

NEWHAM CAMHS PARTICIPATION

NEWSLETTER

Apr/May
2024

Hello! Welcome back to our CAMHS Participation newsletter, where we update you on the exciting work of our Participation Team.

In this month's "Youth Matters: Voices in Focus" column, we feature a Q&A interview with a Young Person with DID (Dissociative Identity Disorder).

The interview, conducted by a member of our Youth Participation Team, aims to address common misconceptions about DID and reduce the stigma surrounding it.

It's been a busy couple of months in Participation, so let's dive in!

Participation Groups:

Young People:

Every other
Monday from 3rd June
(5:00 - 6:00)
Online and
In-person @ York House

Parents/Carers:

Online: Every final Monday
of each month

(Note: Coffee Morning at
York House currently paused
due to group preference &
accessibility)

CAMHS Interview Skills Training

Did you know Young People and Parents/Carers can join interview panels to recruit CAMHS Staff?

ELFT provides monthly interview Skills Training to Service Users and their Caregivers. Once you have completed and passed the training session, you can help us to decide who is employed at the Trust.

CAMHS Gardening Group



We are still recruiting Young People and Parents/Carers to get involved in our Gardening group. We will be running gardening, creative & sustainability workshops taking place over the summer.



Scan here to sign up!
Session dates TBC soon.

Workshops for South Asian Families of Young People with LDA

Five workshops were held in April and May as part of a QI Project for South Asian Parents and Carers of young people with Learning Difficulties and/or Autism.

Parents gained valuable knowledge, discussing the cultural stigmas attached to Mental Health, and quickly connected by sharing experiences and strategies to overcome challenges.

Improving CAMHS Websites Workshops



Service users and Parents have been working together with Rikke, the Transformation Coordinator and the Web Development team to improve the CAMHS website.

The focus groups are ongoing while the changes are being made to the web pages to ensure the site is functional and most importantly accessible to all who use it.

Cost of Living Workshops



In April and May, Susan Downing delivered workshop sessions to provide ideas, tips and suggestions for CAMHS Service Users and Caregivers, on how we can save money and access offers for a range of products and services, during these challenging times.

Please get in touch if you would like to attend the June workshop.



Email
Elft.ppgncamhs@nhs.net
to sign up!

What else would you like to see in the Participation Newsletter?
Let us know!

Email: elft.ppgncamhs@nhs.net
Text: 07827284458

SCAN HERE TO REGISTER FOR CAMHS PARTICIPATION:



Youth Matters: Voices in Focus



Living with DID (Dissociative Identity Disorder)



Interview project by Shanté, in conversation with her friend “Emma”, who’s name has been changed to ensure her privacy and anonymity. ‘Emma’ has consented to sharing her story.

Interviewer: Thank you for being here to answer some questions. To start, can you tell us a bit about yourself and your experience with DID?

Emma: Thank you for having me. I was diagnosed with DID recently, although my symptoms have been present since childhood. Living with multiple identities can be challenging, but it also helps me cope with past traumas.

Interviewer: What were some signs and symptoms that led to your diagnosis?

Emma: I experienced frequent blackouts and memory gaps. Friends and family would tell me about events or conversations I had no memory of. I would misplace things and thought I was going crazy, but therapy helped me realize these were separate identities or “alters.”

Interviewer: Can you explain what it's like to live with multiple identities?

Emma: It’s exhausting, confusing, and messy. Each alter has its own set of memories, behaviors, and preferences. Some are protective, some are young children, and others are more isolated. Communicating and coexisting with them requires a lot of work and understanding. It’s like living in a shared space where everyone has different needs and roles.

Interviewer: How do your alters impact your daily life?

Emma: They influence almost every aspect of my life. I might start a task, and another alter might take over, leaving me confused about what I was doing. This makes work and relationships very challenging. I don’t trust myself to drive or use anything dangerous. However, through therapy, I’ve learned ways to communicate with my alters and manage daily activities better.

Interviewer: What kind of support system do you have in place?

NEXT ➡

Emma: My therapist, friends and family who understand my diagnosis. My therapist helps me navigate the challenges of DID and works with me on integration and co-consciousness. My friends and family are patient and supportive, which is important for my well-being.

Interviewer: How has therapy helped you in managing DID?

Emma: Therapy has been crucial. It's helped me understand the root causes of my disorder, which are deeply linked to past trauma. My therapist uses techniques like EMDR and cognitive-behavioral therapy to help me process these traumas. We've also worked on building a system of communication among my alters, which has significantly improved my day-to-day functioning.

Interviewer: What are some common misconceptions about DID that you'd like to address?

Emma: Many people think DID is just about having multiple personalities, but it's much more complex. Movies like "Split" create misconceptions, making people think I can change personas like Spider-Man. People get scared of me, but they don't realize how scared I am of it too. It feels like I'm missing out on so much of my life, with other people living it.

Interviewer: What advice would you give to someone who suspects they might have DID?

Emma: Seek professional help. If I didn't have the support network I currently do, I don't know where I'd be. Some people think it's a fun quirk, but it's exhausting. If you genuinely believe you have it, find a good therapist who understands you.

Interviewer: How do you envision your future with DID?

Emma: I will continue therapy in the future. I hope to reach a point where I can be at peace with myself—well, "selves." I'm hopeful it will continue to get better. There will be bumps in the road, but I believe all will be well.

Interviewer: Thank you, Emma, for sharing your experiences. It was really kind of you to spare some time for this.

Emma: Thank you for giving me the chance to share. I know it's a hugely stigmatized disorder, so I'm glad to have helped.