

October 2020

# Newsletter

**NHS**  
Tees, Esk and Wear Valleys  
NHS Foundation Trust

## Darlington Child and Adolescent Mental Health Service (CAMHS)

making a

difference

together

### We're open

The Mulberry Centre is still open Monday - Friday 8am - 5pm (Wednesdays 8am - 8pm)



We are still just a phone call away and Attend Anywhere video appointments are always available!

### Guidance for face to face appointments to keep you safe

Please arrive at reception no more than 5 minutes before your scheduled appointment time. This is to ensure there are as few people as possible in the reception area at any one time. You will be directed to a designated zone within the waiting area and your clinician will meet you there. No more than 3 family members will be permitted into the appointment and siblings will not be allowed into the appointment.

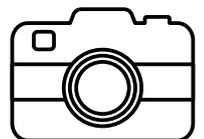
Please bring minimum items with you to the appointment (no large bags permitted).

If you are not required to attend the appointment with your child, please note that there are no waiting facilities within the reception area at the Mulberry Centre.

You will be required to sign a track and trace log at arrival at the reception area.

Staff conducting the appointment will wear PPE and you will be required to wear a face mask unless exempt.

Please let CAMHS know if your child would like a picture of their clinician before a first appointment to help with the expectations of the appointment and relieve anxiety. We are open to suggestions for any other ideas that might make it easier for your child to attend their appointment.



### Prescriptions

Our delivery service of prescriptions direct to the pharmacies seems to be working really well to reduce the amount families have to come into the building and ensure young people get their medication in a timely fashion. Can we please remind everyone that we require 5 working days in order to write a prescription to ensure you get your medication on time. We are still working from home a lot of the time and so there will not always be someone around to write a prescription if you have run out - thank you for your cooperation.

If you have a shared care agreement in place with your GP, then this is the first place to go for your medications and is often the easiest!

## NHS volunteers and feedback

Thank you NHS volunteers who are still supporting us so we can support you! Volunteers are still helping us with taking prescriptions to nominated chemists and making calls to families for their anonymous feedback (your views really do count). Friends and family feedback is very valuable to CAMHS and a huge thank you to those who have taken the time to provide us with this.



## A lockdown project that helps others!



A huge thank you to Jack for creating these boxes to help other young people with distractions to ease their anxiety! Thank you for thinking of us! We love our boxes and we will share these with our young people. Check out Jack and Julie's post below:



☐An amazing young man is offering to give a gift to a child in need! ☐ My name is Julie and my son has just left a mental health hospital. He is wanting to do a project for children in the same situation and to let them know they are not alone. He has decided to make boxes with different items and distractions for children with mental health illness or struggling. If anyone has a child that could benefit from one of these please let me know.

Thank you for reading our post.

These boxes are free he has made them with his Christmas/Birthday money and donations he received.

Julie and Jack x

## Working together on the waiting area



All art work produced for the waiting area will be on display at Cornerstone Art. Please feel free to go and view all your hard work! CAMHS would like to thank the local community for coming together in lockdown.

Phil from Hand Painted Mural's has done an excellent job with your work and I am sure you will all be impressed.

Still to come:

- Books made from your pictures
- Display at Cornerstone Art Centre Darlington
- When it is safe, we would like to arrange visits to CAMHS to see the improvements.

A huge thank you to you all for making this happen!

## Webinar recordings



**The Realities of Home Schooling:**

[https://youtu.be/AAm04Wqqr\\_c](https://youtu.be/AAm04Wqqr_c)

**Returning to School; support and strategies for managing behaviour and worry:**

<https://youtu.be/vM8RAj96XLc>

**Sensory ideas for in the Home:**

<https://m.youtube.com/watch?v=IC0LumVDkt4&feature=yout>

## Dialectical behavioural therapy (DBT)

**healthwatch**  
Darlington

Healthwatch are helping raise awareness of DBT and here are some answers to your questions:

Who would be most suitable for DBT? I know it mentions about having a risk assessment done beforehand to see if it is the right fit, but is there a particular group of people who it is more centred in helping with?

*Most suitable would be a young person aged between 14-18, who is in CAMHS. They will have a prolonged history of emotionally unstable personality traits (greater than 6 months). This can include self-harm, para suicidal behaviour, emotion regulation difficulties, unstable relationships and impulsive and/or dangerous behaviour.*

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'Gain a balanced understanding' I was just wanting to know what it means by balanced? *Balanced is about dialectics, that two things can be true at the same time. Such as, 'I am happy to see my friends at school and I'm angry I have to sit in class all day'.*

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In the weekly skills group why does a parent need to attend and what is the walking the middle path module about? *A parent doesn't need to attend but it is great where this is possible so that they can learn the skills at the same time. The Walking the Middle Path module is about looking at the conflict within families, how we can get pulled into opposite or polarised directions. It teaches ways of resolving conflict through 'walking the middle path' between acceptance and change.*

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If the individuals do not find DBT working for them, are they allowed to leave the programme? *Yes! they can leave the programme, prior to starting the skills group the young person will have pre-treatment sessions with their individual clinician, they spend time learning more about DBT and working on commitment to DBT.*

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Is the programme tailored to each individual's needs? *The individual sessions are tailored to individuals needs in line with the programme and the group is a curriculum prescribed by the programme.*

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Is there anything I can do to prepare beforehand for DBT? *Come to DBT with an open mind and a willingness to learn new skills.*

Darlington CAMHS are the first service to deliver virtual DBT across TEWV. DBT spaces are available so please talk to your clinician, see if they think this would be good for you to try, and ask them to make a referral.

# Helpful links and other services

## CAMHS single point of access

Contact **0300 123 9296** to make a referral to CAMHS for children/young people community mental health support.

## CAMHS/TEWV Crisis

24/7 support for children/young people in mental health crisis.  
Call **08000 51 61 71**

## Rollercoaster Parent Support

Support for parents/carers with children struggling with mental health difficulties. Call **07415 380 040** or find them on Facebook  **rollercoasterparentsupport**

## Kooth

Free, online forum and counselling/mental health support for young people aged 11+. Visit [www.kooth.com](http://www.kooth.com) to find out more.

## WeHeartCBT

Free CBT resources to help schools, parents and professionals support children with mental health difficulties. Visit [www.heartcbt.com](http://www.heartcbt.com) or Facebook @  **WeHeartCBT**

## Recovery College Online

Free resources to help support people struggling with mental health difficulties. Visit [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk) to find out more.

## Darlington Mind

Offering a dedicated service from 1.30-4.30pm (Mon-Fri) to help anyone aged 11-18 who is struggling to cope with the current situation.

Call: **07432 843161** Email: [crew@darlingtonmind.com](mailto:crew@darlingtonmind.com).

## St. Teresa's Hospice

Family support and bereavement team offering specialist support and counselling for anyone diagnosed with a palliative or life limiting illness, as well as their families/carers.

Call: **01325 254321** [www.darlingtonhospice.org.uk](http://www.darlingtonhospice.org.uk)

## Daisy Chain

Supports young people, families and adults affected by ASD, ADHD and sensory differences across Tees Valley.

**0800 031 5445** [www.daisychainproject.co.uk](http://www.daisychainproject.co.uk)

## Little Treasures Autism Charity

Support for those with autism across the North East. Call **07749 681 130** or email: [littletreasures18@gmail.com](mailto:littletreasures18@gmail.com)

## The Children's Front Door Team

Advice and practical support for Darlington families.

Call **01325 406222** or

email: [childrensfrontdoor@darlington.gov.uk](mailto:childrensfrontdoor@darlington.gov.uk)

## Health Watch Darlington

Helping you and your family to find the right services in

Darlington. Call **01325 380145** or email

[info@healthwatchdarlington.co.uk](mailto:info@healthwatchdarlington.co.uk)

## Darlington Parent Carer Forum - get involved and join us

A Parent Carer Forum is a group of parents and carers of children with additional needs and/ or disabilities who work with local authorities, education settings, health providers and other providers to make sure the services they plan and deliver meet the needs of children and families in the area.

Parent carers can make a real difference by sharing their ideas and thoughts. It is always up to you how you want to participate in your forum- it may be just by being a member, or you may want to get more actively involved and make sure those who are making decisions know what parent carers think.

We have been working closely with Tracy from CAMHS for a while now and have started a CAMHS focus group for parents this is something we want to continue to develop when normality resumes!

In response to COVID19 we started doing weekly zoom sessions for parents to try to ease the feeling of isolation of being at home with limited support. We've also worked with services to arrange speakers to join us and deliver workshops. The sleep workshop we co-hosted with Maxine from CAMHS was a huge success and feedback from parents was extremely positive, we do hope to do more in the near future.

Zoom sessions take place weekly on a Tuesday at 10am and we also have Helen from SENDIASS available to answer any questions, please follow us on facebook for the link or email [info@darlingtonpcf.co.uk](mailto:info@darlingtonpcf.co.uk)

