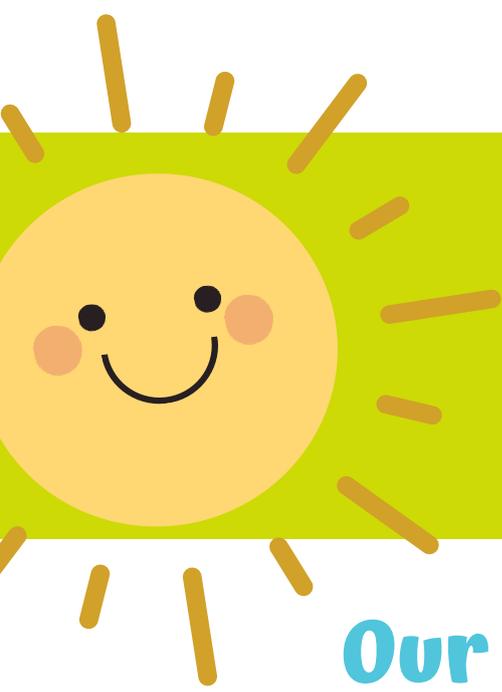




A Mental Health Guidebook

Created with Young People who experience SEND



Welcome to our

Created with Young People experiencing SEND

Our Journey

Chilypep (Children and Young People's Empowerment Project) and OASIS (Opening Up Awareness and Support and Influencing Services) Young Commissioners group have been working alongside **Greenacre school**, and their student council to develop their very own SEND Mental Health First Aid Kit. The SEND MHFA Kit, and Youth MHFA training that accompanied this, was funded through the NHS Barnsley Clinical Commissioning Group. We also worked together with the Barnsley SEND Youth Forum to help put this guidebook together.

This project began with every class at Greenacre school being encouraged to create their own mental health first aid kit as part of **Mental Health week** at their school. The idea behind a '**mental health first aid kit**' was first developed by the OASIS young commissioners' group as part of their **#NotJustMe** campaign which aimed to raise awareness around parity of esteem.

Chilypep were delighted to be invited into Greenacre to visit each class and see the students in action creating their very own mental health first aid kits! Every class was given an **empty First Aid Box** and teachers and students came up with an array of innovative and creative tools and techniques to support the emotional wellbeing of young people with SEND.

Peps



Mental Health Guidebook



Some of the young people's ideas included identifying emotions through their **'lanyard of emotion emojis'**, a wheel to explore helpful **coping strategies**, a **worry buddy**, a **rainbow support network** guide and a range of creative and engaging activity guides. It was brilliant to see young people involved in co-producing the kit every step of the way! Young people also designed their very own **mental health mascots** such as Sidney and Peps to help champion a mental health friendly environment and safe community in their school.

Chilypep and Greenacre have continued to work in partnership developing young people's participation in relation to mental health support within the school, with Chilypep attending the SEMH (social, emotional mental health) meetings, and Greenacre student council meetings.

Greenacre school, their students, Chilypep and OASIS worked together on **World Mental Health Day 2019** to build on the SEND mental health first aid kit and connections between Barnsley services such as **0-19 Public health nurses**, **Sarmatians**, **TADS**, and **MindSpace**. Young people from the **Barnsley SEND Forum**, supported by **Targeted Youth Support**, also helped review the kit to take this to their own sub-groups where they provided us with useful feedback.

Sidney



Alongside the development of the SEND Mental Health First Aid Kit, Greenacre school have been instrumental in supporting their staff to become **Youth Mental Health First Aiders** and **Youth Mental Health Champion's** through taking part in 1 day and 2 day training courses certificated through Mental Health First Aid England and delivered by Chilypep. Participating in the training supports the school taking a forward-thinking approach to creating a **mental health friendly school**. To date a total of 50 staff have taken part in the training, with Greenacre offering to host this training to enable a wider staff reach.

Introduction

Continued

The training is one of many examples of how Greenacre strives to take a whole school approach to supporting mental health. There are many great practice examples Greenacre has in place such as **emotional well-being measures**, **sensory rooms/pods**, **zones of regulation** and an **anti-bullying team**, all of which are also highlighted within the kit in hope to inspire others and share good practice.



We hope that the kit can act as a useful support to young people who experience SEND, the children and young people's workforce, providing supported self-help, whilst engaging and supporting as many young people as possible that you work with. Chilypep and Greenacre School desire to further build and continuously add to the kit. If you've got any ideas or feedback and want to get in touch contact us @Chilypep or email amber.scarfe@chilypep.org.uk

We hope you enjoy our Mental Health Guidebook
Best wishes,
Chilypep + Greenacre

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In the Home and Me sections of this guidebook you will see some emoji's like these. The Emoji in the top left is the negative emotion you may be feeling. The Emoji in the bottom right is the positive emotion you may hopefully feel after doing the activity.



Home

This section gives you fun ideas of creative self care activities you can do at home, school, in a group session etc. Put them all together in your own self care box and use when you need to focus on your wellbeing.

Get an old box or shoe box and decorate it with things that make you smile!

(Pictures of loved ones or your favourite things, your favourite colour)

Then if you are struggling with your mental health you can use your amazing box to help make things better!

Make this into your wellbeing box!

Add this guidebook and any of the things you make into the box.

You can also add:

- Comforting things to touch (fluffy material)
- Comforting smells (e.g. lavender pouch)
- Positive quotes
- A letter written to yourself to read when struggling with your mental health
- A list of songs, films and programmes that make you smile



Lavender dough



As you knead the dough you are releasing the soothing fragrance, which helps to relax you.

You will need:

Flour (2 cups)

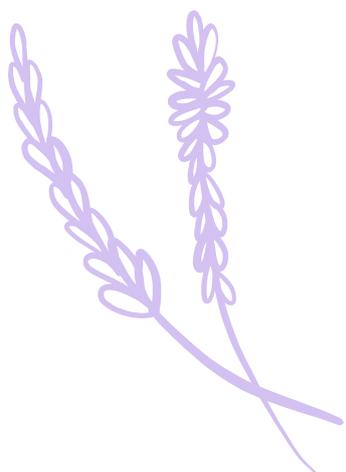
Vegetable oil (2 table spoons)

Salt (one cup)

Food colouring gel (a few drops)

Lavender/Lavender essential oil (a few drops)

Boiled water (1 + ½ cups)



- Mix together the flour, salt and vegetable oil
- add some food colouring and lavender oil and/or dried/fresh lavender
- Ask an adult to add in the boiled water and mix all the ingredients together to form your dough
- knead the dough for a couple of minutes and then you are ready to play!



Dough moves



Buy or make your own play dough (tutorials online) or make this lavender dough recipe to relax you with the movements, feel and aromatherapy.

Here are a few Dough Disco movements that help to relax you.

Put on your favourite songs, that help to cheer you up and get moving!

Roll the play dough into a ball

Poke the play dough so it has holes and dints in it, take your time and use each finger and thumb to do this

Squeeze The play-dough in your hand, swap hands and do it again

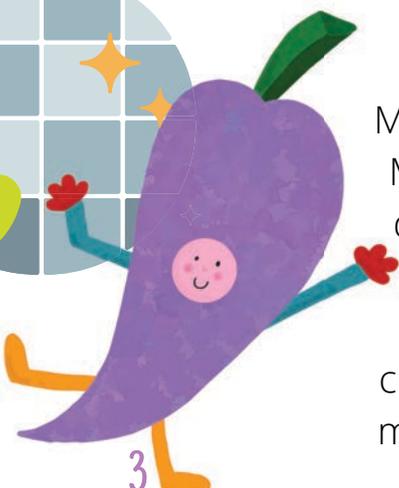
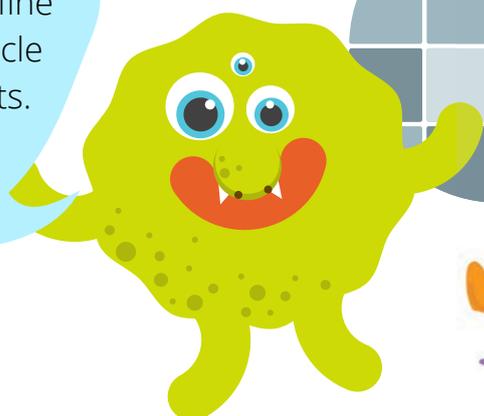
Sausage- roll your hands backwards and forwards to make a sausage shape with the play dough

Pancake- Splat the play-dough between your hands so it goes flat like a pancake

Pinch the play dough using your thumb and first finger



I also help to strengthen fine motor muscle movements.



Make a play dough monster Move and mould the play-dough into a monster like shape. You can even add googly eyes, pasta, pipe cleaners, bottle caps etc. to make it into a real monster!

Worry Buddy

If you feel anxious or stressed, a worry buddy can help remind you that you always have people around you to help you through your worries.

There are a few different ways you can make a worry buddy, here are 3:

- **Little person**- You can buy (inexpensive) wooden cut-outs of little people at lots of shops, just like the ones we used here. Then you can use pens to decorate your little friend.
- **Rock**- Find a pebble or small rock that you like, make sure it's nice and smooth, that feels calming in your hand. Now decorate it, give it a face and make it into a rock buddy or mini monster. Make sure to use paint pens so it shows up on the rock.
- **Wool**- Make a Pom Pom (many easy tutorials online), Stick on Googly eyes or a little face.

Use me to remind you to practise self care, such as mindfulness, breathing exercises or grounding exercises.

You can tell your worry buddy what is on your mind, hold on tight to it when you are feeling anxious, and support/comfort you when telling an adult or a friend how you feel.

Fan of myself



Some days we don't feel as confident in ourselves and struggle to see how amazing we actually are. On days like that it is great to look back on your "fan of myself" made in this activity to remind yourself that you are great! It is also perfect for hot weather.

- Get a piece of card or coloured paper and fold it into a fan (or ask a grown up to do so), by consetenering the paper backwards and forwards.
- Then write your name on one of the panels
- Ask your friends or family to write nice things about you/ what they like about you on the fan. one point per panel
- or try to think of some yourself, of things you like about yourself.
- when all the panels are full you have a "fan of yourself"



Noise makers



When feeling stressed or angry, often shaking it out or making a lot of noise can help release this pent up energy, or the sound of rain to relax you. This make your own noise maker is perfect for this!

You need:

- toilet roll
- pasta, rice and/or beads
- a stapler
- strong tape
- things to decorate (maybe wrapping paper, stickers, pens)



1. Staple (or get a grown-up to) one end of the toilet roll shut, then tape this end so there are no holes left that the rice may escape from.
2. fill with either rice, pasta, beads or a mix of all of these, leaving A bit of gap so that they have space to move around when you shake them.
3. Fasten the open end in the same way as step 1
4. Decorate your noise maker! maybe wrap it in wrapping paper, sick on pictures, drawings or stickers
5. **SHAKE!**

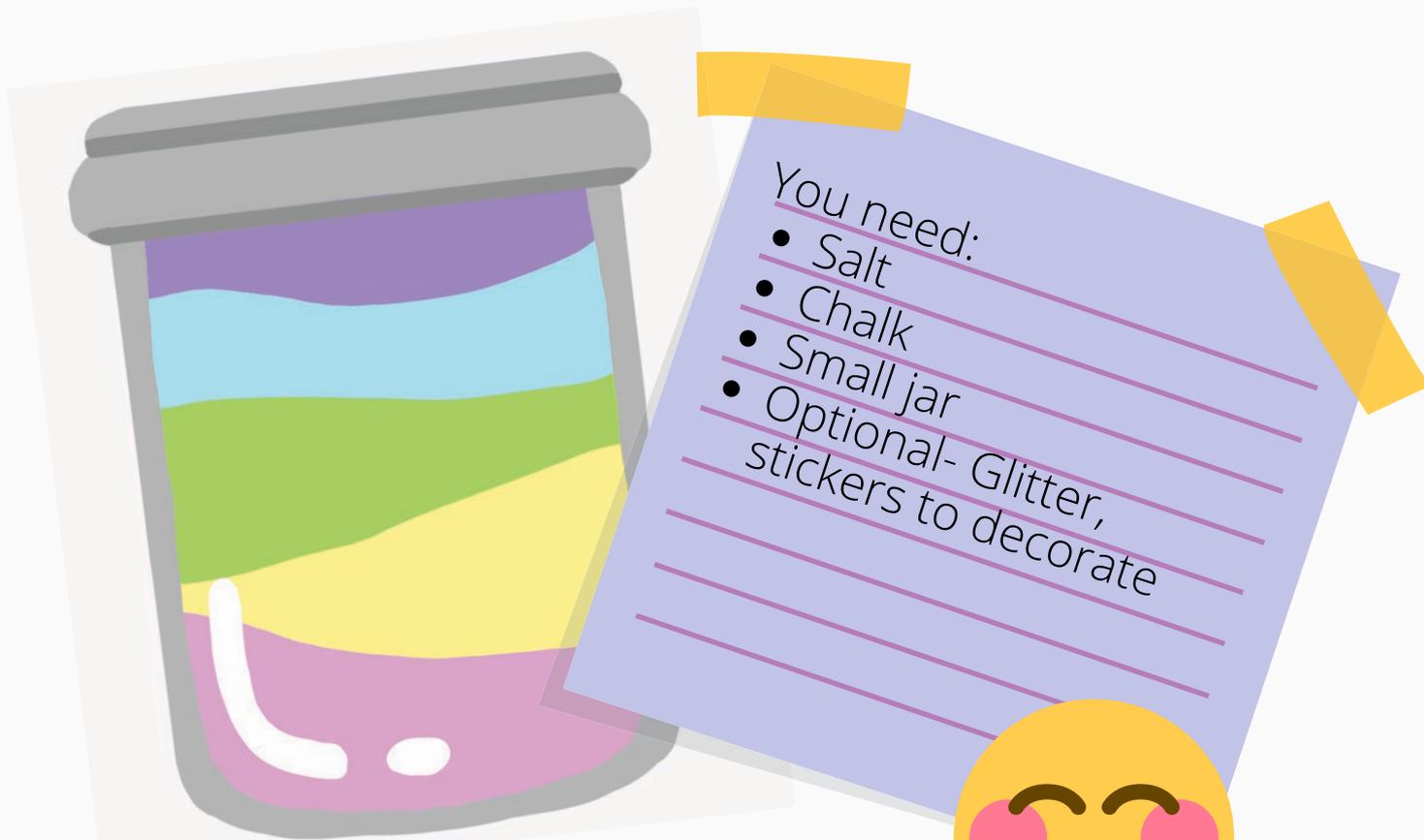


Salt Chalk Jars



When feeling stressed it can be good to distract yourself with a calming task like making salt chalk jars.

Colouring the salt can release some tension and the finished product is really relaxing.



You need:

- Salt
- Chalk
- Small jar
- Optional- Glitter, stickers to decorate

What to do:

- Pour salt on paper
- rub your chosen colour chalk on the salt
- fold the paper to create a funnel and pour into the jar
- repeat using different colours of chalk (to as a different line effect, keep the jar tilted, and change angles for each colour)
- fill to the top
- decorate the jar



Me

This section is about you! The following worksheet pages need you to write or draw your personal answer. This section explores the best coping strategies for you, your support network, how you want others to help you, challenging negative thoughts and more.



What works well to help someone else's mental health might not work well for you, that's okay. These pages help to show what things help and don't help your mental health and wellbeing. You could even share this with your teacher, parent or worker so they are aware of how best to help you.

Coping strategy wheel

When feeling stressed it can be good to distract yourself with a calming task like making salt chalk jars.

Colouring the salt can release some tension and the finished product is really relaxing.



You need:

- 2 paper plates
- print out of the wheels
- Split pin
- Glue
- Scissors



What to do:

- Print out both pages of the coping strategy wheel + cut it out
- Attach both circles together in the center with split pin.
- Now you can spin the wheel when you are not feeling good, and be told a useful coping strategy to do.



My Feelings + Chats

Try to work out and label your feeling, use your lanyard of motion and tell some you are feeling this way.



Add your own strategy

Be Creative

Draw your safe space- Create a magical place with all your favourite things that make you happy



Draw + colour it
Add your own strategy

Breathing Exercises

Big deep breaths.
Breathe in like you are smelling flowers
breathe out like you are blowing dandelions



Add your own strategy

Grounding Exercises

Find things:

- 4 you can see
- 3 you can hear
- 2 you can touch
- 1 you can smell



Add your own strategy

My coping strategy wheel



The coping strategy I will do is



Spin me...



My Support Network

Me



Write **who, Contact**

details + when to turn to them (when you are feeling lonely because they make you laugh). Keep this sheet handy or take a photo of it so you always have it with you.

For each strand of the rainbow, there is a category of **support**. Fill in each strand with a few **people/services** you can turn to for support.

Challenge Negative Emotions

Negative thoughts can feel like they are true and very overwhelming but, it is important to take a step back recognise that these thoughts aren't true and change them for something more positive. Follow this worksheet when you notice negative thoughts.



Catch it!

What conclusions have you made about your situation, yourself or other people?



Check it!

What are the reasons this thought is not true?



Change it!

What is a more kind and accurate thought?

Circle of Control

When things don't go to plan or we face an issue, it can sometimes be very overwhelming. It is important to realise what is in your control (inside the circle) and what you can't control (outside the circle) to know what is worth your energy. Remember that the things you cannot change, you still have control over whether they affect you.

What I can't control



Calm-down Sandwich



The calm down sandwich, Make your own perfect combination of your favourite calming techniques (some you may have learned in this kit!).

Work through your perfect sandwich, next time you are sad, anxious or angry.

Bread- someone to get in touch with

A large empty rectangular box with a thick brown border, intended for writing the name of someone to get in touch with.

Tomato-
Something
calming to
touch

A large empty circular box with a thick red border, intended for writing something calming to touch.

Lettuce- A breathing
technique

A large empty octagonal box with a thick lime green border, intended for writing a breathing technique.

Bread- Something that
makes you move your
body

A large empty rectangular box with a thick orange border, containing several small orange circles of varying sizes, intended for writing something to watch or listen to.

Cheese-
Something to
watch or
listen to

A large empty rectangular box with a thick brown border, intended for writing something that makes you move your body.

Mental Health Mascot

Just like the fantastic students of Greenacre did, create your own mental health mascot especially for you!

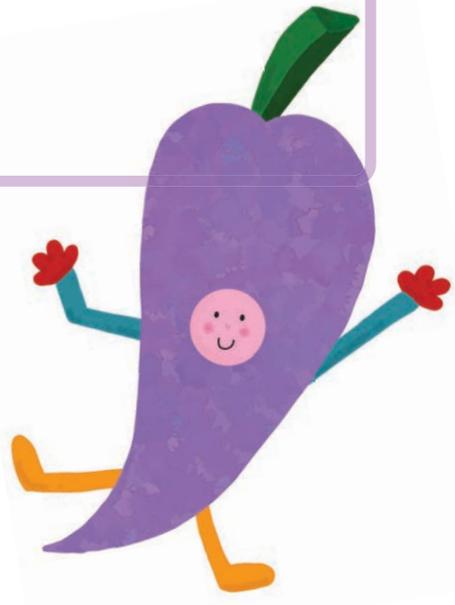
Draw them here



Why not make a worry buddy of your mascot!

What do they do to help peoples mental health?

What would your mascot say to help you to feel better?



Use your mascot to remind you to be kind to yourself and check in with your emotions

Lanyard of Emotions

Checking in with your emotions

Emotions can be hard, but it is important to catch them before they may escalate.

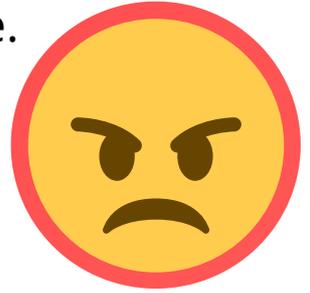
Stop

Take a deep breath

Think about how you are feeling right now

What colour, word or emoji best explains how you are feeling

Do some activities (that you can find in this booklet) to help



- On the following pages you can create your own emotion cards.
- One side will have the emoji, colour and words you are feeling.
- The other side you can add coping strategy ideas that you or other people can do to help make you feel better.

Use these to tell people how you are feeling.

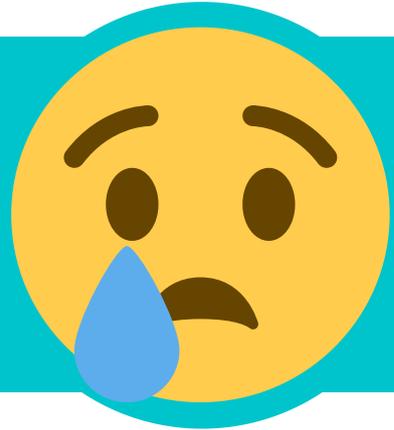
Print and cut out the cards on the following pages.
Fill in the back with ideas of things you and other people can do to help you if you are feeling this emotion.
Hole punch in the top of the cards and attach to your lanyard (optional).

I'm feeling:
Red



Anger Panicked
Frustrated Stressed

I'm feeling:
Blue



Nervous Sad
Sick Tired

I'm feeling:
Green



Calm Alert
Engaged focused
Happy

I'm feeling:
Yellow



Silly Anxious
Excited Confused



Red
To feel better

What I can do-

What others can do-



Blue
To feel better

What I can do-

What others can do-



Green
To feel better

What I can do-

What others can do-



Yellow
To feel better

What I can do-

What others can do-

Greenacre

As Greenacre (a Barnsley based school for young people with SEND) is making waves in how it supports it's students mental health, this section will show you just a few of those strategies. In hopes to inspire you to implement some of these in your school or organisation.



Sensory rooms/pods

The senses are an important grounding tool to harness for young people with SEND and for helping calm down when struggling with mental health (e.g. panic attack). Greenacre made excellent use of this with a room and multiple 'Pods' focused around calming and soothing the senses.

You can easily create your own sensory calming space!

What calming things could you include in this space, for each of the senses, we'll give you a few ideas

Sight

Relaxing lights
Slow moving things
(e.g. lava lamp)

Sound

White noise
Calming music
Rain noises

Touch

Bean bags
Fidget toys
Soft blankets
Cushions

Taste

Water/ squash
Flavoured chew toys
Herbal teas

Smell

Diffuser with
calming essential
oils (lavender,
chamomile, bergamot)

Anti-bullying team

The ABT do:

- Promote school values
- Lead on Peer Mentors
- Oversee AB training for staff.
- Promote social inclusion
- Evidence the Anti Bullying charter mark.

Lots of schools have bullying, but Greenacre have created an Anti-Bullying team to help raise awareness and be a supportive point of call for any of their students who are being bullied.

During Anti Bullying Week in the peer mentor session we looked at reviewing the Anti Bullying Policy for Pupils.

We discussed what the different types of bullying are and what to do if you ever were being bullied both in school and out of school.

The Peer mentors were clear in giving examples of different types of bullying such as 'hitting and kicking someone, nasty comments online or to their face and not being a good friend'.

What to do if you are being bullied ?

Tell somebody! This could be a teacher, parent, a friend or anyone you trust.

School staff will always help when you are being bullied even if you are being bullied outside school. Parents will be told about the bullying.



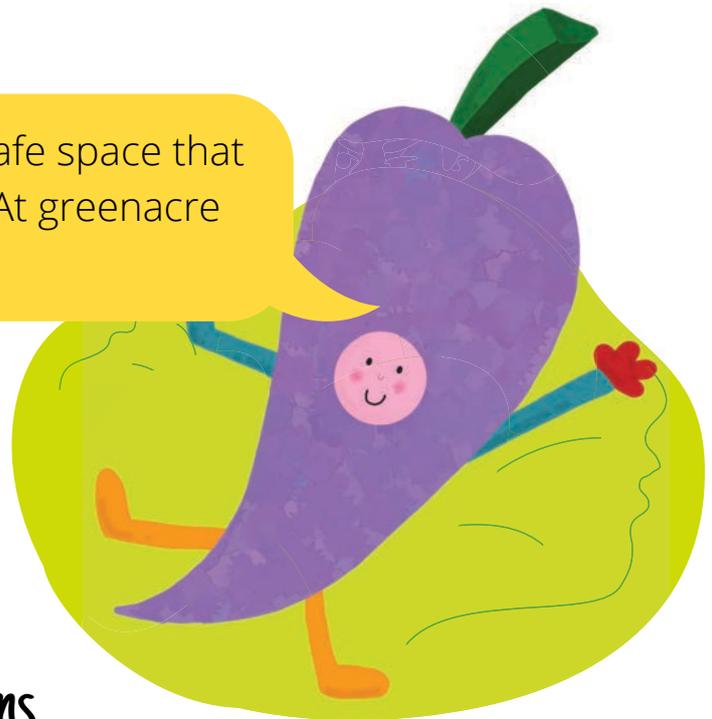
Wellbeing room

In Greenacre this room is a bookable space for small groups/ classes and is open at lunchtimes with social, emotional mental health based activities (like those mentioned in this guidebook). This space is also great for inviting external professionals in to run wellbeing based workshops (contact Chilypep for more information).

Have a room in your school or organisation that isn't utilised well? this could be turned into a wellbeing room to help support young people's wellbeing and mental health.

This space is mainly a comfortable and safe space that promotes calm and positive wellbeing. At greenacre their wellbeing room has:

- Bean bags
- Calm corner
- Creative activities
- Sitting space
- Games
- Information board about emotions
- Zone of regulation
- Sensory walls
- Their own Mental Health First Aid Kit!



This space is also used for the 'Speak up Club', on a Thursday Alex from Barnsley council comes to allow students of greenacre to have a safe space to share any queries, worries or difficulties they may want to change within the community!

Zones of regulation

Greenacre are currently working on a fantastic idea of the zones of regulation. Following the same idea as the lanyard of emotion activity.

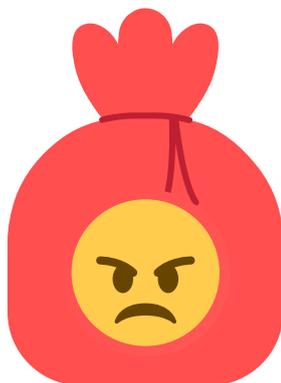


In different places/ classrooms around their school there are spaces that young people are asked to check in with themselves and their emotions. Different emoji's and colours are used to represent different feelings. Each of these have a bag that corresponds with one of the 4 colours.

In the bag there is a booklet of things that young person can do to help them when they feel that way (e.g. different breathing exercises).

So if a young person is feeling red today, they could take 10 minutes time out and do some of the activities in the red bag and booklet to help them to feel better, then re-check in with their emotions after.

This will help young people learn to recognise their emotions and what coping strategies can help them.



EWB measurement

At Greenacre School we firmly believe that each pupil is given the opportunity to become emotionally independent.

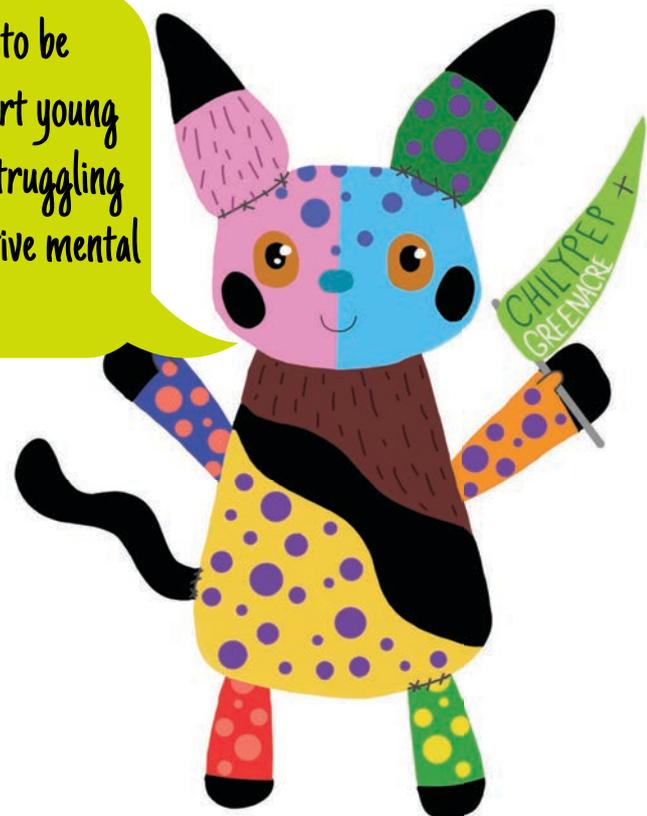
Therefore, all pupils are assessed against the school's assessment tool, 'Emotional Wellbeing Measures'.

Greenacre School is committed to promoting good mental wellbeing and resilience, preventing mental health problems from arising by ensuring early identification of need amongst children and young people at Greenacre School. (Social Emotional & Mental Health policy 2018)

This is a great way to be aware of and support young people if they are struggling and to develop positive mental health

The key development areas assessed are:

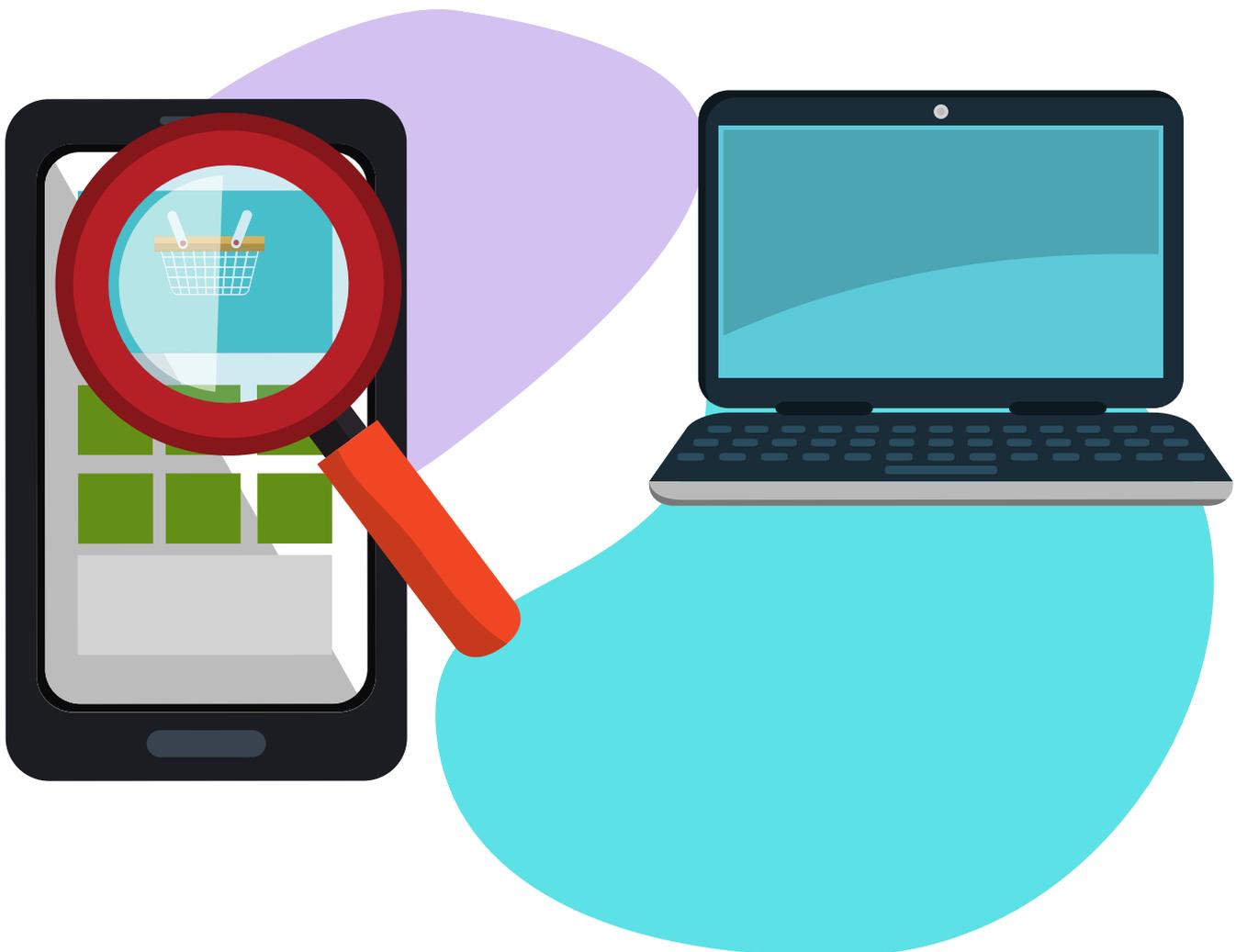
- Managing feelings
- Empathy
- Motivation
- Self awareness
- Social skills



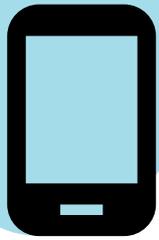
Supportive interventions are provided to pupils to adequately prepare them to participate in the world around them as fully and as safely as possible.

Resources

The next few pages are about some resources we recommend. Apps, Websites, other and even a page for you to write on your favourite resources to use for your wellbeing.



Apps



Calm Harm



For young people who are self-harming, 3 strategies:

- **Distract** - combat the urge by learning self-control
- **Comfort** - care rather than harm; Express - get feelings out in a different way
- **Release** - safe alternatives to self-injury.

Mind Moose

(Web app) Mind moose and his animal friends help children to explore themselves, their emotions and **coping strategies**. There is the ability for schools to use this with their pupils to help them **track** the children's **well-being**.



Stay Alive

Quick access to UK national **crisis support** helplines. The user can use the app to also create a mini **safety plan** and a **LifeBox** to fill with their reasons to stay alive. It also has many **coping strategies** for keeping safe.



Apps



Brain in Hand

works with the user to plan their week, possible stressors that may happen and plan coping strategies to help reduce the effect of these stressors. The app also has a crisis red button, that can be used in times of need to contact crisis services.



This app also helps children if they are about to send an upsetting message or sensitive information. Helping young to safely use the internet.

Own It

BBC wellbeing app aimed at young people monitors their mood via their messaging interactions. The app uses AI to evaluate a child/ young person's mood, offering advice and encouraging communication of the issues with a trusted adult.

Websites

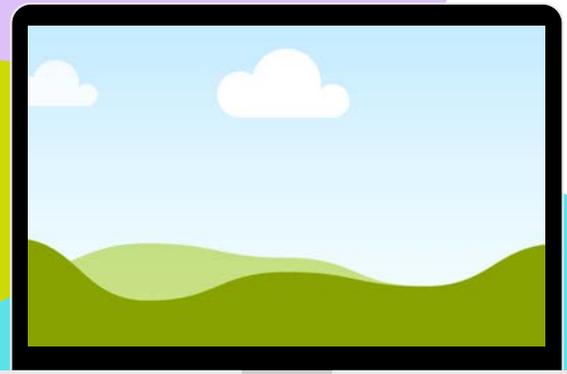
BOND + Young Minds

Children and young people with learning disabilities- Understanding their mental health explains mental health, briefly outlines common mental health issues faced by young people with learning disabilities. Identifies what to do (parents to support and in crisis) and how to identify any mental health problems

<file:///home/chronos/u-01d7d989332128b19138bb126f70fd87db8c1459/MyFiles/Downloads/children-and-young-people.pdf>

Mencap

learning disability charity offers advice, support and resources around rights, care plan, changes to support, benefits, health, housing etc.



Mental health passport

Chilypep's group STAMP created a website to help make difficult conversations, easier. Make an account (private and password protected) and share as much or as little of your story, which you can send to any professionals.

www.mymhp.org.uk

Mind

Mental health charity, websites offer support, advice, information and resources around mental health difficulties

Other

Send Youth Forum-

We, The SEND Youth Forum, are a group of young people aged 8-25 who represent ourselves and our peers. We consult and work with young people with SEND to give them a voice. We get involved in decision making processes and work to positively influence change for young people.

Your Opinions Matter! To get involved contact:

alextaylor@barnsley.gov.uk

phone [01226 753406](tel:01226753406)

Greenacre Speak up club-

If you are a student at Greenacre aged 11+ come along to the Speak Up Club and have your say on issues that are important to young people in Greenacre School.

Speak to Tiff in school if you want more information, or just come along and see us!

Barnsley Local

Offer Directory -

Barnsley's Local Offer is a single access point for information about services and support for children and young people from birth to 25, with a special educational need or disability (SEND), and their families .

Access on the Barnsley.gov website

Open up directory -

Chilypep's directory of Barnsley Mental health support organisations available for young people.

Access on the Chilypep website.

My favourite resources

Resources

Apps

Websites

Music

Videos

Other