

## Getting Advice

### Thriving Kirklees Single Point of Contact

If you have concerns about the emotional wellbeing or mental health of a specific child or young person or would like to explore the neuro development pathway (ASC and ADHD assessment) contact Thriving Kirklees to speak to a Wellbeing Support Worker on 0300 304 5555 or request support online at [www.thrivingkirklees.org.uk](http://www.thrivingkirklees.org.uk)

Anyone can make contact to request support. When a support request is made a Wellbeing Support Worker will become the child/families allocated worker, having supportive conversations to explore concerns and look at what is working well. They will provide self-help support, strategies and advice over the phone and help you to access information and resources. This may include accessing some of the workshops that are available for parent/carers and young people to attend.

Where this initial intervention with a support worker identifies there are still unmet emotional or mental health needs they will look at accessing further specific interventions within the Thriving Kirklees partnership as part of Getting Help.

### Awareness Raising and Self Help Support for Parent/Carers

Open Access Parent/Carer Information Sessions can be booked at [www.northorpehall.co.uk](http://www.northorpehall.co.uk)

*We deliver the following information sessions each lasting 1 hour 30 minutes for up to 15 participants. These sessions will take place online, at locations across Kirklees and Schools can book to host these sessions.*

- **Introduction to Children and Young Persons Mental Health** – Provides a general overview of good mental health and resources to support poor mental health
- **Understanding Behaviour as Communication** – A brief overview of why children may behave the way they do, helping us to become behaviour detectives.
- **Understanding and Supporting Anxiety** – Information about what anxiety is and resources to support and manage anxiety when this becomes overwhelming.
- **Positive Communication and Attachment** – Understanding the importance of how we talk and interact with young people to minimise communication breakdown.
- **Introduction to Self-Harm** – Information on how to support young people who use self-harm as a coping mechanism.
- **Maintaining Positive Emotional Well-being** – Looking at self-care to enhance our sense of positive well-being.
- **The Teenage Brain** – Information on the changes which occur in teenagers and how we can support them constructively through this time of change.

- **Supporting Sleep** – An overview of the science of sleep, consequences of poor sleep and suggestions on how to improve sleep.
- **Exploring Loss and Grief** – To develop an understanding of loss and grief and how to support with bereavement in children and young people.
- **Supporting with Parental Separation** – To understanding the impact this can have on the emotional and mental wellbeing of children and young people with a view to minimising this and promoting positive co-parenting.
- **Scaffolding Self-Esteem** – Low self-esteem can have a massive impact on emotional and mental wellbeing, so this session provides tips in building confidence and a growth mind-set.
- **The Impact of the Digital Age on Mental Wellbeing**- Information on how to keep our children and young people emotionally safe using the internet and social media raising awareness of how they may be emotionally impacted.
- **Understanding ASC** - Take the opportunity to see what autism is from the perspective of autistic people through videos and obtain an understanding autism and the neurodevelopmental pathway
- **Introduction to Sensory Integration Difficulties relating to Autism** - To have an overview of the different sensory systems and their roles, to understand how difficulties processing sensory information can impact on a child's emotional regulation, behaviour and function, and gain strategies to support children with sensory difficulties.

To be a host school for parent/carer information sessions contact [infosessions@northorpehall.co.uk](mailto:infosessions@northorpehall.co.uk)

**Chill 'N' Chat:** These drop-in sessions are aimed at supporting parent/carers of children and young people who are experiencing challenges to their emotional health. These sessions provide parents/carers with an opportunity to share with other parents/carers, ask for advice from Northorpe Hall staff and access useful self-help resources. The sessions take place monthly in a relaxed environment with refreshments, and some pamper activities to promote self-care and personal emotional wellbeing.

**Chill and Chat sessions are promoted through social media and the Northorpe Hall website**

## Awareness Raising and Self Help Support for Children and Young People

Open Access Children and Young People's Workshops can be booked at [www.northorpehall.co.uk](http://www.northorpehall.co.uk)

*We deliver the following Workshops each lasting 1 hour for up to 12 participants. These Workshops will take place online, at Northorpe Hall, community venues in Kirklees or schools can book to host these Workshops.*

### Secondary Offer

- **General Anxiety (aged 11+)** Do you find yourself scared about doing things and aren't sure why? Do you find it difficult to manage your worries? Do you sometimes find that you want to avoid people or situations? This workshop will help you understand your anxieties, provide you with strategies to take back control and help you feel a little better.
- **Exam Anxiety (aged 14+)** Do you stress out at the thought of exams? Do you feel like you struggle to manage during exam season? This workshop can help you keep calm and carry on by learning practical strategies to manage exam anxiety.

- **Self-harm Information Session (aged 11+)** Worried about self-harm? It could be you or someone that you know. Many people self-harm for different reasons. This workshop will help you understand what self-harm is, why people may do it and how to go about making changes.
- **Understanding and Managing Emotions (aged 11+)** Do you feel like you're struggling to manage your hot thoughts? Do you feel like your emotions sometimes take over and you lose control? Do you struggle to react calmly to situations? This workshop will help you understand yourself better and to help you implement strategies to manage your emotions.
- **Low Mood (aged 11+)** Do you feel that you have no energy or motivation? Do you struggle to see a reason to get out of bed in a morning? Do you feel like you're a burden? This workshop will help you gain an understanding of low mood and how it can impact on daily functioning. It will focus on increasing positive behaviours and explore ways that you can improve your emotional wellbeing.
- **Post 16 Transition (aged 15+)** Are you panicking about your future? Do you need some guidance on the transition after turning 16? This workshop will help you prepare for leaving school/college and to help you to manage your worries by exploring coping strategies.
- **Body Image and Self-Esteem (aged 11+)** Do you struggle finding positive things to say about yourself? Would you like to work towards feeling more confident about yourself? This workshop could be for you! We will spend time exploring what both body image and self-esteem means to you and how to nurture your resilience in this.

#### Primary offer

- **Transitioning to High School/middle school (Ages 10 and 11)** Is your child worried about going to a new school, finding their way around a new environment or making new friends? This workshop explores how you can support your child during this transition and give them strategies to help themselves! *This workshop can also be delivered to year 5/6 YP without parent/carers within schools.*
- **Managing Worry (Aged 8-11 must be accompanied by a parent/carer)** Does your child find it difficult to manage their worries? Do you find that they worry about things they don't necessarily need to? This workshop will look at practical worry managing strategies to help support your child.
- **Building Resilience (Aged 8-11 must be accompanied by a parent/carer)** Does your child struggle to manage their emotions? Do they find it hard to cope and bounce back from difficult situations? This workshop will explore ways that you can help them build up their emotional resilience and improve their confidence.

To be a host school for young people's workshops contact [ypworkshops@northorpehall.co.uk](mailto:ypworkshops@northorpehall.co.uk)

## SEMH Support for Education Provisions

**Targeting whole school/hub audience.** We offer 1 hour sessions

- **Practical tips for supporting anxiety** Primary Setting
- **Practical tips for supporting anxiety** Secondary Setting

This will focus on strategies and tools to prevent and respond to children presenting with anxious behaviours.

**Targeting whole school/hub audience.** We offer 1 hour 30 minute sessions.

- **Introduction to Children and Young Persons Mental Health** – Provides a general overview of mental health across the spectrum, risk and resilience, ideas for promoting an emotionally healthy classroom.

- **Understanding Attachment Theory** - Provides an introduction to theories of attachment, how attachments impact on students and our own behaviour, guiding principles when supporting.
- **Introduction to Self-Harm** – Understanding why young people self-harm, and how we can positively support them to find healthier coping strategies. Dispelling myths, dos and don'ts.
- **The Teenage Brain** – A brief look into what causes the behavioural changes in teenagers, and what we can do to support them positively.
- **Maintaining Positive Emotional Wellbeing** – An overview of ideas to support and maintain positive emotional wellbeing. Can be used in our work with young people, or applied to staff wellbeing.

***We offer 2 hour sessions:***

- **Understanding Behaviour as Communication** – An overview of internal and external drivers of behaviour, ideas of how to support challenging young people, self-care and resource sharing.
- **Understanding and Supporting Anxiety** – A brief look into the underlying causes of anxiety, including factors that maintain anxiety. Treatments and approaches, coping strategies. Strong focus on normalising worry/nerves/anxiety.

***We offer 2 hour 30 session:***

- **Strategies for working with CYP with attachment difficulties in the classroom/school** – interactive session, applying theory learnt from Introduction to Attachment to case studies. We will explore the use of a model for responding to children in distress, and proactive whole class strategies including policy implementation. Please ensure your staff have accessed the Introduction to Attachment session, and that a member of Senior Leadership team can attend. Separate session for Primary and for Secondary provisions.

***Targeting Emotional Wellbeing Leads, Support Staff and Pastoral Care.*** We also offer up to 1 hour 30 minute sessions. (Minimum participants 6 Primary, 12 Secondary):

- Mental Health Services/Pathways in Kirklees
- Making Appropriate Support Requests
- Resource Sharing- We are happy to share a wide range of resources with workers in schools
- Reflective Peer to Peer Supervision Model for staff

**What's on offer for Emotional Wellbeing Leads?**

- Emotional Well Being Lead Network Meetings held three times a term at Northorpe Hall
- One to one consultations to education provisions (this could look at whole school approach to emotional health, internal support systems, staff support etc.)

**To request training or support for your school or hub please contact [educationlink@northorpehall.co.uk](mailto:educationlink@northorpehall.co.uk)**

**Would you like your pupils to develop peer mentoring skills?**

Peer mentors can support other students around a range of issues once they have received the right training. Peer support can be regular, scheduled 1:1 sessions, or on a drop-in basis, depending on what will work for your school. Training can be tailored to suit your needs and will be delivered by experienced staff. Ongoing advice and support for peer mentors and school staff can also be made available

**To request peer mentoring training for your school please contact [peermentoring@northorpehall.co.uk](mailto:peermentoring@northorpehall.co.uk)**

# Getting Help

ChEWS (Children's Emotional Wellbeing Service) at Northorpe Hall delivers Child and Adolescent Mental Health Services alongside South West Yorkshire Partnership NHS Foundation Trust (SWYFT) in Kirklees as part of the Thriving Kirklees partnership.

## Individual and Group Support for Children, Young People, Parent/Carers

ChEWS provides short term emotional health and mental health interventions for children and young people in Kirklees whose emotions are impacting on day to day functioning. This support may be in groups or 1-1 and may take place on a variety of platforms – telephone, face to face or online – as agreed with the young person and family. ChEWS is not an immediate response service so there are waits for specific service offers. Support is available whilst waiting for services and the family will be kept up to date regarding this through a monthly newsletter.

Interventions offered includes:

- **Timid to Tiger** – This is a parent/carer support group for parent/carers of primary aged children who are experiencing anxiety. This programme is a CBT based intervention taking place over 10 sessions.
- **Moodmasters: Low Mood & Anxiety** – These are CBT based group interventions for young people, taking place over 10 sessions. Activities will be undertaken to improve understanding of the difficulties faced and to explore coping strategies to help move forward.
- **Counselling** – The counsellor will help the child/young person to explore their thoughts and feelings and help them deal with the challenges they are facing; this may be through talking or with some children through play. Therapy provides a safe and confidential space for the child or young person where their problems can be shared.
- **Direct Support** – Emotional Health Workers or Senior Practitioners will meet with the child or young person and other adults in their lives that support them in order to explore the challenges they are facing. They will offer strategies and support to move forward. Helping to develop coping strategies and improve resilience leading to improved emotional health.

ChEWS also provides ASC family support through:

- **The Cygnet Programme** - This programme is designed for parents and carers of children and young people aged 5-18 with a diagnosed autistic spectrum condition. The programme is designed to:
  - Increase parent/carer understanding of autistic spectrum conditions
  - Help parents develop their knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour
  - Guide parents through practical strategies they can use with children
  - Direct parents to relevant ASC resources
  - Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

# ChEWS @ Northorpe Hall

## Paid For Service Offer

### BESPOKE TRAINING

- 1 hour Training - £55 planning, £55 delivery = £110 + VAT (up 30 participants)
- Half Day Training - £100 planning, £165 delivery = £265 + VAT (up 30 participants)
- Full Day Training - £150 planning, £275 delivery = £425 + VAT (up 30 participants)

### CONSULTATION

- Per Hour - £55 + VAT
- Full Day - £275 + VAT

#### *Examples:*

*EHW leadership and strategy development, Triage, Internal review of referral processes and support services, Support and advice, Early advice and assessment of need (with staff or directly with YP), Case consultation*

### SUPPORT TO CHILDREN AND YOUNG PEOPLE

- Counselling - Day rate = £200 + VAT (5 sessions)  
Half Day = £120 + VAT (3 sessions)
- Emotional Health Worker - Day rate = £140 + VAT (5 sessions)  
Half Day = £90 + VAT (3 sessions)