

CHUMS Mental Health
and Emotional Wellbeing
Service for Children
and Young People

*Available and accessible
to help you in school*



*"Mighty oaks from
little acorns grow"*



Sharing the Journey

DEAR COLLEAGUE

The purpose of this brochure is to help you determine the best way in which you can support your students within school with their mental health and emotional wellbeing. CHUMS has a proven track record in offering a variety of therapeutic interventions for children and young people as well as training for staff. We have many years of experience and really positive outcomes across all our services.

Being a not for profit social enterprise, CHUMS is a creative, dynamic, innovative service that is passionate about impacting positively on the lives of children, young people and their families. We can help you to make a lasting, tangible difference to their engagement in education as well as ensure they have an internal resource and robustness that will help them to cope with the many challenges that life may bring.

We are delighted to be making our services more accessible and will be happy to come and speak to you in detail about any of our support programmes. We are also able to support clusters of schools who would benefit from sharing costs.

If you have any queries or would like a school visit to discuss options, please do not hesitate to contact us.

We will look forward to working with you.

Kind regards



*Dawn Hewitt
CEO*



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“ *Early intervention for children and young people is vital. Statistics show that those who develop chronic mental health conditions first experience symptoms by the age of 14. I started having symptoms when I was 10 years old but it took a decade to receive a diagnosis and get the help and support I needed. This would never have happened if I had a physical health condition. It should be no different for mental health.* ”

Jonny Benjamin

Jonny Benjamin is a mental health campaigner, author and blogger. He launched a social media campaign called Find ‘Mike’ to search for the stranger who talked him out of taking his own life in 2008



Did you know?

- 1 in 10 pupils aged 5-16 suffer from a diagnosable mental health disorder (around 3 in every classroom)
- It is estimated that 60-70% of children and young people suffering from a mental health difficulty have not accessed appropriate intervention at a young enough age
- Only 25%-35% of these children/young people access support
- Over half of all mental health problems in adult life start in adolescence
- Between 1 in 12 and 1 in 15 children and young people deliberately self-harm
- 1 in 20 under 16s have been bereaved of a parent

Data taken from ‘Future in Mind; Promoting, protecting and improving our children and young people’s mental health and wellbeing’ published by Dept of Health 2015

As a school how do you:

- Support a child/young person who is not coping?
- Support a child/young person who has challenging and disruptive behaviour?
- Recognise the signs that a child/young person has compromised mental health?
- Support staff to share concerns and develop their practice in how best to support children and young people?

CHUMS is a mental health and emotional wellbeing service for children, young people and their families across Luton and Bedfordshire. We receive 2,500 referrals per year and deliver 11 clinical services.

We have a multi-disciplinary team of professionals with backgrounds in psychology, social work, play and drama therapy as well as other qualified and experienced practitioners who:

- Understand the issues facing children and young people
- Have the skills to effectively support them
- Can help deliver a tailor made systemic whole school approach to improving the mental health and emotional wellbeing of the children and young people in your school

We routinely use a number of outcome measures to evidence positive change which are Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) compliant. We have also measured our social impact which demonstrates that we positively affect:

- Academic achievement
- Increased awareness of mental health issues
- Reduced stigma
- Improved behaviour
- Improved relationships
- Reduction in social isolation
- Increased confidence and self-worth
- Increased resilience

"Before, I didn't ever stop to think about my choices but now I can stop and see what options I have"

We offer a variety of interventions that promote positive mental health and emotional wellbeing including:

- Individual support
- Group work
- Consultation
- Training
- Parent support

Our programmes build resilience and promote good mental health, prevention and early intervention in line with the recent document 'Future in Mind' published by the Department of Health.



The following services are available to be delivered within your school:



Recreational Therapeutic Service

Our Recreational Therapeutic programmes offer creative and innovative ways of reaching out to young people aged 9-18 years who do not readily engage with traditional therapies and/or are disengaged with education; they may be at risk of exclusion or have been excluded from a previous school.

Through using football and music we are able to evidence a tangible difference in behaviour and engagement in learning.



*“Teachers have noticed
that I’ve behaved more
than I used to”*

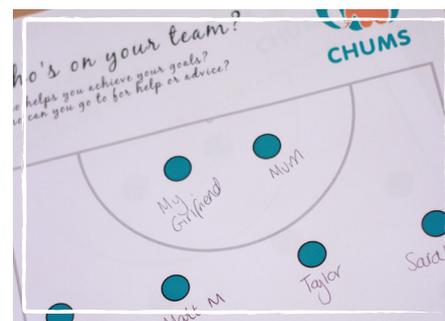
An 8 week therapeutic programme for up to 8 young people in school that uses football to address various behavioural issues in school or at home. It is delivered by mental health practitioners and trained football coaches.

Football Programme



Sessions include the following subject areas:

- Pre and post individual sessions per young person
- Thinking about the need to change tactics
- Thinking before actions
- Consequences
- Respect
- Teamwork and Leadership
- Communicating positively
- Coping strategies



Football can create many of the same emotions that can be experienced at home or school. Anger, frustration and disappointment are common feelings that a football player will experience. If a student can learn the techniques to handle these emotions on a pitch, they will also have the ability to do the same in a classroom situation.

When playing football, it is also vital to think about your choices, your consequences and your next move. Without thinking these important things through, a player is likely to make mistakes and ultimately not perform well. The football programme encourages students to think about these things on a football pitch with the intention to take this skill into the classroom and into their lives at home.

Each session includes:

- Introduction to the topic and discussion
- Skills and match play
- Debrief

Luton Town Football Club supports our programme by offering those who complete the course match tickets and/or a stadium tour.

Cost: £1,500 + VAT per programme

A practical theory based 8 week programme delivered to small groups of 6 young people in school*, facilitated by a therapeutic music practitioner. In the same way that football can engage young people, our music programme has been developed using similar themes and will involve the use of a variety of acoustic and electric equipment. We currently offer two types of music programme; one focused on themes to support challenging behaviour and the other on themes relevant to young people struggling with anxiety and low self-esteem. The groups aim to provide a safe and entertaining environment where the young people will be encouraged to gain and develop not only musical but also social skills. Some of the subject areas include:

Music Programme



Anxiety and Low Self-Esteem:

- Understanding and making sense of worry
- Individual values
- Thinking traps
- Coping thoughts
- “Fight” vs “Flight” concept
- Relaxation techniques
- Working together

Challenging Behaviour:

- Respecting yourself and others
- The importance and how to change bad behaviours
- Social norms
- Playing to our strengths and improving our weaknesses
- Making the right choices
- Good communication
- Working together

At the end of the programme, each young person will receive the following:

- Interactive booklet (will be used throughout the programme and then taken home on final session)
- Certificate of accomplishment
- USB stick including audio and video recordings of music tasks
- “School of Rock” film DVD
- Opportunity to perform or have their own piece played at one of CHUMS’ events throughout the year

*The programme is best suited to small groups of young people

Groups for both football and music programmes can be tailor made to the presenting issue.

Cost: £1,500 + VAT per programme





Early Intervention Therapeutic Programme

Promoting good mental health from a young age may prevent a future diagnosable mental health condition.

This 8 week Early Intervention Programme is specifically for children of primary school age who display signs of being withdrawn or anxious in the classroom or who have difficulties maintaining friendships and is suitable for a group of up to 10 children. Weekly themes include:

- What is special about you?
- Friendships and relationships
- Teamwork and trust
- Emotions
- Coping strategies

This is a creative programme using crafts and games every week as well as a food activity to encourage healthy eating. Activities include those which promote ideas of exercise and good sleep; children are helped from an early age to understand the link between their mental and physical health.

Cost: £1,500 + VAT per programme



"It was great to channel my anger and to practise how to be good at school"



Transition and Anxiety Programmes



School transition can be particularly difficult for some children and young people who show higher levels of anxiety at these times. CHUMS has developed a 4 session (8 hour) programme to help children/young people and their parent/carers to develop positive coping skills during these periods. The programme is suited to groups of up to 12 children/young people and their parent/carer.

Cost: £1,500 + VAT per programme



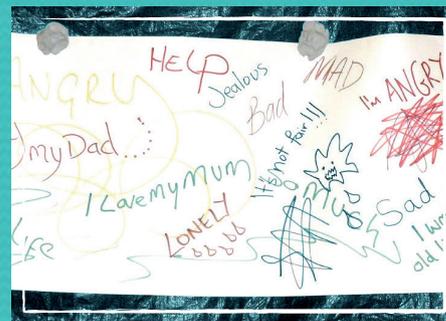
PSHE

“CHUMS has given us reassurance, an ear to listen and the confidence to move forward again”

Positive mental health and emotional wellbeing is important for all children and young people and awareness of some of these issues can be delivered in PSHE lessons. CHUMS has two DVDs available to support lessons and our clinical practitioners are able to come and talk to groups of children/young people on any subject of your choice including the following:

- Managing anxiety
- What is depression?
- Loss and grief
- Why self-harm?
- Managing feelings
- Self-worth

Cost: £110 + VAT per hour





Our Year Since Dad Died (DVD)

CHUMS, in collaboration with The Angel Studio, has produced a series of four short animations on bereavement. The central character is a bereaved young person, telling their story of the past year: their thoughts, feelings and the effect bereavement has had on the whole family. The film will encourage young people to talk about loss and grief in its widest context as well as think about their own perceptions of death and dying.

Cost: £25 + VAT



"The impact CHUMS has had on both our lives has been nothing but positive!"



Joe's Story (DVD)

CHUMS, in collaboration with CAMHS and the Big Spirit Youth Theatre Company, has produced a short DVD. Joe's story shows the effects low mood can have on a young person in their school and home life. The story develops into two parts: one where Joe accesses some support from a member of school staff and one where he does not access support for his difficulties. This film was made by the CHUMS Service User Participation Group who want to spark useful conversations about mental health and reduce the stigma attached to it, whilst encouraging young people who are struggling with their emotions to access appropriate support.

Cost: £25 + VAT

Mild to Moderate Mental Health Support

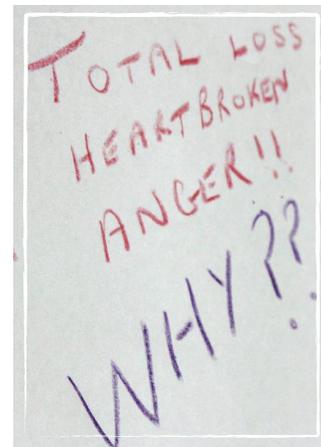


CHUMS Emotional Wellbeing Service supports a number of presenting issues including:

- Anxiety (including phobias and panic)
- Anxiety about school transition
- ASD (anxiety and behaviour)
- Bereavement
- Challenging behaviour
- Depression
- Relationship difficulties (peer/family/family separation)
- Self-worth
- Self-harm
- Trauma (including domestic violence, sexual abuse and PTSD)

We are not able to support every young person referred to the service due to insufficient capacity but we are able to support some young people via our Private Practice. We offer a full mental health assessment for the young person and their family followed by up to 6 sessions of individual support and/or a 4 session group; alongside all groups we are able to offer parent/carer support as appropriate.

Cost: £110 per session + VAT at Wrest Park
£160 per session + VAT at school





Training and Consultation Opportunities

CHUMS delivers a comprehensive training programme which can be combined with consultation sessions for school staff. This can include:

- Training for all staff on awareness of mental health and identification of risk factors and how they might impact your school or community
- Specific skills training on a variety of common presenting issues for staff working daily with vulnerable children
- Consultation as a follow up to training or support for staff in their roles

Training modules include:

- Anger
- Anxiety
- ADHD (attention deficit hyperactivity disorder)
- ASD (autistic spectrum disorder)
- Depression/low mood
- Emotional wellbeing
- Establishing a resilient classroom
- Loss and grief
- Observation skills
- Relationship issues
- Self-harm
- Self-esteem
- Trauma in the classroom



We also deliver a number of 'Tool-kit' days that complement the above modules and provide a range of practical interventions to address the presenting issues.

Subjects are delivered over ½ day or a full day, we offer any combination of available modules. Packages are in the process of being accredited by the University of Bedfordshire. Each training package is suitable for groups of up to 20 delegates.

Consultation sessions are offered on a monthly or six weekly basis for groups of up to 10 staff.

Cost: £850 full day, £500 half day for training + VAT
Consultation: £110 per hour + VAT

CHUMS - MISSION

TO IMPROVE THE MENTAL HEALTH AND EMOTIONAL WELLBEING OF CHILDREN AND YOUNG PEOPLE, ENABLING POSITIVE AND FULFILLING LIVES

CHUMS - VALUES

WE ARE UNITED IN OUR BELIEF THAT ALL CHILDREN AND YOUNG PEOPLE DESERVE THE BEST WE CAN GIVE

ACCESSIBLE

CREATIVE, TAILOR-MADE SUPPORT GIVING CHILDREN AND YOUNG PEOPLE CHOICE

COMPASSIONATE

HUMANITY AND WARMTH DELIVERED BY A COMMITTED AND DEDICATED TEAM

EFFECTIVE

IMPROVING OUTCOMES BY OFFERING HIGH QUALITY EVIDENCE BASED SUPPORT



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Children &
Young People Now
Awards 2014

Highly Commended

We are a
Living Wage
Employer



MEMBER OF
**SOCIAL
ENTERPRISE
UK**