

Developments in Safeguarding: Virtual Mini Manager Masterclass May 2021

- *Please put your name and organisation in the chat, feel free to use this for questions*
 - *Please mute your mic and turn off your camera *Recorded**
 - *Make a brew, sit back and soak up the learning!*
 - *We will start at 12pm and finish at 1pm*

What's coming up?



Want to know more?



North Yorkshire
Safeguarding Children Partnership

Partners: NHS North Yorkshire Clinical Commissioning Group, North Yorkshire County Council

We need your eyes and ears

Look out for signs of abuse or neglect in children and young people

- Unkempt clothing
- Hungry
- Overly tired or poor concentration
- Appearing overly anxious
- Self-harm
- Changes in behaviour and associations
- Having no money or having more money and items they usually couldn't afford, such as a new phone.

If you are worried about a child call **01609 780 780** #TellUsYourConcerns
www.safeguardingchildren.co.uk/parents-carers/what-is-hidden-harm
@nyscp1

Wellbeing Warning



NYSCP Task and Finish Group



Recommendations

1. All NYSCP and CYSCP relevant agencies to embed suicide prevention awareness in their own training.
2. NYSCP to amend training to include suicide prevention within the online North Yorkshire Safeguarding Children Basic Awareness training that is on offer for to multi agency partners.
3. Task and Finish Group to draft wording that can be included into school safeguarding policies. The NYSCP to review the NY Schools safeguarding policy (NY only as CY do not offer this draft policy) and include some wording within the social and emotional mental health section around self-harm and around suicide ideation.
4. NYCC Principle Education Psychologist to update the critical incident booklet for schools and circulate once complete.



5. NYSCP and CYSCP to create a dedicated bereavement page on their websites and share with partners to ensure all the available support services are in one place.

<https://www.safeguardingchildren.co.uk/parents-carers/bereavement/>



6. All Schools to ensure suitable training is offered to staff Social, Emotional Mental Health and also include Suicide Prevention.
7. All agencies to promote and encourage individuals to undertake the training through the #Talksuicide campaign.
8. NYSCP and CYCSP to promote the [#TalkSuicide campaign](#) and encourage staff to undertake this 20 minute programme. In addition, to also promote enhanced training such as SafeTalk, ASSIST, Mental Health First Aid and other which are available via Headfirst headfirst-northyorks.org/ and Public Health York



HEAD:FIRST



Humber, Coast and Vale

Training for Schools

The ASK Workshop UK
Assessing Suicide in Kids aged 5-14

Date (attendance at both is required) Tuesday 6 th July and Wednesday 7 th July 2021	Course code SI-0721-T012
Thursday 14 th October and Friday 15 th October 2021	SI-1021-T001
Tuesday 23 rd November and Wednesday 24 th November 2021	SI-1121-T001
Thursday 3 rd February 2022 and Friday 4 th February 2022	SI-0222-T001

In just one day, we
can teach you how to
help a child at risk of
suicide become a
child with hope for
life.



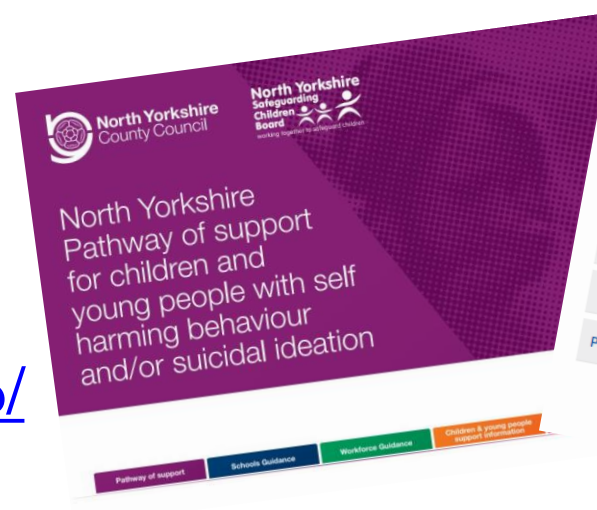
North Yorkshire
County Council

<http://www.nyestraining.co.uk/>



9. All agencies to use the available NY Self harm and Suicide Ideation Pathway to ensure children get the right support at the right time by the right service (York to follow).

<https://www.safeguardingchildren.co.uk/shsip/>



10. NYSCP and CYSCP Child Death Review partners recirculate the One Minute Guide (OMG) to Child Death Review process, share Child Death Review Awareness training dates and to look to deliver specific training aimed at education settings.

<https://www.safeguardingchildren.co.uk/professionals/child-death-review/>



Masterclass Suicide Prevention 28th May 2021 Pat Sowa



starfish

'You must be the change you wish to see' Gandhi

psowa.starfish@gmail.com @pat_sowa

Dom's Story & lessons learnt








A Child's Behavior is an Iceberg

What you see:



Feeling loved
Feeling satisfied
Feeling confused
Feeling detached
Feeling secure
Feeling sad
Feeling connected
Feeling angry
Feeling joyful
Am I safe? Am I loved?
Can I do things for myself?
Am I capable? Am I nourished?
Do I belong? Am I respected? Do I
have power? Am I secure? Am I included?
Are my thoughts valued? Am I understood? Do I matter?

(What's really going on)

EVERYONE
SEEMS NORMAL
UNTIL YOU GET TO
KNOW THEM





1st June 2000 – 29th October 2017

PUT YOUR
POSITIVE PANTS

ON!



Some things I have learnt (you might know them already!)



- Ask about treatment plans, risk assessment, qualifications. Don't assume that you will be told
- Learn about trauma/take a horizontal history not a vertical one
- The only way to know is to ask and then LISTEN
- Lobby for funding and access to treatment using your influence & professional knowledge
- Trust your instincts and put it in writing
- Love goes a long way but it's not the whole story – expert help is sometimes needed
- Find out about local and national support and don't be afraid to say you don't know what you are doing
- Look after yourself too – caring can be exhausting
- Hope for the best and plan for the worst

Mental Health & Looking After Each Other

Love alone is not enough:
knowledge and skills are
also needed to support
someone with a mental
health condition

PAT SOWA - TAKE MY HAND

Thread
THE CARE WITHIN THE CARE

What can you do about it?



Get Trained



Ask Directly



Learn how to listen



Signpost to support



Putting Mental Health into perspective



- About 10% of young people age 8 – 15 experience a low sense of wellbeing
- 13% of people age 5-19 meet clinical criteria for a mental health disorder
- 1 in 4 adults in the UK will have a diagnosable mental health condition at any one time
- 50% of mental ill health starts by the age of 15 and 75% develops by the age of 18
- **BUT** the average time to full diagnosis is 10 years
- **YET** the vast majority of people who experience a mental illness go on to recover and live fulfilling lives
- **AND** most suicide is preventable with effective intervention – **asking directly**



What do we mean by Mental Health?

“...A state of wellbeing in which every individual reaches their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.”

- How we think
- How we feel
- Our sense of wellbeing
- How we behave

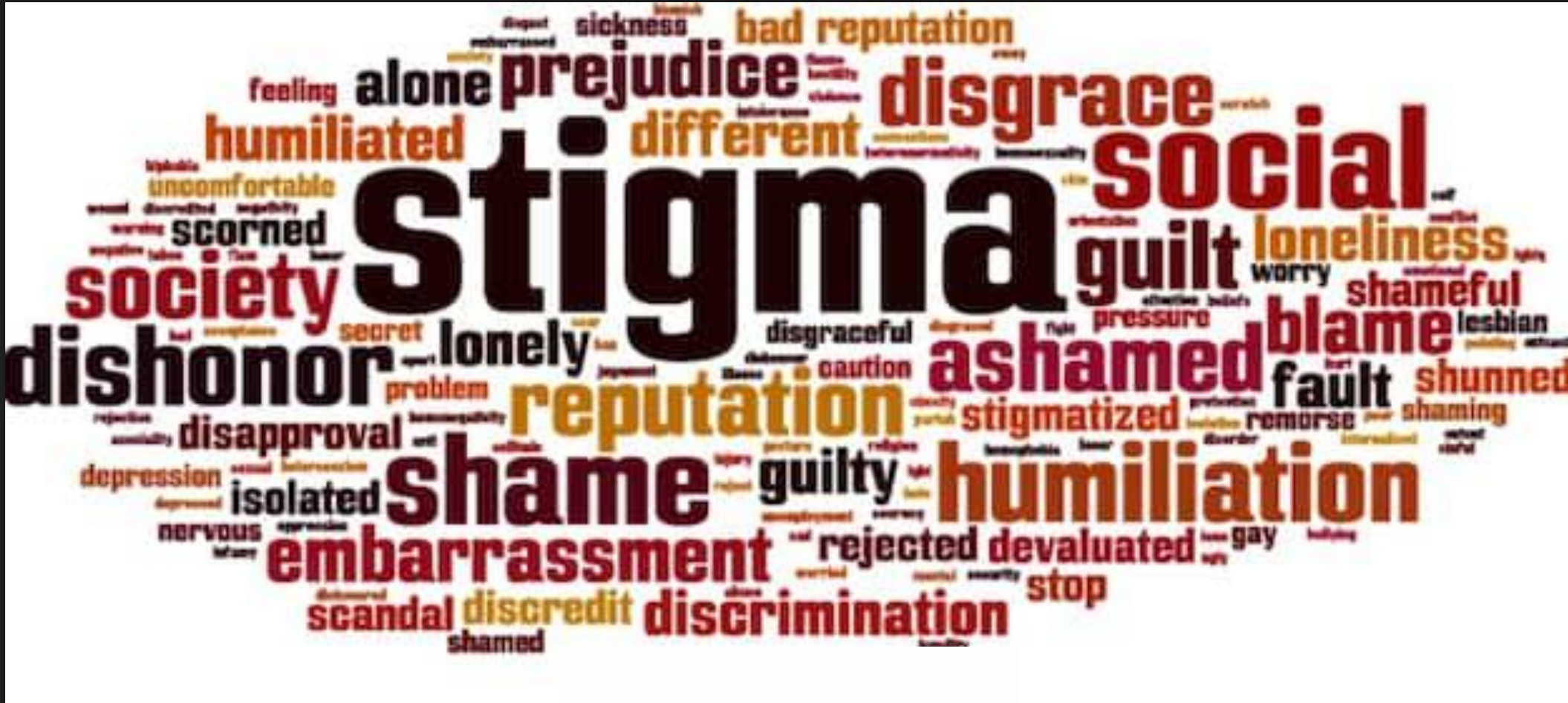


<https://delphis.org.uk/mental-health/continuum-mental-health/>

Mental wellbeing is a Culture change challenge



What is the impact of these associations?



Suicide Safety: Facts not myths

- Suicide is usually preventable if we address it head on
- Talking about suicide makes us safer it doesn't make someone suicidal
- It's better to ask directly: Are you thinking of taking your own life?
- Helplines such as Papyrus Hopeline will talk to worried professionals, friends and families as well as people who are feeling suicidal
- Who would you put down as your 3 trusted people?
- Confidentiality Vs. Risk to life 'Gillick Competence'

*PLEASE SPEAK TO SOMEONE WHO CAN HELP
IF YOU ARE HAVING THOUGHTS OF SUICIDE
OR CARING FOR SOMEONE WHO MIGHT BE*

Getting to grips with mental wellbeing is a Community-wide Culture change challenge



What can you do now?

Plan for the worst

- Policies (safeguarding, wellbeing for staff and students) include suicide prevention information & signposting to support
- Sudden Student Death includes suicide prevention responses
- Resources locally / nationally to support prevention and bereavement (postvention)
- Get Trained in suicide prevention
- Visible signposting to support
- Build into curriculum/staff induction/CPD

Hope for the Best

- Wellbeing strategy & activities for students and staff
- MHFA / Wellbeing training
- Access to Counsellors
- Build relationships with CAMHS etc
- Share knowledge & resources with families
- Early identification of vulnerability / give support
- Build resilience skills: relationships, problem solving, self-esteem, MH & wellbeing knowledge



starfish

Do the best you can until
you know better.

Then when you know better,
do better.

-Maya Angelou



E
M
I
L
Y
S
Q
U
O
I
E
S
C
O
M

KINDNESS

&

RESPECT

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



It's not a quick fix but making time to have a bit of these in our lives improves our chances of good mental health

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

Suicide Safer Communities



Where to find support



Stayingsafe.net

BUZZ US is a text messaging service run by **Compass BUZZ** for young people aged 11-18 who live in North Yorkshire

Text a wellbeing worker on 07520 631168 if you are experiencing any of the following:

- Bullying
- Anxiety
- Self Esteem
- Eating Problems
- Low Mood
- Stress
- Self Harm
- Emotions

PAPYRUS
prevention of young suicide

HOPELineUK 0800 068 41 41

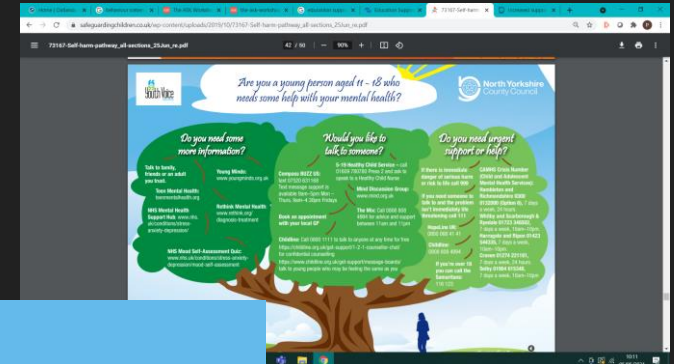
Text: 07786 209697
Email: pat@papyrus-uk.org



kooth

Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com



TALK TO US
If things are getting to you

116 123 FREE
The number to call for self-harm and suicide

jo@samaritans.org
samaritans.org

SAMARITANS

North Yorkshire
Subsiding Children Partnership

Worried about a child? Make a Safeguarding Call

Self-Harm and Suicidal Ideation Pathway

Introduction

This North Yorkshire Self-Harm and Suicidal Ideation Pathway is split into multiple sections, each aimed at specific groups:

- Part One - Self-Harm and Suicidal Ideation Pathway Overview
- Part Two - Guidance for anyone working with children and young people in North Yorkshire
- Part Three - Additional Guidance for School
- Part Four - Information for Children and Young People
- Part Five - Guidance for Parents and Carers

Resource Library

Find the latest forms, guidance, tools and documents to help you safeguard children in North Yorkshire by searching in our resource library

Our latest news

People urged to watch for signs of 'residents harm'

wellspring
therapy & training

Education Support

Consent support | Helping you | Helping your staff | Helping your school

Consent updates: You continue to be able to provide parental consent and will receive assistance in all education and...

We are here for you

We are the only UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.

CONTACT OUR HELPLINE

mind
for better mental health

in Harrogate District

Interested in learning more?



TAKE THE TRAINING.
SAVE A LIFE.
#TALKSUICIDE
WWW.TALKSUICIDE.CO.UK



MHFA England
INSTRUCTOR
MEMBER

Adult two day/one day/ half day
Youth two day/one day/ half day



SFA
Suicide First Aid
Understanding Suicide Intervention



ASIST
safeTALK



HEAD:FIRST
North Yorkshire mental health and suicide prevention training hub



starfish



PAPYRUS
prevention of young suicide
HOPELineUK 0800 068 41 41



Zero
Suicide
Alliance



END THE
SILENCE
END
SUICIDE



ASK
Workshop
Workshops



Future
Learn
Psychological First Aid

Suicide prevention Training Courses

ASIST – Applied Suicide Intervention Skills (2 days)

safeTALK – half day Suicide awareness and intervention skills

SP-EAK Explore-Ask-Keep Safe (Papyrus UK half day training)

SP-OT Papyrus UK overview training

ASK (Assessing Suicide in Kids age 5-14)

Zerosuicidealliance or www.talksuicide.co.uk on line free basic suicide prevention training

Stayingsafe.net

Pat's eye view

Every *priceless* life lost costs c.1.2 million



Can we spend money
saving lives instead?

'The best time to plant a tree was twenty years ago. The second best time is now'

- Accelerate change
- Community Wide
- Take responsibility





ACT:

What will you personally do to
make a difference?



starfish

'You must be the change you wish to see'
Gandhi

www.starfishing.co.uk

@pat_sowa



starfish

'You must be the change you wish to see'
Gandhi



North Yorkshire

Safeguarding Children Partnership

Question time...



Keep up to date with NYSCP

North Yorkshire
Safeguarding Children Partnership

NYSCP e-Bulletin

To keep up to date with developments in safeguarding children in North Yorkshire sign up below to receive our NYSCP e-Bulletin.

Email Address

First Name

Last Name

Organisation

North Yorkshire Safeguarding Children Partnership (NYSCP) Permissions
By ticking the box below, I confirm that I am happy to receive emails from NYSCP for the purposes of:

NYSCP e-Bulletin

Free NYSCP Monthly e-Bulletin Sign Up [here](#)

Follow us on: Facebook, Instagram, Twitter

Thank You



Friday 25th June 2021 – support services available to children, young people and their families.

In June we will be joined by Commissioning & Partnership Services For North Yorkshire Police, Fire & Crime Commissioner to provide an overview of the range of support services including referral criteria and pathways for children, young people and their families.

By the end of the session, participants will;
be aware of which support services are available to children, young people and their families,
and how to refer families who would benefit from this support.

Friday 25th June 2021

<https://www.nyestraining.co.uk/Event/142653>

