



Young Minds Matter Gloucestershire

What is YMM?

- We are a Mental Health Support Team
- We provide support to young people (from the age of 5 to 18) with low to moderate low mood and anxiety. We also work with parents.
- We are part of CAMHS and also work alongside TIC+



Mental Health Quiz

1 in 5 young people between 8 and 25
years old have a probable mental health
condition (6 in a class of 30)

TRUE FALSE
STANDS UP STAY SITTING
DOWN

TRUE

Mental Health Quiz

Rates of probable mental health disorder for 8-16 year are twice as high for girls than boys

TRUE FALSE
STAND UP STAY SITTING
DOWN



What is happening to support ...

- NHS England has rolled out 398 Mental Health Support Teams within schools and colleges.
- This is to provide early support to young people with mild to moderate mental health difficulties.
- This covers 35% of pupils and learners in further education.
- By Spring 2025, the goal is to cover over 50% of the country's pupils and learners.

What is mental health?

Mental health is all about our thoughts, our feelings, our emotions and our behaviours.

Looking after our mental health is just as important as looking after our physical health.

We've all "got" mental health all the time

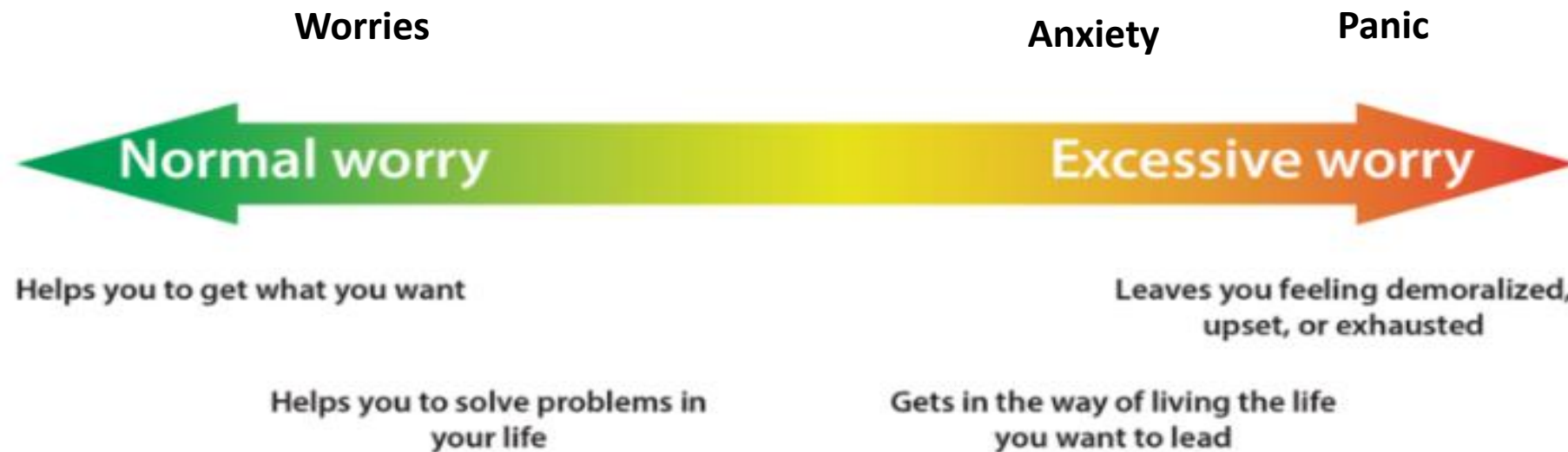


Anxiety

What is Anxiety?

- Everyone experiences anxiety and worries in their lives and it affects people in different ways; no one experiences it in the same way.
- Anxiety is the reaction to situations perceived as stressful or dangerous. It usually involves thinking that something negative is going to happen.

We can think of anxiety/worry as a continuum



What makes us feel anxious?

- Friendship problems
- Being liked
- Doing well in school
- Exams
- Fitting in
- Putting hands up in class
- Talking to adults
- The war
- Covid
- Family
- Death/dying
- Germs
- Being late
- Getting lost
- Forgetting something
- Getting into trouble

Anxiety

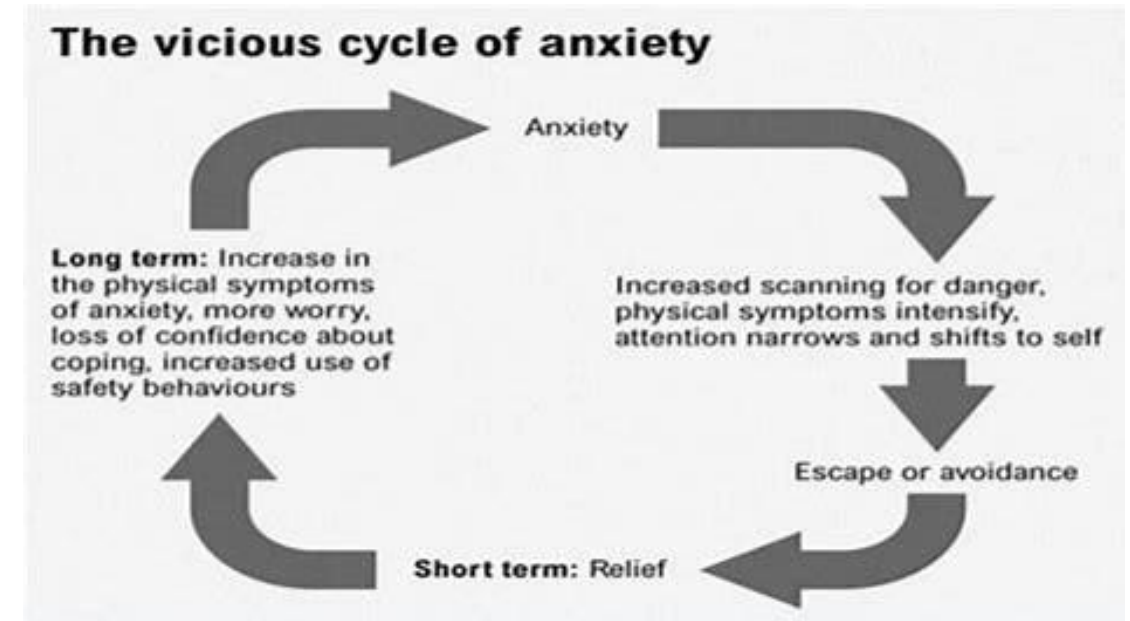
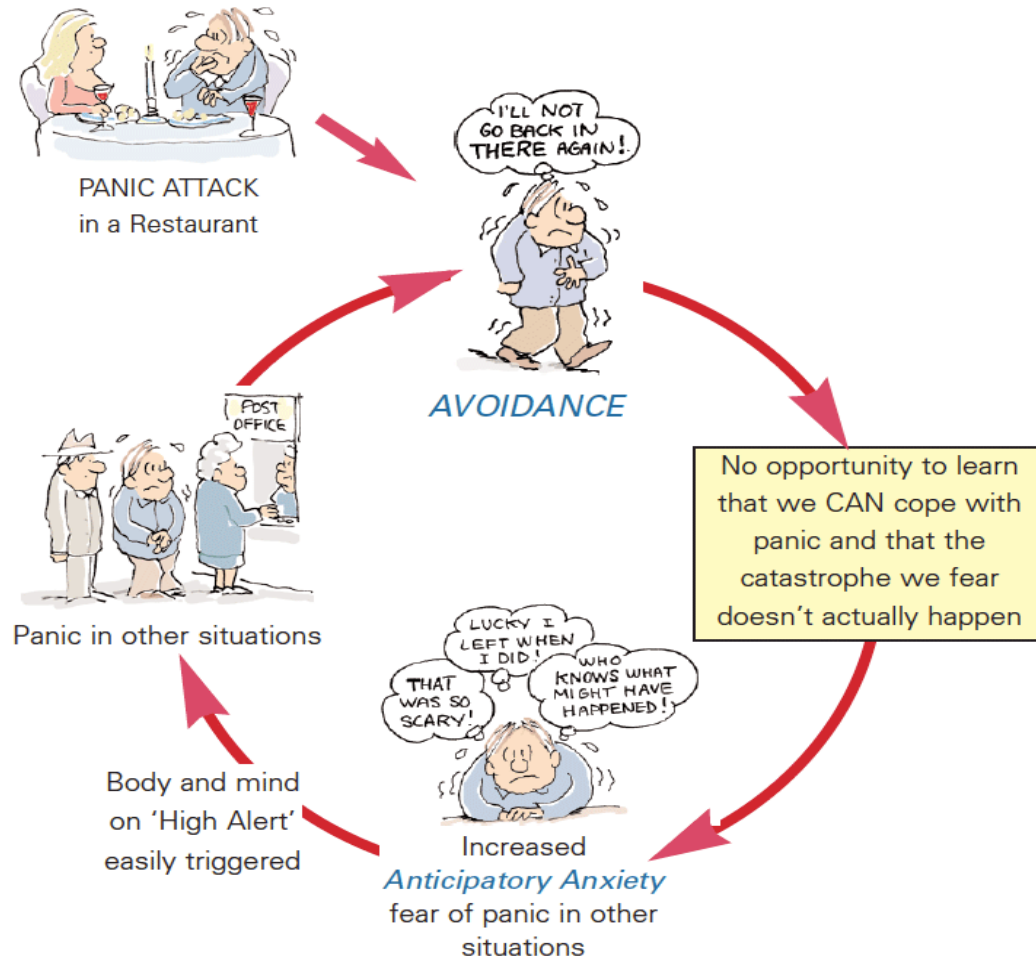
When might someone need support with their Anxiety or worries?

- When they start to avoid situations
- If they are spending a lot of time thinking about or ruminating about their worries
- When it has an impact on their hobbies and interests
- Persistent mood changes
- If they are becoming withdrawn
- If they are experiencing regular symptoms of anxiety

Anxiety and the fight-or-flight response

- Anxiety is your body's natural threat response system. When your brain believes you are in danger, it sends out a series of signals to your body, resulting in the fight-or-flight response.
- The perceived threat sets the child into the fight/flight/freeze response unnecessarily, which is why it is important not to get mad at our child who is in an anxious state
- **State of fight** – yelling, arguing, throwing, hitting, kitting (being physical)
- **State of flight** – running out of the door, away from school (escaping the situation)
- **State of freeze-** hiding, refusing to get out of the car (avoiding the situation)

The vicious cycle of anxiety



What is CBT?

Watch this video by Mind:

[What is CBT? | Making Sense of Cognitive Behavioural Therapy - YouTube](#)

Cognitive Behaviour Therapy (CBT)

Body sensation

(A) Automatic

Behaviours

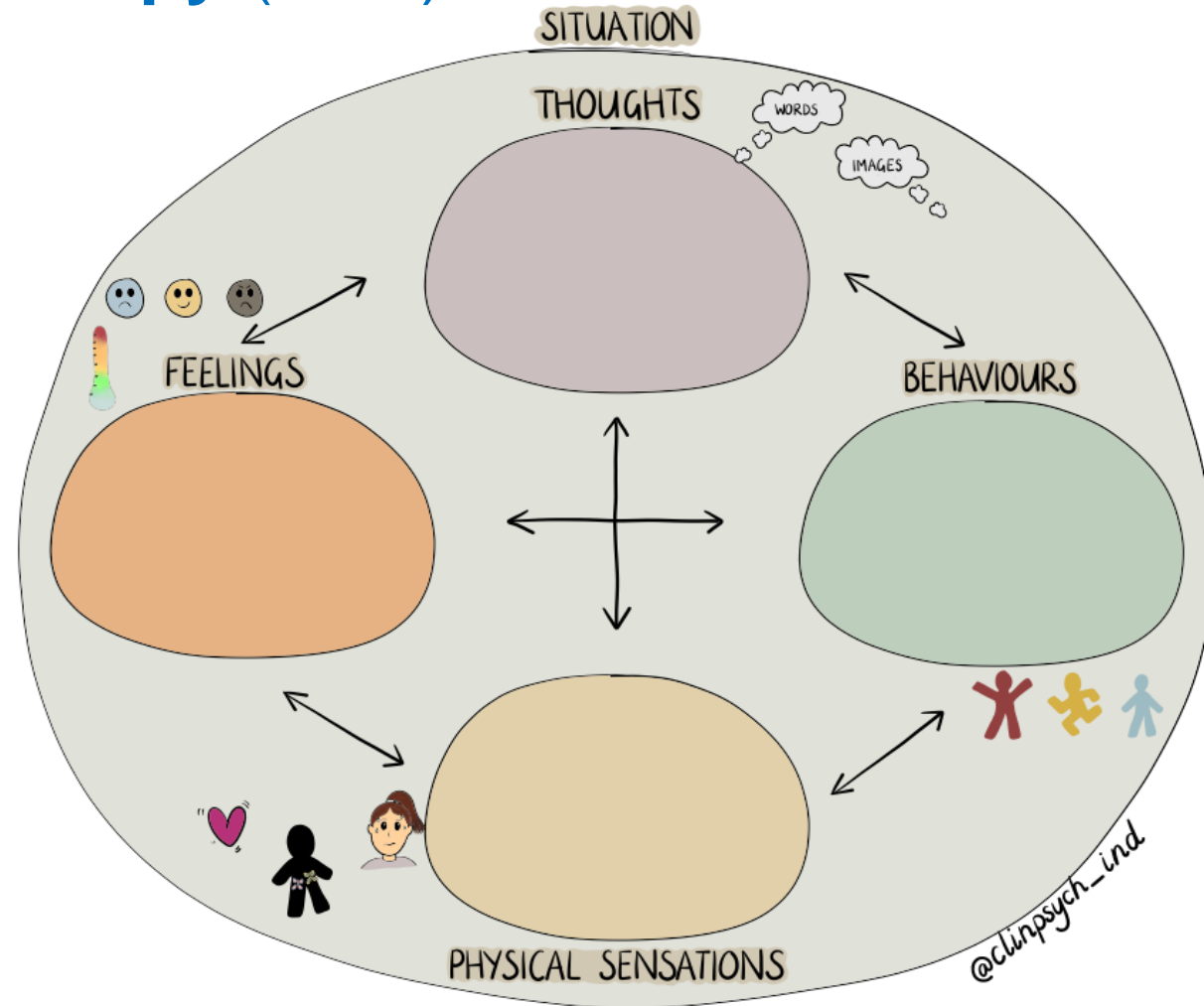
(B) Behaviours

Thoughts

(C) Cognitions

Emotions

(E) Emotions



Cognitive Behaviour Therapy (CBT)

We know it is really hard to change our emotions so in CBT we focus on **what we think** and **what we do**.

In CBT we focus on things we can change.

That is those negative thoughts or behaviours. There are a number of ways that we can challenge those thoughts and come up with more balanced or positive ones.

We also look at how we can test your worries and explore how we can alter our behaviour to help yourself.

LI-CBT

Information Booklet



What is LI-CBT?

LI-CBT stands for Low Intensity Cognitive Behaviour Therapy. It helps us to understand our feelings and experiences in different situations. It is a psychological talking therapy based on the theory that our thoughts, feelings and our behaviour are all connected.

Who can LI-CBT help?

LI-CBT is aimed at supporting children and young people who may be experiencing difficulties with low mood, anxiety and managing their emotions.


What do LI-CBT sessions look like?

The practitioner will arrange to meet you at school during school hours. You will begin by creating some goals with the which you will work towards throughout the sessions. The practitioner will provide you with resources and activities. Each week you will be given a home practice task based on the session content. Like anything, the more you practice, learn and dedicate time to these strategies the more effective they can be.

How long are LI-CBT sessions?


Sessions usually last around 45 minutes and take place weekly. With LI-CBT you will receive 6-8 sessions with your practitioner, after which, you will then be ready to continue practising the strategies you have learnt on your own.

Primary Schools:



PARENT-LED CBT

HELPING YOUR CHILD WITH FEARS AND WORRIES



CBT PARENTING Intervention

Parenting programmes delivered in a structured manner over several weeks are the most widely researched psychological intervention in child and adolescent mental health.

Aim of the programme

The programme is designed to promote positive relationships, attachment and pro-social behaviour through sensitive responding.

Treatment Overview

Parenting programmes are based on social learning theory. Social learning theory has two main rules which can be used when thinking about behaviour:

- 1. Reinforcement rule:** Behaviour that is reinforced immediately is more likely to occur
- 2. Attention rule:** Children's behaviour is often oriented to gaining attention from others, especially parents

Content Overview

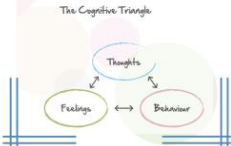
Sessions last around an hour and cover the following content:

- Session 1: Understanding child behaviour
- Session 2: Connection before correction
- Session 3: Positive praise
- Session 4: Clear calm communication
- Session 5: Using selective attention
- Session 6: Natural and logical consequences and time out

Behaviour is a way of communicating

By identifying your child's thoughts, feelings and behaviours it can help to identify what they are trying to communicate.

The Cognitive Triangle



Topics Covered:

- How is anxiety maintained?
- Goal setting
- Being curious, having a go and rewards
- Creating a step-by-step approach
- Problem solving
- Relapse prevention

Session Overview

Sessions last around an hour and are delivered in the following format:

- Initial Assessment
- Session 1-3 (45-60 mins)
- Session 4 (Telephone check in) (15 mins)
- Session 5 (45-60 mins)
- Session 6 / discharge (45-60 mins)

Ways that you could try to help support your child to manage their worry at home:

Slow their breathing
by extending the
outbreath

Talk to yourself,
friends and family
about negative
feelings

Focus on an activity
that makes them
feel good

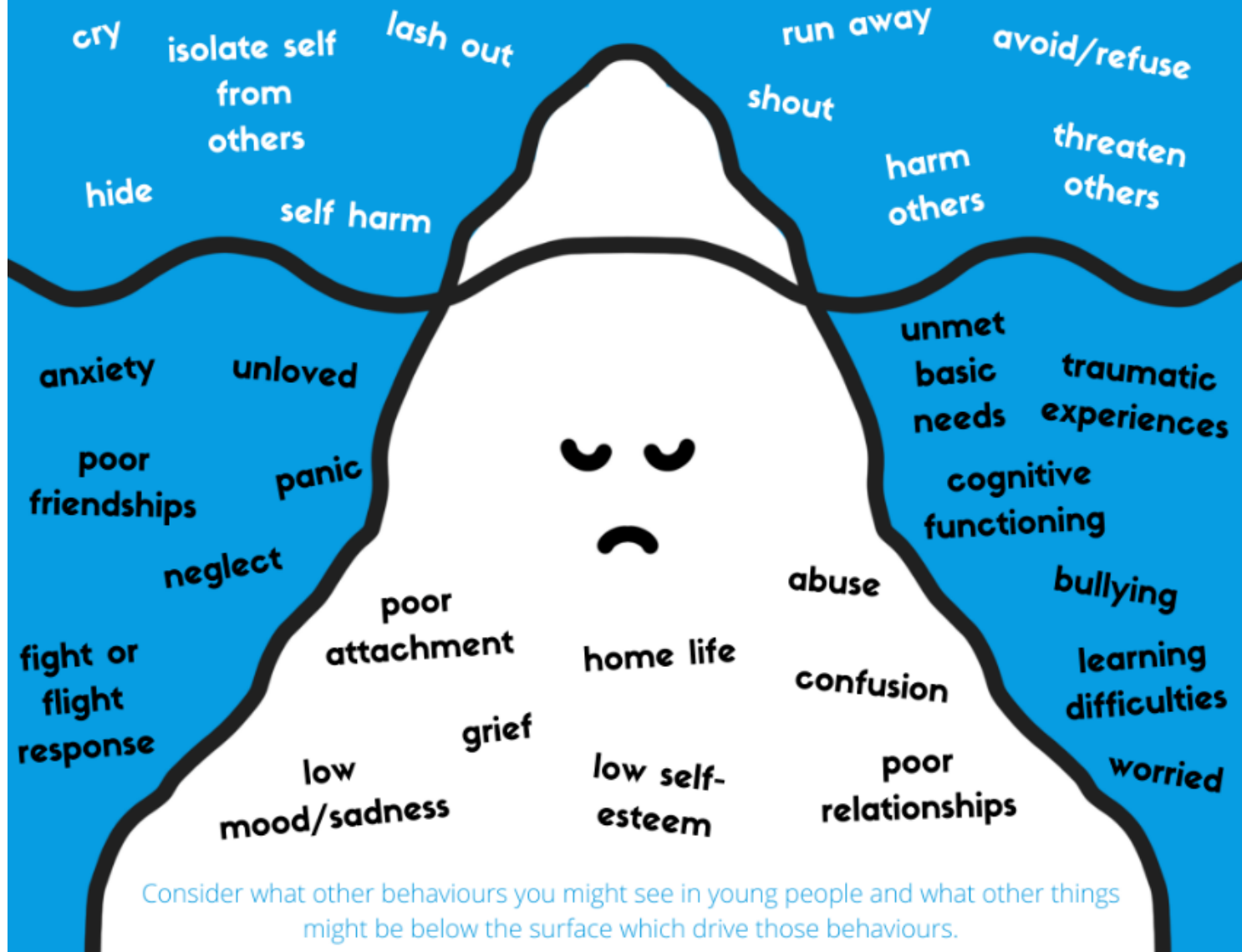
Create an
emergency calm
box that engages
their 5 senses

Write down worries
and make a plan to
reduce them

Close their eyes.
Imagine themselves
in a calm and happy
place

the tip of the iceberg

The behaviours we see in young people are a little like the tip of an iceberg. These are the things we can see above the surface. However, it's important to consider what is lying below the surface in order to better understand how we can support and help.



Consider what other behaviours you might see in young people and what other things might be below the surface which drive those behaviours.

Self help apps and website:

Useful Websites:

- Young Minds
- Anna Freud
- 5 ways to wellbeing
 - Kooth
 - We heart CBT
 - Mind



Chill Panda

- Aged 4+
- Reduces anxiety through a game
- Includes relaxation and breathing techniques



Mindful Gnats

- Teaches mindfulness and relaxation techniques



Calm Harm

- Provides tasks to help you resist or manage the urge to self-harm.



Clear Fear

- Teenage self-harm support
- Focuses on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful
- Helps change thoughts and behaviours and releasing emotions.



SAM (Self-help, for anxiety management)

- Helps you monitor and manage your mental health, with self-help techniques to help with anxiety, depression, loneliness and coping



Values card sort

- Good for low mood
- Helps you sort through the values which are important to you



SuperBetter

- 13+
- Helps build resilience and motivation
- Aims to help you feel happier, healthier and reach your goals



SmilingMind

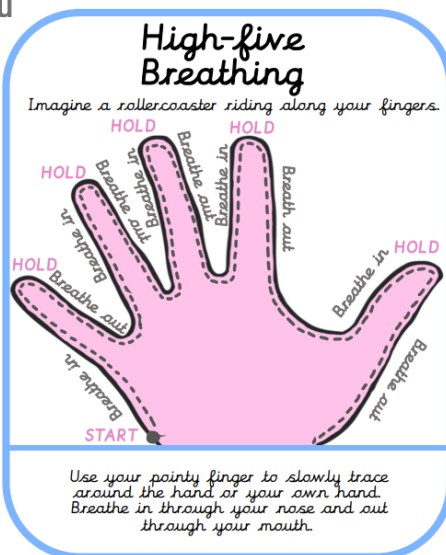
- 7+
- Meditation help
- Helps de-stress and stay calm



Head space

- Mindfulness and meditation
- Managing stress and anxiety
- Helps with sleep





Coping Skills BINGO

Think positively - change your thoughts	Paint	Relaxation	Walk away	Write in a Journal
Do something different	Grounding technique - 5,4,3,2,1	Eat healthy	Distraction games	Read a book
Laugh	Pop bubble wrap	FREE	Watch your favourite movie	Hang out with friends
Visit your family	Play with a pet	Draw	Use an app -SAM, Headspace, SmilingMind	Sleep
Go for a walk	Use a Stress Ball	Go outside	Talk to a friend	Solve a puzzle

Progressive Muscle Relaxation

(The Big Squeeze)



This exercise relaxes the tension in your muscles. Squeeze each of these body parts for 5 seconds and then release it.

Work your way down from your head to your toes.

Scrunch your face for 5 seconds... release.

Tense your neck for 5 seconds... release.

Squeeze your shoulders up to your ears for 5 seconds... release.

Tense the muscles in your arms for 5 seconds...
release.

Scrunch your hands together for 5 seconds...
release.

Squeeze your tummy in for 5 seconds... release.

Tense your legs for 5 seconds... release.

Squeeze your toes under for 5 seconds...release.

Write things
down

Distraction (A-Z Exercise)

Choose a random category of your choice, such as animals, places, names, or things you like to eat.

In your mind, go through the alphabet (A to Z) and think of a word beginning with each letter that fits into your category.



Like this: Anteater, Baboon, Cat, Dog... and so on.

Don't worry if you get stuck and can't think of one!
Just move onto the next letter and keep going.

Grounding Technique (The Five Senses)

List **five** things you can see.



List **four** things you can feel.



List **three** things you can hear.



List **two** things you can smell.



List **one** thing you can taste.



Create a routine and structure

How to refer into YMM

- Young people, parents or carers can discuss any initial worries with their identified school Mental Health Lead or main point of contact who will take their concerns forward.

Young People in Secondary Schools:

- Your child can also access our 'YMM chat' service where they can confidentially self-refer directly into YMM.
(Parents **cannot** refer into the service)



What are suitable referrals?

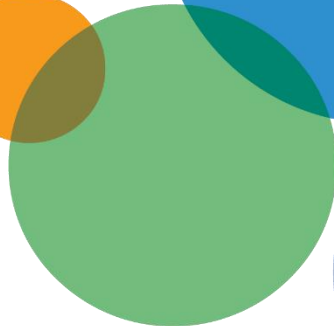
Worry	Low Mood	OCD- repetitive behaviours (less than an hour impact a week)
Anxiety	Behaviour (we would work with parents)	Phobia
		Transition worries

What DON'T we work with?

- Bereavement
- Sick/needle phobia
- Friendship difficulties
- Family difficulties



Gloucestershire Health and Care
NHS Foundation Trust



working together | always improving | respectful and kind | making a difference