under 35 who have thoughts of suicide and others who are concerned about them. You can contact them by phone, text or email.
- **YoungMinds** offers information and support to young people about their mental health, and helps adults to support the young people in their lives. If you're a parent worried about a child's mental health, you can call their helpline.
- **The Nest** offers free and confidential mental wellbeing advice and support service for young people aged 0– 25 in Southwark, Peckham.
- **Talking Therapies Southwark - Feeling low, anxious or stressed? TTS** can help you with a wide range of psychological and emotional problems. If you are aged over 16 and you either live in Southwark or have a GP in Southwark