

FUTURE IN MIND

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FUTURE IN MIND

FIM is a national programme to enhance support for Children and Young People's mental health and well being.

Derbyshire and Derby City has a single plan. Following the FiM Health Needs Assessment and engagement and engagement with stakeholders and children and young people we have identified 5 key priorities that our plan will progress. These are:

1. To further develop our engagement and support to parents and carers.
2. To develop further a whole-school approach to prevention and early help.
3. To develop a new care model and crisis support, responding to children and young people exhibiting complex needs.
4. To increase the workforce offer available including blended learning approaches across professional groups.
5. To develop a place-based approach to interventions and care supporting Primary Care, developing the Voluntary and Community Sector, linking to schools, and offering digital interventions.

[Future in Mind Refresh Plan 2017/18](#)

CAN YOU BE A MATE?

The Future in Mind Partnership has launched a new Anti-Stigma Campaign.

"Be A Mate" sends a clear message that stigma is wrong, and that we should support people that need help. Children and young people helped to develop the campaign.

The 'Be a Mate Campaign' is encouraging all schools and community groups to join in by becoming "Anti-Stigma Ambassadors" and developing their own actions to tackle stigma and promote great mental health.

Please join us. For details of the next training session contact **Yvonne.Wright@derbyshire.gov.uk** or **01629 532837**.

 @BeAMateCampaign



MINDFULNESS IN SCHOOLS

Training is on offer for school staff in Derby and Derbyshire to deliver mindfulness for 9-13 yr olds. Mindfulness can be highly effective in improving children's wellbeing, cultivating empathy and increasing emotional control.

The Educational Psychology Service has been commissioned to deliver the level 2 MAP training. No prior knowledge of Mindfulness is required. Staff then run sessions which are suitable for 9-13 year olds. So far over 1000 children and young people have benefited.

If you would like your school to benefit please contact **dawn.davieshull@derbyshire.gov.uk** or **01629 533535** by the 27 November.

SYSTEMIC PRACTICE

A MAT team delivered a workshop of a practise currently being delivered and commissioned in Derby.

The workshop was to showcase the effective use of Evidenced based Systemic ideas and techniques within the Multi Agency Over 11's teams and YOS.

Much of the MAT's work involves supporting families with adolescence who may experience conflict. Often young people feel they are 'the problem'. Some of their presenting needs include symptoms such as 'behavioural issues' 'low mood' and 'self harm.'

Systemic Practise looks at:

- Thinking about goals with families
- Structuring meetings with families
- Measuring tools
- Life cycles
- Formulation
- Self Reflexivity
- Social Graces
- Cultural genograms

MAT teams have expertise in direct work and now by using systemic ideas staff have found new skills, knowledge and a framework to support the whole family in addressing the relational difficulties they may be experiencing.

You can find more at www.aft.org.uk or email Kim.Thompson@derby.gov.uk

SUPPORTING OUR WORKFORCE



Dates for the diary:

January 2018

Enhanced Evidence Based Training starts in January 2018 which allows staff to support Children and Young People with low level mental health needs.

December and January

Recruitment for new Emotional Wellbeing Practitioner Trainees will be undertaken in December and January - a professional support group is being set up to develop training in mental health, supervision issues, pathway development and promoting best practice.

For further details contact **Sara Grey** on **07786313191**.

Please note these opportunities apply to the Derby City and Southern Derbyshire area. Look out for further opportunities in this newsletter.

[FiM Schools Resource](#) is packed full of information and advice.

The "MindEd" website is also a great resource:
www.minded.org.uk

FIM CONFERENCE



Over 160 people attended the Future in Mind Conference on 29 September.

The purpose of the conference was to review the findings of the new Derbyshire wide study on children and young people's mental health and well being, launch the Mindfulness in Schools project and the new 'Be a Mate' anti stigma campaign.

The conference also highlighted new and innovative best practice - such as Non Violent Resistance - and included workshops showcasing the excellent work going on to support Children and Young People's mental health and wellbeing.

To register your interest in Future in Mind events please contact maggie.withington@nhs.net

"Listening to the Erewash experience was joyful and it gives me hope for what Derby can achieve. Being a single community through this time to support our future generations is exactly what we need, and to see it happen is an absolute delight."
DEPUTY YOUTH MAYOR

USEFUL WEBSITES

Young Minds:
www.youngminds.org.uk

Heads Together:
www.headstogether.org.uk

"I thought the day was really informative the get the views of the people working within mental health."
V.I.A MEMBER