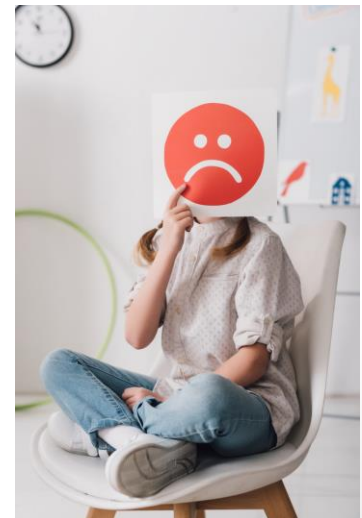




How do we better support the mental health of children with SEND who are already some of the most vulnerable?

The context



Timetable for this workshop

Agenda item	Timing
Introduction and Presentations from panel on existing provision	12.30 - 12.55
Round table discussion <ul style="list-style-type: none">○ Introduction (5 minutes)○ Group discussion (25 minutes)○ Feedback (15 minutes)	12.55 – 1.40
Presentation from Schools Mental Health team	1.40 – 1.45
Q&A session	1.45 – 2.pm

Panel for supporting your child's mental health workshop

Organisation/Area	Panellist
Our Voice	Fazilla Amide
Child & Adolescent Mental Health Service (CAMHS)	Michael Salfrais & Nina Patel
NCL Waiting Room	Rosa Town and Frederick Peel
Wellbeing Connect Service	Patricia Obichukwu
Every Parent and Child	Natalie Kenley
MIND	Vlatka Cesnik
Schools Mental Health Team	Hulya Karabulut

Relationship between SEND and mental health

Our children and young people are already at higher risk of poor mental health because of:

- Anxiety in autistic CYP and CYP with a learning disability in normal circumstances
- Complex communication needs
- Unsupportive environment (including sensory challenges)
- Health issues
- Many of our CYP/families have suffered trauma (PTSD)
- Lack of meaningful activities and opportunities for relationships/friendships

All of the above have been made worse during the pandemic (e.g. increased school absence, increased anxieties, lack of routine, reduced activities etc.)



Our Voice



One of the challenges: Diagnostic overshadowing

This means that someone's health is misunderstood or misdiagnosed

There could be confusion when our children's behaviour changes due to poor mental health, but this is misunderstood and put down to the child's learning difficulty or disability

They could be in pain, and this is also linked to the child's learning difficulty, disability and their "behaviour"

Often Parent carers (experts on their child) recognise when anxieties have got worse and are not "usual" for their child and we need immediate and effective support at that point

But this isn't always dealt with or recognized quickly to work with the child to understand the cause and then treat, which then can lead to crisis

A second challenge: Insufficient Services

- Crisis prevention for SEND is under-valued by Government, under-resourced and underfunded
- There are not enough staff in CAMHS for all children and young people – long waiting lists
- We also don't have any staff in training
- Additional skills and knowledge needed to support our children with SEND. Already in crisis.
- Many early intervention support services for CYP without additional needs do exist
- Mental Health support is being developed within schools
- Early intervention for CYP with SEND is challenging for these services



So we need to get creative

How can we help our children and young people as well as our families as a whole, more?

We've heard from a few specialist organisations looking at what they can offer

We can discuss what else they may be able to do to support our children with SEND

We can also discuss your ideas about what would help your child – even if they sound unrealistic – to see if any of these ideas might be things that we could work on together to help our families

Tabletop Exercise

What creative ideas can we come up with that would help your child/young person to access the mental health support they need in a timely and effective way?

Think about:

- What are the barriers now?
- What could be put in place to adapt existing services so that they are fully accessible for children and young people with additional needs?
- What new ideas could be introduced to provide support in a more timely way?

