

Bulletin

December 2018



Leeds

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

[SEMH Conference Series 2018-19](#)

Thank you to everyone who attended the Building Resilience Conference on the 15th November, we had a great turnout and very positive feedback from our attendees, with 94% of respondents saying they would recommend the training to others. Details of the next two events in the series are as follows:

[Self-Injury & Risky Behaviours, 7th February 2019, Leeds Civic Hall](#)

Self-harm is often portrayed as cutting, rather than an **umbrella of self-injurious and risky behaviours** which can be more difficult to identify. These include behaviours like disordered eating, harmful sexualised behaviour and substance abuse. The conference covers some of these behaviours, as well as the **role of early intervention in finding alternative coping mechanisms in early childhood**, meaning it is relevant for primary, secondary, SILC and early years. The day is designed to provide networking opportunities and the chance to share best practise.

[Suicide Prevention: Everybody's Business, 8th May 2019, Leeds Civic Hall](#)

Suicide is the leading cause of young deaths in the UK. This conference brings together a range of staff working with children and young people to share best practise, improve understanding and instigate positive change around suicide prevention in the city. As these issues are increasingly being identified in primary schools, we encourage primary, SILC & secondary settings to attend.

[Screen-free learning](#)

Tips from Action for Children for parents on creating screen-free playtime that will aid your child's development at all ages. While digital devices have become commonplace during family time in most homes, studies show that screen-free activities have a positive impact on children's development and health in a wide range of areas, including social skills, physical exercise, sleep and academic performance.

[Adolescent alcohol-related behaviours: trends and inequalities in the WHO European Region, 2002–2014](#)

This WHO report provides new insights into data collected over twelve years on adolescent drinking. The report reveals that alcohol use has declined among adolescents in Europe. However, despite the reductions, levels of consumption remain dangerously high and this continues to be a major public health concern.

[Nip in the Bud: Child Mental Health Videos](#)

Nip in the Bud works in collaboration with mental health professionals to produce short films and fact sheets to help parents, teachers and others caring for and working with children to recognise mental health disorders and to inform them about the importance of obtaining a professional assessment to improve the prospects of early diagnosis and effective treatment. The first films they have released address Attention Defecit Hyperactivity Disorder (ADHD), Anxiety, Conduct Disorder, Depression, Obsessive Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD).

[Improving the home learning environment: a behaviour change approach](#)

This guidance from the Department for Education is for: early year's settings and experts; voluntary and community sector organisations; and businesses. This behaviour change model sets out an approach that all organisations can use to inform their activities, to ensure that the advice given to families is consistent and based on evidence.

It combines the latest evidence on the home learning environment (HLE) from the experiences of those working with families, to help promote early language and literacy development. The HLE includes the physical characteristics of the home, but also the quality of the learning support from caregivers.

[Could your child be involved in cyberbullying? Bully vs bullied.](#)

Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying. This is just one of the shocking statistics linked to cyberbullying and children, but do parents and teachers know if their child is being bullied or was being a bully? And how do you tackle this? Mothership host Carrie Grant tackles this rising concern with Childnet CEO Will Gardner, and they are joined by digital leader who is responsible at their school for educating and informing other children who may be involved in Cyberbullying.

[Roadmap to statutory RSE](#)

This poster-style document from the Sex Education Forum sets out 10 steps to providing high quality Relationships and Sex Education as an identifiable part of PSHE education. The poster includes hyperlinked buttons making it easy to navigate resources from both the PSHE Association and Sex Education Forum that will support school leaders in preparing for statutory RSE. Read also: NCB news report, [nearly three in ten teachers deliver relationships and sex education classes with no training.](#)

[Improving wellbeing in schools: evidence and recommendations from a 'Head of Wellbeing' pilot](#)

This report from Nuffield Health, based on a two-year pilot in Wood Green Secondary School, looks at the value of a Head of Wellbeing role in schools and how it can make a very real difference to the wellbeing of staff and young people. With growing concern for the mental health and wellbeing of staff and students, the Head of Wellbeing assessed, designed and implemented a wide-ranging, flexible programme of initiatives and activities to address wellbeing priorities. Evaluation of the project found that it resulted in improved pupil and staff understanding of physical and mental health issues, helped pupils' concentration in class, led to better diets and improved relationships with family and friends.

[EIF maturity matrix: speech, language and communication in the early years](#)

A self-assessment tool from the Early Intervention Foundation (EIF) to support a system-wide approach to improving outcomes for children in the early years, with a focus on speech, language and communication skills.

The document includes a brief overview of the evidence on early language development; an introduction to using a systemic approach to improve speech, language and communication outcomes for children; descriptors for 10 key elements which make up an early intervention system which is focused on speech, language and communication outcomes for children in the early years; and a recording sheet, user guide and single-page summary of the maturity matrix.

[Leeds Children & Young People's Eating Disorder Service](#)

CAMHS Children & Young People's Eating Disorder Service in Leeds is here to help you if you have concerns about a child or young person. You can ring the duty Clinician at the Leeds Children and Young People's Eating Disorder Service on **0113 843 4317**, Mon–Fri 9-5 or email the service at leedscamhs.ed@nhs.net. BEAT, the leading eating disorder charity, also has [helplines and an online chat function](#) for young people.

[Developing and sustaining an effective local SEND system: a practical guide for councils and partners](#)

The Local Government Association (LGA) commissioned ISOS Partnership to work with local councils and their partners to produce this report which has been written as a concise, practical summary of good practice in developing and sustaining an effective local SEND system.

It is intended to be of use to elected members and officers in local councils, but equally to local strategic partners in clinical commissioning groups (CCGs) and local health services, schools, early years settings and colleges, groups and networks of parents, carers and young people, voluntary and community sector (VCS) organisations and others with an interest in ensuring that there is effective local support for young people with SEND. Related Reading: LGA news report, [LGA: Special needs support for children faces potential half a billion funding gap - new research](#).

[Statement on visit to the United Kingdom, by Professor Philip Alston, United Nations Special Rapporteur on extreme poverty and human rights](#)

A report of the preliminary findings of the UN Special Rapporteur's investigation into poverty in the UK. Read also: Joseph Rowntree Foundation's response, [UN Special Rapporteur's visit shows the need to tackle poverty here and now](#); and Unicef UK's response: [Unicef UK responds to report on UK child poverty from the UN Special Rapporteur](#).

[Evaluation into the Kent County Lines pilot project](#)

This [evaluation report](#) from St. Giles Trust looked into a pilot six-month Home Office funded county lines intervention project St Giles Trust delivered in Kent helping vulnerable young people out of county line activity. St Giles Trust and Missing People also carried out a [scoping report](#) to look at national approaches to the issue of county lines.

County lines is the drug dealing model which involves organised crime networks from urban centres exploiting children to expand their drug dealing activities into smaller towns and rural areas.

[Getting Started: Stonewall Toolkit](#)

Stonewall has developed [primary](#) and [secondary](#) toolkits which set out five key steps for preventing and tackling homophobic, biphobic and transphobic bullying in schools.

[Early childcare type predicts children's emotional and behavioural trajectories into middle childhood. Data from the EDEN mother-child cohort study](#)

A journal article from the Journal of Epidemiology & Community Health on the scientific literature on the impact of early childcare on children's behavioural and emotional difficulties, showing contrasting results. Researchers studied this association in France, where childcare is of high quality and children enter preschool at the age of 3.

[The impact of age on income-related health status inequalities from birth to adolescence: a systematic review with cross-country comparisons](#)

The objective of this article from the Journal of Pediatrics is to examine the effect of age on associations between household income and overall health from birth to adolescence, and whether age patterns vary by country. It is uncertain whether income-related health inequalities remain stable, widen, or narrow as children age, which impacts optimal timing of equity-focused interventions.

[Mental health of first time fathers – it's time to put evidence into practice](#)

This editorial from the JBI Database of Systematic Reviews and Implementation Reports emphasises the importance of men's mental health. The authors stress that now is the time to use the evidence to change practice towards supporting both parents and provide more equitable care and use of resources. Read also: [Mental health and wellbeing during the transition to fatherhood: a systematic review of first time fathers' experiences](#).

[The Nurture Room: Documentary](#)

Filmed over a period of one year, The Nurture Room accesses three schools and follows a handful of children as they go on their journey back to full participation in the classroom via the 'nurture

room'. This film provides an insight into the lives of troubled children within schools.

[NSPCC Speak Out, Stay Safe website](#)

Childline has launched a website aimed at children under the age of 12. This provides age appropriate content on topics including: bullying, family, friends, feelings, school, abuse and staying safe.

It also includes games and therapeutic tools for young visitors to play and express how they are feeling. It will be promoted through the NSPCC's Speak out Stay safe programme.

[YoungMinds 360° Schools' Community](#)

Sign up to Young Minds 360° Schools' Community to receive e-newsletters packed with videos, blogs, teaching resources, case studies and the opportunity to share and hear examples of good practice in mental health and wellbeing from other professionals.

[Fifth of 17-19 year old girls self-harm or have attempted suicide](#)

A fifth of girls aged 17-19 and one in 10 boys the same age have self-harmed or tried to kill themselves, the biggest [research into young people's mental health](#) for 13 years has found. Experts said the figures were "deeply worrying" and raised serious questions about the damage that social media, pressures to look good, and sexual violence were doing to the mental welfare of young women in England.

['We can relate': how peer mentors help teenagers who self-harm](#)

A Guardian article highlighting why peer mentors are well-placed to play a key role in the potentially life-saving work of helping teenagers who are self-harming and thinking about suicide. The article uses Wish Centre as a case study, an unusual and highly successful service in the London boroughs of Harrow and Merton.