



BLACKPOOL PMHW

PMHW NEWSLETTER

June 2021



Mental Health Awareness Week 2021

Firstly, a huge 'thank you' to all those who took part and shared information during our 'Nature' themed Mental Health Foundation Awareness Week.

During the long months of the pandemic, millions of us turned to nature. Research showed that going for walks outside was one of the top coping strategies with 45% of people reporting that green spaces had been vital for improving mental health. Websites showing webcams of wildlife saw hits increase by over 2000%! Wider studies also found that people not only spent more time in nature but were noticing it and enjoying it more.

Options 4 CYP services spent time over the week focussing on nature to inspire more people to connect with nature in new ways to promote their mental health and wellbeing. Notes with motivational quotes were left in many Fylde Coast local beauty spots to keep the word spreading through our community.

All social media platforms were updated with mindful minutes and breathing techniques that be can still be found and shared.

We proudly supported Blackpool and the Fylde College with mental health and wellbeing online workshops.



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Victoria's Voice

Victoria's voice is a group of young people aged 11 to 16 who have all experienced care at Blackpool Victoria Hospital

The group started in 2012 and gets involved in lots of different projects to make sure that children and young people have their say in how services work for them and others like them. We have attached their doctors 'Top Tips' for talking to patients.

Contact : 01253 956652



**VICTORIA'S VOICE
YOUTH FORUM**

What's Happening in CAMHS Corner.

Each week, CAMHS run a DBT group for young people and their families who are under the CAMHS services.

Here one of our Clinical Psychologist's Dr Naomi Field tells us a little more about what exactly happens in the DBT group.

Dialectical Behavioural Therapy (DBT) Skills Group

What is the aim of DBT?

The aim of **DBT** is to teach adolescents techniques to help them understand their emotions without judgment and to also give them skills and techniques to manage those emotions and change behaviours in ways that will make their lives better. DBT does take work and commitment, however is proven to work

What is the DBT skills group?

DBT skills group is to help you gain skills to cope in a more positive way.

In the first session we will establish some ground rules together, such as everything that is discussed in the group remains confidential. Group members are expected to let us know in advance if they are unable to attend the group and that we expect to start on time each week.

There are typically 4 areas:

Mindfulness – a set of skills that help you focus your attention and live your life in the present, rather than being distracted by worries about the past or the future.

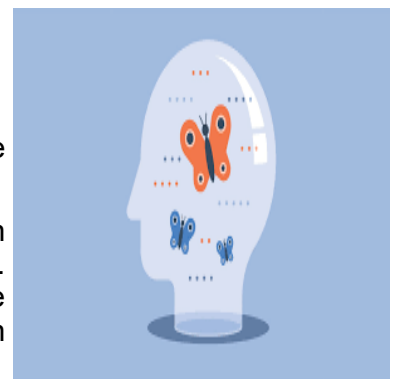
Distress tolerance – teaching you how to deal with crises in a more effective way without having to resort to harmful behaviours such as self-harm.

Interpersonal effectiveness – teaching you how to ask for things and say no to other people, while maintaining your self-respect and important relationships.

Emotion regulation – a set of skills you can use to understand, be more aware of and have more control over your emotions.



**CHILD & ADOLESCENT
MENTAL HEALTH SERVICES**





Blackpool Primary Care Mental Health workers offer an ongoing weekly Monday drop ins, for support and guidance. Open to young people, parent carers & professionals.

We can discuss current concerns, safety / risk factors and devise a plan to support the young person. We look closely how best to support the young person by signposting the most appropriate services. We can also assist with effective referrals into OPTIONS4CYP.

Monday: 2pm-4pm
For Further Information Contact:
0800 121 7762

Don't forget our PMHW Weekly Drop In

Day: Monday

Time : 14.00-16.00

Venue : Whitegate Drive Health Centre

2nd floor

We have attached the most up to date poster to this month's newsletter

Please contact us directly for further information

PMHW Recommends Cygnet Course :

Berni Ashworth is a Communication and Interaction Support worker on secondment from Woodlands School to Blackpool Council. Here she tells us a little more about her roles and responsibilities.

"The main part of my role is to support parents and carers through the delivery of the Early Bird (preschool age autism course) and Cygnet (school age upwards autism programme), delivering Makaton training and helping with strategies to support behaviour, communication and sensory difficulties. Sometimes I will also visit the child in school/nursery to support the setting in the implementation of strategies.

I have also set up a weekly (term time) coffee and chat session for parents to get together to discuss issues they may be having or just to network and get to know each other. All this is currently being run online though I am hoping that in September we may be in a position to start meeting face to face in groups to further support parents".

CASHER

The Child & Adolescent Support & Help

Enhanced Response Team

**OFFER URGENT
SUPPORT 7 DAYS A WEEK**

To book a place at this clinic, please contact the **CASHER** Team within their duty hours (please leave a msg if necessary & they will contact you asap)

0800 121 7762 Option 2

Mon-Fri 5pm-10pm or Sat/Sun 10am-8pm. (Bank holiday times can vary)



The Resilience Coach Team have successfully received funding to offer support to young people age 10 - 16 at early intervention around self-harm thoughts and suicide. This follows the great outcomes the team have had.

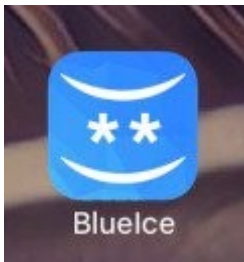
This has been offered to all Blackpool schools and Lancashire schools where Blackpool's young people attend.

Please contact either Sharon Butler or Diana Barker to discuss further. Diana.barker@blackpool.gov.uk

sharon.butler@blackpool.gov.uk

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June's NHS Recommended Useful Apps for Self Harm



Blueelce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#).

It includes a mood diary and a toolbox of evidence-based techniques to reduce distress, as well as automatic routing to emergency numbers if urges to harm continue.



The distrACT app gives you easy, quick and discreet access to information and advice about [self-harm](#) and [suicidal thoughts](#).

The content has been created by doctors and experts in self-harming and suicide prevention.



Youth Mental Health First Aid

During the month of May, we have continued to offer the Online 2 Day Youth Mental Health First Aid to Blackpool Primary Schools . Once again we have received some great feedback:

“ I just wanted to say a huge thank you to Helen and Stephanie for the last 2 days. It has been very informative and I feel confident in using the ALGEE approach in my role in school and as a mum “

“Best virtual course I have attended. Thank you :)”

- ◆ Every Tuesday throughout the months of June & July, we will be running the Online 1 day Youth Mental Health Champions course for Blackpool Schools.

Please contact your PMHW for further details.

Are you following us on Social Media ?



@youthery / @Blackpool_PMHW /
@entwined_minds



@youtherybpool
@youtherybth

With thanks from
Helen, Leanne and Steph.
Blackpool PMHW

