

CITY & HACKNEY CAMHS NEWSLETTER



**MAY / JUNE
2024**

INCREDIBLE COURAGE

COURAGE

Within the COURAGE 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.

8 girls joined together to form the first every COURAGE group at City and Hackney CAMHS. This was a pilot group for young people who have experienced sexual violence. The group was a space for the girls to connect, share their stories and wisdom. Everyone learned so much from their honesty and courage!

Opening session

Celebrating survival

Our knowledge and skills that have helped us to survive

Understanding the history of this knowledge and skills

Remembering the hardships we have been subjected to

Reframing and repositioning ourselves with regard to the problems we have experienced

Appreciating important people in our lives

Guarding and protecting what is valuable to us

Envisioning the future

Celebration

The model is based on the narrative therapy based work of Ncazelo Ncube-Mlilo. To find out more about her, visit <https://phola.org/new-founder-page/>

← Outline of
the model



Read on overleaf for some powerful words by participants...

WHAT'S IN THIS ISSUE?

- Get to know...Nikola Skalova
- Return of the Household Support Fund
- The Wellbeing and Mental Health in Schools Conference
- CAMHS Community Day 2024
- Mindful colouring
- Wordsearch
- Ade's Updates

COURRAGE ends with a celebration event where the participants could share the journals which they had made as part of the sessions and receive certificates. As part of this celebration we had a guest speaker, Salma El-Wardany, BBC Radio London presenter and feminist speaker. One of the group members also gave an amazing speech, an extract is below:



...we also touched on what young people need when it comes to going through these situations, and personally I think the biggest one is trying to understand that these experiences can change you and the way you think, act and move through life. And it's hard, very hard especially when u feel nobody understands, so try to understand and be patient with those who are having to deal with this. Something everybody needs to recognize is the importance of young people's stories because between 8 of us if I'm getting that right, we shared more than 8 stories between us and that's the reality for a lot of young woman and a lot of them never feel as if they can talk about it but they deserve to without judgment and without blame. Thank you



Discussions
Journals
Celebration
Worksheets

COURRAGE - SESSION 5

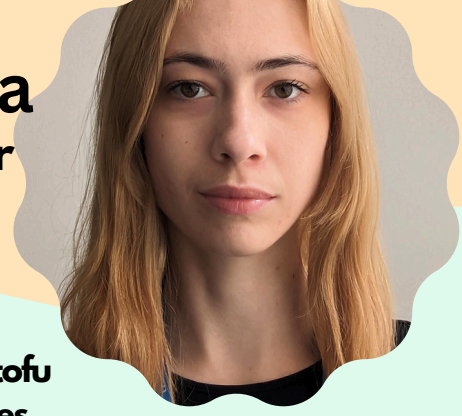
Remembering hardship

This week, you are invited to share with us about your own experience of sexual violence, in your own words. These questions are asking you to reflect on how you survived the experience. We will hear all of your experiences as true and all of your answers to the reflection questions are important, acceptable and valid. You can choose to share as much or as little as you like.

- What would you like to share from your experience of sexual violence, what would you like others to know, if anything?

Get to know... Nikola Skalova

CAMHS Coordinator



What's your favourite food?

My favourite food currently is an Asian recipe, it's gochujang tofu with cherry tomatoes and rice, my flat mate make it and it tastes amazing. For comfort food I like pizza of course and also my family make potato and mushroom soup, it's a Czech recipe. We would always go mushroom picking and make it, I asked my Grandma how to make it exactly right in the Czech way, its really filling because it's got loads of stuff in it, and it reminds me of home.

What's your favourite film?

This should be easy as I watch quite a lot of films and TV shows. My latest obsession is Good Omens by Neil Gaiman and Terry Pratchett. I loved the programme and how they did it, I loved David Tennant in it too and afterwards I watched everything with him in it. When I like something I read the book as well, I make costumes sometimes, I go all in! I make the most of it when I really like something.

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

Well I'm in the Clinical Support Team and I literally do a bit of everything. You can find me at both venues, I help out with admin for the Neurodevelopmental team, and with coordinating assessment clinic (when service users come for their first appointment). I also work at reception and I'm happy to try everything in terms of supporting service users and clinicians. I really enjoy the co-ordination of how referrals first come in and how they are allocated, I'm interested in neurodiversity too and I also like it where there is a problem and I can help make it better. I like that I have a varied skill set and I enjoy seeing how the clinic works from lots of different angles.

It's nice to see how the care of the young people evolves because I see how things are when a referral comes in, then maybe I add a GP letter to their records, I might take calls or hear about them from a meeting so I see the care evolving and this helps in supporting people better when they come in. I like it when I can understand some of the journey they have been on - I can support service users better by knowing the steps that have taken place and if this has been lengthy or frustrating for them.



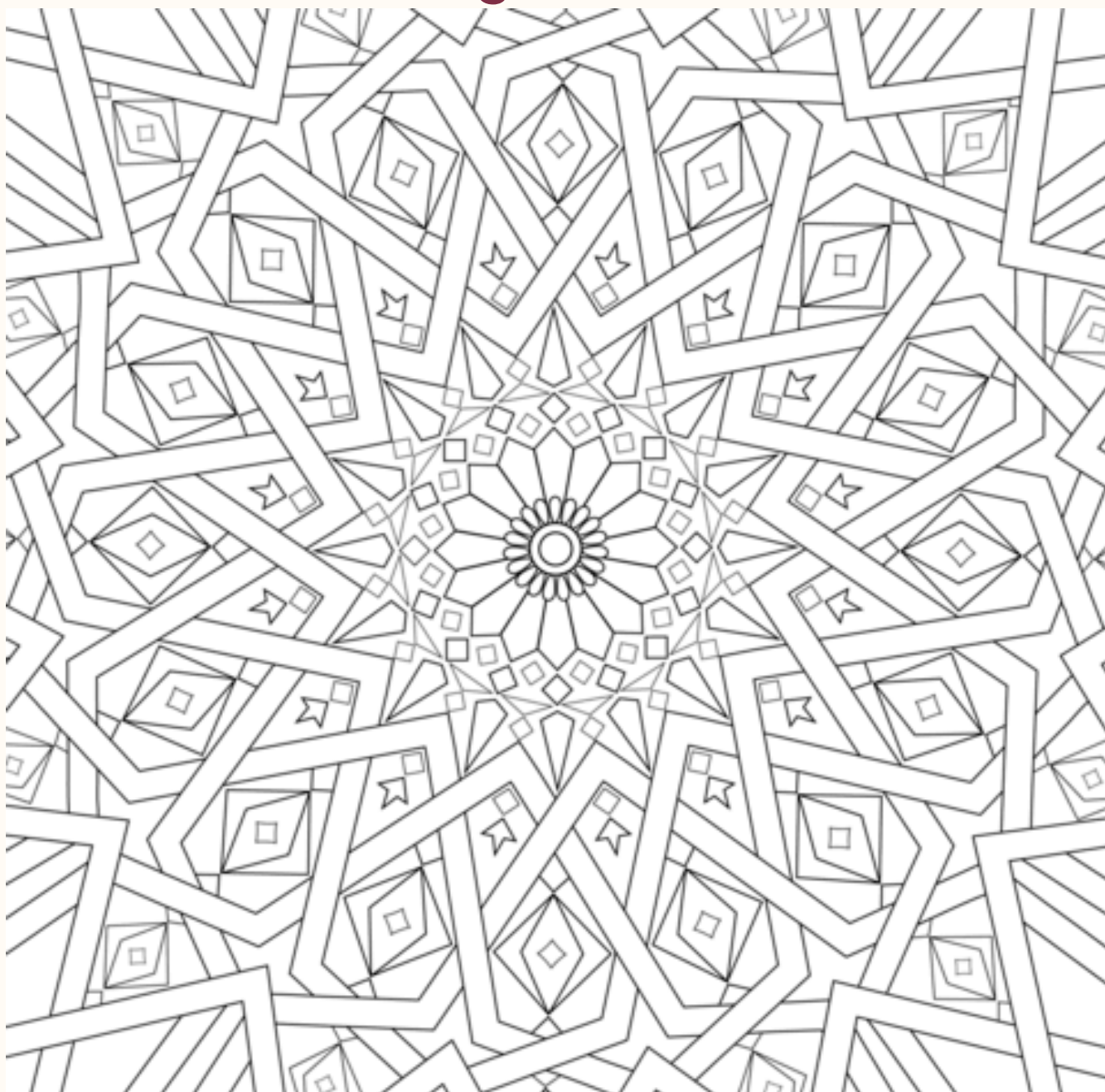
We are asking for reviews of the service you have received at City & Hackney Specialist CAMHS. Just scan this QR code to be taken directy to the Care Opinion website where you can leave an anonymous review.

Household Support fund

Specialist CAMHS are a Trusted Referral Partner again for the Household Support Fund administered by the London Borough of Hackney. This means that CAMHS clinicians can make an application for any Hackney family struggling with the costs of food shopping or energy bills.

In 2023/24 Specialist CAMHS applied for 60 x £100 vouchers and we have another 60 until September 2024. Look for posters in the clinics or email rose.kachere@nhs.net for further information.

Mindful Colouring



THE WELLBEING AND MENTAL HEALTH IN SCHOOLS CONFERENCE

Was held at Haggerston School on July 3rd, with attendees from schools across Hackney, it was an opportunity for a broad range of educators and mental health workers to come together. This event embodied what all who take part in the WAMHS programme strive towards and included celebration, learning, challenge, and connection!

Highlights of the day were the Y10 drama students of Haggerston performing a scene from The It to resounding applause, a truly moving speech from a Jack Petchey Speakout Competition regional finalist, James Tuitt Adjei about life on the spectrum, and the keynote from Dr Deborah Lee about Compassion Focussed schooling and leadership.

Speaker, Deborah Lee of University College London and Berkshire NHS Healthcare gave a presentation on Compassion Focussed Leadership.

Making the case for compassionate systems in schools

Improved academic performance:

Students in compassionate environments, tend to better academic outcomes due to reduced stress and increased engagement

Enhanced social skills: compassionate schools, foster the development of social skills, helping students build, positive relationships and effective communication

Reduce bullying and conflict: Emphasizing compassion leads to decrease in bullying and conflicts creates a safer and more supportive school environment

Some positive feedback on the day:

“Keynote speech was brilliant and pitched perfectly to such a diverse audience. Having young people speak and perform was inspiring....”

Competitive vs compassionate classroom



A classroom characterised by competitiveness is likely to have regulation systems dominated by a dominant threat/drive balance, which will then be used to regulate child or adolescent distress.



Classrooms conducive to compassionate motivations can enable co-regulation guided by the teacher and peers to achieve greater balance

“I got an awful lot from the day”

“So many thought-provoking ideas shared during the workshops”

“ I like how everyone was an expert in the room”



“Year 10 Haggerston drama students were amazing”

“James’ speech was really inspiring. It was brilliant having a young person talking about their experience.”



Some parents and school staff have had complimentary things to say about practitioners from WAMHS and the Mental Health Support team in schools (MHST):

“Just wanted to say how amazing Natalie is. Her advice and support in meetings is invaluable. Everyone who works with her is bowled over by her wisdom, understanding and ability to make a positive change. She absolutely gets the education setting and context and is a voice of reason when working with outside agencies.

Thank You to both of you for putting this level of professionalism into our school. She is making a difference.”

“Dear CAMHS Team,

We are writing to express our sincere gratitude for the Wellbeing and Mental Health Sessions (WAMHS) our family participated in over the past 10 weeks with Alice. These sessions were transformative in helping us better support *** in managing their behaviour and anxiety.

Alice's exceptional interpersonal skills and ability to create a safe, non-judgmental space allowed us to openly discuss the immense challenges we were facing as parents. Her guidance has been invaluable - providing us with practical strategies and building our confidence to continue developing these skills within our family.

While we understand that we will face more challenges in the future, we feel equipped with a strong foundation to independently implement the positive parenting techniques modelled in our sessions. The WAMHS program was truly a lifeline at a time when we felt ill-prepared to effectively address ***'s escalating behaviours on our own.

We shudder to think how ***'s situation may have deteriorated without this intervention. Instead, we now have the tools to improve family life and create an environment where we all can thrive.

Words cannot express our gratitude to Alice, the school and the entire WAMHS team for this incredible support.

We will be advocating for the continued funding and expansion of programs like this, which provide families with an invaluable resource during their most vulnerable times.

Thank you again for this opportunity. “

**CITY & HACKNEY CHILD
& ADOLESCENT MENTAL
HEALTH SERVICE**

COMMUNITY DAY

**Building connections between CAMHS
and the community & voluntary sector**

28TH AUGUST

2-5PM AT HOMERTON ROW

Q & A with a panel of CAMHS clinicians

Meet the different CAMHS teams

**Find out about amazing community
organisations**

Barbecue Massage Face painting Art

Find out about getting involved at CAMHS

ALL WELCOME

Contact rose.kachere@nhs.net for further information



Ade's Updates

Staff said farewell this month to Ruth Woolhouse who has worked in Hackney CAMHS for many years and most recently was Clinical team Lead for the Crisis Team. She is moving on a new position in the the NHS in North London, good luck and thanks Ruth!



Adeyunmi Dosunmu
Specialist CAMHS
General Manager

Hackney

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 THECASTLE
 REGENTSCANAL
 CITYFARM
 FLOWERMARKET
 WICK
 EMPIRE
 RIDLEYROAD

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