

Bulletin

November 2018

Leeds



Hello! Welcome to the November edition of the MindMate Champions Bulletin.

[Social, Emotional & Mental Health \(SEMH\) Conference Series 18-19](#)

The Health & Wellbeing Service, in partnership with Northpoint Wellbeing and NHS Leeds Clinical Commissioning Groups Partnership, are delighted to offer delegates from our Leeds settings the opportunity to attend three Social, Emotional & Mental Health (SEMH) conferences over the academic year.

These conference brings together a range of staff working with children and young people to share best practise, improve understanding and provide practical interventions to support the children and young people they work with. Each has a keynote speaker, carousel and two workshops on rotation across the day. All MindMate registered settings can attend at the heavily subsidised rate of £20 per delegate:

- [Building Resilience, 15th November 2018, Pudsey Civic Hall](#)
- [Self-Injury & Risky Behaviours, 7th February 2019, Leeds Civic Hall](#)
- [Suicide Prevention: Everybody's Business, 8th May 2019, Leeds Civic Hall](#)

[Protecting children from Female Genital Mutilation](#)

NSPCC has recently published a guide to FGM: recognising, responding, prevention, legislation, resources and references.

[How you can help someone having a panic attack](#)

This Young Minds blog post gives advice on how you can help someone having a panic attack.

[We all have mental health: mental health resource for 11-14 year olds](#)

The Anna Freud Centre for Children and Families has sent secondary schools [an animation](#) and [assembly and lesson plans](#). These resources are designed to help young people talk about mental health and support their friends.

Alongside the animation, the Centre will also be re-launching its national wellbeing directory which allows people to search for local mental health services for those up to age 25 by postcode; a jargon buster to help young people understand their options in simple language; and information about working with services and understanding treatments and referrals.

The aim is to help children and young people understand and engage in mental health services and for those who feel disengaged from mental health services to find alternative support. We will link to this resource in future, when it becomes available.

[Multi-agency statutory guidance on Female Genital Mutilation](#)

The Department of Education, Department of Health & Social Care and the home office have produced multi-agency guidelines on FGM for those with statutory duties to safeguard children and vulnerable adults.

This multi-agency guidance on female genital mutilation (FGM) should be read and followed by all persons and bodies in England and Wales who are under statutory duties to safeguard and promote the welfare of children and vulnerable adults. It replaces [female genital mutilation: guidelines to protect children and women \(2014\)](#).

[Eating Disorders: NICE](#)

NICE have published a quality standard on Eating Disorders. This quality standard covers assessment, treatment, monitoring and care for children, young people and adults with an eating disorder. It describes high-quality care in priority areas for improvement.

[Mental Health and Wellbeing Provision in School](#)

This report from the Department of Education summarises a research project on the information schools provide to support their pupils' wellbeing and mental health. The report uses a sample to evaluate activities and approaches in different schools, including:

- what policies schools currently publish
- how policies can help schools promote pupil wellbeing

The Department for Education (DfE) will use the findings from this report to understand how it can help schools meet their statutory duties in the future.

[Minds matter: time to take action on children and young people's mental health](#)

This research looks at the possible reasons behind the rise in children and young people with a long standing mental health condition and examines what the response should be.

[Adoption and attachment: A parent's perspective](#)

A parent candidly writes her experiences of adopting and attachment for ACAMH.

[Depression is highly prevalent but under-reported in children with ADHD](#)

Researchers at Cardiff University have investigated whether the symptoms of depression observed in patients with attention-deficit/hyperactivity disorder (ADHD) differ from those reported in the general population. This finding suggests that children with ADHD tend to under-report depression symptoms compared to the general population. The researchers conclude that depression symptoms are highly prevalent in ADHD,

and exhibit a similar profile to the depression symptoms observed in the general population.

[Improving children and young people's mental health services](#)

This report from the National Audit Office (NAO) examines whether the government is on track to meet its ambitions for children and young people's services, taking [Future in Mind](#) as the starting point. The report focuses in particular on how the government decided to implement Future in Mind; whether it is on track to deliver improved mental health services to young people; and accountability for spending and outcomes.

Action for Children responded to this report: [Today's report 'paints a disappointing picture of government's progress' on improving children's mental health services](#)

[An evaluation of phase one of the Youth Mental Health First Aid \(MHFA\) in Schools programme](#)

This research from the UCL Institute of Education (IOE) was commissioned to evaluate the first year of the [Youth MHFA in Schools programme](#), a nationwide initiative funded by the Department of Health and Social Care, which aims to train a member of staff in every secondary school in the country in mental health awareness by 2020. The report reveals the impact of training on secondary school staff throughout England.

[Secure settings for young people: a national scoping exercise](#)

This suite of reports from NHS England provide evidence about the present and future care needs of children and young people placed in secure settings.

[Access to children and young people's mental health services – 2018](#)

A [new report](#) by the Education Policy Institute assesses the state of children's mental health services in England. The research examines access to specialist services, waiting times for treatment, and provision for those children that are not able to receive treatment. The report uses

Freedom of Information (FOI) requests to providers of child and adolescent mental health services (CAMHS) and local authorities in England.

[Born into care: newborns in care proceedings in England](#)

This is the first ever [national study of newborn babies](#) (under one week old) in the family justice system in England. The research team used data produced by the Children and Family Court Advisory Service, to produce this new national analysis. The team were able to access data spanning a decade from 2007/08 to 2016/17.

The study is an early output from the Nuffield Family Justice Observatory. Currently in development, the Observatory will support the best possible decisions for children by improving the use of data and research evidence in the family justice system in England and Wales.

[Reducing Parental Conflict Hub](#)

This hub of information and guidance from the Early Intervention Foundation (EIF) sets out how different services can understand and address the risks to children associated with long-term, intense and poorly resolved conflict between parents.

[Wise up: tell Ofsted to prioritise wellbeing in schools](#)

Sign this Young Minds open letter to lobby Ofsted to call on the Government to rebalance the education system to ensure that the wellbeing of students is as important as academic achievement.

[Violence against women and girls crime report 2017-2018](#)

This is the eleventh Crown Prosecution Service Violence against Women and Girls (VAWG) annual report. It covers the following strands of Violence against Women and Girls: child abuse; domestic abuse; forced marriage; harassment; honour-based violence; human trafficking; pornography; prostitution; and rape and sexual offences. The report outlines our prosecution progress over the last decade and in 2017-18.

[Parent power 2018](#)

In 2013 the Sutton Trust published [Parent Power?](#), a landmark piece of work demonstrating how social class influences parents' ability to support their children in their schooling. Five years later [Parent Power 2018](#) revisits the cultural and financial resources parents use to boost their children's chances of educational success.

The report also reveals new challenges. The 'hidden costs' of education such as uniforms and travel expenses are an increasing concern for parents from lower socioeconomic backgrounds, while schools are demonstrating increasing reliance on extra financial contributions from parents following recent school budget cuts.

[Education for refugee and asylum seeking children: access and equality in England, Scotland and Wales](#)

In 2017, Unicef UK commissioned research to understand how far refugee and asylum-seeking children are currently accessing their right to education in the UK. For children on the move who come to the UK, education is one of the first and most critical services they need access to.

This report, produced by Refugee Support Network, provides an up-to-date overview of the scale and impact of the difficulties facing child refugees and asylum-seekers in the UK. It highlights the barriers they face in accessing, remaining and thriving in education, and proposes recommendations for national and local decision-makers and service-providers.