

Mental Health and Wellbeing in West Berkshire

Greenham Trust Community Forum

30th April 2021

Welcome

Chris Boulton
CEO, Greenham Trust

Agenda and Speakers

Part I: Overview			
Opening remarks	Laura Farris MP	MP for Newbury	
An overview of mental health in the district	Matt Pearce	Service Director – Communities and Wellbeing (Consultant in Public Health)	West Berkshire Council
The Emotional Health Academy and Mental Health Support in Schools	Dr Michelle Sancho	Social and Emotional Mental Health & Well-being	West Berkshire Council

Agenda and Speakers

Part II: Community support – charity and voluntary services

Healthwatch	Andrew Sharp	Chief Officer
Time to Talk	Tammy Willsher	Charity Service Manager
Berkshire Youth	Sarah Emery	Operations Director
Charlie Waller Trust	Sarah Ashworth	Schools and Families Programme Director
Homestart West Berkshire	Grace Green	Director
West Berkshire Suicide Prevention	Garry Poulson	Chairman
Eight Bells for Mental Health	Kathryn Dundas	Coordinator
West Berkshire Council – Surviving to Thriving fund	Cllr Lynne Doherty	Leader of West Berkshire Council

Agenda and Speakers

Part III: Q&A and wrap			
Q&A	Moderator: Chris Boulton	Chief Executive	Greenham Trust
Closing remarks	Laura Farris MP		
Resources	These slides including a recording of the webinar will be sent to all registered attendees after the Forum.		

Opening remarks

Laura Farris
MP for Newbury

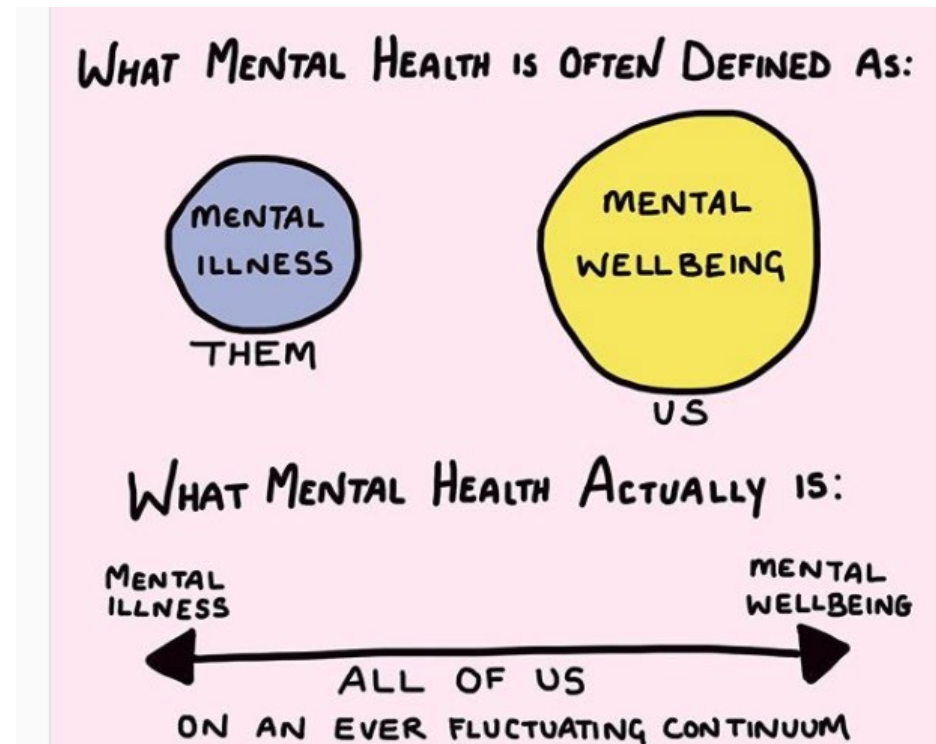
An overview of mental health in the district

Matt Pearce

Service Director –
Communities and Wellbeing
Consultant in Public Health

What is mental health?

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (WHO, 2021)



@psychologymum



The current state of mental ill health (national)

Mental health problems in the population:

- ❑ One in 6 children between the ages of 5 to 16 has a diagnosable mental health problem
- ❑ One in five mothers has depression, anxiety or in some cases psychosis during pregnancy or in the first year after childbirth.
- ❑ One in four adults experiences at least one diagnosable mental health problem in any given year (one in 6 the previous week)
- ❑ One in five older people living in the community and 40% of older people living in care homes are affected by depression.

Experiences of mental health care:

- ❑ It is estimated that up to three quarters of people with mental health problems receive no support at all
- ❑ Approximately only 1 in 8 adults with a mental health problem are currently getting any kind of treatment.
- ❑ People with severe mental illness are at risk of dying 15 – 20 years earlier than other people
- ❑ In a crisis, only 14% of adults felt they were provided with the right response
- ❑ 75% of young people with mental health problems aren't getting the help they need



Children and Young People's Mental Health (local)

Type of mental health disorder	5 to 10 year olds		11 to 16 year olds		17 to 19 year olds		5 to 19 year olds (Total)	
	Estimated number	Prevalence	Estimated number	Prevalence	Estimated number	Prevalence	Estimated number	Prevalence
Mental health disorder (all)	3,854	9.5%	5,091	14.3%	2,997	17.0%	11,943	12.7%
Emotional disorder	1,668	4.1%	3,184	9.0%	2,651	15.0%	7,503	8.0%
Behavioural disorder	2,034	5.0%	2,206	6.2%	134	0.8%	4,374	4.7%
Hyperactivity disorder	703	1.7%	696	2.0%	135	0.8%	1,537	1.6%
Other less common disorder	911	2.2%	782	2.2%	317	1.8%	2,009	2.1%

Source: Prevalence from NHS Digital (2017); Population from Office for National Statistics (2019);

Modelled estimates for the numbers of children and young people in Berkshire West who may have a mental health disorder.

Adults Mental Health in West Berkshire

Data from Public Health England show that:

- ❑ In 2017, an estimated **13.2%** (16,702) of adults (aged 16 and over) had a common mental disorder (any type of anxiety or depression)
- ❑ In 2019/20, **12.3%** (15,004) of adults (aged 18 and over) registered with GP practices in West Berkshire are recorded as having depression
- ❑ In 2019/20, the rate of emergency hospital admissions for intentional self-harm (all ages) was **177.7** per 100,000 (n=270), similar to England
- ❑ In 2015-17, adults (aged 18 – 74) with a serious mental illness were considered to have a **360.3%** higher risk of premature mortality than adults without an SMI
- ❑ From 2017-2019 the suicide rate was 9.7 per 100,000 which is similar to the England average



Mental Health Impacts of Covid-19 across the life course

Figure 1 explores some of the key mental health impacts of covid-19, identifying areas to focus on during the recovery phase. Adapted from Hertfordshire Trust

	Pre-Term	0-5 Years	School Years	Working Age Adults	Old Age
Key issues to consider	<ul style="list-style-type: none"> ● Anxiety about impact of Covid-19 on baby ● Financial worries and financial loss ● Anxiety about delivery and access to care ● Social Isolation and loneliness ● Insomnia or sleeping problems 	<ul style="list-style-type: none"> ● Coping with significant changes to routine ● Isolation from friends ● Impact of parental stress and coping on child ● Insomnia or sleeping problems ● Food poverty / free school meals 	<ul style="list-style-type: none"> ● School progress and exams ● Boredom ● Anxiety or depression or other MH problems ● Isolation from friends ● Impact of parental stress ● Insomnia or sleeping problems ● Anxiety about exams, disruption to GCSEs and A levels etc and going to Uni/College ● Anxiety about moving to secondary school (year 6 to year 7) ● Food poverty / free school meals 	<ul style="list-style-type: none"> ● Balancing work and home ● Being out of work or loss of income ● Carer Stress ● Anxiety about measures and family or dependants or children ● Financial Worry ● Social isolation and loneliness ● Insomnia or sleeping problems ● Problem gambling ● Stress of being self-employed and having to furlough or make staff redundant ● Being furloughed and the impact of the lack of meaningful activity 	<ul style="list-style-type: none"> ● Social isolation or disruption to usual routines ● Anxiety of being dependent on services ● Financial worry ● Fear about impact of Covid-19 if infected ● Insomnia or sleeping problems
Staff /Vols	Cumulative load of stress from significant changes. Traumatic incidents. Isolation from work colleagues. Having to manage working from home. Potential bullying from or to others as part of not coping. Frontline health workers and those who develop the illness will experience depression, anxiety, post-traumatic stress. negative psychological aspects of quarantine; Fear, confusion, anger, frustration, boredom, low mood, irritability, sadness, guilt				
Loss	Loss of loved ones dying may be particularly severe and grieving disrupted because of inability to do normal grieving rites e.g. as be physically close to dying person, have usual funeral rites, attend funeral etc.				
Specific Issues	Impact of delayed diagnoses and treatment (e.g. chronic conditions, surgery, people living in pain). Suicide and self harm risk for most at risk populations. Members of faith communities may feel disconnected during closure of premises. Domestic abuse may be issues across lifecourse. Drug and alcohol issues. People reliant on foodbanks or on low income or self employed may have additional stress. Stigma towards people with Covid-19 and their families. Worsening symptoms for people with mental health conditions (e.g. OCD and frequent hand washing). Onset of new mental health problems especially; depression, anxiety, and post-traumatic stress (all associated with increased suicide risk)				

What can we do?

- ❑ A whole system approach focusing on preventing mental health problems and improving the lives of people living with mental health problems
- ❑ Reduce mental health inequalities
- ❑ Promote mental wellbeing in the population and increase mental health literacy
- ❑ Help tackle stigma that prevents people from seeking help early

These issues are being addressed by a number of groups and organisations across West Berkshire including through the 'Prevention Concordat for Better Mental Health'



Local and National Support

Children

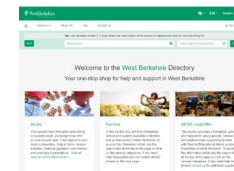
- ❑ Early Help Service
- ❑ Emotional Health Academy
- ❑ Mental Health Support Teams
- ❑ Time to Talk
- ❑ School nurses
- ❑ AnDY clinic
- ❑ Kooth Counselling
- ❑ Parenting Special Children:
- ❑ Child and Adolescent Mental Health Services (CAMHs)
- ❑ Berkshire Youth / West Berkshire Youth Hub
- ❑ The Edge

Adults

- ❑ Talking Therapy
- ❑ Mental Health Crisis Team
- ❑ Eight Bells for Mental Health
- ❑ Recovery College
- ❑ Cruse Bereavement
- ❑ SANE
- ❑ MIND
- ❑ Every Mind Matters
- ❑ Mental Health Crisis Team
- ❑ 5 Ways to Wellbeing
- ❑ Social Prescribing

West Berkshire Directory

www.directory.westberks.gov.uk



The Emotional Health Academy and Mental Health Support in Schools

Dr Michelle Sancho
West Berkshire Council

Mental Health Support in West Berkshire Schools

30th April 2021

Dr Michelle Sancho

Principal Educational Psychologist & Service Manager



What I will cover

- ❑ Model used locally
- ❑ Emotional Health Triage
- ❑ Emotional Health Academy
- ❑ Mental Health Support Team
- ❑ Mental Health Education



Thrive model of help used locally (Anna Freud Centre)



- ❑ CYP and families are supported based on their needs, regardless of diagnosis.



Emotional Health Triage (EHT)

- ❑ The Emotional Health Triage is the place to refer children and young people for early help support - for children and young people up to the age of 18 with emerging mild to moderate mental health needs in West Berkshire.
- ❑ Providing the young person has a West Berkshire address OR a West Berkshire GP OR a West Berkshire school, they can be referred to EHT.
- ❑ Anyone can refer a young person – parents, schools, GP's, CAMHS and Social Services are the most frequent referrers.
- ❑ EHT does not provide support itself – it directs to appropriate support services.



Emotional Health Triage (EHT)

- ❑ While the EHT is part of the EHA, a referral to the EHT does not mean that the child or young person will automatically receive EHA support.
- ❑ The EHA is one of many options which may result from the referral.
- ❑ Examples of other recommendations are: CAMHS CPE, Time 2 Talk, SAFE, CAAS, Pastoral Support in school, Educational Psychologist, Parenting Special Children, Autism Berkshire, Relate, Family Hub, CAAS, Talking Therapies, The Edge and Daisy's Dream
- ❑ This is not an exhaustive list – the support recommendations are tailored to the needs of the individual.



Emotional Health Academy

- ❑ Schools can buy in to the EHA to receive direct support with emerging emotional health issues.
- ❑ Emotional Health Worker (EHW) services are traded to schools in the form of annual or bespoke packages, with income enabling the EHA to sustain a larger workforce.
- ❑ Schools are asked as partners in this project to invest in early intervention for their pupils, with a focus of preventing the need for support to be accessed outside of the school.
- ❑ EHWs deliver a range of individual, group and classroom interventions to CYP.
- ❑ EHWs work holistically including the family in intervention when appropriate.
- ❑ EHWs also provide consultation and training to schools in enhancing emotional health support to their pupils through PPEPCare.



EHA – PMHWs

- ❑ The EHA Primary Mental Health Workers provides assessment and intervention services to CYP with mental health difficulties that will require specialist support if their needs go unmet.
- ❑ CYP are allocated for assessment or intervention support via EHT or our self referral system.
- ❑ Support will also be offered to CYP, when appropriate, who have been supported by an EHW and whose difficulties persist.
- ❑ Our Clinical Workers are commissioned through grant funded, and are not traded.
- ❑ Our PMHW'S are also employed to support in the ICollege and with Children in Care.

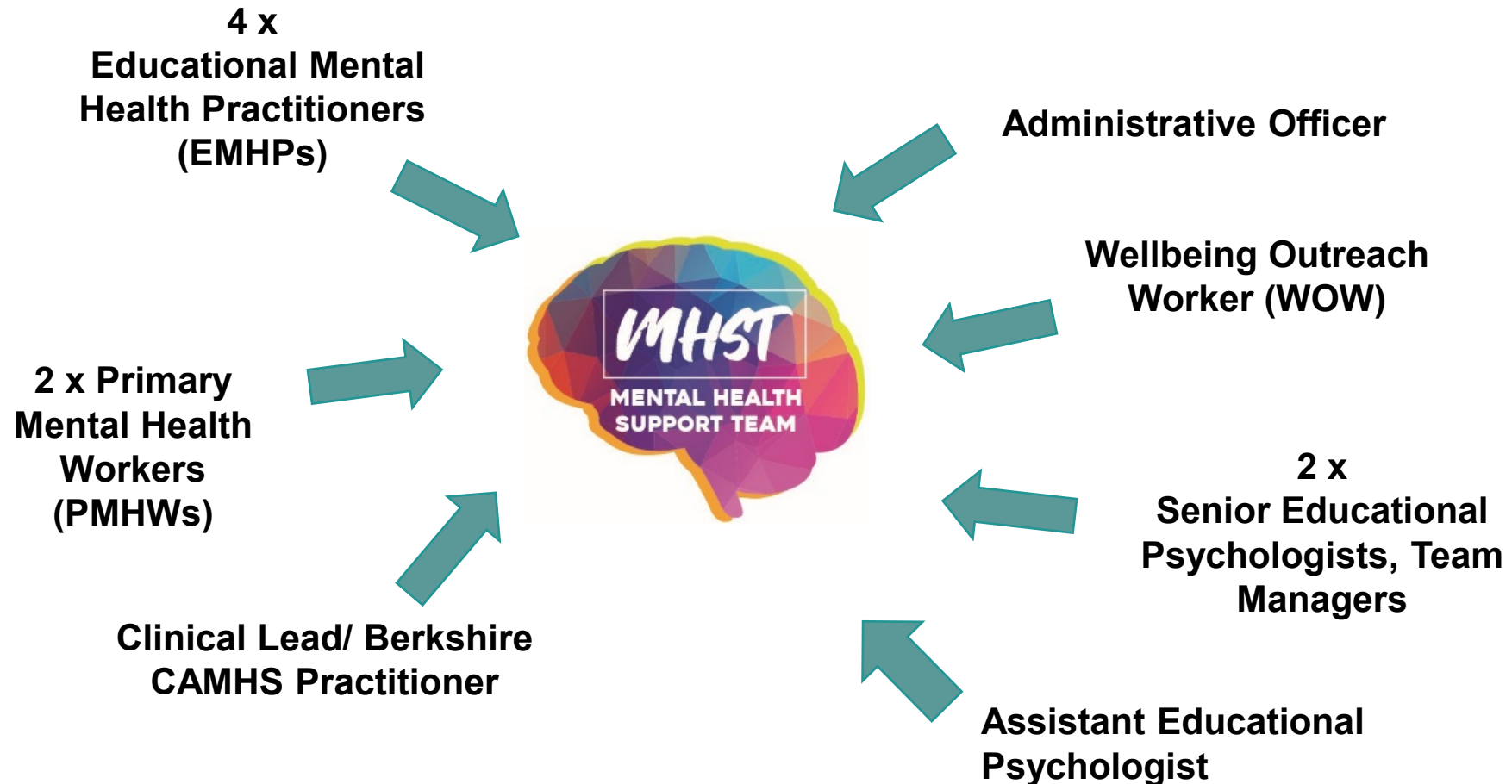


Mental Health Support Team

- ❑ The set up of MHSTs are a component of the wider 2018 Government initiative between the DfE & DoH
- ❑ Large-scale pilot programme aiming to have support available to 20-25% of C/YP in England by 2022-2023
- ❑ West Berkshire is one of the trailblazer sites and we are the first team to be set up, currently working with 27 schools across the LA.
- ❑ Close liaison between MHST and the Senior Mental Health Lead (SMHL) who is a senior member of school staff.
- ❑ Provide interventions, training and support to Children/Young People, families and school staff



Mental Health Support Team



What the MHST does

- ❑ 1:1 support; feeling low, dealing with worries and anxiety, managing stress
- ❑ Group support – including Friends Resilience groups
- ❑ Class support for Yrs 5-8 - .breathe (4 session mindfulness programme)
- ❑ Parenting support/intervention
- ❑ Peer mentoring programme at Secondary
- ❑ Training for staff and parents
- ❑ Student assemblies
- ❑ Staff well-being support
- ❑ Working with school staff to support students
- ❑ Regular Mental Health Surgeries with SMHL and other key staff



Mental Health Education

- ❑ What is taught in schools about mental health?
 - The new statutory Health education, which covers mental wellbeing, is delivered in primary and secondary schools.
 - The majority of children and young people have good mental wellbeing most of the time. The starting point should therefore be teaching pupils the factors that contribute to and help us maintain wellbeing.
- ❑ Once understanding of wellbeing is established teachers lead lessons for pupils to understand and identify:
 - when someone may be experiencing poor mental health
 - contributing factors to poor mental health
 - positive strategies to improve wellbeing
 - when people need help from others
 - how to access help and support



Healthwatch West Berkshire

Andrew Sharp
Chief Officer

Time to Talk West Berkshire

Tammy Willsher
Charity Service Manager

Time to Talk West Berkshire

Free Counselling - Young People 11-25
12 Locations

Parent Counselling/Information Sessions
Achievement for All
Young Ambassadors
Raise Awareness/Reduce Stigma
Over 300 Referrals since Sept 20

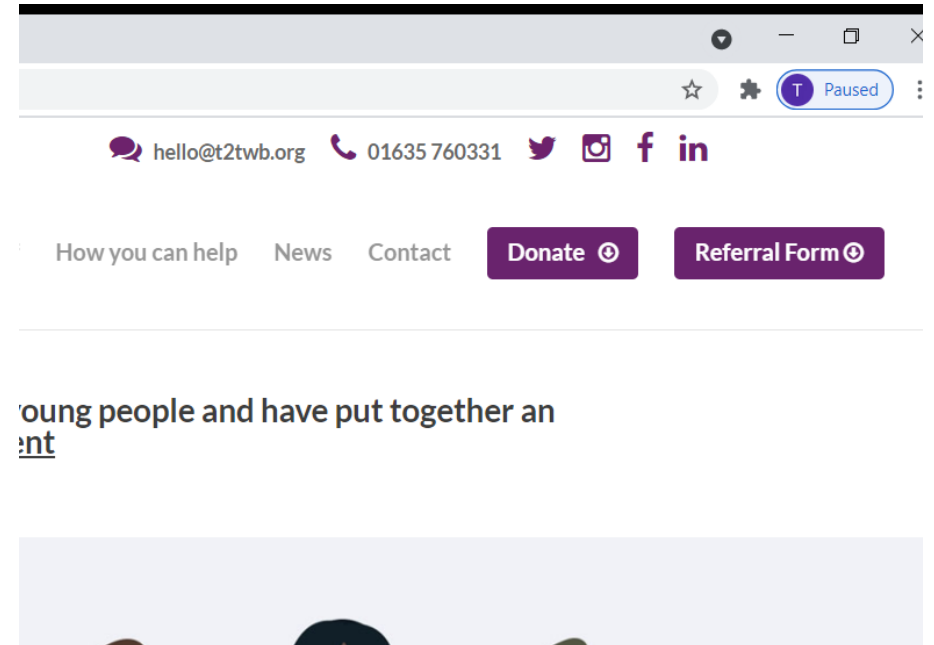


timetotalk
WEST BERKSHIRE



Referrals to Our Service

- Parent or Carer (39%)
- Self-Refer (26%)
- GP Surgeries (13%)
- Schools
- EHA/CAMHS/Talking Therapies
- Emotional Health Triage



Berkshire Youth: Wellness in schools

Sarah Emery
Operations Director

Berkshire Youth

Wellbeing Programme

30th April 2021

BERKSHIRE
YOUTH **BY**



Wellbeing Programme Overview



Wellbeing Webinars

Optimising Mental Wellbeing.

This sessions focuses on the positive side of mental health and the promotion of activities linked to the prevention of poor health outcomes.

Wellbeing Webinars

Optimising your health.

This sessions explores the science behind sleep and how it effects defence systems such as the immune system. This system promotes quality sleep, active lifestyles and healthy nutrition practices.

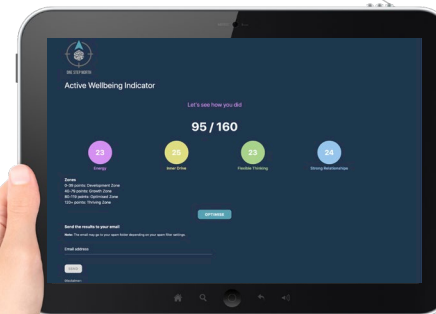


Wellness Habit Tracker

The app can serve as a gateway for the capture of data by utilising a bespoke “Active Wellbeing Calibrator”

Berkshire Youth App

A progressive web app that serves as a central resource point of wellbeing advice, local activities, and Berkshire Youth campaigns.





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www.berkshireyouth.co.uk



www.berkshireyouth.co.uk/west-berkshire-youth-hub

SUPPORTING, EMPOWERING AND INSPIRING YOUNG PEOPLE

Sarah.Emery@berkshireyouth.co.uk 07884 310426

Charlie Waller
Trust

Sarah Ashworth
Schools and Families
Programme Director



Mental Health Training & consultancy since 1997

- Positive
- Proven
- Practical

2018-2020

2,765 training sessions delivered in schools and colleges

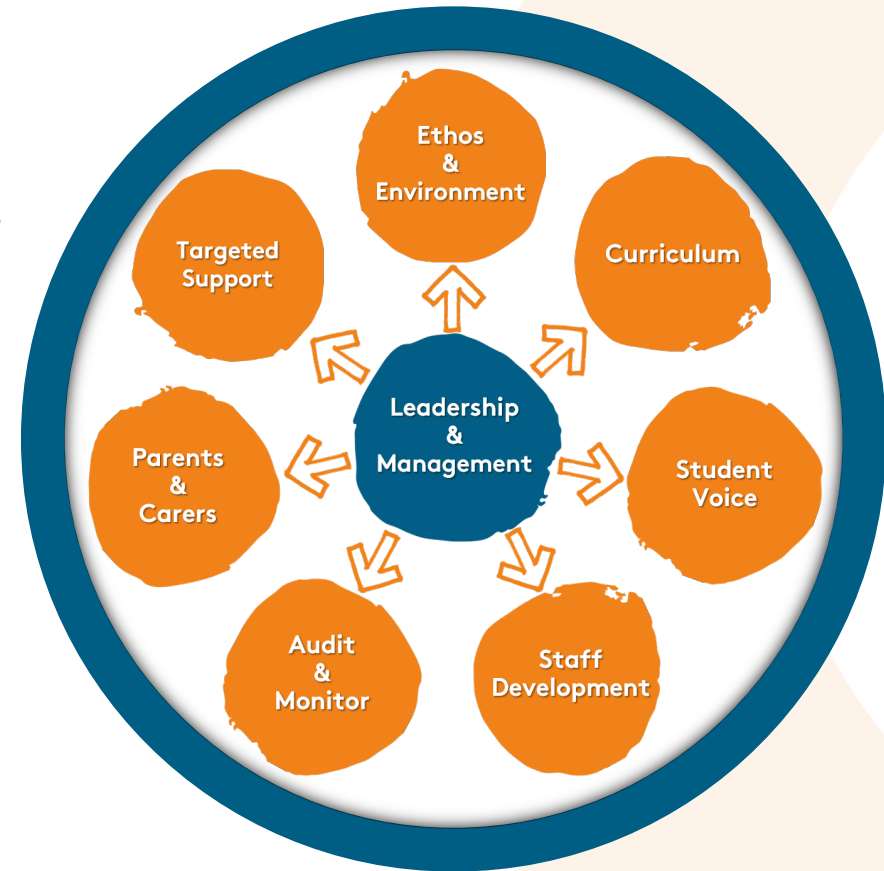
2,088 training sessions for school staff

189,958 attendees in total

Our work in West Berkshire



- Berkshire Healthcare Foundation Trust & Emotional Health Academy
Mental Health Support Teams
- Psychological Perspectives in Education and Primary Care training (PPEPCare)
- Sustainable 'train the trainer' model
- Specialist modules
 - **Staff**
 - **Parents and carers**
 - **Community**
- Working towards implementing the Whole School Approach
- Partnership collaboration
- Commitment to inclusivity and diversity



Home-Start West Berkshire

Grace Green
Director

Maternal Mental Health Project

Postnatal Peer Support Group

Rapid Response Family
Support

On-going volunteer support in
the home

Well-being Walks



@greenham_trust



GreenhamTrustLtd



@greenhamtrust

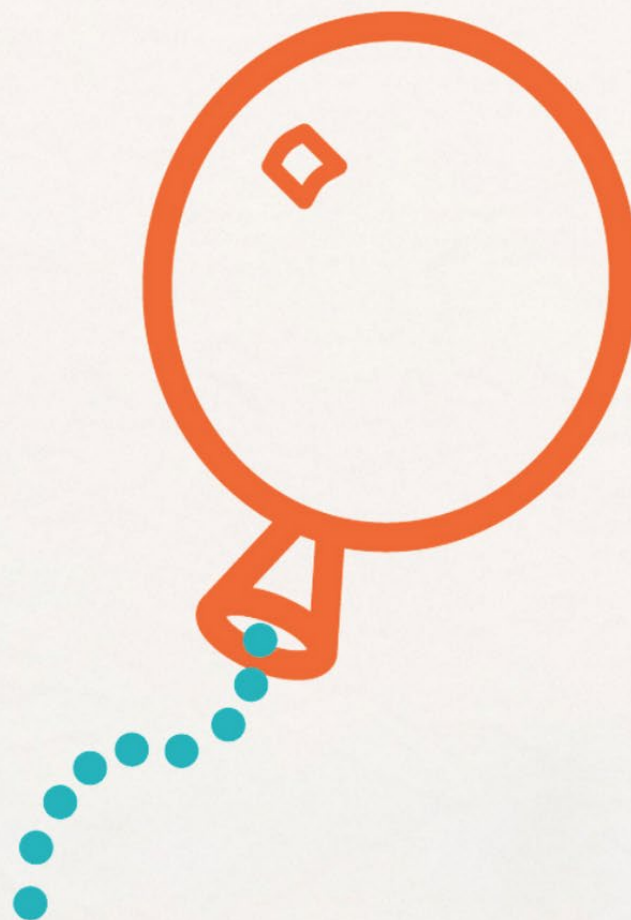


West Berkshire

www.home-startwestberks.org.uk

office@home-startwb.org.uk

01635 760310



West Berkshire Suicide Prevention

Garry Poulson
Chairman

West Berkshire Suicide Prevention Action Group

WBSPAG was established by the Volunteer Centre in May 2017 as a sub group of the West Berkshire Health and Well being board. Chaired by The Volunteer Centre Director with support from the Vice Chair a former Director and current trustee of Newbury Samaritans

A single policy of a Zero tolerance towards suicide was adopted as an aspiration for West Berkshire

A multi agency group was established comprising of voluntary sector, statutory partners inc Police, West Berks Council highways and public health, the coroners office , racing welfare and other groups as invited to participate

The group aims to :-

Train people in how to listen, understand and speak to someone who is considering taking their own life. Over 300 people trained now.

Inform people of the issue

Make available resources both printed and online

Reach out to business employers. Employed a part time 8 hours per week out reach worker

West Berkshire Suicide Prevention Action Group

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Train people in how to listen, understand and speak to someone who is considering taking their own life

Inform people of the issue

Make available resources both printed and online

Reach out to business employers. Employed a part time 8 hours per week out reach worker

Finally a new single page website resource which includes immediate and none immediate sources of support from local and national organisations

please check out the wesbsite and share widely

westberkshiresuicideprevention.org

Eight Bells for Mental Health

Kathryn Dundas
Coordinator

Surviving to Thriving mental health fund

Cllr Lynne Doherty
Leader of West
Berkshire Council



Surviving to Thriving fund key features:

- £200,000 fund to support mental health projects arising from Covid19 and resulting restrictions
- Grants of £500 - £30,000 available to registered charities, CICs and groups
- £58,515 awarded to date to a range of projects
- Applications on The Good Exchange funding platform
<https://thegoodexchange.com/what-is-the-good-exchange/for-applicant-organisations/>
- Appeal to raise additional funds:
<https://app.thegoodexchange.com/project/18741/greenham-trust/surviving-to-thriving-post-covid-a-mental-health-and-wellbeing-fund-for-west-berkshire>

Closing remarks

Laura Farris
MP for Newbury

Mental Health Awareness Week UK

10-16 May 2021

“Connect with Nature”

<https://www.mentalhealth.org.uk/>

Save the Date

Wednesday 16 June 10-11am

Greenham Trust Community Forum

Maximising Matched Funding

Registration coming soon at greenhamtrust.com

Resources

Mental Health and Wellbeing – resources and signposting

West Berkshire Directory:

<https://directory.westberks.gov.uk/kb5/westberkshire/directory/home.page>

Referral form and local organisations:

<https://directory.westberks.gov.uk/kb5/westberkshire/directory/adult.page?adultchannel=9>

Emotional Health Academy – Emotional Health Triage:

<https://info.westberks.gov.uk/index.aspx?articleid=35803v>

Dr Michelle Sancho: Michelle.Sancho@westberks.gov.uk



Mental Health and Wellbeing – resources and signposting

Healthwatch West Berkshire:

[https://www.healthwatchwestberks.org.uk/
contact@healthwatchwestberks.org.uk](https://www.healthwatchwestberks.org.uk/contact@healthwatchwestberks.org.uk)

Time to Talk – youth counselling: <https://t2twb.org/>

Berkshire Youth: www.berkshireyouth.co.uk

Charlie Waller Trust: <https://charliewaller.org/get-help-now>



Mental Health and Wellbeing – resources and signposting

Home-start West Berkshire: <https://home-startwestberks.org.uk/getting-support/>



West Berkshire Suicide Prevention:
<https://westberkshiresuicideprevention.org/>



Eight Bells for Mental Health:
<http://eightbellsnewbury.co.uk/>



Recovery in Mind <http://recoveryinmind.org>



Mental Health and Wellbeing – resources and signposting

Younger People with Dementia: www.ypwd.info, @YPWD
Email for initial contact contact@ypwd.info



Place2Be.org.uk <https://www.place2be.org.uk/>



Mind charity – A-Z directory:

<https://www.mind.org.uk/information-support/a-z-mental-health/>



Mental Health and Wellbeing – resources and signposting

CTNA: Christians Together Newbury Area

<https://ctnablog.wordpress.com/members/organisations/>



Five a Day - gardening sessions Mental Health and Wellbeing – starting May 2021 www.fiveaday.org.uk



SHOUT: [Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](http://giveusashout.org)



Talking Therapies Berkshire: Talking Therapies Berkshire | Berkshire Healthcare NHS Foundation Trust



Sport in Mind: Sport in Mind - the UK mental health sports charity



Mental Health and Wellbeing – resources and signposting

Private therapists directory: <https://www.counselling-directory.org.uk/search.php?search=Berkshire>

Linda K Berkeley - Nightingale Therapy - Private practice
Cognitive Behavioural Therapy in Lambourn and on
Skype/Zoom <http://www.nightingaletherapy.com/>

www.memiah.co.uk: counselling and therapy directories

www.happiful.com: mental health and wellbeing magazine
and blog



Thank you