

Newham CAMHS Participation Newsletter

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Welcome back to the second edition of our Newsletter

We are now in our second lockdown so more now than ever, we are doing our best to keep our Young People busy, proactive and engaged. We have captured thoughts and discussions over a number of topics and we would love to hear your thoughts too.

Happy reading!



Debate club: Animal Testing

A much anticipated and talked about topic; we kicked our second debate off with a discussion on Animal Testing. Our young people were a sight to behold. They threw in facts, strong opinions, statistics, challenged not so factual statistics and exchanged views on animals vs human genetics. The pool of knowledge was incredible as was their confidence and ability to work together in expressing their teams views.



Anti-Stigma Campaign: Part One

A young person posed a question; What do I do if I need support and medication but my family won't let me? This question opened the floor to more young people who expressed their difficulties with misconceptions and misunderstandings surrounding mental health. Many spoke of 'Imposter Syndrome' where family members compared them to others who have had trauma yet manage to live and survive without the need of support or medication leaving the young people to feel as though they shouldn't need support thus trivialising their struggles and difficulties. Others spoke of requesting clinicians to hold a separate session for parents/carers where the young persons mental health is explained, how it affects them and talk through misconceptions and misunderstandings around medication and therapy. These discussions are ongoing and we would love to hear your thoughts on stigma, mental health and families.

Sharing joy at Newham CAMHS



As the saying goes, put your mask on first before helping others. It's easy to get distracted by the crazy schedules and ever growing workload. More now than ever, we need to pay attention to our own well-being, mental health and work to life ratio. Our lovely Elaine brought this conversation to our young people who gave some rather heart warming points to think about. Below are a few points:

“Clinicians need to know about what a great job they are doing. We value them and know how hard they work”.

“Clinicians need breaks between appointments, the mental strain and trauma they help young people with can impact staffs own mental health and well-being”.

“Everyone MUST take a lunch break. Maybe do a rota in a way that staff take turns for lunch and duty”.

Suggestions were made of having a wall in reception with a tree and having leaf shaped notes dedicated to CAMHS reflecting positive feedback and appreciation which could prove helpful for staff in knowing their hard work is recognised.



Young People's corner - By Olga

“I am not responsible for your triggers”.

Lockdown has meant I spend significantly more time online whether it is for work, poetry, or talking to friends. One thing I have noticed is that the topic of triggers has come up quite strongly, specifically triggers surrounding trauma that one may face.

A trauma trigger is a psychological stimulus that prompts recall of a previous traumatic experience, often a reminder of a traumatic event such as a smell or sound.

The line ‘I am not responsible for your triggers ‘ often comes up, especially within the online mental health community. I agree with the statement to a certain extent however triggers are often very personal so other people may not be aware of them all. Triggers can be hard to communicate to others as the actions of the recipient are not always known. Not taking responsibility of your own triggers, does not excuse triggering others by posting extremely detailed triggering content online.

One example of this is, you may post an entry online about a struggle with mental health. The example could include details of trauma, suicidal ideations and perhaps even acting on them. It is not just courteous, but necessary to place a trigger warning on the post so others are aware of potentially upsetting content.

This is why it is important to know your triggers so you can protect yourself, and learn of other common triggers to protect others.

Remember: Encourage yourself and others to seek support in order to lessen the impact of triggers. Do not be afraid to state your feelings, set boundaries and ask for a trigger warning.

People Participation User Groups

1

Are you a clinician or a parent and know a young person who may benefit from joining our participation groups? Or, may be interested in getting involved with projects?

2

REFER YOUNG PEOPLE BY SENDING:

- ▶ The name of the service user
- ▶ Contact details of the service user
- ▶ Parent/Guardian contact details

3

THEY WILL BE ADDED TO THE REGISTER AND RECEIVE EMAILS FOR USER SESSIONS, PROJECT RECRUITMENT, TRAINING OPPORTUNITIES AND MUCH MORE.

Would you like to contribute to the newsletter? Maybe share pieces of work or upcoming groups?

Please feel free to get in touch at: sumaiyah.ravat@nhs.net

These groups are also a space for staff at CAMHS to consult our young people with projects, workshops, conversations, co-production and more.

Please feel free to get in touch. Our young people are always happy to welcome you in and share their thoughts and opinions.