

Helping children to build resilience and positive mental health

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How today will help you

- You'll know what mental health is and how to help your child have positive mental health
- You'll know what affects mental health
- You'll know how to help build resilience in your child
- You'll know what happens to the body and mind when we are stressed
- You'll have time to think about how you might help your child in different situations

What is mental health?.

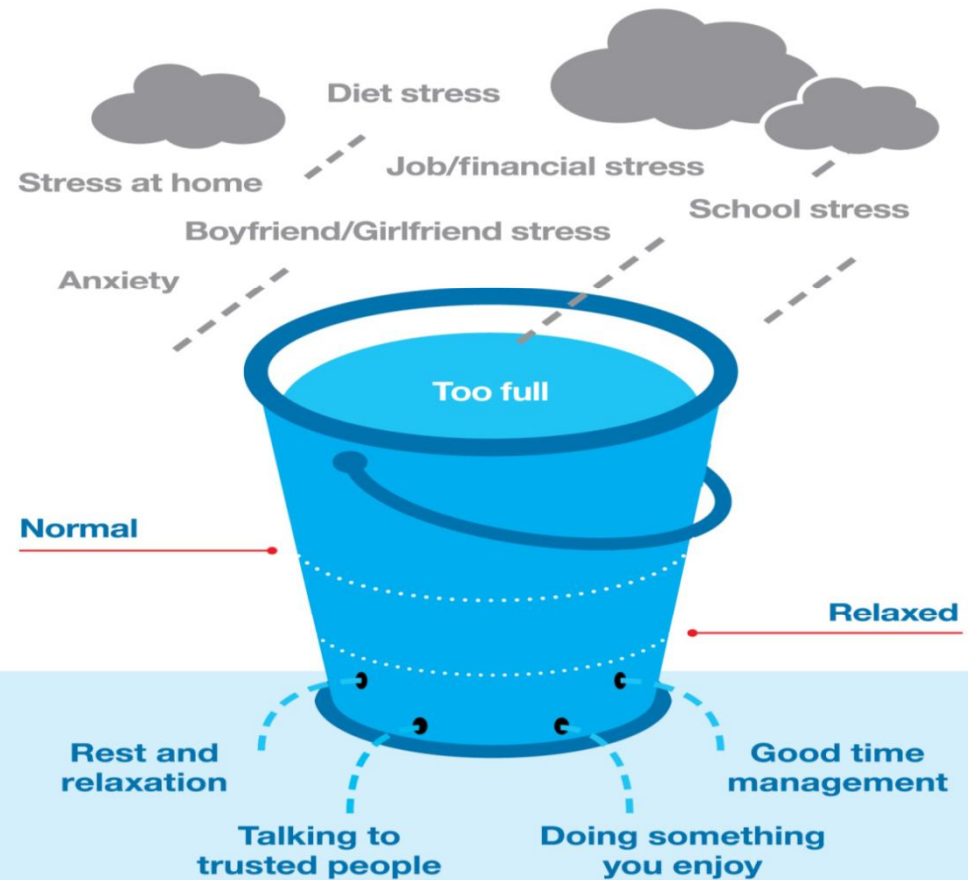
World Health Organisation

- A state of wellbeing
 - Can realise our own potential
 - Can cope with the normal stresses of life
 - Work well
 - Make a contribution to our community
-
- **We all have mental health**

What can affect our mental health?

The Tavistock and Portman **NHS**
NHS Foundation Trust

Our ability to deal with life's stresses is known as our 'resilience'. Sometimes we face more difficult experiences than usual and this can affect how we think and feel. Take a look at the diagram below to see why its really important that we look after ourselves, and some suggestions for how we can do this.



Children who are resilient and have good/positive mental health....

- Develop psychologically, emotionally, creatively, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Use and enjoy solitude
- Become aware of others and empathise with them
- Play and learn
- Develop a sense of right and wrong
- Resolve problems and setbacks and learn from them
- Better able to cope with stress, change and uncertainty
- Can express a range of emotions appropriately

Resilience and Protective Factors

- Resilience comes from protective factors which can work to counterbalance stressful life events, risk, and disadvantage.
- If the protective factors are outweighed by these things then even a very resilient child can have difficulties

What are Mental Health Problems?

- “a ‘disturbance in functioning’ in one area of relationship, mood, behaviour, or development
- When a problem is particularly severe or persistent over time, or when a number of these difficulties are experienced at the same time, children are often described as having mental health disorders.”

The Mental Health Foundation (1999)

Other Terms

- Emotional disorders
- Conduct disorders
- Hyperkinetic disorders
- Developmental disorders
- Attachment disorders
- Eating disorders
- Habit disorders
- Post-traumatic stress disorders
- Somatic disorders
- Psychotic disorders

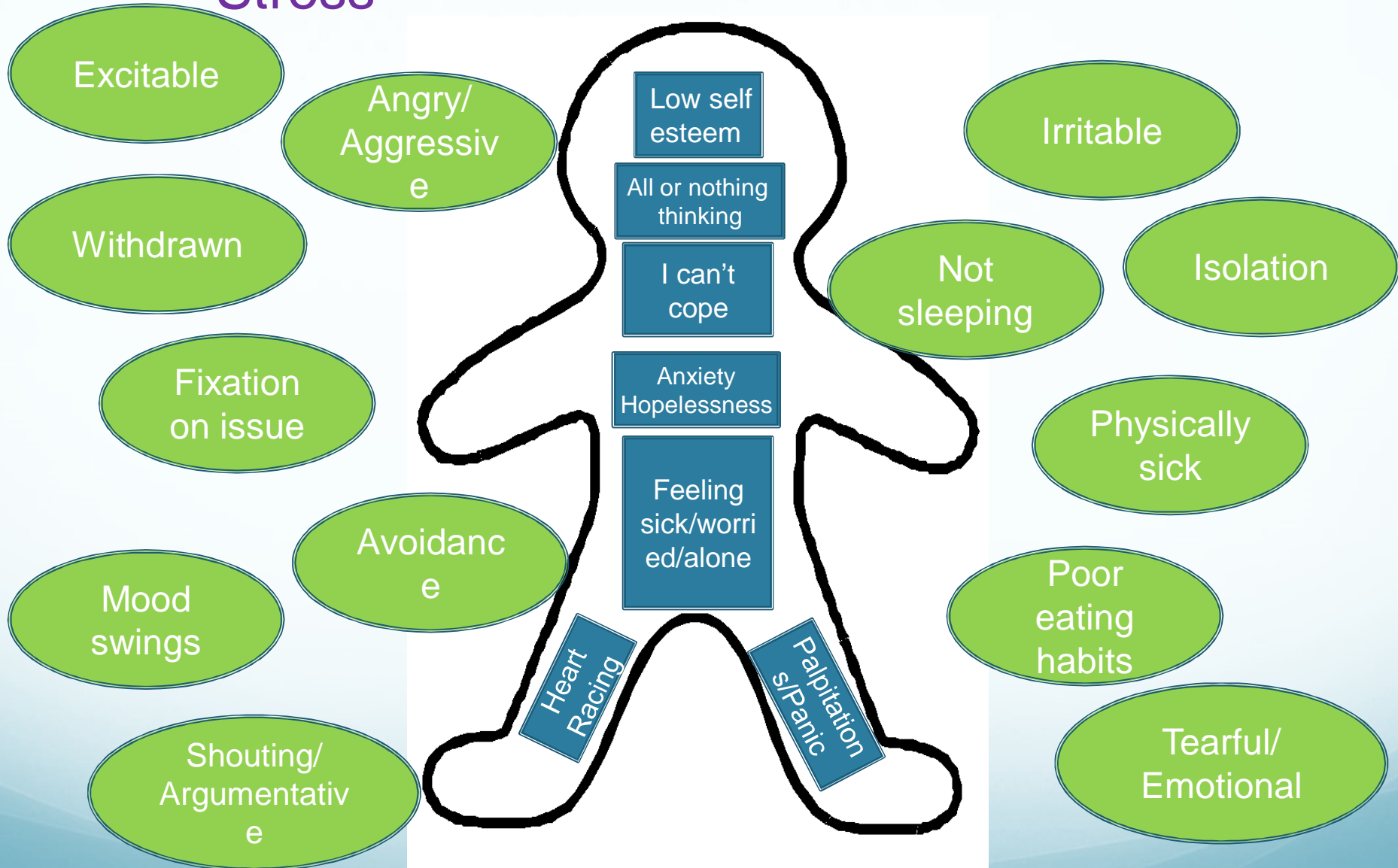
What can you do to help your child build resilience and have positive mental health ?

- Give security with clear rules and boundaries and routines
- Show them how to be confident and optimistic
- Give lots of praise for what your child can do
- Label feelings
- Use resilient language “I know you can do it”
- Security in their surroundings
- Connection to others
- Significance

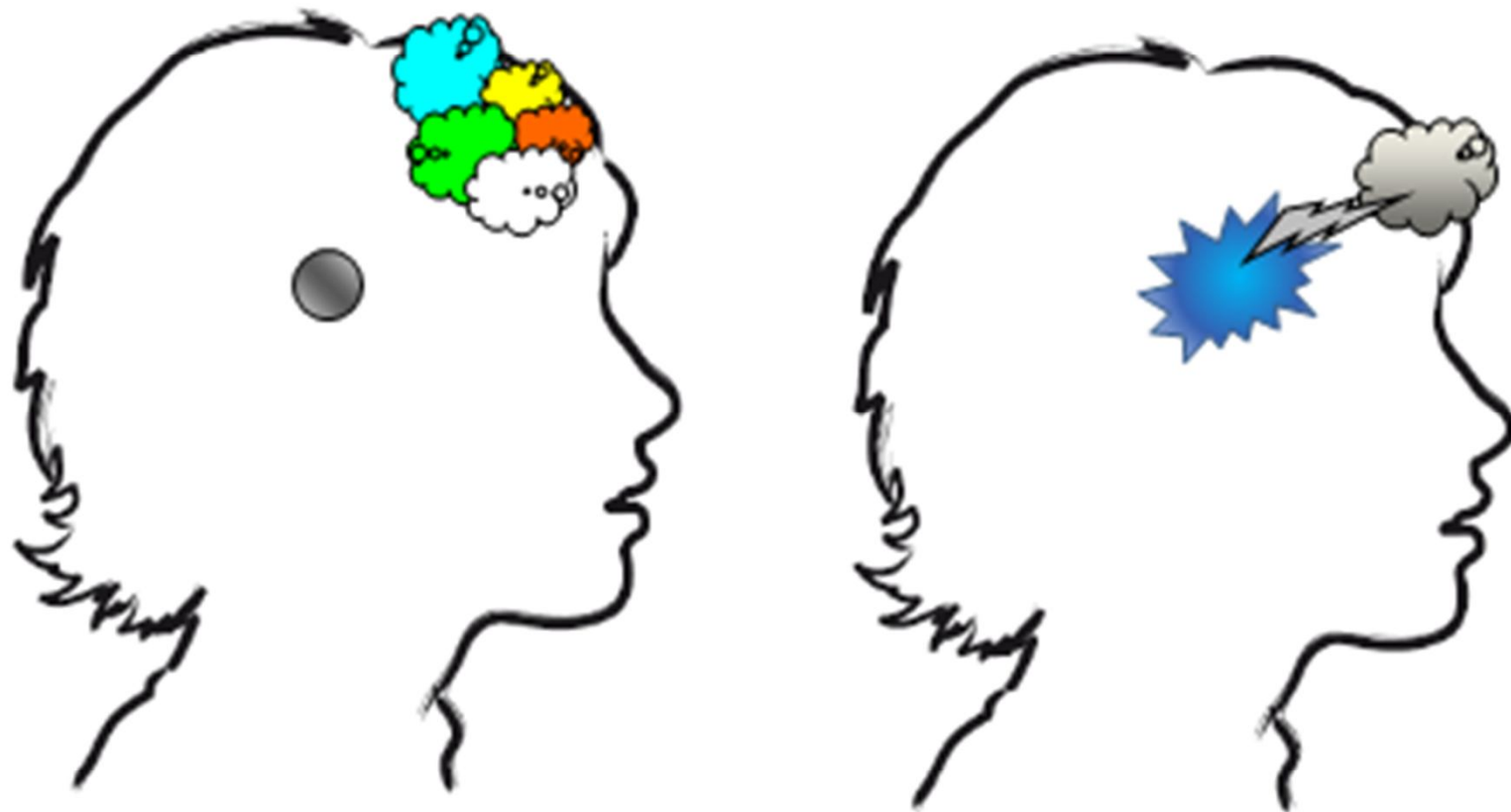
Stressful situations



Signs of Stress



The Thinking Brain and the 999 Brain



Role model and give your child helpful strategies for coping with stress

- Eat well, Exercise and a good amount of sleep
- Spend time with friends
- Take time out
- Help other people
- Gain some control over the problem and seek help before problem becomes worse
- Prepare
- Relax
- Deep Breaths
- Believe in yourself
- Seek help



How would you help your child in these situations?

- Feeling anxious about joining an after school club
- Not feeling they are good enough
- Moving to a new school
- Feeling worried about homework in a subject they don't feel confident in

Help?

Who to go to?
Where to go?



Where to get advice/support

- Teachers/ support staff
- GP
- School nurse
- Family / Friends

Young minds

http://www.youngminds.org.uk/for_children_young_people

Mental Health Foundation

<http://www.mentalhealth.org.uk>

Royal Collage of Psychiatry

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/treatments/physicalactivity.aspx>

Rethink

www.rethink-org.uk

Time To Change

www.time-to-change.org.uk



Online self help

Get Self Help www.getselfhelp.co.uk
includes CBT self-help resources

Moodjuice www.moodjuice.scot.nhs.uk
a self-help resource for a variety of mental health problems
and symptoms

Moodscope www.moodscope.com
a social networking tool that allows people to monitor their
mood and receive support.

Living life to the full www.lltff.com
a self-help resource for a variety of issues.

10 keys to happier living www.actoinforhappiness.org
An organisation raising awareness of ways to be happier

