

# EDUCATION OF CHILDREN WITH A SOCIAL WORKER: NEWSLETTER



Hello and welcome to the next issue of our newsletter for education and children's social care professionals to keep you in touch with news and developments about how Northumberland local authority is fulfilling a new duty to promote the education of children with a social worker.

Just a reminder that there are 4 workstreams underway: Attendance, Behaviour, Learning and Wellbeing.

This newsletter is focused on **WELLBEING**. The Wellbeing working group brings together practitioners from Educational Psychology (EP), Emotional Wellbeing and Behavior (EWB) HINT team, Primary Mental Health (PMHW), Children and Young People's Service (CYPS) and Northumberland Emotional Wellbeing Support Team (NEWST) and Be You Mental Health Support Teams (MHST). Promoting children and young people's wellbeing is a key part of keeping them safe, helping them develop and supporting positive outcomes in adulthood. This newsletter will highlight some of the resources and approaches available to help you support the children and young people you work with.

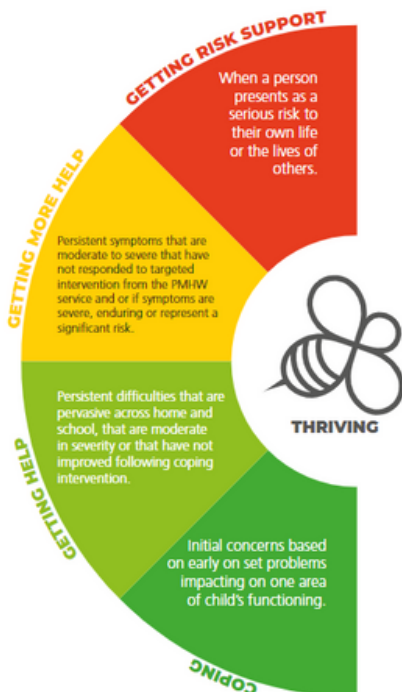


MHST members including Katinka Bryan, Co-Manager Psychological Services who leads the Wellbeing Working Group far right



In Northumberland we want all our children and young people to have the chance to be the person they want to be. Be You was the name chosen by young people for our Mental Health Support Teams and overall approach to wellbeing and Mental Health in Northumberland. The Be You website is a great source of information:

[beyounorthumberland.nhs.uk](https://beyounorthumberland.nhs.uk)



## The Thrive Model

Northumberland have adopted the THRIVE model (Wolpert et al; 2019) to describe and understand wellbeing and mental health needs and interventions. This replaces a tiered response and highlights that people may be at different places with different elements of their wellbeing and mental health. (This is not the same as the Thrive Approach that many schools use as a Social Emotional and Mental Health (SEMH) intervention, sometimes leading to confusion!)

It is an integrated, person centred and needs led approach to delivering mental health services for children, young people and their families. The model describes five levels of being : thriving, coping, getting help , getting more help and risk support. Northumberland recognises that wellbeing and mental health reflect experiences and context as well as individual differences and aims to bring health, education and social support together at all stages.

# Promoting Wellbeing and Positive Mental Health

**Values based living.** When you live a values-based life your actions are in line with your values and beliefs about what is important. Not acting in line with values can lead to internal conflict and negative feelings about the self. We can support young people in values based living by identifying what is important to them and encouraging them to act in line with this. Visit our padlets of values [here](#).



## Positive Childhood Experiences

Children with a social worker may be more likely to have experienced adverse childhood experiences (ACEs) putting them at risk of poorer long term outcomes. Positive childhood experiences have been associated with positive mental health outcomes. What can we do to ensure all the children we work with have these experiences?

## Five ways to wellbeing

The NHS has produced helpful information to improve wellbeing focused on connection, being physically active, learning new skills, kindness and mindfulness. Take a look at their website [here](#).



**Kooth** is an online mental wellbeing community for children and young people aged 11-25. Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Access to Kooth is immediate. There is no need for a referral, no waiting lists and the service is available 24/7. Kooth is monitored for risk and can signpost if appropriate.

**QWELL** is a free, safe and anonymous mental wellbeing support for adults. It may be useful for you or for the families / carers and other adults working with the children you support. It is important adults look after their own wellbeing so they are able to support the children and young people in their lives.

## Anna Freud National Centre for Children and Families

The Anna Freud Centre aims to transform the experience of children, young people and their families with mental health. They have produced a series of short podcasts named *Child in Mind*, to help parents understand and manage child and family mental health problems. To access the podcasts, click [here](#).

## Emotionally Based School Avoidance

Emotionally Based School Avoidance (EBSA) describes children and young people who experience difficulties attending school due to emotional distress. There are many different reasons why children may develop EBSA and one strategy might not help all children. For resources and additional information on how to support a child or young person experiencing EBSA, click [here](#).

# Further Support Available in Northumberland

## **FRIENDS Resilience**

FRIENDS is an evidence-based programme, which is endorsed by the WHO, and uses Cognitive Behaviour Therapy to promote resilience in families, schools and communities. It aims to teach children life skills, to normalise states of emotional distress and to develop self-regulation and confidence. All schools in Northumberland can access the FRIENDS programme and adults can complete the training to become a FRIENDS facilitator.

To find out more information, please click [here](#) to access the Be You padlet and sign up for training or click [here](#) to watch a 10 minute video about FRIENDS.

## **Northumberland Emotional Wellbeing Support Team (NEWST)**

The Northumberland Emotional Wellbeing Support Team (NEWST) is a team of specialist mental health practitioners brought together to support professionals working with children and young people who have complex needs.

The team aims to:

- help systems understand and meet the emotional and mental health needs of the young person
- provide an integrated approach to supporting vulnerable young people and their families
- promote stability, resilience and confidence in the system around a young person
- enable young people with complex needs to thrive through a relationally based and trauma-informed approach.

The team can offer a range of support including:

- Training, consultation, advice and signposting
- Supervision, debrief and reflective practice
- Input to care team
- Signs of Safety, legal planning and service meetings
- Joint working/multi-agency liaison

For support, email: [EmotionalWellbeingSupport@Northumberland.gov.uk](mailto:EmotionalWellbeingSupport@Northumberland.gov.uk)



## **Support for Parents and Carers**

Some parents and carers may require support for themselves. In Northumberland, Cygnus support provides a counselling service to allow people to talk about their problems with a trained counsellor. Cygnus support also provide a social prescribing services to look at the non-medical issues that adults may have that impact their wellbeing. To find out more, click [here](#).

## **Primary Mental Health Consultation Line**

Northumbria Healthcare's Primary Mental Health Work service is an early intervention and prevention service providing support and advice for children and young people up to age 18 and their families and carers. Primary Mental Health provide advice and support to professionals including telephone consultation and advice. If you are a health or educational professional, or a social worker, you can get in touch with PMH by calling 01661 864588 between 9am and 5pm on Monday to Friday. To find more information, click [here](#).

## **Frontline**

**Frontline** is a website which helps to quickly find details on local health and wellbeing services. Using Frontline, you can search for location specific activities and groups to support wellbeing for children, young people and families.



**Be You** is the Mental Health Support Team (MHST) across Hexham, Blyth, Ashington and Bedlington. Be You use preventative strategies and early intervention to help children experiencing mild to moderate mental health issues and support wellbeing. We use evidence-based interventions and approaches to deliver both 1:1 sessions and whole school approaches to mental health.

To find out more about the work of the Be You MHST and what is available across the county please visit the padlet [here](#).

If you have any questions or would like further information about anything mentioned on this newsletter please email [Katinka.Bryan@Northumberland.gov.uk](mailto:Katinka.Bryan@Northumberland.gov.uk)