

CITY & HACKNEY CAMHS NEWSLETTER

NOV/DEC
2023



TREE OF LIFE IS SPREADING ITS ROOTS

The Tree of Life Project is in Hackney Secondary schools for Young People of African, Caribbean & Mixed Heritages. It is peer-led, culturally-attuned and focusses on strengths. It's a wellbeing intervention which is co-facilitated by Peer-Leaders from Hackney Council of Voluntary Services and Educational Mental Health Practitioners (EMHPs) from City & Hackney CAMHS services for schools.



“It is a journey of self-discovery where each person can see who they are as individuals and take a deeper look at their roots.” Deji Adeosun, Hackney Council for Voluntary Services

The Tree of Life is a tool used globally,

“Originally developed to support vulnerable children in East and Southern Africa, ToL draws on the metaphor of a tree, taken from Zimbabwean folklore and collective narrative practice to support groups and communities to overcome difficult life experiences.”

Samantha Lock, EDUCATIONAL PSYCHOLOGY RESEARCH AND PRACTICE Vol. 2, No. 1. March 2016. pp. 2-20

The Hackney project has been nominated for 3 awards:

- The ELFT Staff Awards - Working in Collaboration Award
- Health Services Journal, HSJ Awards - Innovation and Improvement in Reducing Healthcare Inequalities Award - **WINNERS**
- Children and Young People, CYP Now Awards - The Mental Health and Wellbeing Award

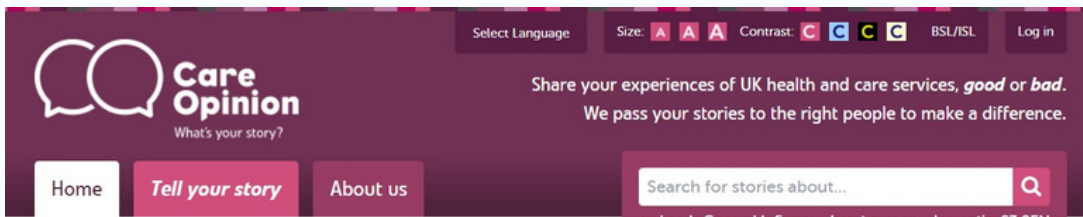


Service Reviews

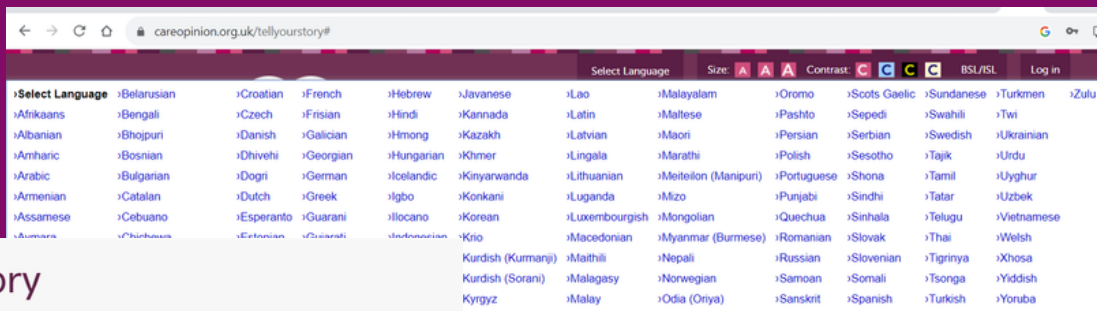
Patients and clients can now read and write comments and experiences of their healthcare using website Care Opinion.



City & Hackney Specialist CAMHS have signed up so that those people using the service can upload their comments. These comments can help us improve the service when something has not gone well or encourage staff by giving compliments when you are happy with your care.



There are over a hundred languages to view the site in as well as voiceover options in BSL and ISL and screen reader compliance.



Tell Your Story

Tell us about an experience of health care or social care within the last 3 years.

Your story might be about you, or someone close to you. You can say what happened, what was good, and what could have been better.

You can use words, or pictures, or both, to help you tell your story. It might take 5 or 10 minutes.

If you need immediate help, these [advice/support services](#) may be able to help.

What happens to your story?

We read your story and show it on this web site if we can. (Sometimes we can't.)

We ask for your email so we can let you know when we publish your story. But we never share your confidential information with anyone else. ([Privacy policy](#))

We also email health or care staff who need to see your story. Often, they will reply to you here. If they do, we let you know.

Services we work with

- Hospitals, ambulances and emergency care
- Community services, hospices and mental health care
- Many general practices
- Dental care in hospitals, but not local dentists
- Care homes and care at home for adults, in England and Scotland

If you prefer, watch a [signed video](#) (BSL or ISL) about this site

Use the code to the right or www.careopinion.org.uk to look up stories about health services you use or to leave City & Hackney CAMHS a review



More about our organisation

Care Opinion is a non-profit organisation, based in Sheffield and Stirling. We are funded mainly through subscriptions from health and care organisations.

We have been sharing people's experiences of health and care services online since 2005, and we have built a national and international reputation for our innovative and value-led approach to online feedback.

- [Our vision, mission and values](#)
- [Find out more about our organisation and who we are](#)

Get to know... **Maxi Howel**

**Dance and Movement
Psychotherapist**



What's your favourite food?

That's hard because I love food in general, I love to eat and I love food from all around the world. If I had to pick I would probably say barbecue which is the cultural food from where I'm from, Southern USA, it's comfort food for me. So that's

mac 'n' cheese, barbecue brisket, collard greens (the green tops of a vegetable a bit like turnips, my father cooks them boiled with bacon and they're really lovely), corn bread and potato salad.

What's your favourite film?

Again, I love cinema in general. I think my favourite book though is *The Great Gatsby* by F Scott Fitzgerald. I also like Southern gothic literature, there's a writer I really love called Flannery O'Connor, she writes dark short stories, they always have some crime and there's always some Southern culture. I like reading about religion too, I love Karen Armstrong's writing, I have a bachelors degree in Religious Studies so that's a passion. I like taking in knowledge in any form and I love laughing so any film that will either make me laugh or fill my brain, I'm gonna enjoy it, sometimes they do both but it's rare. Cinema can do it in a way where it can be aesthetic and artistic but with dry humour, I appreciate that, like *Eternal Sunshine of the Spotless Mind*.

What do you want people to know about what you do?

So as a Dance and Movement Psychotherapist, what I want people to know is that it's not a dance class, I'm not here to teach you anything, there is less to be intimidated by than people tend to think. It's not about coming into the room and knowing how to express yourself through dance and movement and know what to do. It's about expressing yourself in whatever way you feel too, even if that isn't by moving and dancing; there is just less emphasis on talking than other types of psychotherapy and more emphasis on creativity.

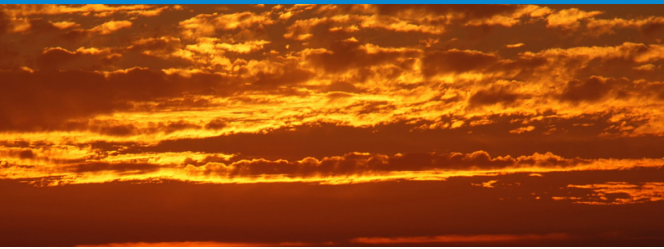
Service Update

Change to re-referral policy

The option to self-refer directly back to Specialist CAMHS for a 12 month period after discharge is changing. The Single Point of Access/SPA oversight group has made the decision that all referrals, including those of children and young people previously open to Specialist CAMHS, need to go through SPA regardless of how long ago they were closed from Specialist CAMHS. The re-referral will need to be done by GP, school or a similar professional.

This decision has been made so that all triage calls (Triage is the stage where a clinician from SPA calls the young person/family to discuss the referral) go through the same process and all CAMHS Alliance services can be considered to decide which is best suited.





Advice for coping with news of traumatic events around the world

General advice for young people and adults around news, social media, online forums of information sharing (taken from a clinical psychologist of a leading practice in the Middle East)

- The videos and testimonies we are currently exposed to can be bigger and more devastating than we can contain. It is important not to overwhelm ourselves with more distressing information than we can filter and manage.
- Obsessively keeping up with the networks and news can provide us with a sense or illusion of control. It is as though if we are constantly up to date, we are doing something about what has happened. In practice, not only do we not do or help anyone, but actually we weaken and tire ourselves out and leave no strength for ourselves and our loved ones. The right thing is to catch up sparingly. Two times a day is enough.
- Guilt – If we are not connected to the news 24/7 we may feel guilty. We may try to express solidarity or support for family, friends or community by connecting to the news. Again, in practice, we might only become more distressed and struggle to engage with work, school, life.
- Try to keep to a routine, even if you don't feel like it. Give yourselves small daily tasks. We should try not to be angry at ourselves if having a hard time functioning at the best right now.
- Take breaks and do distracting things. Play, listen to music, do some physical activity, watch a film. These activities can create calm and distraction.

Be together, talk to people who are supportive and kind. ●

Think about how we can help. Even in the smallest thing. What I have to give to others. The feeling that I helped someone is very important and helpful. ●

Avoid creating trauma responses to material we watch. Exposure to difficult content such as a video or photo can be triggering and stay in our minds. It can be helpful to talk about images you see, talking over and over again about what we've seen. Just being repetitive and sharing helps you to mentally and emotionally process. ●

Remember that what we often need is to be with others and feel understood. We can't say that this will all be fine, but we can say about this moment, these awful times now – 'this too shall pass'. ●

Groups at CAMHS



Specialist Parenting Group

Many of the parents attending the group have already attended parenting groups that focus on skills and strategies. However, they often report this has not been an intervention that helped, often leaving them feeling more isolated and confused about how to manage.

This Specialist Parenting Group takes a different approach, focusing on understanding the meaning parents make of the parenting offered, providing time to reflect on how it is viewed with regard to authority, anxiety and loss of control or helplessness, as well as understandable feelings of guilt, shame and anger. The group is structured so that there is feedback time to unpack, acknowledge and validate feelings so that hopefully the intervention is helpful.

10 sessions

2.5hrs

Mixture of presentations, video clips, interactive group exercises and reflective role play



COURRAGE

The CAMHS Emotional and Behavioural Team are piloting a new group, for girls and non-binary people who have experienced sexual violence.

We are using the COURRAGE approach, which was developed by Ncazelo Ncube-Milo, a Zimbabwean Psychologist who works in South Africa, known for the Tree of Life Methodology

Within the COURRAGE model, narrative principles aim to link people's existing skills, knowledge, values and dreams to culture, relationships and wider social history, using storytelling and creative approaches to address traumatic experiences.

WE ARE ROLLING THIS GROUP OUT OVER TEN SESSIONS WITH A CELEBRATION ENDING IN JANUARY. WE WILL COLLECT FEEDBACK ON YOUNG PEOPLE'S EXPERIENCES IN THE GROUP AND HOPE TO RUN IT AGAIN IN THE FUTURE.

Non-Violent Resistance

NVR

A programme for parents and carers to help address violent, destructive and harmful behaviours in adolescents.



Information for Parents/Carers

8th January 2024 - 25th March 2023

About NVR

NVR addresses violent, destructive and harmful behaviours in children and adolescents and restores individual strength and self-respect in parents. It also supports caring and respectful relationships in the family and wider communities.

Mahatma Gandhi, Rosa Parks, Martin Luther King, followed NVR principles in fighting for freedom from colonialism and racial discrimination but NVR has also been used in the community and family context.



What can parents/carers gain from attending the programme?

- A better understanding of harmful/destructive behaviours
- Strengthened family relationships
- Support for the whole family
- Freedom from the feelings of powerlessness
- An increased presence in your child's life
- Hope for the future

Key concepts of NVR in parenting:

- De-escalating conflicts
- Increasing parental presence
- Recruiting and utilising supporters
- Taking a firm stand against violent or destructive behaviours.
- Announcing your commitment to you child or adolescent
- Breaking the cycle of shame and silence
- Connecting conversations
- Arranging sit-ins
- Creating reconciliation gestures that are not linked to the young person's behavior but increase positive interactions between parents and young people

About the group:

- The NVR group will run weekly for 11 sessions starting on 8th January 24
- Prior to the group starting, parents/carers will be invited to an initial interview to meet with professional and parent facilitators to find out how NVR could be useful for them.
- Sessions will be co-run with parents who have had previous experience of using NVR and attending a CAMHS led group.



For further information please contact:
Claudia Livesey on
020 3222 5600

Children and Young People's Centre
15 Homerton Row
London
E9 6ED

Most of our groups at Specialist CAMHS are referred into, if you think you might be interested please talk to your CAMHS worker and discuss with them if a particular group would be suitable for you.

What's out there?

FOR YOUNG REFUGEES AND ASYLUM SEEKERS



Baobab Centre - for young refugees in exile
<https://www.baobabsurvivors.org/>



Supporting refugees & YP seeking asylum into employment
<https://www.breadwinners.org.uk/>



Coram Voice - getting YP heard
<https://coramvoice.org.uk/about-us2/about-us/>



Drs of the World -empower excluded people to healthcare
<https://www.doctorsoftheworld.org.uk/>



Creating a Community for Young Refugees and Migrants in London
<https://www.dostcentre.co.uk/>



Freedom from Torture - no one should be tortured for being who they are
<https://www.freedomfromtorture.org/>



Hackney Migrant Centre -free, weekly advice and support service
<https://hackneymigrantcentre.org.uk/about-us/>



Hope for the Young - creating promising futures
<https://hopefortheyoung.org.uk/>



Play for Progress - Creative arts for unaccompanied young people seeking asylum
<https://www.playforprogress.org/>



Refugee Council
<https://www.refugeecouncil.org.uk/get-support/services/my-view-childrens-therapy/>



Project 17- to end destitution among migrant children
<https://www.project17.org.uk/>



Praxis - for migrants and refugees
<https://www.praxis.org.uk/>



WHOLE SERVICE STAFF AWAY DAY

EQUALITIES DISCUSSION



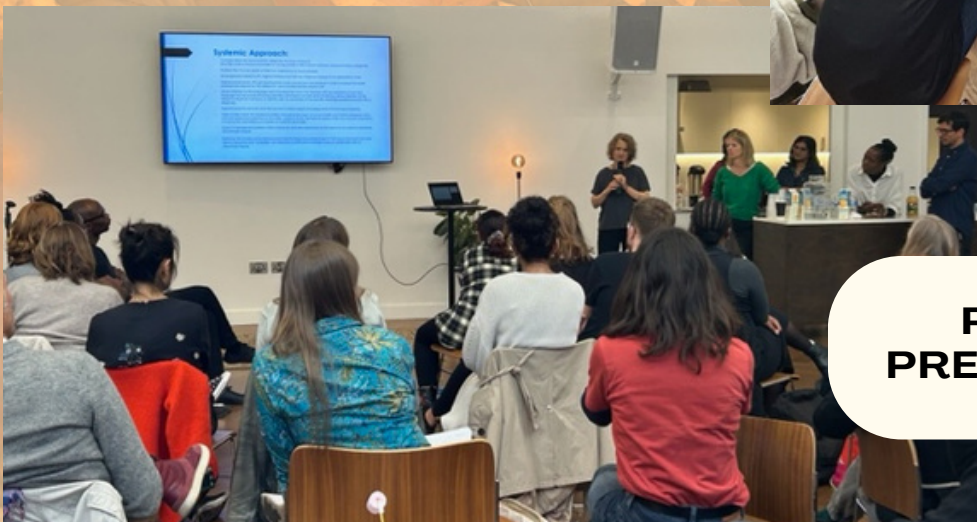
MARSHMALLOW BUILDING GAME



WOODFIRED PIZZA



PATHWAY PRESENTATIONS



Ade's Updates

Thank you to all the staff who attended the recent Whole Service away day. It was great to positively inspire each other, connect, learn more about each other's pathways and look at ways to improve the services we provide to children, young people and families. I hope we can take the learning and motivation forward as we look towards the new year.

A huge congratulation to the Mental Health in School Team (in partnership with Hackney Council for Voluntary Service), who have won the 2023 HSJ Inequalities Awards for 'Tree of Life in Schools' for African and Caribbean Heritage Young People. Well done to every member of the MHST team.

I also want to say a big well done to Rebecca Itlas and Lorraine Dick and the NDT team who have been invited to present at the RCPsych Quality Improvement Annual Conference on their project 'Reducing DNA rates and Improving Health Equity in a Specialist CAMHS Neurodevelopmental Service'. Thank you to Rose Kachere, our People Participation lead and the young people who have contributed to supporting this work to happen.

It's not too late to take your Flu Jab!

If it feels like all we ever talk about during the winter season is Flu Jab, that's because it protects you and those around you at home and at work. If you have not taken your Flu Jab, this is a call to action to book yourself into our flu clinic which is running at Homerton Row and John Scott Health Centre. A massive thank you to our vaccinators: Zak and Alison for taking on this extra role.

Lastly, I would like to use this opportunity to remind all our staff to complete this year's NHS Staff Survey. Staff's responses are confidential and your feedback will help us to improve the ways which we work, support each other and create a better work environment for all our staff. Look out in your email for the staff completion prize, both locally and Trustwide.

In the words of Johann Wolfgang von Goethe: 'Knowing is not enough; we must apply. Willing is not enough; we must do.' As we enter into the final weeks of the year, I hope we can stop, exhale and celebrate all that we have achieved whilst looking forward to the many opportunities in the year ahead.



Wishing you joy!
and to know that,
whenever there are
celebrations, 'it's
still ok to not be ok'



November is...

**ISLAMOPHOBIA
AWARENESS MONTH**

#MuslimStories



Young Minds resources on
islamophobia and mental health

**[https://bit.l
y/45V2K6L](https://bit.ly/45V2K6L)**